



KILLING FREEZE- Protective plastic was seen over flowers in Raeford yards early Thursday morning as gardeners tried to lessen the effects of an overnight freeze. The official low temperature was recorded at 29 degrees and azaleas were victims of the killing cold.

From The Home Agent's Desk

Food for Thought: The measure of success is not whether you have a tough problem to deal with, but whether it's the same problem you had last year.

Schedule: Thursday, March 25, 5 p.m.— North Raeford Extension Homemakers meeting. Monday, March 29, 8:30 a.m.— Staff conference. Tuesday, March 30, 9 a.m.-3 p.m.—Pine Needle Workshop, county office building.

Everybody is doing it -- that is, going metric. Since 1790, when the French Academy of Sciences

School Menu

FRIDAY, MARCH, 26 Beef Vegetable Soup- A.C. Crackers Peanut Butter & Jelly Sandwich Prunes- A Cinnamon Bun

MONDAY, MARCH 29 Pizza Buttered Corn Tossed Salad -A,C Cookie or Cake

TUESDAY, MARCH 30 Meat Loaf or Creamed Hamburger **Buttered Rice** Green Beans Rolls Applesauce Milk

WEDNESDAY, MARCH 31 Managers Choice

THURSDAY, April 1 Fried Chicken Fluffy Potatoes -C Cranberry Fruit Gelatin Betsy Ross Cookie Rolls

College News

Louise Wood of Raeford is among 138 Pembroke State Uni-versity students who have begun an 11 week student teaching program. She is student teaching at Hoke High School under the supervision

Pamela Loretta Smith of Raeford among 26 freshmen at the University of North Carolina at Chapel Hill who have been named finalists in the North Carolina

Fellows program.

Ten to fifteen finalists will be chosen during interviews March



created the metric (or decimal measurement) system, all but five countries have adopted, or planned the change to the metric system. The United States is the only large country not yet on metric. Our time is coming, according to private industry, who is leading the conver-sion. The primary reason is to increase our exports of manu-factured products and thus help

our balance of trade with other nations. And, obviously, to get in step with the rest of the world.

First, it's a whole new language. Back in 1790, the meter was established as a measured portion of the earth's circumference. Measures of capacity and mass were derived from the length unit. The conversion to metric in the United States will be to "SI", of which there are seven base units. By convention they are considered dimensionally independent --length (meter), mass (kilogram), time (second), electric current (ampere), thermodynamic temperature (kelvin), amount of substance (mole), and luminous intensity (candela). Other SI units are derived from the base units -- but that's more intregate.

Consumers will need to learn more about meters, liters, kilo-grams, degrees Celsius. Multiples and fractions of a unit are ex-pressed by decimals. Conversion of a unit to another size involves just moving the decimal point 232000 millimeters = 232000 centimeters = 232 meters = 0.232 kilometers.

One of the questions most often asked about the metric system is how will it affect cookboooks? True, most new cookbook recipes will soon contain metric units. But -- the change to metric will not mean throwing out old favorite recipes, cookbooks -- or even the utensils we've used for years. Many food products and recipes are using both systems even now. Care must be exercised however, even with conversion tables, measurements should be carefully checked.

Accepting the changeover to metric appears to be the biggest obstacle -- not the changeover itself. People need to think metrically first. Then there are eight basic points that should be empha-sized in an educational program.

Accurate SI source material should be used as reference.

(2) All published materials used in teaching metrics should first be checked and corrected to SI units. (3) Stress the basic SI units

don't teach, or try to learn all the SI system because it is overwhelming. (4) A policy to round off units could be adapted -- three signifi-

cant digits are usually all that are necessary (5) Rather than convert measure-

ments from customary to metric units -- develop new materials based on whole metric units. (6) The decimal feature of the

metric system should be applied in all cases. (such as: 0.5 liter or 500 ml should be used not 1/2 liter). (7) Keep measurements unclut-tered and few in number. Ease in

using metric units should be

(8) Customary names of cup, tablespoon, and teaspoon should not be used with metric units to avoid confusion



A Growing Concern A Greenhouse Vegetable — Flower Plants Hanging Baskets **NOW AVAILABLE** Bill Crawley

Rt. 2, Box 130 Raeford **Located Near Arabia Golf Course** TELEPHONE 875-2401

Personals

Steve Plummer of Lillington spent the weekend with his parents, Mr. and Mrs. Ralph Plummer

Jeff McNeill of Clemson University spent the weekend with his parents, Mr. and Mrs. John K. McNeill Jr.

