

## Accurate Record-keeping 'Must'

An accurate and timely system of records is a MUST for all taxpayers, and this is especially true for the farming industry, the Internal Revenue says.

Good farm records can be useful in applying for credit, in attaining maximum social security coverage and, perhaps most important, in saving tax dollars.

The IRS does not require any special method of keeping records, but taxpayers should verify the items on the tax return, such as income, deductions, credits, ex-

penses, sales, exchanges, and depreciation. The method need not be complex, but the information should be kept in an orderly manner and safely stored.

Generally, farm records should be kept for 3 years past the due date of the tax return. However, information on the cost, purchase date and basis of an asset, such as a tractor, should be kept for at least 3 years after the asset has been disposed of. The records are used to determine the depreciation while the property is owned, and gain or

loss at the time of disposition.

The farmer should keep a record by date, amount and source of cash and non-cash receipts and expenses. It is also necessary to keep a record of self-employment income reported for social security purposes and verify these amounts with the Social Security Administration from time to time.

Keeping good records is simply good business for the farmer. Many tax saving dollars have been lost or overlooked due to poor records-keeping.

## Coupons Save Money If Used Right

by Jan Christensen  
N.C. State University  
Most shoppers don't save as much as they think they do when shopping with food coupons.

"A recent check of food prices comparing the brand name products offering cents-off coupons with similar house or generic brands found that the coupons

were not a bargain in eight out of 14 cases," says Mrs. Rachel Kinlaw, extension food specialist, North Carolina State University. "Coupons are often designed to promote a product, rather than to save us money."

"When we use them we feel good," the specialist adds. "We

feel a sense of accomplishment and think that we have used the system to our advantage."

The nutritionist says it's possible to save money if coupons are used for necessities. But the promise of money back is often a strong temptation to buy items that aren't really needed."

### SUMMER SQUASH

Summer squashes make delicious additions to family meals.

Sliced thinly and served raw, summer squash adds a unique touch to the family's favorite green salad, note extension food specialists, North Carolina State University.

Yellow straightneck squash, cooked in margarine with onions and seasonings is also a taste treat.

Zucchini squash can be the base for an unusual main dish. Just slice them lengthwise and scoop out the pulp. Mix the pulp with browned sausage, bread crumbs and seasonings, then stuff the squash with the mixture and bake.

### TRAVEL FABRICS

What types of fabrics are good traveling companions? The easy-care ones, says Dr. Harriet Tutterow, extension clothing specialist at North Carolina State University.

No wrinkle synthetics, wash and wear blends, stretch fabrics that don't sag, versatile knits and no-iron jerseys are all ideal for vacation wear.

## Tarheel Health Watch

An often unsuspected cause of mental and physical incapacity is a series of "little strokes."

A stroke occurs when the blood supply to a part of the brain is reduced or cut off. This can be caused by a blood clot or by hemorrhage -- bleeding from an artery in the brain. When the nerve cells of a part of the brain are deprived of their blood supply, the part of the body controlled by these nerve centers cannot function normally.

Little strokes may start when a person is in the 30s or 40s, striking silently at night, or passing almost unnoticed as a sudden dizzy spell, a momentary blackout, or just a few moments of confusion. The stroke itself is not severe enough to compel the patient to seek medical aid, but some permanent brain damage remains just the same.

The North Carolina Medical Society points out that a formerly kind, gentle person may become highly impatient and irritable. Judgment is often impaired. A strong man may become weak and prone to tears. Suspiciousness is

common. Some become sloppy in dress and befuddled in thought, others lose a part of their moral sense. Sometimes the sufferer loses interest in family and friends, lives secretly, constantly hiding things that he/she cannot find later.

When the symptoms are mild, as they often are, the person may get along fairly well. Surveys show that a sufferer from little strokes can get along better in the slower-going farm and small-town areas than in the faster-living city.

The problem of small strokes is one of the most difficult ever tackled by medical science. The most hopeful research approach is that of finding means to prevent stroke. Science seeks to learn more about how to recognize early symptoms so that treatment can be instituted promptly.

