

# FAMILY DOLLAR

## Fall Arrives

LOADED WITH SAVINGS

14 OZ.  
**LISTERINE**  
MOUTHWASH  
AND  
ANTISEPTIC  
PRICED TO GO AT ...  
**68¢** EACH  
LIMIT 2  
\$1.45 VALUE

YOU OWE IT TO YOURSELF TO SHOP AT  
**FAMILY DOLLAR**  
EVERYTHING  
\$5  
OR LESS

BOX OF 40  
**TAMPAX**  
REG. OR SUPER  
**\$1.27**  
LIMIT 2

BOX OF 12  
**OVERNIGHT PAMPERS**  
**\$1.09**  
LIMIT 2

**SWEET 'N LOW**  
100 CT. BOX  
**68¢**  
LIMIT 2

13 OZ.  
**HAIR SPRAY**  
\$2.49 VALUE  
**\$1.17**  
LIMIT 2

**ASSORTED USEFUL HOUSEHOLD GADGETS**  
YOUR CHOICE  
**2 FOR \$1**

**LADIES LONG OR WALTZ GOWNS**  
SIZES S-M-L  
**\$2.99** EACH

**STURDY ZIPPER SIDE LUGGAGE**  
18 INCH ONLY  
24" SIZE ONLY \$5  
**\$3.99** EACH

**MENS PLAID FLANNEL SHIRTS**  
SIZES S-M-L-XL  
**\$3.99** EACH

**BOYS LONG SLEEVE PLAID FLANNEL SHIRTS**  
SIZES 8-18  
**\$2.99** EACH

**BOYS BLUE DENIM JEANS**  
SIZES 6-16  
**\$3.99** PAIR

**CHOCOLATE CHERRIES**  
BIG 9 1/2 OUNCE BOX  
**77¢**

**24 PIECE TUMBLER SET**  
IN GOLD OR AVOCADO  
**\$2.88** SET  
\$3.99 VALUE

**MEN'S 6" OR 8" WORK BOOTS**  
\$12 VALUE  
**\$5** PAIR  
MADE IN U.S.A.  
OIL RESISTANT SOLE  
SIZES 7 TO 12  
**MENS COTTON WORK SOCKS 4 \$1.44**

**FAMILY DOLLAR**  
GUARANTEED SATISFACTION  
PRICES GOOD THRU SAT. WHILE QUANTITIES LAST.  
South Main Street  
RAEFORD, N.C.  
HOURS: Mon. - Sat. 9 - 9 Sunday 1 - 6



4-H PLANNERS - Discussing plans for 4-H activities are (front row) Mrs. Zula Pratt, Mrs. Atkinson, Mrs. Neill Brown, and Sheila Brown., (second row) Judy Crissman, Mrs. Glenn Crissman, Patsy Pratt, and Lena Locklear.

## 4-H Corner

By Freddie O'Neal

On Sept. 18 the Hoke County 4-H Council held a special meeting. Activities for October are numerous and the 4-H'ers of the county are planning a trip to the State Fair on October 18.

Activities that will be carried on during National 4-H Week, October 5 - 11 were discussed, some being window displays, place mats and articles in the local paper.

The Raeford Senior 4-H Club will

meet in the county kitchen on Thursday, September 25 at 7:30 P.M. Any individual that is 14 - 19 years of age that is not a member is welcome to attend this meeting.

The Crossbreed Feeder Calf Sale will be held at Laurel Hill on September 25. Several 4-H'ers are planning to purchase a calf to raise for the steer show next year.

There was a total of 22 4-H'ers and leaders present for the meeting.

## From The Home Agent's Desk

By Ellen Willis

**HINT** - Yes, every married woman should have a will. It's the only sure way to insure your intentions are carried.

**SCHEDULE** - September 25 - North Raeford Homemakers meet at 5 P.M. September 29, Monday - 8:30 A.M. Staff Conference.

**RECIPE FOR THRIFT PRACTITIONER**

Today's "penny wise and pound foolish" is obsolete. Practicing thrift is the "in" action. Our economic well-being encourages it. Consider the impact of price increases on incomes. Following is a recipe for thrift:

1. ANALYZE the family's money difficulties and practices in spending and living. List those practices that are thrifless.
2. AGREE as a family to support thrifty living and plan which practices will be changes, by whom and how.

3. ACTIVATE plan and keep record of practices changed and the dollar value of thrift for a specific time such as a month.
4. Assess progress. Determine the financial value of your new practices for thrift. Make necessary changes for greater thrift if desired and periodically checkup on your progress.

