announced plans for five new national cemeteries.

Nobody really wants to be fat – and some people need help. Here's a simple way to lose weight. MONADEX helps curb your appetite. You exist – you weigh less! Start your Monadex reducing plan today – you've a new way of life ahead. If you don't lose that ugly fat – we'll you don't lose that ugly fat – we'll refund your money – no question saked. Also try AQUATABS – a water pill that works gently to help you lose water bloat.

Howell Drug Store - Raeford Mail Orders Filled





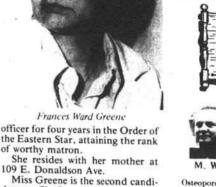


Osteoporosis is a gradual weakening bones, usually among the elderly. The bones lose their calcium content, become porous and are more likely to fracture. The need is both for more calcium, and for certain hormones to help regenerate the bones. The best preventive measure is a reasonably high calcium intake throughout life. Physicians often emphasize milk (or skim milk) and cheese. shellfish, sardines and canned salmon (with bones). Adequate calcium plus regular exercise should avoid loss of mineral from bones due to lack of activity.

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officer for four years in the Order of the Eastern Star, attaining the rank of worthy matron.

date to file for register of Deeds. Roger Dixon announced earlier this month he was retiring from the post. Hazel Niven, wife of Raeford businessman Carlton Niven, filed as a Democratic candidate.

COLONIAL HOMEMAKERS - Hoke County extension homemakers dressed as colonial days homemakers to attend the South-Central District Association meeting at Pembroke State University last week. Pictured, left to right, are Mrs. H.L. McMinnis, Mrs. Ellen Willis, Mrs. O.B. Maxwell, Mrs. Vardell Hedgpeth, Mrs. Woodrow Hayes, Mrs. Dora Solomon, Officials Attend 'Operation Tabletop'

About sixteen representatives of city and county agencies participated in a two - hour "Operation a two Tabletop" civil preparedness exercise last Thursday at the Armory designed to check action in the event

Although the local exercise was on the same day as a statewide simulated emergency situation exercise, actually it was coincidental scheduling and the local exercise was not related to the other, county civil preparedness coordinator Bill Niven

Vance Kee, training specialist with the state Division of Civil Preparedness, presented a film on tornadoes and then outlined various situations involving a tornado striking, causing an explosion and fire and large numbers of injured

Representatives from the city and county governments, Red Cross, rescue squad, health department, citizens band radio club, department

of social services, and the sheriff's department answered questions and outlined what personnel and equipment would be deployed.

Niven said the importance of the exercise is to insure the various agencies know what their responsibilities are and what emergency resources are available.

Next scheduled civil preparedness ent will be a full emergency simulation exercise in August.

Veterans

Corner

EDITOR'S NOTE: Following are

representative questions answered daily by VA Counselors. Full information is available at any VA

Q - I am receiving nonservice disability pension and my medical

expenses are large. Can these be excluded from my income? How

should they be reported?

A -- Unreimbursed medical

expenses which exceed 5 per cent of reported annual income may be excluded from your income. You

should submit a statement showing

the amount expended for medical

expenses and the nature of the

expense. This may be done at any

time, but generally on your annual

May 29 Veterans Day

Second Candidate

Files For Register

Frances Ward Greene, the daughter of the late Harry A. Greene, state representative Recorder's Court judge, tossed her hat into the political ring Monday by filing as a democratic candidate for Register of Deeds in the August

miss Greene, 35, has been branch manager of the Raeford Division of Motor Vehicles office

for the past nine years and is employed by the Raeford-Hoke Chamber of Commerce. A native of Raeford, she attended Peace College and Pembroke State University after graduation from Hoke High.

"Several people talked to me and asked me to run for the job, and politics is in my family." she said Tuesday. Her father was a state representative from 1947 until 1955, when he became a Recorder's

Court judge, a post he held until he death in 1964.

Miss Greene was employed by the state government in 1965, working at the Capitol building in

Miss Greene is active in Demo-

cratic party affairs, serving as a

precinct chairman for the past four years. A member of the Raeford Presbyterian Church, she was an

Gov. Jim Holshouser proclaimed Saturday, May 29, as Veterans Bicentennial Day in North Carolina. Veterans Bicentennial festival parade chairman Jack Ragan of Winston - Salem accepted the proclamation from John J. Tolson, III, secretary of the Department of Military and Veterans Affairs, who represented the Governor at a special ceremony.

A Veterans Bicentennial festival

in Winston - Salem will spotlight the commemoration of the nation's fighting men. Congressional Medal of Honor recipients from North Carolina will be Grand Marshalls for the parade, which starts at 9:30 that morning. Other national, state and city dignitaries, including Miss North North Carolina, will attend. A highlight of the 7:30 ball that evening will be an address by one of the American astronauts.

Sponsors for the event are the Veterans of Foreign Wars, the American Legion, and the Disabled American Veterans.

In his proclamation, Governor Holshouser said, "The men and women who serve in the armed forces today have inherited a proud and honorable tradition from those who have died for the cause of freedom." He urged members of

More than a million persons annually visit the Veterans Administration's National Memorial Cemetery of the Pacific in Honolulu.

veterans organizations and other citizens to observe the day by supporting parades and other Bicentennial events, in tribute "to those men and women who played such a vital part in the founding and preservation of America."

