

UDC Essay Contests For School Children

The United Daughters of the Confederacy (UDC) announced 15 categories with cash awards in its 1976 Essay competition for school children.

Mrs. Herman Koonce, historian, is local chairman for the competition.

1976 ESSAY TOPICS

Senior High School Essays and Poems
1. \$10.00 Cash Award given by Warren Co Chapter No. 939 - Best Essay - "Patriotic Service and Work of the United Daughters of the Confederacy."
2. \$10.00 Stoner-Meire Cash

WEIGH LESS OR PAY NOTHING
Start losing weight today OR MONEY BACK. MONADEX is a tiny tablet that will help curb your desire for excess food. Eat less - weigh less. Contains no dangerous drugs and will not make you nervous. No strenuous exercise. Change your life - start today. MONADEX costs \$3.00 for a 20 day supply and \$5.00 for twice the amount. Lose ugly fat or your money will be refunded with no questions asked by:
Howell Drug Store - Raeford
Mail Orders Filled

Save money on your life.

Nationwide has some budget priced life insurance plans that may save you money. Here is an important way for a young family man to buy the big life insurance protection he needs now, and at low premiums he can really afford. Find out how you might save money on your life. Call a Nationwide agent today.



M. VARDELL HEDGPETH
111 West Elmwood Avenue
Raeford, N. Carolina 28376
875-4187



Nationwide Life Insurance Company
Home Office - Columbus, Ohio
Form 1273 (1449 III and N.H.)

Henry Block has 17 reasons why you should come to us for income tax help.

Reason 12. There are major changes in the tax laws that could affect your return. Our people are specially trained to help you take advantage of these new laws. We'll do our best to make sure you pay the right amount of tax. No more, no less.



H&R BLOCK

THE INCOME TAX PEOPLE
RAEFORD HOTEL

Open 9 a.m.-6 p.m. Weekdays 9-5 Sat. Phone 875-5330
NO APPOINTMENT NECESSARY

Oh, no!



An "Oh, No" is when you have more payments than you have pay!

An "Oh, No" is when you've had lots of extra expenses. But your brother has had even more. That's why he's asking you to pay back the \$100 you borrowed last August. Don't battle all these bills alone. We arrange loans that consolidate all your bills into one monthly payment. We arrange loans for 1,001 reasons.



LOANS TO \$1,500

103 N. MAIN - 875-4111

RAEFORD, N.C.



SPRING - Although cold weather is still with us, store windows are displaying white hats and colorful spring fashions.

Library News

Moving Day Coming

(Mrs. Pam Williams is in the hospital this week and we do miss her and hope she will be back soon.)

Have you seen the new library building lately? It is really coming along and so very nice to see the walls going up. Just think, only a few more weeks and you will have plenty of parking space and also plenty space inside the library to work with your special research and school projects. We know you young folks who have to climb over librarians to get to reference books will be glad to know there will be better access to them. There will be quieter areas for you to work and concentrate.

Ge! It surely is going to be nicer for everyone concerned.

All of you who are looking forward to moving day and helping us move; be sure to get your day picked out to help. We're sure everyone wants to take part. But, I know getting everything in its place will mean a great deal to your library staff.

BOOK REVIEW

(a) Key nutritional oils in the daily meals are either missing, or if present, are not assimilated properly. Frequently, it takes several to many years of poor food choice and/or poor eating habits to lead to an arthritic condition.

(b) On the other hand - the correct nutritional oils "can be" in many of the daily meals and even accomplish their proper lubricating job. BUT IN OTHER MEALS, "oil deteriorating liquids or other detrimental, devitalized foods" can still undermine "the good" of previous meals "ALREADY" PROPERLY ASSIMILATED.

The book: ARTHRITIS AND COMMON SENSE by Dan Dale Alexander.

This is his new enlarged edition with illustrations and menus.

BOOKMOBILE SCHEDULE
MONTROSE - TUESDAY,
JAN. 17 - Mrs. Josephine Parks,
Miss Katie Cameron, Mrs. Eliza-

beth Lide, Mrs. Lenora Thompson, Mrs. Carol Brown, Mrs. Venetia Walters, Mrs. Rita Baker, Donald Wilson, Mrs. Valerie Hollomond, Mrs. Doris McAllister and Michael Show.

ASHLEY HEIGHTS - WEDNESDAY, JAN. 18 - Prison, Mrs. Mamie McNair, Mrs. Regina Smith, Mrs. Linda Schucard, Mrs. Margaret Inman, Mrs. Mary Murphy, Mrs. Vanhoy, Mrs. Lillian White, Mrs. Diane Williams, Mrs. Hunter Carol, Mrs. Gail Ellis, Mrs. Kathy Shields and Mrs. Linda Simmons.

School Menu

Friday, Feb. 13
Beef Vegetable Soup A,C
Peanut Butter & Jelly Sandwich
Crackers
Red Velvet Cake
Milk

Monday, Feb. 16
Hot Dog in Bun W/Chili
French Fries, Catsup
Carrot Stick -A
Apple Crisp
Milk

Tuesday, Feb. 17
Spaghetti W/Meat Sauce A
Cheese Wedge
Tossed Salad A,C
Rolls
Betsy Ross Cookie
Pear half
Milk

Wednesday, Feb. 18
Chili Beans
Steamed Cabbage -C
Cornbread
Applesauce
Milk

Thursday, Feb. 19
B-B-Que Chicken
Green Beans
Candied Sweet Potatoes A
Cranberry Fruit Salad
Rolls
Milk

CP&L Pays Taxes

Carolina Power & Light Co. paid property taxes totaling \$138,817.97 to Moore and Hoke counties and to eight municipalities last year, according to A.J. Woody, manager of CP&L's Southern Pines district.

