

Housing Tips

by
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Asst. Agricultural Extension Agent

The Consumer Products Safety Commission has allowed chain saw manufacturers to develop their own voluntary standards. According to the commission, chain saws were involved in 76,800 injuries in 1976 alone, of which 29,000 required hospital emergency room treatment. Most of the injuries were lacerations to the hand, lower leg, lower arm, and the head area caused by kickback. At least 30 deaths were attributed to chain saw accidents in a recent four-year period. A chain saw industry trade association proposed to develop safety standards rather than have the commission develop mandatory standards. This cooperative project between the Consumer Products Safety Commission and the Chain Saw Manufacturers Association could become a model for other industries to follow whenever the commission thinks voluntary standards are a viable solution to a safety hazard problem.

WOOD TO BURN
If you haven't done it already, it's time to get your winter's supply of fuel for your fireplace or wood-burning stove. Procrastinate much longer and you'll probably end up paying more, because supplies of seasoned wood will become scarcer as winter closes in.

Burning seasoned wood is important for your comfort and convenience. Green wood can be 50

percent water, which makes it difficult to burn and saps 20 percent or so of its heating capacity. When you're shopping for wood, ask when it was cut. It needs to have been air-dried for at least six months if you plan to burn it right away. Look for cracks on the ends of logs as a signal that the wood is seasoned.

You also have to know what kind of wood you're buying if you hope to get the best deal. Pound for pound, all species give off about the same amount of heat when burned but some woods are denser and heavier than others and firewood is usually sold by volume rather than weight. A cord of seasoned oak can give off about 22,000,000 BTU's of heat, for example, whereas a cord of white pine produces only about 13,000,000 BTU's.

Another advantage of hardwoods such as oak, maple, birch, and ash, is that they'll give you a long-lasting fire. Pine, cedar, and other softwoods are easier to ignite and produce hot flames, but they burn out quickly, which means you'll spend more time stoking the fire. A mixture of hardwoods and softwoods is your best bet because the combination can give you an easily ignited, long-lasting fire. One problem caused by burning only softwoods is the buildup of creosote in the chimney or flue pipe because of resins in the wood. This creates the possibility of having a chimney fire. Add a log from a fruit or nut tree - cherry, apple, hickory, pecan - and you'll enjoy a pleasant aroma.



Sara Leach



Ivory McNair

Two Join Bank Board

Two local residents were recently named to the City Board of Southern National Bank here.

Sara C. Leach and Ivory McNair have both joined the board, it was announced this week.

McNair is a Mason, having served as treasurer for 30 years, and also a Shriner. He is the owner of McNair Cleaners in Raeford.

He is married to the former Ruth Sellers of Forest City. They attend McLaughlin Chapel in Raeford where he has been a trustee, steward and a class leader.

Mrs. Leach has been active in civic affairs having served as a member of the Hoke Planning Board in 1977, the Hoke Health

Board from 1976 til the present, a member of the Hoke United Fund Board and a member of the Hoke Civic Center Board.

She has also been active in the Hoke Council on the Status of Women and was secretary of the Sandhills Community College ABE Advisory Board from 1977 to 1978. She is presently secretary of the Hoke Democratic Executive Committee.

She is married to Alfred K. Leach of Raeford. They have four children and attend Antioch Presbyterian Church where she is a teacher, a circle Bible leader and a member of the Christian Education Committee.

Library News

The following is a list of the new books received this week by the Sandhill Regional Library System and distributed among member county libraries. They may be requested from the Hoke County Library and its bookmobile.

FICTION

- "The Lover Next Door" by Keith Aldritt
- "Suicide's Wife" by David Madden
- "Sleeping Life" by Ruth Rendell
- FACT**
- "The World of UFO's" by Daniel Cohen
- "For Her Own Good" by Barbara Ehrenreich
- "The Small Towns Book" by James Robertson
- "The Ultimate Weapon: Terrorists & World Order" by Jan Schreiber
- "The Man Who Beat Clout City" by Robert McClery
- "The Physician's Associate" by Ann A. Cavallaro
- "Beginning Hydroponics" by Richard E. Nicholls
- "Painting & Drawing" by Anthony Toney
- "Your Book Of Painting" by Robert Lobley
- "The Wings Of The Dove" by Lois S. Blackwell
- "Treasury Of American Poetry" by Nancy Sullivan
- "Your Family History" by Allan J. Lichtman
- "Sun, Moon And Standing Stones" by John Edwin Wood

CHILDREN'S FICTION

- "Rebel On A Rick" by Nina Bowden
- "Arthur The Kid" by Allan Coren
- "North Of Danger" by Dale Fife
- "Walkie-Talkie" by Phyllis Green
- "Mystery Of The Midnight Message" by Florence P. Heide
- "Ella Of All Of A Kind Family" by Sydney Taylor

