

# THINK SPRING, THINK FAMILY DOLLAR

**LADIES SMART  
COTTON GAUZE  
TOPS**

- CHOICE OF STYLES
- NOVELTY TRIMS
- SIZES S-M-L

**\$5**  
VALUES  
TO \$8.97 EACH

**POLYESTER  
PULL-ON  
PANTS**

- SIZES 8-18 & 32-38
- PASTEL SOLIDS AND  
JACQUARDS

**\$3.99** PAIR

**LADIES  
ONE  
SIZE  
STRETCH  
FIRST  
QUALITY  
PANTY  
HOSE**

REG. 48¢ PAIR

**3** FOR **\$1**

**STYLISH  
SCARFS**  
CHOICE OF  
SOLIDS  
AND  
PRINTS

**\$1** EACH

**SPRING  
FASHION  
HANDBAGS**

- STRAWS
- VINYLS
- TYE-DYES

**\$3.99** TO \$5 EACH

**\$5.99  
VALUE**

**LADIES  
2-BAND DRESS  
SANDALS**  
CHOICE OF SPRING COLORS

**\$3.99** PAIR

**SPECIAL  
PURCHASE!**

**LADIES  
SHENANIGANS  
LEATHER  
SANDALS**  
\$12.95 VALUE

**\$5** PAIR  
SIZES 5-10

**ROSE MILK  
LOTION**  
• 8 OUNCE  
• \$1.49 VALUE

**77¢**  
LIMIT 2

**SHAMPOO**  
• 8 OUNCE SIZE  
• \$1.75 VALUE

**77¢**  
LIMIT 2

**ANTI-  
PERSPIRANT**  
• REGULAR OR  
LIGHT POWDER  
• \$1.98 VALUE

**88¢**  
LIMIT 2

**Crest** TOOTH PASTE  
• 5 OUNCE  
• REGULAR OR MINT  
• REG. 87¢

**57¢** EACH  
LIMIT 2

**IN  
NAVY  
BLUE  
OR  
SPRUCE  
GREEN**

**PERMANENT PRESS  
WORK CLOTHES**  
PANTS OR  
SHIRTS  
YOUR CHOICE

**\$5** EACH

**MENS  
WORK SOCKS**  
PACKAGE  
OF 4 PAIR

**\$1.66** PKG.

**FAMILY DOLLAR**  
SOUTH MAIN STREET - RAEFORD, N. C.  
Store Hours:  
Mon. - Thur. 9 - 7 Fri. & Sat. 9 - 9 Sun. 1 - 5  
PRICES GOOD THRU SUN. WHILE QUANTITIES LAST

## From The Home Agent's Desk

Hint: For Quick Cleanups on kitchen and bathroom floors, keep a spray bottle of detergent or soap solution and a sponge handy.

Schedule:

THURSDAY, MARCH 4, 9:30 a.m. Raeford morning Extension Club meeting at the County Office Building.

MONDAY, MARCH 8, 8:30 a.m. Staff conference.

TUESDAY, MARCH 9, 9 a.m. North Lakes Homemakers meeting.

WEDNESDAY, MARCH 10, 2 p.m. Ashmont Homemakers meeting at the home of Mrs. Mary Seaford.

THURSDAY, MARCH 11, 2:30 p.m. Antioch Extension Homemakers meeting with Mrs. John Schell.

**WAKE UP - WISE UP  
EAT BREAKFAST**

Eighty-two per cent (82 per cent) of all teenagers and fifty per cent (50 per cent) of all adults in the United States are regularly missing a nutritious breakfast. Are you contributing to these statistics? If so, you should note that you don't work as hard, as long or as efficiently as you would if you ate a nutritious breakfast. Take heed! Do something about it!

A nutritious breakfast doesn't have to be the traditional breakfast foods; it can be a peanut butter sandwich and a glass of milk or a hand full of peanuts and orange juice.

Peanuts and peanut butter are outstanding sources of the protein the body needs to build and repair its cells, as well as ranking high in other nutritional categories. This makes nutritionally concentrated peanuts and peanut butter wise eating choices for any time of day, breakfast included. Don't miss out on good nutrition. Pick peanuts! (They provide quick energy to help you get going in the morning too)

Peanut butter cinnamon toast will wake up breakfast appetites and it's quick to fix.

Peanut oil has long been an essential ingredient in French, Italian and Oriental cookery. Since it became commercially available in the United States in 1934, it's become increasingly popular in American cookery. Today, chefs and homemakers find peanut oil to be a superior oil that produces the most desirable results in cooking and in salad making.

Some of the distinct advantages of peanut oil are:

- It is tasteless - brings out the flavor of herbs and spices without imparting a taste of its own.
- It is high in unsaturates ideal for those watching the cholesterol level.
- Has good resistance to rancidity due to the presence of natural antioxidants.
- Lightest of all the common unsaturated fats - a natural for salad dressings - its lightness causes the dressing to tend to cling to the salad greens rather than run to the bottom of the bowl. Its high viscosity holds added ingredients in suspension longer - just a shake before using and dressings stay well mixed.
- It has a high smoke point (440 degrees F.) making it ideal for deep frying and high temperature oven cooking.
- May be clarified and reused many times for frying foods of different flavors.

The Veterans Administration operated the largest health-care system in the United States. Included are 171 hospitals and more than 200 outpatient clinics.