Secretary Tolson commented that even though the largest celebration is currently scheduled in Winston - Salem, he hoped that other cities throughout the State would promote similar activities.

Planning To Build Your Dream Home?

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Look No

A lot more goes into a home than just lumber, motar and brick! When you plan to buy or build a home; see us about a mortgage loan to meet your needs

ROBESON SAVINGS & LOAN ASSOCIATION

We Are An Equal Housing Lender

In Red Springs

DSS Seeking Foster Homes

The Hoke County Department of Social Services is facing a shortage of foster homes for children and is asking interested families to please

apply.
Single parent households may also be eligible for consideration. Especially needed are homes for older children, according to Hobert Freeman, DSS supervisor.

All of our licensed foster homes are full now, and we are having to "double up", or send children out of the county, which is not good,"

he said.
"We need foster homes for all three races within the county," he

Four to six weeks is the usual processing time for families who apply to become foster parents, so Freeman urged concerned persons to contact the DSS as soon as

possible for an interview. Mrs. Catharin Brown or Mrs.

Dayna Pate should be contacted at the DSS office at 875-3367, or 875-3772.

Magistrates Court

The following cases were heard by the magistrates: Curtis B. Davis, by the magistrates: Curtis B. Davis, Ft. Bragg, speeding 50 in a 35 MPH zone, \$10, costs; Martin H. Green, Aberdeen, 68 in a 55 MPH zone, \$10, costs; Dennis G. Eshbaugh, Rt. 2, Raeford, inspection violation, fined costs; Gilbert S. Bagnel, Fayetteville, driving without a license, \$25, costs; Carolyn Dunn, Red Springs, driving without a license, \$25, costs.

Gladys D. Dukes, Fayetteville, inspection violation, fined costs; Mitchell T. Walters, 404 Dickson St., Raeford, 68 in a 55 MPH zone, \$10, costs; Norman L. Simmons,

\$10, costs; Norman L. Simmons, Ft. Bragg. inproper registration, fined costs; Donald W. Montague. Zebulon. 70 in a 55 MPH zone, \$10. costs: James E. Barrett,

Veterans Administration health care facilities provide some form of medical treatment for 183,000 persons on any given day.

4

Grifton, 66 in a 55 MPH zone, \$10, costs; Granison Cobb, Rt. 2, Raeford, 49 in a 35 MPH zone, \$10. costs; James A. Gunter. Laurinburg, 69 in a 55 MPH zone.

Willard Norris, Red Springs, driving without a license, \$25, costs; Rayron McCall, Raeford, 65 in a 55 MPH zone, \$5, costs; Daniel F. Spears, Fayetteville, inspection, signation, fined costs;

inspection violation, fined costs; Clyde H. Fields, Rt. 2, Raeford, public drunkenness, \$10, costs; Junie McNeill, Raeford, inspection violation, fined costs; Ernest Locklear, Rt. 1, Red Springs, turning violation, fined costs; Mack K. Virgil, Rt. 2, Raeford, 68 in a 55 MPH zone, passing violation, \$10, costs; Willie L. McLean, Raeford, driving without a license, \$25,

Cora McRae, Red Springs. worthless check, \$8 restitution, costs; Willie E. Smith, Rt. 1. Raeford, worthless check, \$3.85 restitution, costs.

income questionnaire. Q -- My wife and I got a divorce and the judge gave her our house. Can I get another GI loan?

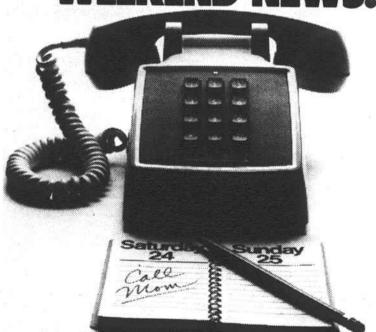
A -- Your eligibility can be restored for another GI loan provided the divorce decree awards the property to your spouse and the VA is relieved of liability which usually means the loan is paid in

Q -- My mother is blind and in a wheelchair. She has no income except a small check from Social Security. Can the VA pay her a pension on my father's service in World War 1?

A -- She may apply for pension benefits if her income from all sources is not more than \$3,000. If she has children under age 18, or became helpless before their 18th birthday the maximum income limitation is \$4,500. She should also submit medical proof of her need for aid and attendance.

W FOR THE

In Lumberton



That's when long distance rates are lower. On out-of-state calls, weekend rates apply from 11 p.m. Friday until 5 p.m. Sunday. On calls within the state you get the low weekend rates from 8 a.m. - 11 p.m. Saturday and 8 a.m. - 5 p.m. Sunday. Evening rates apply on all calls from 5 p.m. to 11 p.m. on Sunday. Weekends are a good time to dial direct* and save.

*Direct-dial (without an operator's assistance) rates apply on all calls within the U.S. (except Alaska). Direct dial rates do not apply to person-to-person, coan, hotel guest credit card, collect calls, calls charged to another number, or to time and charge calls For direct dial rates to Hawaii, check your operator.

Carolina Telephone

NOTICE **Hoke County Taxpayers**

UNPAID 1975 COUNTY TAXES WILL BE ADVERTISED STARTING THURSDAY, MAY 13.

Deadline to keep tax from being advertised is noon, Monday, May 10th

NO FINAL NOTICE WILL BE MAILED BEFORE ADVERTISING

Elizabeth D. Livingston Hoke County Tax Collector