

LABOR DAY PRICE FIGHTERS

WE'RE OPEN ON LABOR DAY! PRICES GOOD TODAY THROUGH MONDAY

WARREN MOTOR OIL
30W & 40W OR
AUTOMATIC TRANSMISSION FLUID

YOUR CHOICE **3 \$1** QTS.
LIMIT 6 EACH

MENS - BOYS - YOUTHS BASKETBALL SHOES

AS SEEN ON T.V. **\$3** PAIR

VALUES TO \$5

* PADDED OR REGULAR COLLAR * BIG SIZE SELECTION

MENS 3 PAK OR BOYS 4 PAK TUBE SOCKS

\$2.75 VALUE **\$1.66** PKG.

WOW!

STP Oil Filter

STP OIL FILTER

REG. \$1.88 **\$1.66** EACH

SAVE 22¢

STP OIL TREATMENT

15 OUNCE OIL TREATMENT

REG. 99¢ **88¢** LIMIT 2

MENS POLYESTER DRESS PANTS

SIZES 28-38 **\$5** PAIR

GIRLS LONG SLEEVE MOCK TWIN SET

SIZE 7-14 **\$2.99** SET

GIRLS BLUE DENIM JEANS

SIZES 7-14 **\$3.99** PAIR

CLIP & SAVE

51 COUNT **STYRO CUPS** REG. 59¢ **37¢** PKG. WITH COUPON

LIMIT 2

COUPON EXPIRES 9-1-75

CLIP & SAVE

PACKAGE OF 100 **PAPER PLATES** REG. 88¢ **66¢** PKG. WITH COUPON

LIMIT 2

COUPON EXPIRES 9-1-75

CLIP & SAVE

11 OUNCE **BARBASOL SHAVE CREAM** 98¢ EACH VALUE **3 \$1** CANS WITH COUPON

LIMIT 3

COUPON EXPIRES 9-1-75

CLIP & SAVE

9 OUNCE **ARRID EXTRA DRY ANTI-PERSPIRANT SPRAY OR LIGHT POWDER SPRAY** REG. \$1.47. EXPIRES 9-1-75 **88¢** CAN WITH COUPON

LIMIT 2

FAMILY DOLLAR

GUARANTEED SATISFACTION

HOURS: Sunday 1-6 South Main Street Mon. - Sat. 9-9 RAEFORD, N. C.

PRICES GOOD THRU SAT. QUANTITY RIGHTS RESERVED

From The Home Agent's Desk

By Ellen Willis & Brenda Canady

Hoke County young folks have returned to the class room and they do need breakfast. Here are reasons why and suggestions of how.

BETTER HAVE BREAKFAST
Do you and your family eat a well-balanced breakfast each morning? If not, you may be skipping the most important meal of the day.

Some breakfast skippers think they can lose weight by cutting out breakfast. The fallacy here is that by lunchtime they are so hungry they eat more than they normally would.

And then there are family members who say they just don't have time to sit down and eat breakfast -- or maybe they're just too sleepy.

Yes, there are all kinds of excuses for not eating breakfast, but none will stand up to the reasons for having a nutritious breakfast.

The phrase "studies have shown" is used too often, but it is true -- studies have shown that youngsters can study better and adults can work more efficiently if they start their day with a balanced breakfast.

When I think back, I've mentioned a balanced breakfast, a nutritious breakfast, a well-balanced breakfast. But I haven't outlined what these terms mean.

A well-balanced breakfast is one that begins with a fruit or juice. This is oftentimes of the citrus variety, such as orange juice. Next you should have a protein food. Eggs are a good choice.

A bread or cereal should be included and this is normally toast or rolls with a little butter and jelly or preserves for energy. Although adults will probably want coffee, youngsters will do well to have a glass of milk. And breakfast meats can be added if the budget allows.

So, stamp out the breakfast skipping habit. You'll be glad you did.

Church News

Five members of the Raeford Church of God of Prophecy attended the Church's national convention in Cleveland, Tenn. Aug. 19-25.

