

## From The Home Agent's Desk

HINT -- Foods taste sweeter hot than cold

SCHEDULE
FRIDAY, December 12, 7:30 P.M.
Philippi Extension Homemaker's
Club, Mrs. Jack Woolley.
MONDAY, December 14, 9:00
A.M. Staff Conference.
WEDNESDAY, December 17,
6:30 P.M. 4-H Club will serve the
Methodist Men's Club Ladies
Night, at Raeford Methodist
Church.

Church. LET'S MAKE CHRISTMAS CHRISTIAN

We have mixed materialism with the mercy of God in such a way that the real meaning of the Christmas customs and symbols have been lost

to most of us.

Take the word, CAROL. A carol is a song inspired by joy. "Noel" we sing! This means news, the good news of the birth of Christ. Christmas carols are the songs celebrating the good news -- the gospel -- to mankind.

The Gay WREATH we hang on

the door or in the window at Christmas time tells of the love of God. As the wreath has no beginning -- no ending -- so the love of God goes on endlessly.

CHRISTMAS HOLLY reminds

us of the crown of thorns Christ wore -- with the red berries a symbol of drops of blood. The very Christmas TREE -- The

evergreen is symbolic of the love of God that is ever fresh and vital. The star at its top recalls the Star in the East that appears on that first Christmas night.

The CHRISTMAS CANDLE

tells us of the Christmas Christ who is the light of the world. As a candle burns it gives light, and at the same

burns it gives light, and at the same time it is giving itself.

Even SANTA CLAUS is a symbol of the good will, the kindness, the generosity that are typical of this happy season. Santa Claus is our name for good Saint Nicholas who lived in Asia Minor 300 years before Christ was born. He was so kind to little children. He was so kind to little children that we associate him with the spirit of Christmas giving.

#### FRUITS AND VEGETABLES

Colorful fruits and vegetables look good, retain their nutritive value and offer variety to meals -- if your prepare them right.

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Here's what I mean. Crisp raw fruits and vegetables make excellent salads, appetizers, snacks, relishes or desserts. And when you serve them raw, fruits and vegetables usually provide the greatest number of nutrients and the lowest number of calories.

Of course, cooked fruits and vegetables can be delicious and nutritious -- if your prepare them right. For example, many vegetables retain most of their nutrients, color and shape if you'll do this -- cook them in a small amount of water for the shortest time possible to make them edible.

This principle of cooking is important, since some vitamins are soluable in water and easily destroyed by heat.

Another change that might occur from overcooking is this -- a dulling of color, especially in bright green vegetables. And there might be a breakdown of texture. So it's no wonder, a short cooking time is recommended for most fruits and

recommended for most truits and vegetables.

When you plan family meals, allow for four or more generous servings of fruits and vegetables each day. And include green leafy and deep yellow vegetables often. Then serve them raw -- or cook them as little as possible.

# Personals

Sp/4 and Mrs. Ralph Cecil are home from Germany for a Christmas visit with their parents, Mr. and Mrs. Harold Currie and Mr. and Mrs. J. R. Conoly. Sp/4 Cecil will return to Germany for eight months and Mrs. Cecil will stay here with her parents.

Mrs. Bill Smith and Mrs. Stephen Thompson of Clarksville, Va., were overnight guests Monday of Mr. and Mrs. Charles Hostetler.

Mr. and Mrs. Jack Pope spent Sunday in Burlington with her parents, Mr. and Mrs. D. A. Byrd.

Mr. and Mrs. Wendell Young were in Forest City last weekend for a birthday visit with his father, C. C.

Mr. and Mrs. H. C. Fisher of Winston - Salem, spent the weekend with her mother, Mrs. Joe Gulledge.

Mr. and Mrs. Jack Scarborough and son Tom spent the weekend with his parents, Mr. and Mrs. D. T. Scarborough of Candor.

Mr. and Mrs. Jeff Harris spent the weekend with relatives in Roxboro and attended funeral services for Ned Dillard on Saturday

Mr. and Mrs. Joe Upchurch and Mr. and Mrs. Joe openural and daughter Dwan spent the weekend in Raleigh with Missy Upchurch, student at Meredith College. They all attended the Messiah on Saturday evening at Duke.

Freddie O'Neal returned to Raeford Sunday after being called home on account of the death of his grandfather, George D. O'Neal of Elizabeth City.

Dr. and Mrs. Gordon Sinclair and daughter Sarah, and Mrs. Sinclair's mother, Mrs. J. E. Niven, all of Raleigh, were weekend guests of Mrs. Susan G. Long. They were here for the Montague funeral.

### College News

Miss Suzanne Baker Jordan, freshman at Meredith College and the daughter of Dr. and Mrs. R. M. Jordan of Fulton St., Raeford, performed in the Winter Dance Concert at Meredith Monday, December 7, at 7:30 p.m. in Jones Auditorium. Auditorium.

The concert was a culmination of the semester's work in the dance classes at the church-related senior liberal arts women's college.

Miss Jordan is a 1975 graduate of oke County High School in Raeford.

# Birthdays

Tony Reynolds

On December 2, Tony Reynolds, son of Mr. and Mrs. Mike Reynolds of Route 1, Aberdeen, celebrated his first birthday with his playmates at Kiddie Korner Nur-

sery.
Again on Saturday evening Again on Saturday evening Tony's neighbors gathered to help him celebrate. A theme of Mickey Mouse and friends was used. Refreshments of cupcakes, lemon pie. cookies, nuts, mints, potato chips and punch were served. Attending were Mr. and Mrs. C.F. Templin. children. Karen and Templin, children, Karen and Steven, Mr. and Mrs. Tommy Brock, son Robbie and Kenneth

His birthday was continued on Sunday when the family joined to celebrate at his home. Attending were grandparents, Mr. and Mrs. Cecil Reynolds of Raeford, and Mr. and Mrs. Vic Finoochi of Fayetteville; aunts and uncles, Anita Zebraski and Mr. and Mrs. Ray Parks; cousins, Albert Zebraski and Elizabeth Parks; and his great aunt and med. his great-aunt and uncle, Mr. and Mrs. Herbert Reynolds of Raeford. The Mickey Mouse motif was used throughout the home. Refresh-ments were served and each child was given a Mickey Mouse coloring

#### Bill McQuage

Bill McQuage was honored on his 60th birthday Sunday when his daughters and their husbands, Mr. and Mrs. Robert Carlisle of Hamlet, and Mr. and Mrs. Sammy Simmons of Raeford, were hosts for a surprise birthday dinner at the Carlisle home. Attending with Mr. McQuage from

Raeford were Mrs. McQuage and David and Shirley Simmon.

Twelve guests were seated for dinner and birthday cake, after which Mr. McQuage was showered with gifts.

Miss Helen Dickson of High Point, spent Thursday until Saturday with Mr. and Mrs. H. L. Gatlin.

Mr. and Mrs. James Boyles have moved back to Raeford after making their home in Newfoundland for several years, He is a brother of Basil, Harold and Cline Boyles.

WANTED - News for social page. Residents of Raeford and former residents are all interested in the comings and goings and items of social interest of their home town people. I need help from each of you to keep me informed. Please call me at my home number, 875-3785, after 5 o'clock or on Saturday, Mrs. Carlton Niven.

#### ALL TYPES OF FLORAL DESIGNS Floral Fashions

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Seasons' Greetings and Best Wishes

Board of Directors and Staff of Raeford Savings and Loan Ass'n.

We wish to express our thanks and appreciation to our many members whose generous support has caused our growth and expansion. We humbly pledge to you continued dependable service with a new addition to our office building and added services.

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