CHILDREN'S FACT

- "Mystery Monsters Of Lock Ness" by Patricia Lauber
- "Volcanoes: Nature's Fireworks" by Hershell H. Nixon
- "City Of Birds And Beasts" by Jack Denton
- "Alligators and Other Crocodilians" by Ruth Below Gross
- "Wonders Of The Pronghorn" by Earl G. Chace
- "Cougar" by Kay McDearmon
- "Queen's Tears & Elephant's Ears" by Jack Kramer
- "Terrariums" by Alice Parker
- "Insect Pets: Catching & Caring For Them" by Carla Stevens
- "The First Book Of Puerto Rico" by Antonio J. Colorado

PICTURE BOOKS

- "Hector And Christina" by Louise Fatio
- "The Farmer In The Dell"
- "The Wentletrap" by Jean Craighead George
- "Henrietta The Early Bird" by Sydney Hoff
- "Nate The Great And The Sticky Case" by Marjorie W. Sharmat

BOOKMOBILE SCHEDULE

October 23
WAYSIDE - Cleve Newton, Doris Lyle, Lois Woodring, Betty Parker, Louise Plummer, Catherine VonDeran, Kay Wilburn, Dianne R. Stec, Alma Lovette, Willa Lindsey, Nancy Dean, Gladys McCall, Virginia McCall, Harriot Terry, Clara Everett, Mrs. Eugene Shannon, Debbie Morrison, Mrs. Blanch Ray.

October 25
PHILIPPI AND ROCKFISH - Debera Cockran, Patricia Fetcho, Clara Wood, Gloria Baxley, Isobell Bundy, Carol Clark, Lena Bundy, Dorothy Phillips, Kathy Wright, David Tillman, Ruby Hostead, Woody Ferrell, Kim Wright, Frances Miller, Elizabeth Wright, LeLana F. Todd, Barbara Ward, Jeris Overton, W.F. Page, Sr., Pricilla Hardin.

From The Home Agent's Desk

By Ellen Willis and Anna Peele
Home Economics Extension Agents

SCHEDULE

Thursday, October 19, 9:30 a.m.
Workshop to make door decorations for McCain

Monday, October 23, 8:30 a.m.
Staff conference

Monday, October 23, 7:30 p.m.
Extension Homemakers' Area meeting (Mildous, North Raeford, Philippi Clubs)

WASHING UP IMPORTANT AFTER EXERCISE

Back-to-school means a return to studying, often coupled with basketball, cheerleading, parties, and perhaps, a job after classes. Daily grooming goes hand-in-hand with the action. A cleanliness routine is always important to help control odor and maintain healthy skin, but especially for active teenagers.

It's a fact that teens are more prone to excessive perspiration than other age groups. Perspiration comes from skin pores at an average rate of two quarts a day! Odor occurs when moisture interacts with ever-present bacteria on the body.

To keep bacteria at a minimum, soap and water washing, via a shower, bath or sponge bath is necessary. Lather thoroughly, paying particular attention to areas where perspiration is heaviest. Shampoo hair, if necessary, to remove oil and dirt. Use a deodorant after washing for added protection.

Face washing helps prevent dirt and oil from clogging pores and

causing blemish problems. Always massage warm soapsuds gently into skin with fingertips. Rinse carefully with warm water and finish with a splash of cold. Brush teeth; comb hair and shave, if needed.

Following such a grooming routine regularly, will help you feel good, look your best and give a positive impression to others. To maintain a clean and neat appearance, necessary cleanliness tools for a shower after the big game, practice or exercise can be stocked in a school locker for convenient use afterwards.

Things to keep on hand include, soap, deodorant, a face cloth, towels, shampoo, toothbrush and paste, a razor, nail files, shower cap and a hair dryer, if desired. Be sure to have clean underwear and socks or pantyhose; an extra pair of clean jeans or pants. A T-shirt or blouse may come in handy, too. For repairing emergency rips and tears, a mini-sewing kit is a good idea. Also wearing things in the bath of shower area helps prevent athlete's foot. A terry wrap is comfortable for walking through locker rooms.

A small duffel bag or other carryall can be used to take soiled towels, washcloths and clothing home in exchange for freshly laundered items. By the way, dirty duds should not remain in a locker; soil and stains are easier to remove if garments are laundered promptly. In addition, a locker should be cleaned out periodically, to rid it of paraphernalia that seems to accumulate so readily.

Loan Officer Takes Course

Harry G. Hodges graduated last month from the 1978 National Installment Credit School sponsored by the Installment Lending Division of the American Bankers Association (ABA). The school is in Norman, Okla.

