

# Swing into a Friendly FAMILY DOLLAR For a Great SPORTSWEAR SALE!

A VERY SPECIAL PURCHASE FROM FIVE TOP SPORTSWEAR MANUFACTURERS MEANS INCREDIBLE SAVINGS FOR YOU!

HERE'S AN EXAMPLE OF WHAT YOU WILL FIND!



FABULOUS SELECTION OF COLORFUL FASHION TOPS

GREAT STYLES INCLUDE TUCKS, MUSCLE SLEEVES, BEAD TRIMS, AND BLOUSONS. MADE TO SELL UP TO \$9.00 EACH. OUR PRICE...

**\$4.99** EACH

TEXTURED WOVEN POLYESTER PANTS

ZIPPER FRONTS WITH BUTTON TABS LOVELY COLORS. SIZES 10-18

**\$5.99** PAIR

YOU WOULD EXPECT TO PAY UP TO \$12 PAIR, HURRY!

SAVE THROUGHOUT THE STORE!

LADIES THONG-STYLE WEDGE SANDALS  
REAL FASHION AT A BUDGET PRICE!  
SIZES 5-10  
**\$3.99** PAIR

SPECIAL GROUP SANDALS  
SIZES 8 1/2-10  
FOR THE LITTLE FOLKS  
INFANT'S SIZES-\$2.44  
**\$2.99** PAIR

3 OZ. BAR COLOGNE BOUQUET SOAP  
REG. 20¢ BAR  
8 BARS  
**\$1.00** LIMIT 2

BAN ROLL-ON ANTI-PERSPIRANT REGULAR OR UNSCENTED  
OUR REG. 99¢  
1.5-OZ. SIZE  
**79¢** LIMIT 2 EACH

FAMILY DOLLAR'S OWN FIRST QUALITY DISPOSABLE DIAPERS  
PKG. OF 30 DAYTIME OR 24 EXTRA ABSORBENT  
YOUR CHOICE  
**2 \$3** PKGS.

VERY SPECIAL GROUP! 14-OUNCE SIZE BABY POWDER OR 16-OUNCE OR 24 OUNCE BABY SHAMPOO  
**2 FOR \$1** LIMIT 2

2 OZ. BARS "BIG POP" FREEZE BARS  
JUST FREEZE AND EAT  
BOX OF 24  
REG. 99¢  
**77¢**

PKG. OF 180 CORONET NAPKINS  
**2 FOR 88¢** LIMIT 2

7-OUNCE SIZE COLD DRINK CUPS  
PKG. OF 100  
REG. 99¢  
**77¢** PKG.

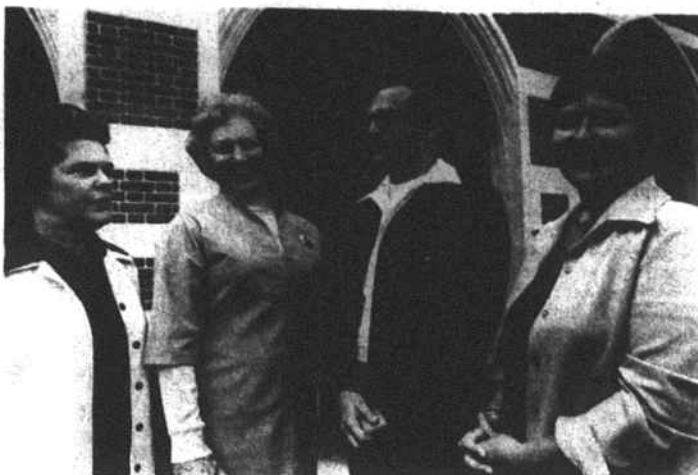
FAMILY DOLLAR LIQUID DETERGENT  
32-OZ. PINK OR LEMON  
REG. 50¢ EACH  
**3 FOR \$1** LIMIT 3

PKG. OF 6 18-OUNCE ICE TEA OR PKG. OF 8 11-OUNCE WATER GLASSES  
**\$1.59** PKG.

50 FOOT SECTION 3/4" DIAMETER GARDEN HOSE  
OUR REG. \$1.99  
**\$1.66** EACH

GALLON SIZE LATEX REDWOOD STAIN  
REG. \$2.77  
**\$2** GAL.

SOUTH MAIN STREET - RAEFORD  
MON., TUES., WED. 9 - 7; THURS., FRI., SAT. 9 - 9  
SUNDAY 1 - 6  
PRICES GOOD THROUGH SATURDAY WHILE QUANTITIES LAST.



