

PLEASE SUPPORT  
YOUR  
HOKE RESCUE SQUAD!

**CAROLINA SECURITIES CORPORATION**  
Member New York Stock Exchange  
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HELPING PEOPLE TO LIVE WITH *change*

Ellen Willis  
Assoc. Extension Agent

Schedule:  
**Monday, April 20 Holiday**  
**Tuesday, April 21, 12:10 p.m.**  
Business Girls meeting, Lester Building  
**Tuesday, April 21, 2:30 p.m.**  
Raedeen Extension Homemakers meeting, Lester Building  
**Tuesday, April 21, 7:30 p.m.**  
Phillipi Extension Homemakers meeting with Mrs. Rebecca Long.

HINT: When thawing a frozen fruit, leave it in the unopened package because exposure to air destroys some of the color and flavor.

**DISTRICT MEETING**  
Seventeen Hoke County Extension Homemakers attended the

Southeastern District Day in Raleigh April 1. They traveled on a bus with Scotland Extension Homemakers. Mrs. Bertha Hendrix of Mildouson Club was elected vice chairman of the International Program of Work Committee. A podium cloth, with the Extension Homemakers Emblem that had been painted on fabric by Mrs. Ollie Augustoni of Philippi Club, won second place in the district. The ladies attended seminars on Food Science, Horticulture, and Energy and Water Conservation. This was a great day of learning.  
**SECOND-HAND HOUSE**  
With the cost of a new house getting higher and higher - many families are buying older houses and restoring them.

And why not? We're told a well-built house that's properly maintained, could be good for at least 100 years.  
But before buying a used house you might want someone to help you evaluate the foundation and the frame.  
Keep in mind that you're going to have to put some money into refurbishing your house. At the very least you'll have to modernize the kitchen, the plumbing, probably the wiring.  
The older house may not be well insulated and with today's emphasis on energy conservation, you may have to put in a new heating system.  
These changes cost money. And there's a rule of thumb that says the cost of an old house should not exceed two-thirds the cost of a new house.

# FAMILY DOLLAR This Week Only! EASTER FASHIONS SALE

**7<sup>99</sup>**  
Pair  
**Ladies' Dress Heels And Wedges**  
Choose from dress wedges, medium or high heels. Spring styles and colors. Sizes 5-10.

**6<sup>88</sup>**  
Pair  
**Low Heel Dress Shoes**  
With pillow soft cushioned insole for added comfort. Sizes 6-10.

**4<sup>88</sup>**  
Pair  
**Cork Wedges**  
Lightweight and comfortable for dress or sport wear. Tan or white. Ladies' 5-10.

**5<sup>99</sup>**  
Pair  
**Little Girls' Sandals**  
Dressy Easter sandals for little girls, sizes 8½-3. Perfect for dress wear all summer!



**6<sup>99</sup>**  
Each  
**Spring Dresses, Skirts And Blouses**  
• Dresses include blouson, mock wrap or mandarin styles. Also, lace trimmed sundresses and sundress with jacket.  
• Solid color or plaid pleated styles, plus dirndl, circle and wrap skirts in spring prints.  
• Polyester sheer blouses in three styles. Sizes S,M,L.  
Straw Hats.....3.99  
Fashion Scarves.....\$2

**5<sup>99</sup>**  
**Fashion Handbags**  
Canvas, poly/straw and macrame styles including clutches, shoulder bags and more

**3<sup>99</sup>**  
**Men's Dress Shirts**  
Short sleeve solid color non-iron dress shirts in white and other colors. Sizes 14½-17  
Ties.....2.50  
**7<sup>99</sup>**  
Pair  
**Dress Pants**  
Permanent press slacks in black, navy, brown and tan. Polyester. Sizes 29-42  
Men's Belts.....2.99

**2<sup>47</sup>**  
**Half Slips**  
White and pastels. S.M.L.  
Full Slips.....4.47  
Panty Hose.....99¢ Extra Size  
Queen & Control Top.....1.59

**3<sup>99</sup>**  
**Infants Diaper Set**  
Seersucker diaper sets in newborn and infant sizes. For boys or girls. Newborn sizes include hat.

**3<sup>99</sup>**  
**Girls' Fashion Tee Tops**  
Easy-care poly cotton tops in solids or stripes. Sizes 4-6x  
Sizes 7-14.....4.99  
**4<sup>99</sup>**  
**Girls' Pants Or Skirts**  
• Girls' 4-6x pastel pants with ½ elastic waist  
• Girls' 7-14 belted skirts in solids or border prints

Every Week, Family Dollar Has Special Sales On Items Like These That You Need Every Day!

