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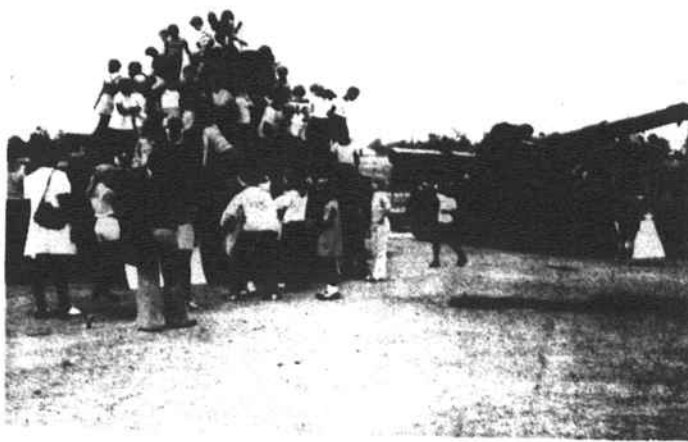


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'INSPECTION' - These youngsters climbed aboard a personnel carrier for a first hand look at the Army during a tour which wrapped up their two week swim camp last Friday.

Swimmers Tour Bragg

Hoke County swim camp boys and girls toured parts of Ft. Bragg Friday as an end to their two weeks at Smith Lake Recreation Area Coordinator Mrs. Milo Postel announced.

The youngsters visited Simmons Army Air Field where the Simmons Fire Department put on a demonstration with their latest fire-fighting equipment. They watched various types of helicopters in take-off and landing procedures. At one of the Army motor pools an armored personnel carrier, one M60-A1 tank, and one M-60

"Long-tom" were brought out to an observation area for the children to "inspect."

After lunch at Butner Road park and playground, the tour was completed with a visit to the Golden Knights Army Exhibition Parachute Team Headquarters with Sgts. Robinson and Peterson as hosts. The campers were treated to a movie about exhibition parachuting and one boy was chosen to "model" parachute equipment and even "pulled the ripcord" to see the parachute open. The visit ended with a tour of the teams dayroom and trophy room.

Sandhills Graduates To Hear Marvin Crow

Marvin B. Crow, executive vice president of the Gulistan Carpet Division of J.P. Stevens Company, Inc., Aberdeen, will be the speaker at the Sandhills Community College commencement ceremony Friday, August 15 at 8:00 p.m.

The graduation exercises will be held in the Fountain Courtyard on the Sandhills campus, and will open with a formal procession of graduating students, and members of the Board of Trustees, faculty and staff in academic robes.

Other program participants will

include Dr. Raymond A. Stone, president of the college, H. Clifton Blue, chairman of the Board of Trustees and Dr. H. G. Beard, dean of instruction at Sandhills. Music will be provided by faculty and students of the department of music.

Some fifty men and women are expected to be awarded degrees and diplomas at the ceremony. Dr. and Mrs. Stone will host a reception in the Student Union Building after the exercises to honor the graduates, their families and friends and the program participants.

From The Home Agent's Desk

By Ellen Willis & Brenda Canady

ZUCCHINI

When it comes to popular summer squash, zucchini (ZOO-KEY-NEE) scores high. And it's no wonder-when you realize what an easy to grow and easy to use vegetable it is.

Zucchini is showing up in everything from soups to salads. It's a low calorie vegetable-especially when you just cut half-inch slices and boil. Season with salt, onion or onion flakes, or an herb such as lemon pepper.

Just be sure not to cook zuchinis too long. The slices should retain their shape and be tender-not mushy.

Or spice up zucchini with tomatoes, onion and green peppers. Make this combination into a casserole, sprinkle with cheese and bread crumbs and bake.

And zucchini deep fat fried is good, too. Again, slice about a half inch thick, dip in egg and cracker crumbs-and fry until tender.

Add zucchini slices in your homemade vegetable soup. Or cut up raw zuchinis and serve in a tossed green salad.

And since zucchini is so versatile-why not freeze some for use later in the year. Just cut, blanch, cool and pack following directions for freezing summer squash.

Then serve zucchini often-in everything from soups to casseroles.

WATERMELON - LOW CALORIE DESSERT

Treat your family to a cooling, low calorie dessert-watermelon. It has fewer calories than a cupcake, brownie or dish of ice cream and it's easy to serve.

Watermelon is nutritious, too, providing both vitamins A and C.

At your store or roadside stand, the "thump" test really doesn't tell you about a watermelon's ripeness. But there are some things you should look for-like a smooth surface with the ends of the melon filled out and rounded. The watermelon rind should have a slight dullness and the underside or "belly" of the melon should have a creamy color.

If you're buying a cut watermelon, you have the advantage of seeing first-hand that the flesh is firm and juicy. It should be free from white streaks caused by immaturity-but not watery and stringy due to aging. Seeds should be dark brown or black.

Try not to let your melon roll or bump around in your car on the way home. This can cause internal bruising.

Uncut melons keep from one to three weeks. But once you cut your melon, plan to eat it all in two or three days. Watermelons have a short shelf life once cut.

You can store watermelon in a cool shady place if you don't have room in your refrigerator. But once you've refrigerated the melon, you should continue to do so. Keep watermelon out of hot places-this could cause quick deterioration. But at the other extreme, temperatures below forty-five degrees will cause chilling damage.