**SENIOR HALL OF FAME** - These students were nominated by their classmates and voted by faculty members as Senior Hall of Famers. Pictured are: Front row (L to R); Joanna Best, Marilyn Barton, Glendia Black, Wanda Locklear, Linda Croft, Second row; Margaret Postel, Linda Currie, Martha Ann Wood, Tommy Gaddis, Tara Barnes, Susan Gillis, Cindy Dial, Allen Thomas. Third row; Hope Williams, Myoshi Gordon, Cissy Moses, Kathy McMillan, Jan Dial, Denise Brown, Tondea Jackson, Gwen McNeill, Larry Black. Fourth row; Franklin Jordan, Debbie Dees, David Howell, Charlotta King, Madeline Miller, Noah Hendrix, Ken MacDonald, Anthony Freeman, and James Rainey. (Photo by Hoke High photography class)

## Consider Costs

# Should You Rent Or Buy?

By  
**Willie Featherstone,  
Ass't Agricultural Agent**

How can you get the type of housing your family wants at a reasonable cost? Should you rent or buy? You likely will want to give some serious thought to the question of renting versus buying before making your decision. Both renting and owning have advantages and disadvantages. In deciding which is right for your particular family you will want to consider such factors as the size and age of your family. Your finances, your job, your families, likes and dislikes, and housing available in your community.

Reasons frequently cited for renting and for owning a home are as follows: 1. Family has more control over living expenses. Rent is a fixed amount and may include utilities, decorating services, etc. 2. Family will usually spend less on a home that is rented than on one they own. 3. Renting obligates the family only for the length of time specified in the lease. If family finds too much is being spent for housing, other arrangements can be made when the lease expires. 4. There is no chance for loss on investment and no commitments for payments on a mortgage. 5. Renting tends to be more flexible than ownership. It is easier for a family to move. 6. There is a limited amount of responsibility. You are

not concerned with real estate taxes. Special assessments. Major repairs and replacements. 7. Renting gives an opportunity to learn about different areas and enables the family to be the better judge, if they decide to buy. 8. The housing needs of your family in the future are uncertain.

For Owning a Home: 1. Money put into a home instead of renting is a fairly safe form of investment. If you make a good choice, the property will likely increase in value and you can sell for a profit. If the property does not increase in value, this is not really important as long as you continue to live in the home. 2. Owning is a hedge against inflation. If inflation comes, the value of the property will rise. However, in times of deflation the dollars paid on a mortgage are worth more than at the time of the contract. 3. Homeownership offers some advantages on income tax. Real estate taxes and the interest charged on the mortgage are proper deductions, if you itemize deductions. 4. Buying a home encourages a family to save. A family that otherwise might be unable to save is forced to do so when mortgage payments must be met. 5. Home ownership gives the family a feeling of security. This is especially true when a home is paid for. 6. Money invested toward paying off the mortgage may be used as security for an emergency

loan. 7. Homeownership is a symbol of achievement. 8. Ownership improves the family's credit rating. 9. Owning enables the family to make any alterations to the house and yard it can afford. If the family enjoys painting, decorating, yardwork and other task associated with caring for the home, these activities can be a diversion and at the same time increase the value of the property.

## Personals

Among the friends and relatives of Raeford who went to Goldsboro Sunday to call on the family of Dr. Howard Baucom who died Saturday were: Mrs. Herbert McKeithan and Mrs. Bennie Kelly, accompanied by Herbert McKeithan Jr. of Laurinburg, Mrs. David Scott Currie, Mrs. Carson Davis, Mr. and Mrs. Irvin Hubbard and Mr. and Mrs. Harmon Lindsay.

Carroll Hart, who has recently been transferred to the Burlington Plant in Rome, Ga., spent the weekend here with his family.

Mrs. R.A. Matheson has returned from a visit with her brother and sister-in-law, Mr. and Mrs. L.B. Sutton in Asheville.

Charlie Morrison, retired postmaster of the Raeford Post Office, has accepted a job with The Bank of Raeford.

Dr. and Mrs. Frank Gaynor and sons of Greenville, S.C. were weekend guests in the home of her mother, Mrs. J.W. McKenzie.

Mrs. Tim Gautaux and son, Robert Timothy, of Ponchatoula, La. are visiting in the home of her parents, Mr. and Mrs. Bill Howell.

Mr. and Mrs. G.M. Freeman spent the weekend in Washington, N.C. with their son George and family.

Mr. and Mrs. Fred Smith and Mr. and Mrs. Eugene Matherly visited Mr. and Mrs. Frank Sigmon in Hickory recently.

Howard Petters of Drakes Branch, Va. accompanied by friends, visited relatives in the county Saturday while en route to the races in Darlington, S.C.

Mr. and Mrs. Kenneth Sturgeon visited her mother, Mrs. Gay Wilkerson, in Chase City, Va. the past weekend.

Lester Southern of Raeford, a sophomore at Atlantic Christian College in Wilson, was the guest organist at the Raeford United Methodist Church Sunday. Lester recently played the role of Mr. Bluff in the opera "Impresario", by Mozart at Atlantic Christian College.

The Hand Bell Choir of the Raeford United Methodist Church, directed by Mrs. Lewis Upchurch, gave a program of music at the early morning services at the Merdock School for the Retarded in Butner Sunday morning, after which they played for the eleven o'clock services at the Elton Baptist Church in Oxford.

Mrs. Marvin Vick, Vice-President of the N.C. Conference of United Methodist Women was the guest speaker at the Monday night meeting of the Women of the Church in the fellowship hall of the Raeford United Methodist Church.

**THE MS. SHOPPE**  
Hwy. 211 East  
Red Springs, N. C.

Invites you to attend its  
**GRAND OPENING**  
on Saturday, March 6th, 1976  
10 A.M. until 5 P.M.

**Ed and Peg Tyndall**