Everyone can become more thrifty. The ways will vary with the individual or family in respect to current practices, need to change, and the determination and willingness to change. Self-discipline is the key. A diagnosis of money difficulties and practices of spending and living will reveal areas of thriflessness.

**PEANUT PRODUCTS**

Peanuts are sometimes said to be among the most unexploited and neglected food crops in this country - but this may soon change.

With declining meat production and spiraling food costs in sight, homemakers are trying to find other ways to get protein in family meals. Peanuts are twenty - six percent protein - they contain a higher percentage of this vital body-building substance than do eggs, dairy products, meat and fish. Peanuts are in incomplete protein, so plan to combine or eat peanut dishes with dairy products - you know - the peanut butter sandwich - glass of milk combination.

And there are some new peanut products on the market. Newest is the peanut flake - which is bland in flavor and very light in color. Peanut flakes can be made into meat and cheese flavored sandwich spreads and into boneless chicken and turkey rolls.

And within the next year, there may be a new dried peanut soup introduced. And soon pecan - flavored peanuts and almond - flavored peanuts may be found at the supermarket. After all, walnut - flavored peanuts are already being sold.

## Methodist Church Homecoming 28th

Community Methodist Church in Five Points will hold its Homecoming Sunday, Sept. 28, with Sunday School at 10 A.M. and services at 11 A.M.

The public is invited to bring a picnic for dinner on the grounds. Speaker will be former pastor Jack Martin, now pastor of Cumberland Memorial Church.

Rev. Lester Bissett also announced revival services will start at 7:30 P.M. Sunday and last through Thursday night.

## Antique Show Set

The Garden Club Council of Fayetteville will hold its seventh annual Antique Show Oct. 2-3 at the Bordeaux Motor Inn. Admission is \$1.50.

## Library News

### Two At Conference

Mrs. Dot Cameron, Hoke County public library supervisor and Mrs. Pam Williams, Hoke County consultant for the Sandhill Regional Library, attended the Governor's Conference on Reading, Sept. 22 - 24. This conference was sponsored by Citizens United for the Improvement of Reading and was coordinated by the Learning Institute of North Carolina.

It will be nice sharing our excitement with all of you when the doors to the new library swing open in the spring. A deadline is not definite yet. But just realizing the work has begun helps make the time seem shorter. It will be nice not to hear remarks from the sidewalk such as, "You mean that's a library? I didn't know they had one."

All of you out there can really be proud of the work you've done when you see the finished product with room to sit and read quietly and a lovely place for children, all their own with just the right kind of furniture.

Spreading out is going to be great! It's at least nice to think -- "A place for everything and everything in its place."

Some of you are still helping our library fund as is Mrs. Daniel Berry, who has been making Christmas decorations for us to sell. We only have a few left. Others have been coming in with good ideas for money making projects. We hope to use some of these.

Mrs. Pam Williams has scheduled five or six county activities for the Sandhills Regional Library's Outreach Project Van during the next several weeks. More about these will be written at a later date.

The following is a list of the new books received this week by the Sandhill Regional Library System and distributed among member county libraries. They may be requested from the Hoke County Library or its bookmobile.

**FICTION**

"Humboldt's Gift" by Saul Bellow.  
"The Nightmare Chase" by Evelyn Berckman.  
"A Plan For Escape" by Adolfe Bicy-Casares.  
"The Toy" by Kage Booten.  
"Catch The Saint" by Leslie Charteris.  
"Where Are The Children?" by

Mary Higgins Clark.  
"For Love Of Crannagh Castle" by Brain Cleeve.  
"Haulin'" by Phillip Finch.  
"Every Crime In The Book" by Robert L. Fish - ed.  
"The Marriage Machine" by Gilliam Freeman.  
"Julia's House" by Maria Gripe.  
"The Mandarin Cypher" by Adam Hall.

**FACT**

"60 Seconds To Mind Expansion" by Harold Cook.  
"Make Your School Work" by Harvey B. Scribner.  
"How To Choose And Use Your Doctor" by Marvin S. Belsky, M.D.  
"How To Beat Fatigue" by Linda Pembrook.  
"Home Care" by Stolten.  
"In Search Of Frankenstein" by Radu Florescu.

**REFERENCE**

Lands and people.  
Genealogical Research V. 2 by American Society of Genealogists.  
Index and digest to Hathaways N.C. Hist. and Geneal. register with Geneal. by Worth Ray.

**BIOGRAPHY**

Edith Wharton by R.W.B. Lewis.  
**CHILDREN'S FACT**  
Q's are weird O's by Roy Doty.  
**CHILDREN'S BIOGRAPHY**  
Larry Csonka by George Sullivan.  
**CHILDREN'S REFERENCE**  
New book of knowledge.