Once you've picked out your watermelon and stored it properly, your work is done. You're ready to serve your family a nutritious low calorie dessert that keeps you out of the kitchen.

Library News

For our "Gone Reading" group there was a very enjoyable 12:30 PM outing at Lake Rim fish hatchery, Thurs. 24th. 36 youngsters and four adults along with Mr. Tobaben of the hatchery as guide, toured the hatchery and other points of interest.

The children enjoyed learning how fish nest, how they are caught and transported and explanation of how fish are acquired. They saw the transporting truck with its tanks. They saw along with fish-turtles, snakes and frogs with special interest on the "Wide-mouth Bass!"

After this very interesting tour the group gathered at the Cumberland Park for refreshments, then back to the Hoke County library for a film "Stolen Necklace" an Indian folk tale.

These young folks are enjoying our reading program. If your child is not reading he or she is welcome to come join our Summer reading program. There is still another month, more films, more outings and lots of books to read. Come see!

Please remember the movie Aug. 8th-2:00 PM in the library. There are several Marine films and one titled "Killer Whale."

BE SURE TO NOTE: The TIME is important: when there is an outing. Some were left behind by being late and missed a grand time.

Bookmobile Schedule

MONTROSE, AUGUST 5
Mrs. Josephine Parks, Miss Katie Cameron, Mrs. Elizabeth Lide, Mrs. Lenora Thompson, Mrs. Carol Brown, Mrs. Josephine Mims, Mrs. Valeria Holloman, Mrs. Reeta Baker, Mrs. Doris McAllister, Mrs. Gaston Shaw, Mrs. Elois Tew, Mrs. Anthony McAllister, Mrs. Annie Liza Purcell, Mrs. Venetia Walters, Mrs. Al Potts, Mrs. Shelby Calloway, Mrs. Donald Wilson, Mrs. Dorothy Monroe.

ASHLEY HEIGHTS, AUGUST 6
Prison, Mrs. Mamie McNair, Mrs. Regenia Smith, Mrs. Laura Stephens, Mrs. Margaret Innman, Mrs. Mary Murphy, Mrs. Lillian Smith, Mrs. Willie Sheppard, Mrs. Doris Calloway, Mrs. Ethel Carroll, Mrs. Gail Ellis, Mrs. Linda Simmons, Mrs. Linda Schuchard, Mrs. Leonard McBryde, Mrs. Betty L. Sandy, Mrs. Garcia Currie, Mrs. Aulston.

Personals

Mr. and Mrs. Marion Gatlin returned from a two week vacation at Topsail beach. Mrs. Lilmar G. Taylor and daughter Trent of Alexandria, Va., and Dick Williams of Arlington, Va., visited them for a few days. Miss Trent Taylor accompanied her grandparents to Raeford to spend a week with them.

Beth Ferrell of Saxapahaw has been visiting her grandmother Mrs. Carl Freeman.

Mrs. A.J. Freeman and Mr. and Mrs. G.M. Freeman attended the wedding of Rebecca Jane Freeman, daughter of Mr. and Mrs. Leroy Freeman of Raleigh Saturday, July 26 at St. Mark's United Methodist Church.

Hospital News

CAPE FEAR VALLEY
Fletcher Oldham

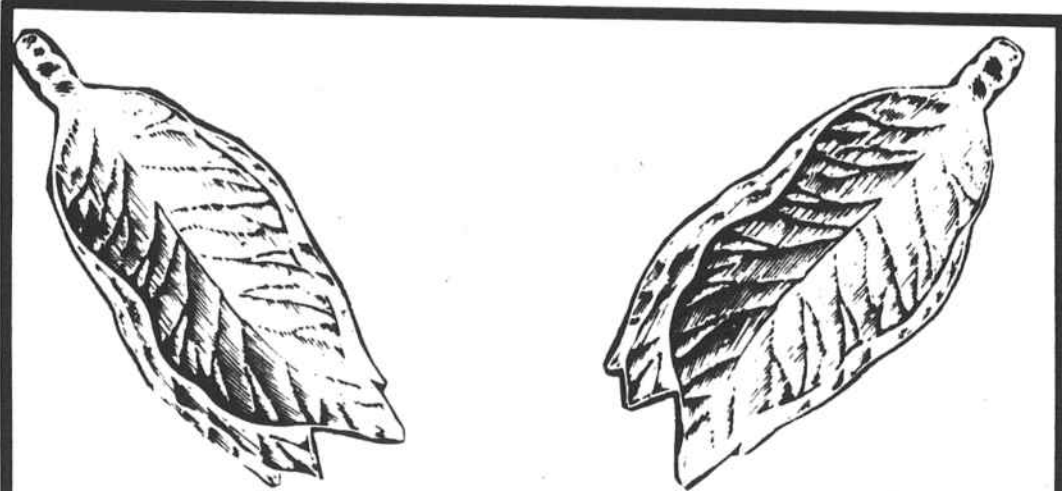
MOORE MEMORIAL
Mrs. J.R. Conoly
Mrs. T.F. Wilder
Miss "Bootsy" Barrington, home

ST. JOSEPHS
John Glisson

VETERANS, FAYETTEVILLE
John A. Jones
Chandler Roberts

N.C. MEMORIAL
Jeff Upchurch, home

WOMACK
Mrs. Gertrude Ivey



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