Mr. and Mrs. Andrew Ferrell, Ernestine and Karen Hinson, and Brenda King were among some 20,000 delegates in attendance.

College News

Seven Raeford area students will be entering the University of North Carolina at Chapel Hill for the first time this month.

They are: Pamela S. Dockery, daughter of Mack L. Dockery, Harold L. Gillis, Jr., son of Mr. and Mrs. Harold L. Gillis; George M. King, Jr., son of Mr. and Mrs. George M. King; Sandra K. Oxendine, daughter of Mr. and Mrs. Earl H. Oxendine; Jeann Register, daughter of Mr. and Mrs. Omar A. Register; Sherry J. Shepley, daughter of Mr. and Mrs. Raymond Shepley; Pamela Loretta Smith, daughter of Mr. and Mrs. Freddie Smith; and James Hinton Austin III, son of Mr. and Mrs. J.H. Austin, 308 West Elwood Avenue.



KNITTING CLASS -- These youngsters are knitting head bands for themselves as Mrs. Furman Clark looks on and instructs them. The girls are: (left to right, first row) Lisa Alford, Sheryl Farmer, Linda Goodman, Palvera Morrison. (Second row) Mrs. Calrk, Brenda Graham, and Janet Graham.

Library News

Busy, Busy We Are

Come by to see our prints that can be checked out. They have been put in a central location in our meeting area. They can be checked out for a period of six weeks.

Busy, busy and that's what we are. Our shelf list has been moved and the catalog cards put in their place. These units have been added to the front of the library. We plan to move a verticle file to the front in which we will have pamphlets on various subjects. We have just received maps and information on all the states in the Union. These can be helpful to folks planning vacations.

Over 100 new books have been received. So while the weather is so hot and humid, just come by the library, cool off, and pick up some of our new books to read at home.

We still have 'large print' Bibles to sell. If you want to start on your Christmas list early, especially for that loved one who finds the regular print growing smaller each year. We have sold many of these and have received another order. If you would like one, come by early to get it as these sell out before you might realize it.

BOOKMOBILE SCHEDULE
MONTROSE, SEPTEMBER 2 -- Mrs. Josephine Parks, Mrs. Elizabeth Lide, Miss Katie Cameron, Mrs. Leonore Thompson, Mrs. Carol Brown, Mrs. Josephine Brown, Mrs. Valeria Hollowman, Mrs. Reeta

Baker, Mrs. Doris McAllister, Mrs. Annie Liza Purcell, Mrs. Venetia Walters, Mrs. Al Potts, Mrs. Moyer Calloway, Mrs. Charlie Wilson.

ASHLEY HEIGHTS, SEPTEMBER 3 -- Prison, Mrs. Mamie McNair, Mrs. Regenia Smith, Mrs. Laura Stephens, Mrs. Margaret Inman, Mrs. Mary Murphy, Mrs. Jean Vanhoy, Mrs. Willie Shepard, Mrs. Lillian Smith, Mrs. Ethel Carroll, Mrs. Gail Ellis, Mrs. Linda Simmons, Mrs. Linda Schuchard, Mrs. Betty Sandy.

NEW BOOKS: These from the 100 we have received.

1. 'Arigo': Surgeon of the rusty knife; astounding story of the greatest psychic healers of the center by John G. Fuller.
2. 'East and West': Stories by Pearl S. Buck.
3. 'The Invisible Cord' - Catherine Cookson.
4. 'Time and the Hour' - Faith Baldwin.
5. 'The Great Wall Street Scandal' - Raynond .. Dirks and Leonard Gross.
6. 'The Changing of the Guard' - John Ehle.
7. 'From Under the Rubble' - Alexander Solzhenitsyn.
8. 'How True': a skeptic's guide to believing news. Thomas Griffith.
9. 'Gable and Lombard' by Warren G. Harris.
10. 'How can I find you God?' Marjorie Holmes.



Willie McNeill, Jr.