MRS. CRAWFORD THOMAS, JR. of Raeford (on right) participated in the General Federation of Women's Clubs/Shell Oil Company Conservation Seminar at the University of Richmond, Va. last week. Pictured from left are: Mrs. Jack Senter of Fuquay Varina, Mrs. Harry Wagner, GFWC President, Wash., D.C., and Ken Arnold, Shell, Houston. The theme of the conference was improving the quality of life through the prudent development of our natural resources.

## Housing Tips

The fungi which cause diseases known as powdery mildew attack a wide variety of ornamental plants grown in North Carolina. These include Chinese photinia, crepe myrtle, lilac, euonymus, drooping leucothoe, several oaks, roses, some hardy chrysanthemums, and occasionally azaleas, hybrid rhododendrons, zinnias and phlox.

Damage caused by powdery mildew can range from slight to severe. The disease generally occurs in

shady areas during the spring, fall and winter when the weather is cool and the humidity is relatively high. The characteristic symptom of powdery mildew is a fluffy white to light gray fungus growth on succulent stems, leaves, buds and flowers. Young plants and actively growing shoots are more severely damaged than older plants, leaves or branches. Infected leaves may be dwarfed, curled or deformed. Powdery mildew can destroy the blossoms on crepe myrtle. Small dead flecks in the leaves and defoliation may occur on some varieties of azalea and rhododendron.

Highly susceptible plants, such as Chinese photinia or euonymus, should be replaced with plants that are not susceptible to powdery mildew. If damage is severe and a susceptible plant must be grown, apply Benomyl, sold as Benlate, in a 50 percent wettable powder as a foliar spray. Use at 1/2 pound per 100 gallons of water or one teaspoon per one gallon of water every 14 days or as needed after heavy rains. Two or three applications are usually sufficient. Or apply Dinocap, sold as Karathane, as a spray every seven days or as needed. Follow label instructions for the rate and list of plants on which it can be used.

## Cub Scouts

Cub Scout Pack 404 held its monthly pack meeting Thursday, May 26 at Raeford United Methodist Church.

The following Scouts received awards: (Bobcat Badge) Tim Tolin, Lew Upchurch, Michael Baker, Scott Smith and Scott Houston; (Wolf Badge) David Butler; (Bear Badge) John Sappenfield; (Silver Arrow) Tripp Simpson and John Sappenfield; (Gold Arrow) David Butler and John Sappenfield; (Genius Kit) Barney Bass, Lew Upchurch and Michael Baker, first, second and third places, respectively.

Also on the program was a talk by Highway Patrol trooper K.W. Weston.

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Also VINYL FLOOR COVERING  
by Armstrong and Manning  
by Armstrong and Manning  
Armstrong Solarian  
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Installed by Professionals

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Wall Paper

**Graham's Dept. Store and The Highland Fling** RED SPRINGS, N.C.

**JUNE DOLLAR DAYS**  
THURSDAY - FRIDAY - SATURDAY  
JUNE 2, 3, & 4

Big Reductions on In Season Clothing For All Summer Use

UP TO 1/3 off ON SPRING DRESSES and JACKET DRESSES

20% off LADIES' SPORTSWEAR (includes shorts, slacks, blouses, tank tops, bathing suits, blazers, coordinates - 3 DAYS ONLY)

20% off ON ALL BASIC & FASHION JEANS

20% off ON ALL SUITS All New Styles Just In Time For Father's Day

20% off ON ALL LADIES' Spring and Summer SHOES

20% off ON ALL BRAS & GIRDLES

20% off on all BASIC & FASHION JEANS

MEN'S & BOYS' 20% off ON ALL SUITS All New Styles Just In Time For Father's Day

FARAH DRESS SLACKS (Reg. \$20) NOW \$12.88 (sizes 30 thru 44)

EARLY SALE PRICES ON ALL LADIES' Spring and Summer SHOES

MANY OTHER REDUCTIONS IN ALL DEPARTMENTS 3 DAYS ONLY

## From The Home Agent's Desk

**SCHEDULE**  
Thursday, June 2, 9:30 a.m. Raeford Morning EHC, County Office Building  
Thursday, June 2, 4 p.m., 4-H Adult Training Meeting, County Office Bldg.  
Thursday, June 2, 1-4 p.m., Sewing Help Hours, contact Anna Peele, Asst. Home Ec. Agent, phone 875-2162.  
Friday, June 3, 9:30-11:30 a.m. Sewing Help Hours, contact Anna Peele, Asst. Home Ec. Agent, phone 875-2162.

