

# From The Home Agent's Desk

By Ellen Willis & Brenda Canady

**HINT:** Are you planning to clean house for two hours? One glass of milk will provide enough energy for doing that. Or, it will give you the energy to walk a mile, dance an hour, play nine holes of golf, or climb 196 stairs. June is dairy month!

### Schedule

- THURSDAY, JUNE 12, 12:30 p.m. Antioch Extension Homemakers' luncheon at the Allendale community building.
- THURSDAY, JUNE 12, 7:30 p.m. Business girls meeting in the kitchen of the county office building.
- MONDAY, JUNE 16, 8:30 a.m. Staff conference.
- MONDAY, JUNE 16, 7:30 a.m. Phillip Extension Homemakers meeting with Mrs. Ruby Conoly.
- TUESDAY, JUNE 17, 12:10 Group will be meeting in the kitchen of the county office building.
- WEDNESDAY, JUNE 18, 9 a.m. Interagency council meeting.
- WEDNESDAY, JUNE 18, 10:30 a.m. Rockfish extension homemakers meeting - club's choice.
- THURSDAY, JUNE 19, 7:30 p.m. Raeford extension homemakers meeting. Hostesses - Miss Maggie Jane McBryde, Mrs. Glenn Wood, and Mrs. Tommy Harrell.

### THE SUMMER OF '75

To make the most of scarce resources while spending an enjoyable summer will take extra family planning and cooperation this year. As schools close and temperatures go up, think about some of these ideas:

1. How will you use your income tax refund? Families have different ways of using "windfall" income - some pay debts, some save the money, others spend for new goods or services. What will you do? Paying bills may be an urgent need. Savings can help you avoid future worry. Buying a needed appliance may help you live better by saving time or physical effort. Analyze your total needs carefully as you spend this money.
2. Can you save on food costs during the summer? Eat abundantly of fresh fruits and vegetables while they are in season and reasonably lower in cost. Curtail excess consumption of higher-priced protein foods. If you are raising a garden, keep records of costs and produce received to determine your savings. This is your reward for hard work. Look for "pick your own" operations, especially if you don't have your own garden and want to conserve food for the winter.
3. Keeping cool can be expensive. How can you minimize costs? Cooperate with nature by opening windows for prevailing breezes, especially at night. Keep windows and draperies closed against the sun's heat at midday. Remember the insulation installed to keep out the winter's cold also protects against the summer's heat. Wear appropriate clothing that does not bind and that absorbs moisture, for more body comfort. Natural fibers do this best. If you are buying a window air conditioner, look for the "EER" on the label. The "energy efficiency ratio" indicates the amount of cooling per kilowatt hour of power used. The higher the "EER" the more cooling you will get for your money as you operate the device. Use heat-producing equipment in the coolest part of the day, as much as possible. This may mean doing the laundry and major cooking at night (for the next day) but will keep the home cooler during the day. It also makes less demands on home cooling equipment and helps your power company evenly generate and distribute power.
4. Enjoy a low-cost family vacation. Spread your vacation over the season by developing family hobbies and sports interests more fully, or develop new ones. Remember 1975 as the year you learned to swim, speak Spanish or play chess! Check with your local libraries, YM and YWCAs, and other community-based recreation programs for activities that you and your family can participate in. Ask local authorities to provide programs you want if none are available. Offer your talents to start a hobby or recreation group at your church or community center. Check out nearby historic sites you have not seen and make specific plans to see them. Take a tour of a different part of North Carolina you have always wanted to see. Get booklets of information for planning from: Travel and Promotion Division, Department of National & Economic Resources, Raleigh, North Carolina 27611.

Be cost-conscious as you travel. Dress casually but neatly. Try to find low-cost overnight accommodations; stay in park campsites if you have the equipment. Carry well-iced food for picnics. Take your time. Take time to see the flowers and the people, as well as the landmark you want to see. Don't plan so much to do in so little time that you have to rest after you get back home from your vacation trip!

5. Improve your health, both mental and physical. Plan for a complete physical examination for all family members. Take advantage of long daylight hours for long walks and other outdoor exercise, such as bike riding. Read at least one good, uplifting book and discuss it with someone else. Take time for meditation to restore your soul.



**FIRE PUT OUT**-About nineteen firemen responded Thursday afternoon at the Raeford Salvage Yard when thick black smoke attracted a large crowd of onlookers. Fire Chief Crawford Thomas said a cutting torch had ignited fuel oil inside a transformer. The blaze was quickly put out with no injuries. (Photo by Ken MacDonald).

## Corvettes Set Weekend Show

The Corvettes of Fayetteville, a non-profit club, will host the Southeastern Confederacy of Corvette Club event June 14th and 15th.

Saturday's event will feature drag racing at Cumberland International Drag Strip. Time trials will start at 11:00 o'clock with eliminations at 1:00 o'clock. There will be a charge

of only \$1.00 for spectators. Sunday will feature a car show at M & O Chevrolet Truck Lot in Fayetteville. There will be no charge for spectators.

There will be corvettes from North Carolina, South Carolina, and Virginia participating in this event with over 200 cars expected. Everyone is invited to attend both events.

**TOWN & COUNTRY CINEMA**

TOWN & COUNTRY SHOPPING CENTER

Starts Fri. 6/13 7 Big Days

**WALT DISNEY PRODUCTIONS**

**ESCAPE TO WITCH MOUNTAIN**

Wk. Days 3:20-7:10-9:05  
Sat.-Sun. 1:30-3:20-7:10-9:05  
944-1198

**SUNRISE**

DOWNTOWN SOUTHERN PINES

Starts Fri. 6/13 - 7 Big Days

**CHARLES BRONSON IN**

**WITCH MOUNTAIN BREAKOUT**

Wk. Days 7:10-9:05  
Sat.-Sun. 1:30-3:20-7:10-9:05  
692-3013

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Sizes S, M, L, XL **3/ \$2<sup>79</sup>**

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CARE FREE 50% POLYESTER 50% COTTON - STRIPES - SOLIDS S, M, L.

**SAVE '1" MACKS BRAND DRESS SHIRTS**

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CLASSIC SHORT SLEEVE STYLE - FABULOUS 65% DACRON POLYESTER, 35% COTTON BLEND IN WHITE ON WHITE, TONE ON TONE OR STRIPES SIZE 14% TO 16%.

**SAVE '6<sup>00</sup>**

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STREAMLINE CALCULATOR WITH 5 FUNCTION PLUS PERCENTAGE KEY, FLOATING DECIMAL, CONSTANT FACTOR. OPERATES ON 4 BATTERIES - CARRYING CASE INCLUDED.

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A SET HE CAN ENJOY EVERY DAY.

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7 1/2" No. 7301

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  - ELVIS PRESLEY
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- THE BLACKWOOD BROTHERS QUARTET BEAUTIFUL ISLE OF SOMEWHERE
- WYLYON JENNINGS ONLY DADDY THAT'LL WALK THE LINE
- POPULAR ARTISTS FAVORITES BY

  - PERRY COMO
  - JERRY REED
  - JIM REEVES
  - GEORGE BEVERLY SHEA

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\* VISIT MACKS AT CAROLINA... WRIGHTSVILLE BEACH... SOUTHPORT... MRYTLE BEACH \*

## Lions Plan Meeting At Highland Hills

Raeford Lions will hold their annual awards dinner and installation of officers June 27 at Highland Hills Country Club.

The Lion of the Year will be honored at the meeting.