If hypertension is diagnosed and medication prescribed, it is important that the patient remain on the medication until the physician directs otherwise.

About 57 percent of Americans say they believe in UFOs.

Watch For  
TWO-FER  
TUESDAY  
SPECIALS



Each Tuesday  
During  
July & Aug.  
Unadvertised  
Specials

Main St. Raeford, N.C.

## CITIZENS OF HOKE, Robeson and Scotland Counties



"WELLINGTON:  
A Working Man's  
Approach to Government

In our country we have grown accustomed to having many privileges and freedoms; however, we must not ever forget that with privileges come responsibilities. One of the greatest responsibilities we have is choosing responsible and capable leaders to govern us.

On July 27, 1982 we will be having a run-off election in the 16th district for the N.C. House of Representatives. There are 6 candidates competing for the 3 seats in the House.

A legislator should be a person who is responsive to the needs of all the people in his district. He should be an aggressive person who will stand firm for the welfare of those people. A legislator should also be capable of rendering sound, fair, and impartial judgment.

I sincerely hope that you will take the time to find out all you can about each candidate and that you will vote for those you feel are most qualified. I trust by doing this you will choose me to represent you. I promise I will always listen to you and will have your best interest at heart as I make my decisions.

*Tommy Wellington*

J.T. (Tommy) Wellington  
Candidate for the N.C. House  
of Representatives  
Hoke, Robeson, Scotland Counties

Paid political ad

# Moore's

B C MOORE & SONS, INC.  
EDENBOROUGH CENTER  
RAEFORD, N.C.

GREAT SAVINGS ON  
SPECIALLY SELECTED  
SALE PRICED ITEMS!

3 Easy Ways To Shop At Moore's  
MOORE'S CHARGE - LAYAWAY  
- BANKCARD

OPEN 9 - 9  
THURS. - FRI. - SAT.

# Old Fashioned Summertime Sale

CONTINUES THRU SAT.



ENTIRE STOCK OF  
LADIES'  
SWIMWEAR

1/2 PRICE

MEN'S SS ARROW  
SHIRTS

Reg. 17<sup>00</sup>

9<sup>88</sup>

MEN'S  
TUBE  
SOCKS

Pkg. of 3  
Reg. 3<sup>75</sup>

2<sup>61</sup>

SELECTED GROUP OF  
LADIES'  
SLEEPWEAR

1/2 PRICE

MEN'S  
KNIT SHIRTS

Assorted Styles & Colors

2<sup>88</sup> to 14<sup>88</sup>

MEN'S PRO-KEDS & CONVERSE  
TENNIS SHOES

Low & High Top

Reg. 20<sup>99</sup>

16<sup>87</sup>

MEN'S & LADIES'  
WATCHES

ONLY 10<sup>88</sup>

BOYS' SS TOPS

Reduced 2<sup>97</sup> & up

9 PCS.  
SILVERSTONE

Non-stick Pot Sets

Reg. 49<sup>99</sup>

39<sup>87</sup>

20-INCH - 2 SPEED

BOX FANS

Reg. 29<sup>99</sup>

22<sup>97</sup>

ENTIRE STOCK OF LADIES'  
SUMMER SHOES  
Reduced

25% to 50%

SELECTED GROUP OF  
LADIES'  
ALL WEATHER  
COATS

Reg. 49<sup>99</sup> 32<sup>88</sup>

ENTIRE STOCK OF  
LADIES'  
SUMMER DRESSES  
REDUCED

33-50%

LADIES' SUMMER  
SPORTSWEAR  
REDUCED

25 - 50%

20 PCS.  
DINNERWARE SET

Reg. 29<sup>99</sup> 22<sup>87</sup>

SELECTED GROUP OF  
LADIES'  
JACKETS

Reg. 65<sup>00</sup> 39<sup>99</sup>

5 PCS.  
BATH SETS

Reg. 12<sup>99</sup>

10<sup>47</sup>

THICK ABSORBENT  
BATH TOWELS

Assorted Colors 1<sup>97</sup>