## BOOKMOBILE SCHEDULE

**MONTROSE, SEPTEMBER 30** - 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. Eloise Tew, Mrs. Annie Liza Purcell, Mrs. Venetia Walters, Mrs. Al Potts, Mrs. Moyer Calloway.

**ASHLEY HEIGHTS, OCTOBER 1** - Prison, Mrs. Mamie McNair, Mrs. Regenia Smith, Mrs. Laura Stephens, Mrs. Margaret Innmas, Mrs. Mary Murphy, Mrs. Jean Vanhoy, Mrs. Lillian Smith, Mrs. Willie Sheppard, Mrs. Doris Calloway, Mrs. Ethel Carroll, Mrs. Gail Ellis, Mrs. Linda Simmons, Mrs. Linda Schuchard, Mrs. Betty Sandy.

## Cost Of Medical Care In Hoke County

For residents of Hoke County, the cost of getting sick has skyrocketed in the last few years.

Their bills for medical and dental services, for hospital and nursing care, for prescription drugs and other health needs have climbed to an all-time high.

And, even though most of their bills in the past year were absorbed by the Government or by private health insurance - \$2 out of every \$3 being taken care of in that way - the remaining one - third, which they

had to pay themselves, amounted to more than ever.

The facts and figures relating to health care throughout the United States are detailed in reports made by the Department of Health, Education and Welfare, by the Conference Board and others.

In Hoke County's regional area, based on their latest findings, the average out - of - pocket costs in the past fiscal year came to approximately \$148 per capita, it is estimated. This is exclusive of their premium payments for insurance.

By way of comparison, the average was \$149 per capita in the United States as a whole.

For specific individuals, the health bills ranged from well above average to well below. They varied from area to area and from family to family.

Age makes a difference - a big difference - in a person's health care bill. During the past year, the over - 65 population had out - of - pocket expenses averaging \$415 per capita as against \$117 for the rest of the population.

The overall average, \$149, is broken down by HEW to \$34 for physicians, \$25 for dentists, \$20 for hospital care, \$39 for drugs and sundries and \$31 for other requirements, such as home nursing care, eyeglasses and the like.

These average lump together all people, including those who had big expenditures and those who had none at all.

The total out - of - pocket cost to Hoke County residents for health services in the past year, based upon the estimated regional figures, comes to approximately \$2,383,000.

For the nation as a whole, health care amounted to over \$104 billion in 1974, a 10.6 percent increase over 1973.

## Presbytery Rally

The Men of Fayetteville Presbytery will hold a Fall Rally Sunday at Camp Monroe beginning with registration at 5 P.M.

A family style dinner at a cost of \$2.75 is offered.

Rev. Fred C. Holder will be the featured speaker with the theme "A Place For Every Man".

## Moore City Hosts

### Festival In Park

The Sandhills Arts Council presents its Second Annual Festival In The Park, in the Southern Pines Town Park on Southeast Broad Street, September 26 and 27.

The festival begins at 8pm Friday, with a performance of The House At Pooh Corner, produced by the Children's Theatre Group of the Sandhills Summer Theatre. On Saturday, from 10AM until 5 PM the park will be filled with artists and craftsmen displaying work for sale and demonstrating in various crafts and art forms.

The festival concluded with a musical show, beginning at 8 pm Saturday, featuring bluegrass, folk, rock, and jazz groups from the Sandhills area.

**ANNOUNCING**  
**FRANCES' FABRICS IS UNDER NEW MANAGEMENT**  
**Joan's Fabrics**  
(owned & operated by Joan Sanders)  
**We're Having A NEW MANAGERS FABRIC SALE**  
**3 DAYS ONLY - THUR.-FRI.-SAT. Sept. 25-26-27**  
**60" POLYESTER FABRIC**  
Reg. 3.49 yd. **\$2.79** Reg. 2.98 yd. **\$2.19** Reg. 2.49 yd. **\$1.98**  
SALE PRICE SALE PRICE SALE PRICE  
**BARGAIN TABLE**  
Reg. 1.29 yd. SALE PRICE **98¢** yd.  
**Joan's Fabrics**  
127 MAIN ST. Hours: Daily 9:00 - 5:00 Wed. 9:00 - 12:00

**BINGO**  
**CASH PRIZES**  
8 P.M. Wednesdays  
Raeford Moose Lodge

**Jump Aboard The Merry Go Round**  
Earn Money, No Cash Investment, No Collecting Or Delivering, Have Fun, Be Your Own Boss, Make Your Own Hours, No Experience Necessary.  
Be A Friendly Demonstrator For Information Call  
**Nilda Fields**  
Tel. 875-4737  
**Friendly Home Parties, Inc.**