Woody said that \$85,309.32 was paid to Moore County and \$22,930.14 to Hoke County. \$2,898.32 was paid to the city of Raeford in taxes.

From The Home Agent's Desk

HINT: Before washing a rubber or plastic squeak toy in warm sudsy water, cover the squeak opening with tape to prevent water from entering.

SCHEDULE:

Thursday, Feb. 12, 2:30 P.M. Antioch Extension Homemakers meeting with Mrs. A.S. Baldwin.

Monday, Feb. 16, 8:30 A.M. Staff Conference

Tuesday, Feb. 17, 12:10 P.M. Business Girls meeting, County Office Building

Tuesday, Feb. 17 2:30 P.M. Raedeen Extension Homemakers meeting

Wednesday, Feb. 18, 9 A.M. Interagency Council meeting, County Office Building

Thursday, Feb. 19, 7:30 p.m. Raeford Extension Homemakers meeting at the home of Mrs. Glenn Wood.

THINK SMALL

Cooking for one or two can be more interesting if you stick to buying small quantities and make use of convenience foods.

So if you are a newly-married homemaker - or if you used to cook for a good-sized family but are now cooking for just your husband and yourself - you may need to check your buying habits. The larger or giant-sized packages may no longer be the best value.

For instance - the big box of cereal may get stale before all of the cereal is eaten. So a better buy for you might be the more expensive individual serving size boxes.

Instead of the economical chuck roast - you may do well to look at a smaller one - or two-serving pieces of meat.

Instead of a 10-pound sack of potatoes, you may need to buy

potatoes that are dried or frozen.

The amount of convenience foods you buy might make a difference in the amount of staples you need to buy. For instance, there's no need to have a large sack of flour around if you do most of your baking with packaged mixes.

Buying in smaller quantities or buying convenience foods may mean a large outlay of cash for each item. But in the long run, it could prove to be a money saver. You'll have fewer stale or spoiled products to throw away.

WAX-DIPPED ROSES REQUIRE EXTRA CARE

You may find packaged wax-dipped rose plants at nurseries, garden centers, grocery stores and variety stores. The paraffin wax coating does an excellent job of preventing plants from drying out while they are in sale displays, but the wax often is detrimental to good plant growth after plants are set out. The sun's rays melt the wax, often causing a burn or scald to stems. Sometimes, new leaflets form beneath the wax. This tender growth is harmed by the warm wax. Many commercial growers enclose stems of wax-treated roses in polyethylene to help offset the problem. This plastic coating should be removed before planting.

Paraffin-dipped plants should be shaded after planting. This reduces damage of hot sun on mild winter days and allows wax to weather away as plants begin growth in the spring. A few limbs of evergreen trees or burlap on a simple frame give a good shading.

HOLD UP ON FEEDING OF AZALEAS

Many azaleas begin to look bad this time of year. But, too early feeding causes bud shedding. It is best to wait until the plant has finished flowering before fertilizing it.



Use soft water for washing, but use hard water for drinking and cooking. Hard water has a lot of calcium and magnesium in it - bad for washing, but most essential for a healthy heart. A Ph.D. student in Ontario shows a strong correlation between the rate of heart attacks and the degree of calcium, and especially magnesium, in the drinking water. A household water softener should be used only for washing water - not drinking water.

Shop your independent pharmacy first

Hoke Drug Co.

Tel. 875-3720

DON'T MISS THE BIG VALENTINE SWEETHEART BALL

AT THE
CARDINAL CLUB
PINEBLUFF, NORTH CAROLINA
VALENTINE NIGHT
SATURDAY NIGHT, FEBRUARY 14th.

featuring
"THE MANDELLS"
OF LAURINBURG, N.C.

10:00 - 2:00 Semi Formal
OPEN NIGHTLY
Except Monday
8:00 P.M.

Advance: '5 Couple
'3 Single

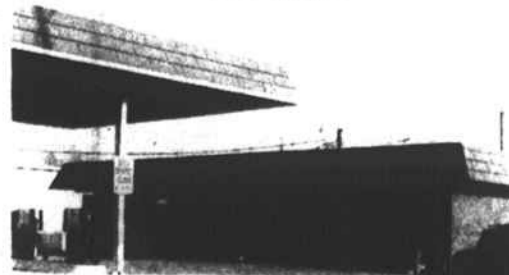
At Door: '5.50
'3.50

FRIDAY AND SATURDAY - DISCO NIGHTS

MORRISON'S QUICK STOP

401 South

Stop By Often For:
TEXACO GAS & OIL
COLD BEVERAGES
FROZEN FOODS



PACKAGED MEATS
DAIRY PRODUCTS
FULL LINE GROCERIES

We Honor: Texaco Charge Cards
Bank Americard and Master Charge

— HOURS —
7 A.M. Until 11 P.M.