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EASY CARE WASHABLE FABRICS OR DENIM AND HI-FASHION JEANS

BLUE DENIM PRINTS, AND FASHION SOLIDS. SIZES 4-14

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2\$1

BATH SIZE WITH FRINGE SOLIDS, STRIPES AND PRINTS. SPECIAL GROUP SLIGHT IRREGULARS

6-PAK CANDY BARS

M&M PLAIN & PEANUT MARS ALMOND MILKY WAY SNICKERS THREE MUSKETEERS

87c

PACK

11 OUNCE MISS BRECK HAIR SPRAY

REG. \$1.09

77c

LIMIT 2

8 OUNCE EARTHBOON BABY SHAMPOO

REG. 89c

59c

LIMIT 2

BOX OF 30 TAMPONS

REG. \$1.83

\$1.19

LIMIT 2

Colgate MFP TOOTH PASTE

5 OZ. REG. 87c

59c

LIMIT 2

10 TRASH AND GRASS OR 15 TALL KITCHEN CAN BAGS

TRASH BAGS

REG. 99c EACH

2\$1

FOR LIMIT 2

2 YARD ROLL 18" WIDE

SELF-STICK ADHESIVE

FOR WALLS & OTHER USES

2\$1

ROLLS

MAIN ST.
MON., TUES., WED. 9-7; THURS., FRI., SAT. 9-9
SUNDAY 1-6

PRICES GOOD THROUGH SATURDAY WHILE QUANTITIES LAST!



PIANO FUND -- The Chaminade Music Club and the Mid-State Lung Association will split proceeds from a concert to be given April 2 at 7:30 p.m. by the Burlington Boys Choir in the Hoke High Gymnasium. Chaminade members will contribute their portion of the proceeds to the piano fund being set up for the purchase of a seven foot grand piano for the gymnasium. Eloise Carter (left), president of the club, and Iris Davis (center) and Donna Bernhardt, (right) program committee, display posters to be circulated prior to the concert and tickets which will sell for \$2 for adults, \$1 for students. Linda Huff is publicity chairman and Maxine Colston, chairman of the hostess committee. The club will also sponsor a Radio-athon March 31 from 4 p.m. to 6 p.m. over Station WSHB. All the proceeds from this project will go to the piano fund. (Photo by S.H. Aplin)

Moore Antique Fair Planned

The Antique Fair sponsored by the Moore County Historical Association is always a success. This year will be perhaps one of the most successful.

The fair draws antique dealers from Charlotte, Wilmington, Raleigh, Wilson, Greensboro, Winston-Salem, Dunn, Red Springs, Belmont, and Wake Forest in North Carolina, as well as from Mineral, Va., and Jacksonville, Fla. This year should bring dealers from other parts of the United States as well.

The champagne preview party will be hosted by Ann and Earl

Hubbard again this year on Wednesday night, April 23. The fair is to open to the public on Thursday and Friday, April 24-25, at the National Guard Armory in Southern Pines.

Stevie Edwards of Pinehurst is in charge of the special feature. She has a wonderful collection of antique horses that will be on display. Her hobby horses are something to see. If you have an interesting antique horse or two to add to the display, call her at 295-3242.

Mrs. Ernest L. Ives is the lifetime honorary chairman.

Two special women have been asked to chair this twentieth annual event. Mrs. Robert Drake and Mrs. Richard J. Reynolds III.

Plans are in progress and anyone interested in assisting the fair may call Mrs. Drake at 629-6774 or Mrs. Reynolds at 692-7432.

College News

Pembroke State University students from Raeford who will perform in the annual spring band concert tonight (Thursday) are Kristin Frahm (clarinet), Cynthia Dial (bass clarinet), Enoch Frierison (tenor saxophone) and Mitchell Cox (baritone).

The concert will be held in the PSU Performing Arts Center. Admission is free.

Andy Posey, son of Mr. and Mrs. Billy Posey, was named to the president's list at Robeson Technical Institute for the fall quarter. To be eligible, students must maintain a 4.0 grade point average.

Posey, who is studying electrical contracting, serves on the dean's hearing board and is a member of the Student Government Assn.

New Crafts Classes Set

The Hoke County Parks and Recreation Commission is sponsoring a new session of children's arts and crafts classes beginning April 4.

Children ages 10 and up are invited to attend on either Monday or Tuesdays and ages 6-9 are invited on either Wednesday, Thursdays, or Fridays from 3:30-5:00 p.m.

The first fifteen to register for these lessons on each day will be allowed to attend. There will be three activities each day for the children to choose from.

Some program possibilities are the construction of stuffed animals and pillows, working with cork for bulletin boards and coasters, building of bird houses and jewelry making. There will be a \$2 charge per child for the session.

Call and register today, 875-5603. Space is limited. Your suggestions for activities to be included are certainly welcomed.

