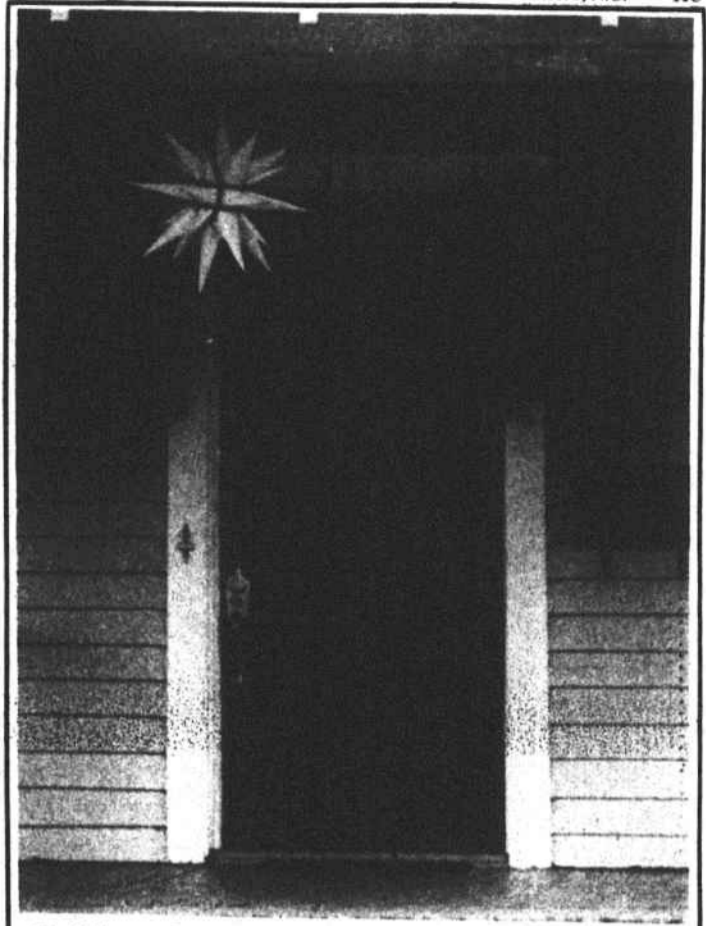
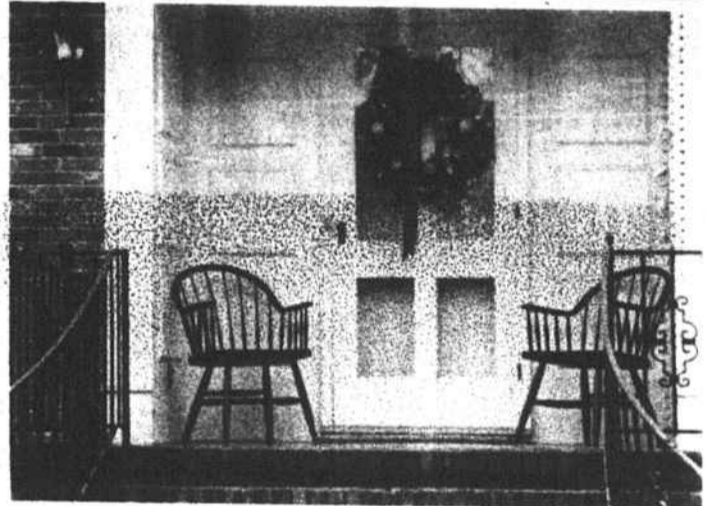


**Reflections of Christmas**  
The doors of the Raeford First Baptist Church reflect a little of the city amid its Christmas wreaths.



**Holiday adornments**  
The home of Mr. and Mrs. Steve Phillips on Donaldson Avenue is adorned with greenery and a Moravian Christmas Star.



**Fruitful holiday**  
The home of Mr. and Mrs. Neill McNeill on Main Street in Raeford has a fruitful wreath.

## This Holiday's Cooking Can Be Fat-Controlled

This is the eating season for the typical American household. More often than not, holiday goodies are loaded with fat, cholesterol, sugar and calories, so this is hardly the time of the year that most folks want to hear about heart-healthy cooking.

But the holidays just wouldn't be the same without all those mouth-watering masterpieces just waiting to be gobbled down during this season, right? Well, not necessarily. "Recipes for Fat-controlled, Low Cholesterol

Meals" enables you seasonal Picassos to plan satisfying and heart-healthy meals with only moderate changes in your eating habits.

These recipes, which are taken from the American Heart Association Cookbook, offer cooking tips on ways to reduce the level of cholesterol and fat in foods during preparation.

Fat and cholesterol contribute to heart disease by clogging up the artery walls, thus making the heart pump harder to circulate blood

throughout the body.

In order to reduce the level of saturated fats in foods, cooks can prepare food ahead of time and refrigerate.

The saturated fat, which is found in most animal products, hardens and can then be removed from the top.

Broiling those holiday meats instead of pan-frying can also reduce the level of saturated fats. Vegetables can be made more tempting by adding herbs and spices, instead of salt.

"Recipes for Fat-controlled, Low Cholesterol Meals" not only includes ways to cut down on fat and cholesterol levels, but also gives the number of calories per serving for the 44 recipes featured.

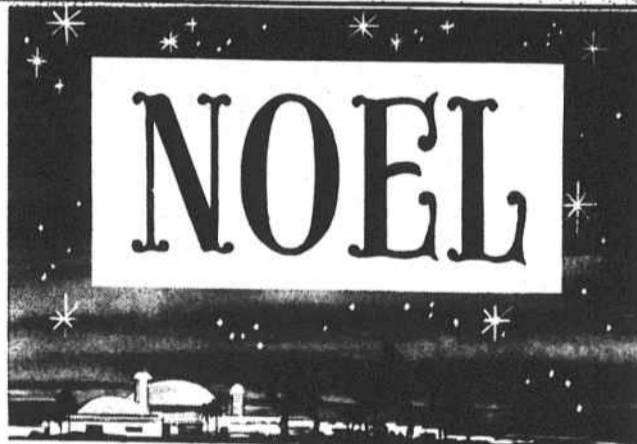
For your free copy, write to American Heart Association, North Carolina Affiliate, 1 Heart Circle, Box 2636, Chapel Hill, N.C. 27514-2636. Give it as a stocking stuffer, so your family can start the New Year off right with heart-healthy meals throughout the year.



### Blessings

May Peace dwell within your hearts, bringing joy to you and yours this Christmas season.

**Enviro-Chem Exterminating Co.**  
RAEFORD, N.C. LONG BEACH, N.C.



Like the wise men of old, let us worship the new-born Prince of Peace — may He bless you and yours.

**Open Arms Rest Home and Edenborough Place**

John and Joanne Plummer and staff



### O Holy Night

Joy to the world, the Lord is come! May peace on earth become a reality at this holy time.

**Hoke Typewriter Service**  
Elwood Ave.



### Happy Holidays

To all our friends and neighbors, warmest holiday greetings.

**MELTON'S Heating & Air Conditioning**  
ROCKFISH ROAD



### MERRY CHRISTMAS!

We wish to one and all a happy holiday season.

**SOUTHEAST PRODUCTION CREDIT ASSOCIATION**  
Harris Ave.