Hodges, loan officer, Southern National Bank, Raeford, was one of 275 bank officers to graduate from the two-week, resident session at the University of Oklahoma. The school used lectures, casework and

seminar discussions to educate new and experienced the bank employees in consumer lending. The faculty was comprised of banking officials, businessmen, attorneys, government officials and academicians.

ABA statistics show that bank installment lending departments currently are providing more than \$80 billion of the total \$163 billion outstanding in individual consumer credit.



Harry G. Hodges

Registration In Progress

The Fort Bragg center of Fayetteville State University will conduct registration for the second term at the University Center from now until October 24 (9 a.m. to 4:30 p.m.) and from October 25 - 31 (9 a.m. to 6:30 p.m.).

The University Center is in building 2-1728 on Armistead Street, near post headquarters. Second term classes meet from October 30 to December 22. Courses in all academic areas will be offered.

Those with a high school diploma or equivalent may attend.

TOWN & COUNTRY Cinema 1&2
Town & Country Shopping Center
944-1198
Between Aberdeen & So. Pines

1 Thursday 10/19 - LAST DAY
Goldie Hawn & Chevy Chase in
"FOUL PLAY" (PG)
Shows 3:20 - 7:10 - 9:05
Starting Friday Oct. 20
Fighting Hell In Nam
"GO TELL THE SPARTANS" (R)
Shows Daily 3:20 - 7:10 - 9:05
Sat. - Sun. 7:10 - 9:05 ONLY
Sat. & Sun. Matinees - 1:20 - 3:20
"THE BIG MICKEY MOUSE & DAVY CROCKETT CELEBRATION SHOW" ALL TICKETS \$1.50

2 Thursday 10/19 - LAST DAY
Tim Conway in
"THEY WENT THATAWAY AND THATAWAY" (PG)
Shows 3:20 - 7:10 - 9:05
Starting Friday Oct. 20
Burt Reynolds in
"SMOKEY AND THE BANDIT"
Shows Daily 3:20 - 7:15 - 9:05
(PG) Sat. - Sun. 1:30 - 3:20 - 7:15 - 9:05

SUNRISE
OPTION SOUTHERN PINES
Thursday 10/19 - LAST DAY
Faye Dunaway in
"EYES OF LAURA MARS" (R)
Shows 7:15 - 9:05
Starting Friday Oct. 20
The Wildest Disco In The World!
"THANK GOD IT'S FRIDAY"
(PG) Shows Daily 7:15 - 9:05
Sat. - Sun. 3:20 - 7:15 - 9:05

RENT A STEAMEX CARPET CLEANER
Proven in tests to get carpets brighter in half the time
New Low Rates Raeford Cleaners
Raeford, N. C.

College News

Susan Lindsay Edwards of Raeford was awarded an M.E. degree from the School of Education at Winthrop College in Rock Hill, S.C. this summer. She was among 192 students who received advanced degrees.

Hoke County Child Find Needs Your Help!

If you know of a child with special needs who is not in school, please contact the Hoke County School System.

The CHILD FIND SERVICES Are A Part Of The Educationally Handicapped Program Of The Hoke County Schools.

One service of this program is to locate children between the ages of 5 & 18 who are not presently receiving educational services and to serve the child in the most appropriate educational setting. This includes children with a handicapping condition or with other special needs.

We are asking your help in initiating referrals regarding children who need this service. Please join & support the Child Find Program.

Contact: Rhenda Cameron, Coordinator, Programs for Exceptional Children or Brenda Farrow, VI-B Social Worker

875-4106
Monday thru Friday 8:30-5:00

MACKS

21 PORTRAITS IN LIVING COLOR

Imperial Foto

NO AGE LIMIT



1-8x10 2-5x7 16 WALLETS 2 CHARMS

9.00 ON DELIVERY **1.95 DEPOSIT WHEN PHOTOGRAPHED**

DAYS: Saturday and Sunday
DATES: October 28 & 29
HOURS: Sat.: 10-1 & 2-5 Sun: 1-5

Boxwood Heater with 6" Flue \$88
Boxwood heater made of heavy-gauge steel has round 6" flue opening, full size top for easy loading, adjustable draft wheel and high-temperature black-matte finish.

U.S. STOVE

38,000 BTU Oil Heater with Pump \$168
"Spacesaver" oil heater offers plenty of heating comfort while occupying little floor space. Unit features built-in clean-out plunger and front access door. Measures 19"W x 19"D x 32 3/4"H.

PERFECTION

Heilig-Meyers

112 Harris Ave. RAEFORD, N.C.