**HINT-**  
Next time you serve your family hamburgers, make them extra special and juicy. Combine 1 1/2 lb. ground beef, 1/4 cup quick or old fashioned oats, uncooked, 1/2 cup tomato juice, 1/4 cup chopped onion, 1 1/2 teaspoon salt and 1/2 teaspoon pepper. Shape to form 8 patties. Broil or pan fry about five minutes on each side.

Extremely low carbohydrate diets may promise pounds off fast. But you do more to your body than whittle off pounds on these diet plans.

Without enough carbohydrates, your body loses a lot of water. That's why there's a dramatic weight loss the first couple of days

on the diet--it's all water weight. This leads to a fatigued feeling. By the third day on a strict low carbohydrate diet, you probably won't feel like you have the energy to carry out your daily activities. Apathy may set in, too.

You may feel dizzy or faint. If fact, many people on these diets do black out for a moment when they stand up quickly from a chair or bed.

These are all signals that your body is not getting what it needs to stay healthy. So if you stick to that low carbohydrate diet--you're asking for even more trouble. Dehydration, calcium depletion and the development of a condition like a diabetic coma are just a few of the health risks.

You can avoid these--and wipe out those problems of fatigue and dizziness--by scrapping the low carbohydrate diet and eating foods from all four food groups again. Then normal body water will be replaced. Of course, it looks like the apparent weight loss is regained. But no body fat was actually lost--only normal body water necessary for good health.

So don't fall for fat diets. The only safe way to shed pounds is to eat foods from all four food groups. Just choose the lower calorie foods in each group.

## Airport Rd. Home burns

A two-story frame dwelling on Airport Rd. near the Carolina Turf business was extensively damaged by fire May 24.

Capt. Graham Poole of the Tylertown Fire Department said the alarm was turned in about 7:25 p.m. Tylertown firemen were assisted by units from North Raeford Fire Department and Hillcrest Fire Department and the blaze was brought under control within two hours.

Poole said the house is owned by Chaffey Steele and no one was living in it.

Firemen were called back the next morning about 3 a.m. when the fire re-ignited, Poole said, and

it took about an hour to extinguish it.

Poole said the fire appeared to have started at a window in the rear of the house. The house had no electricity and the cause of the blaze is still undetermined.

One fireman was injured. Buddy Willis of the NRRFD was manning a tanker truck when a lid came down on his hand, severing a portion of a finger, Poole said.

No estimate of the damage to the house was made.

"If it hadn't been for the leadership and training of Chief George Baker and Chief Ed McNeill we might have lost the house," Poole said.

## School Workers Set Workshop

Secretaries, clerks, and other personnel associated with personal administrators in Educational Districts 1, 2, 3 and 4 will gather June 8 at the Holiday Inn in Kinston for an all day workshop. The workshop is sponsored by the Personnel Administrators of North Carolina and the Department of Public Instruction's Division of Personnel Relations.

Speakers for the workshop include Gene Causby, assistant state superintendent for personnel relations and public affairs. Causby will address the group concerning "Internal - External Relations -- The Secretary's Role." Such topics as certification, salary administration, and legislation affecting personnel administration will also be discussed.

## Church News

A mock wedding ceremony to raise funds for Mt. Sinai Holy Church of God will be held Saturday, June 1 at 7:30 p.m. in the church. The public is invited.

## Personals

Mr. and Mrs. H.M. Thompson of Johnson City, Tenn., left Saturday after a week's visit with her sister, Mrs. J.L. Warner.

Mr. and Mrs. George Wood and Susan Long spent the weekend with Mr. and Mrs. Jesse Gullede at their cottage at Long Beach.

Attending the graduation at East Carolina University Sunday to see Mrs. Deborah Easterling Farmer receive her Bachelor of Science degree in Home Economics were her husband David Farmer, her parents, Mr. & Mrs. Alex Farmer and Joe Farmer.

**Health Tip OF THE WEEK**

Why not pitching horseshoes for fun and health? A doctor enthusiast says it brings many muscles into play and makes greater physical demands than golf or bowling. Bending down to pick up two shoes weighing 2 1/2 pounds each, raising them, and throwing to a stake 40 feet away brings hand, wrist, arm, shoulder, back and leg muscles into action. Pitching horseshoes provides good fun and exercise at minimum cost.

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