Local Man Gets Doctorate

Willie McNeill, Jr. received his Doctor of Education degree in Academic Curriculum and Instruction during Saturday Commencement ceremonies Pennsylvania State University, University Park, Pennsylvania.

Dr. McNeill received his Bachelor of Science degree from Livingstone College, Salisbury, North Carolina, and his Master of Science degree from A&T State University, Greensboro.

His professional organizations include Phi Delta Kappa, NCAE and NEA.

He taught in the Hoke County public schools for 14 years.

With a minor in music from The Pennsylvania State University, he was a member of the Grace Lutheran Church choir and the Bell choir.

He serves as organist and Sunday School teacher at the Silver Grove Baptist Church, Raeford, North Carolina.

He is a North Carolina Notary Public.

Personals

David Wood and Frank Williamson have returned to Elon College.

Mr. and Mrs. Ken McNeill and daughter, Kimberly, visited Mrs. McNeill's brother, Alfred Cole and family in Roxboro Saturday.

Sally Austin has returned home after spending the summer at Camp Seafarer, Arapahoe, and left for UNC, Chapel Hill, to enter her junior year.

Ron Canady has resigned from his job at Burlington Mills in Raeford and accepted a job with Phillips Fibres in Rocky Mount, N. C. He started his duties there last Monday. Mrs. Canady, assistant home economist with the Hoke County Extension Service, will join him there in several weeks. Mrs. Canady has accepted a part time teaching position with the Pitt County Technical Institute. She will begin her duties there in September.

Mrs. Carlton Niven, Caroline Niven, Mr. and Mrs. Bob Gentry and family attended the O'Briant-Vincent wedding in Roxboro Saturday afternoon. Tim O'Briant is a nephew of Mrs. Niven and Bob Gentry.

Miss Rosemary Inman and Donald Plummer have returned after spending several days in Hendersonville in the home of Miss Inman's sister and husband, Mr. and Mrs. Alex Keith.

Mr. and Mrs. Roy Montague of Springfield, Pa., and Mr. and Mrs. Lynn Montague of Boston, Mass., are visiting relatives in Raeford and Hoke County. They are making headquarters in the homes of Mr. and Mrs. Joe Gullede and Mrs. Susan Long.

Miss Caroline Niven left Sunday for Appalachian State University to enter her junior year.

Ann Clark Schools Of Dance

presents **ANNE McNEILL**

offering classes in

BALLET TOE TAP JAZZ

\$10 Per Month (FAMILY RATES)

If interested call 875-2630 or come by the Civic Center from 2 p.m. - 7 p.m. on Wednesday, September 3, to register. Please contact Miss McNeill if Wednesdays are not convenient for you to take class and she will work out another day for you to attend.

Raeford Civic Center

styles, health and physical fitness, estate planning, consumer concerns of older citizens, psychological adjustments in retirement, nutrition, social security and other matters of interest.

The lecturers for the series will include Phillip Brown, director of the Penick Home; James Blackburn, office of the Attorney General, Raleigh; Dr. Lelenad Bradford, former director of the National Training Institute of Behavioral Sciences, Washington, D.C.; Ann Yarborough, extension agent, Montgomery County; Dr. Donald Wallace, Pinehurst physician, and other experts.

Also Sandhills College in cooperation with the Pee Dee Council of Government in Troy, will offer a training course for professional and non-professional people who work with the elderly. The course has been developed through the coordination of personnel from community colleges, the Grovener's Council on Aging, Duke Center for the Study of Aging. The instructor will be Phillip Brown of the Penick Home in Southern Pines. Classes will meet Tuesday afternoons from two to five o'clock beginning September 9 on the Sandhills campus.

Girl Scouts Seek Adults

A recruitment campaign to attract adult volunteers for Girl Scouting is underway, Pines of Carolina Girl Scout Council announced.

Each year thousands of volunteers receive training in leadership and other skills. Adult volunteers are needed to serve in many positions, public relations director Betty Busacca said.

Persons interested in volunteering should contact Pines of Carolina Girl Scout Council, Rt. 8, Box 59, Raleigh, 27612.