**88¢** Qt.  
**Quaker State Super Blend Motor Oil**  
Super Blend 10w 30. Limit 5 quarts, please.

**3<sup>29</sup>**  
**Filled Easter Baskets**  
With candy treats, coloring book and a toy!  
10-Oz. Bag Jelly Bird Eggs.....2/\$1

**2 For 79¢**  
**Diamond Aluminum Foil**  
Each roll 12"x25". Limit 4, please.

**\$1** Box  
**42-Oz. Trend Detergent**  
Heavy duty laundry powder. Safe and effective for your whole wash. Limit 2.

**3<sup>99</sup>**  
**Rave Soft Perm Kit**  
Reg. 5.99! Complete extra curly kit. Safe and gentle. Soft Perm Refill.....2.59

**2<sup>19</sup>**  
**Loreal Hair Color**  
Preference by Loreal. For soft, natural looking color.

**99¢**  
**Gillette Atra Razor**  
Reg. 1.43! Special offer to introduce you to Gillette's pivoting head razor.

**\$1**  
**10" Hanging Planter**  
10-in. diameter plastic planter with wire hanger. Assorted colors.

**66¢**  
**8-Qt. Potting Soil**  
Reg. 1.19! Big 8-qt. bags. Formulated for all house plants.

**1<sup>99</sup>**  
**Tube Or Crew Socks**  
Men's and boys' stripe top crews and tubes. Men's 2-pk. Boys' 3-pk.

Prices Good At All Family Dollar Stores Through This Weekend. No Sales To Dealers. Quantities Limited On Some Merchandise.  
Main St. Raeford, N.C. 1-8 Sunday

**WEIGHT CONTROL GROUPS**  
Weight control groups are very popular right now. And there's a variety of them. Some are organized for purely altruistic reasons, such as motivation and inspiration. They are non-profit organizations and include groups as TOPS and Overeaters Anonymous.

Other groups, such as Weight Watchers and the Diet Workshop, are more commercial. Each of these groups offer a great deal of self help. Although different techniques are used, most groups emphasize that weight loss and control is something a person must do for himself.

In some groups it's the spirit of competition; it's the evangelistic approach; and in still others a behavior modification approach that keeps people on their diets. Obviously, groups aren't for everyone, so before joining or investing any sizable sum of money, attend a meeting or two to make sure the group is for you.

Since dieting and exercise can become boring for most people, commercial groups regularly make changes in their diet plans. Currently Weight Watchers is advertising its liberalized plan which permits such foods as peanut butter and wine.

In 1980, Consumers Magazine evaluated several weight control programs. They found TOPS to be basic and homey; Overeaters Anonymous heavy on group therapy; Trins, good for the timid; and Diet Workshop and Weight Watchers, the most complete and best organized.

All weight control groups have success stories to tell; they also have failures. So if you're interested in joining a group, shop around first, then stick with the one you join.

**Hospital News**  
MOORE MEMORIAL  
Talmadge English  
Mrs. Leonard Miller  
Doug McLeod  
VETERANS HOSPITAL  
DURHAM  
Roger Dixon

WALTER REED  
ARMY MEDICAL CENTER  
Lide Rogers  
**'Fruit Tree' Pageant Held At Freedom Church**

The Young Women's Department of Freedom Chapel A.M.E. Zion Church sponsored a "Fruit Tree" Pageant on Saturday, April 11.

Renay Hurst, representing "The Apple", was 1st place winner. Renay's escort was "Bunny" Brown. Jeanette Jones and June McLaughlin tied for 2nd place.

Other contestants were: Brenda Cunningham, Della Monroe, Sylvia Dukes, Renay Tillman, Jackie Thompson, Diane Blackshear, Valerie Cunningham, Linda Beatty, Lisa Alford, Alice Purcell, and Debra Harrington.

Crystal Rheames was stand-in for June McLaughlin. June attended the Azalea Festival in Wilmington on last Saturday.

Ms. Rebecca Black, District President of the "Y" Branch, was guest speaker. Remarks were said by Mrs. Ruth Glenn, local advisor of the Missionary Department. Mrs. Gertrude Bratcher is president of the "Y's" and Mrs. Gloria Thomas is Vice President.

Refreshments were served by Mrs. Lillie Rheames.

**N.C. Charm Pageant**  
The Miss North Carolina Charm Pageant would like to announce that a search is being conducted all across the state to locate pre-school & kindergarten girls to enter their state pageant to be held in Raleigh, August 12-15th at Meredith College. Elementary, Junior & Senior High girls that are cheerleaders, dance and baton students, voice & band members along with Brownies, 4-H girls and drama students that have a routine or talent are also invited to participate. Other artistic students are also invited to enter. Girls, ages 4 through 25 that are interested in entering, please send a long, stamped, self-addressed envelope to: Miss North Carolina Charm Pageant, P.O. Box 7246, Jacksonville, N.C. 28540 or call (919-455-0038).