Miss Becky Hood of UNC -Wilmington, spent several days last week here with her mother, Mrs. W.S. Hood.

Miss Karen Soles visited friends at Louisburg College during the week-

Jerry Tucker of UNC - Chapel Hill spent the weekend with his parents, Mr. and Mrs. Jack Tucker.

Mrs. Marie Watson of Brevard spent the past week in the home of her brother, Mr. and Mrs. Homer McGuinn. She came especially to be with the family while Mr. McGuinn who returned home Saturday, was a patient at Moore Memorial hospital.

Mrs. Julian King and son, Jason, are visiting Mr. Kings mother, Mrs. Laura King, in Jacksonville, Florida. They will also visit Disney

Mrs. Sarah McKenzie spent the past weekend in Chatham, Va., visiting her son - in - law and daughter, Mr. and Mrs. Davis

Mr. and Mrs. John McPhaul and family of Sanford spent the week-end with his mother, Mrs. Kate

Miss Miriam Ropp of U.S.C., Columbia, S.C., spent last week with her parents, the Rev. and Mrs. John Ropp.

Mr. and Mrs. Bob Harris spent the weekend in Norlina with his mother, Mrs. Helen Harris.

Mrs. Archie McDiarmid visited her husband at Veterans Hospital in Durham during the weekend. Mr. McDiarmid re-entered the hospital last week and underwent surgery.

Mrs. Kermit Crawley is a new employee at Hoke County Library and began her duties there Tues-

Carlton Niven, Jr. of Brevard spent the weekend with his parents, Mr. and Mrs. Carlton Niven.



Births

Mr. and Mrs. Prentis McMillan announce the birth of a daughter, Valerie Denise, on March 8 at Cape Fear Valley Hospital.

Mr. and Mrs. Frank Baker announce the birth of a son, Douglas Allen, on March 10, at Cape Fear Valley Hospital.

Mr. and Mrs. John K. McNeill III announce the birth of a daughter, Laura Bess, on March 20, at Moore Memorial Hospital. Mrs. McNeill is the former Delia Carter of Red

Mr. and Mrs. Don Burrow and son Michael and Mr. and Mrs. Myrl Miller recently spent several days with relatives in Rockville, Md. In Washington, D.C., they toured the wax museum, the Smithsonian Institution and the zoo; and on their return this they wit their return trip they visited relatives in Lynchburg, Va.

Mr. and Mrs. D.T. Scarborough of Candor were Sunday guests of Mr. and Mrs. T.B. Lester.

Mr. and Mrs. Mike Prince of Long Beach were weekend visitors in the home of her parents, Mr. and Mrs. Tommy Macko.

Mr. and Mrs. William T. Niven had as their weekend guest, Ben Teal of Summerville, S.C.

Mrs. Joe Gulledge has returned from a visit in the home of her daughter, Mrs. H.C. Fisher and family in Winston-Salem. Mr. and Mrs. Fisher and family will move to Plymouth, Rhode Island, this

Rickey Huff of N.C.S.U., spent the weekend with his parents, Mr. and Mrs. D.R. Huff.

Dinner Given For Visitor

Mrs. Jay Woodard and Miss Ellen Currie gave a dinner party Saturday night at Mrs. Woodard's home for Mrs. H.C. McLauchlin of Charlotte. Mrs. McLauchlin, formerly of Raeford, is here for a Spring visit Spring visit.

Camellias, azaleas and jonquils

centered the dining room table where places were laid for eight

Hospital News

MOORE MEMORIAL Lawrence Stanton, home Mrs. Virgil Dedas Frank Brock Frances Harris, home Sat. W.C. Hodgin, entered Sunday Everett Bowen, home John Frank Chisholm

CAPE FEAR VALLEY Mrs. Howard Craig

VETERANS, FAY. D.H. Williamson

DUKE Homer McGuinn, home Jimmy Bowles, to enter today

N.C. MEMORIAL Billie Rose Brown and Gloria Jean Rose Frye entered March 12 for kidney transplant.

ROCKINGHAM Mrs. Jasper Davis





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THE INCOME TAX PEOPLE RAEFORD HOTEL

9-5 Set. Pho NO APPOINTMENT NECESSARY