4-H Corner

By Judy Crissman

The Stonewall Community 4-H Club met Monday night, March 7 at the Stonewall Community house. Jimmy Maxwell, assistant fire chief of Stonewall Volunteer Fire Department, gave the club a demonstration on fire in and around the home. He also demonstrated on how to call and where to call in case of a fire in or around the home. The meeting ended with Maxwell urging all members and leaders to be very observant around all fire hazard causing items. Refreshments were served at the end of the program.

(Reported by Allen Sandy)

The Quewhiffle 4-H Club was really bopping to the music, March 5 from 6:30 p.m. till 10 p.m., with a 50's party. The club members enjoyed contests, dancing and the food. Everyone had a good time.

Also on March 12 the Quewhiffle club sold food at an auction. A profit of \$129 was obtained. The food consisted of 220 sandwiches prepared by the club members. Hot dogs, Cokes and a variety of homemade desserts were also on sale.

On March 8 there was a meeting of all officers and each club, County Council and leaders. Plans were made for events of this year. Look in your next newsletter for the set dates.

There is going to be a County Council meeting, March 28 at 4 p.m. and a leaders' meeting March 29 at 7 p.m. Both will be held in the county office building.

From The Home Agent's Desk

By Ellen S. Willis
Home Ec. Ext. Agent

Anna Peele
Home Ec. Ext. Agent

SCHEDULE

Thursday, March 24, 9:30 a.m. Needleweaving, Assembly Room.

Thursday, March 24, 5 p.m., N. Raeford EHC.

Monday, March 28, 8:30 a.m. Staff Conference.

Monday, March 28, 7:30 p.m., Mildouson EHC.

Tuesday, March 29, 9:30 a.m., "Planning Spring Wardrobe for Year - Round Wear," Assembly Room.

HINT -- After washing and rinsing your face, splash on some after-shave or witch hazel. This not only makes your skin feel good, but it temporarily tightens enlarged pores and stimulates circulation.

DID YOU KNOW STRETCHING WARDS OFF ACES AND PAINS?

The older you get, the more aches and pains you get. Right? Not necessarily so.

What will save you from this fate? Exercise, naturally. But not necessarily the vigorous, sweaty, painful kind people dread and thus don't do. Rather it's the stretching, flexing kind that will help you feel good all over.

As people get older, they do begin to stiffen up. Normal use of muscles for bending and reaching can cause pain. But if people would

start a routine of stretching exercises, their muscles and joints would stay more flexible and they wouldn't have to feel as bad physically.

A daily ten to fifteen minute routine could do it: This includes -- from the top down -- nods and circles with the head; arm circles in both directions, side to side bends, leg swings, ankle twists, toe touches and overall stretching high to the sky.

So whether you wish to do vigorous exercising -- or merely wish to ward off aging aches and pains, you can do your body some good and feel better too -- by stretching.

TO ROCK -- OR NOT TO ROCK YOUR BABY

Grandmother did it. Rocked her babies for no apparent reason except that she knew it quieted and comforted them.

But now there's research backing up the thought that rocking benefits an infant -- both socially and physically.

It's true for babies just like it's true for older children -- close relationships are important for good social development. Rocking a baby can develop a close affection between child and parent. Because a baby who is being rocked knows that he is not alone and he learns that he needs others.

What's more, benefits have shown up in physical development. Babies who are rocked and handled a lot are more alert. And they develop responses to motion more rapidly.

What's more -- there's a strong indication that rocking may even be helpful to the internal processes -- such as circulation. Rocking seems to help increase cardiac output and discourage lung congestion. And -- it stimulates muscle tone.

So Grandma's idea for a rock - a - bye baby may have had more going for it than just soothing the baby. It appears that a baby gains both socially and physically in that simple old rocking chair.

Arts Council Makes Plans

Approximately thirty persons turned out last Wednesday night to voice support of a local Arts Council and a steering committee has been selected to coordinate efforts.

Ann Wright was appointed chairman of the steering committee which was scheduled to hold its first meeting Wednesday at the high school. An organizational meeting to choose a board of directors is scheduled April 21 at 7:30 p.m. in the Hoke County Library.

The objectives of the Arts Council are to have a semi-annual "Arts in the Parks" day downtown, develop voluntary art education training in the schools to supplement current curriculum, sponsor visits by community college artists and third century artists and co-ordinate participation in surrounding areas' festivals, among others.

By establishing a local Arts Council, the community may apply for grants and scholarships through the N.C. Arts Council and the National Endowment workshop.

The Council also hopes to display art in public places, such as the post office, courthouse, library, city hall, etc.

Anyone interested in joining the Council should contact Ann Wright at 843-3197.

Zoo Trip

The Hoke County Parks and Recreation Commission is sponsoring a trip to the North Carolina State Zoo in Asheboro Saturday, April 2.

Children registered are reminded to meet at the recreation office with a bag lunch at 8:30 A.M.

COUNTRY BOUTIQUE

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8-PC. TUB OF GOLDEN FRIED CHICKEN (with all the trimmings) **\$4.49** feeds 4
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