

# Sandy Plain News

## PERSONALS

Rev. and Mrs. Carol Hansley spent a few days with their daughter, Mr. and Mrs. Norwood Lewis and boys at Newport last week.

Mr. and Mrs. J. H. Barnette of Mount Olive had supper with Mr. and Mrs. Ardell Barnette Saturday.

Those enjoying a picnic lunch with Mr. and Mrs. Raleigh Kennedy and family Sunday were Mr. and Mrs. George Rhodes, Myna Loy Rhodes, Mr. and Mrs. Earl Baker and boys, Mr. and Mrs. Wilbur Gray Rhodes and family of Richlands; Mickey's girl friend Connie and Neil Barbee of Richlands.

Mrs. Willie Smith and Mrs. Joshua Futrell of Kinston visited Mrs. R. C. Kennedy at Vanceboro Thursday.

Rev. and Mrs. Carol Hansley visited their daughter Anita Hansley at Kinston Wednesday afternoon.

Mr. and Mrs. Lloyd Kennedy and family enjoyed a steak cookout Sunday at their home. Johnnie Lanier of Chinquapin and Mickey Quinn of Beaufort were special guests.

Mrs. Ressie Kennedy visited Mr. and Mrs. Robert Rhodes and also her parents Mr. and Mrs. Ed Rhodes of Millertown Sunday.

Little Melanie Kennedy, daughter of Mr. and Mrs. Percy Kennedy spent the weekend with her aunt, Mrs. Helen Lee at Kinston.

Mr. and Mrs. Flave Kennedy, Mr. and Mrs. Percy Kennedy and Douglas had supper Saturday night at Sneads Ferry celebrating Douglas's 5th birthday.

Linda Kay Kennedy made a business trip to Kinston Monday afternoon.

Mrs. Nelson Gross visited her mother, Mrs. Tiny Turner at Lenoir Memorial Hos-

pital in Kinston Monday afternoon.

Mr. and Mrs. Paul Mercer and Vickie of Rose Hill visited Mr. and Mrs. Ressie Kennedy Sunday afternoon.

Mrs. Willie Smith, and Jennell Sumner took Ken Smith of Mount Olive Jr. College with them on a business trip to Goldsboro Friday afternoon. They also enjoyed burgers at the "Chef Berger" in Goldsboro.

Shelby Jean Kennedy from Raleigh School for the blind spent the weekend with her parents and also attended church at Sandy Plain Free Will Baptist Church Sunday.

Rev. Eugene Sumner of Wake Forest Seminary visited his parents Mr. and Mrs. Coy Sumner and attended church at Sandy Plain Free Will Baptist Church Sunday.

Among those having dinner at "King's B-B-Q" in Kinston Sunday were Mr. and Mrs. Milton Kennedy, Jeff, Mr. and Mrs. Willie Smith, Ken Smith and Connie Houston.

Mr. and Mrs. Isaac Houston, and son Charles, Mr. and Mrs. Rodney Heath visited Myrtle Beach Sunday.

Mr. and Mrs. Ivey Houston, and Mr. and Mrs. Thad Jones spent some time with Mr. and Mrs. Truitt Miller at Fairmont last week. The men folk enjoyed fishing Saturday. The caught 273.

Mr. and Mrs. Thad Jones, Mr. and Mrs. James Jones and children had dinner with Mr. and Mrs. Rommie Davis of Pink Hill Sunday.

Mr. and Mrs. Tommie Williford of Wilson and Mrs. Oscar Houston of Beaufort had supper with Mr. and Mrs. Thad Jones Sunday night.

Mr. and Mrs. Charles Heath and girls of Kinston, Mr. and Mrs. Jessie Benson had dinner with their parents, Mr. and Mrs. James Benson Sun-

# Warsaw Society Eating Habits



OLD-FASHIONED SING PLANNED FOR SUNDAY NIGHT AT UNITY METHODIST CHURCH

The Harmony Trio of Jacksonville will be at the old-fashioned singing convention which is scheduled for eight o'clock on Sunday evening at Unity Methodist Church. The trio is composed of Mrs. Ella Mercer, tenor; Mrs. Edna Lanvermeyer, alto; and Mrs. Helen Grissett, soprano. These ladies were regulars on Channel 7; 3-time winners of Channel 12's talent contest; were featured monthly at the Jacksonville High School Auditorium; they have appeared with the Arthur Smith talent show; and they travel extensively wherever gospel music is featured. The public is invited to hear this group at Unity Sunday night.

**Eating Habits**

RALEIGH -- From breakfast to dinner, from picnics to snacks, we've been changing our eating habits over the past 10 years. Despite the fact our supermarket shelves are loaded with an abundance and variety of food, our diets have slipped nutritionally, reports Iola Pritchard, extension food conservation specialist, North Carolina State University.

The spotlight was put on American eating habits when the first report on the 1965-1966 Food Consumption in U. S. Households survey was released by the U. S. Department of Agriculture early this spring.

The facts from this study indicate only half our families had good diets as compared to 60 per cent when a similar study was made in 1955. In addition, the number of inadequate diets increased from 15 to 21 per cent during the interval between the 1955 and 1965 surveys.

It's quite a paradox and one that's puzzling the experts. Our incomes are higher and real food costs relatively low, but adequate income seems to be no guarantee that adequate diets will follow. Even at a \$10,000 and above level, nine per cent of the families had poor diets. Best explanation is that we're not making a wise choice nutritionally from our almost overwhelming abundance.

Biggest losers at mealtimes have been fruits, vegetables, milk and milk products, says Miss Pritchard. Nutrition-wise that means we're falling short in the consumption of the important nutrients, vitamin A, ascorbic acid (vitamin C) and calcium.

What's afoot to reverse this trend? Greater emphasis will be placed on helping homemakers use more milk products, fruits and vegetables in meals; an increased effort will be made to get bread enrichment a law in all 50 states; more interest will be stimulated for adding calcium to bread products; and a new look will be taken at the possibilities for fortifying non-fat dry milk powder with vitamin A.

## Strickland & Sloan Attend Mdse. Market

Mr. James Strickland and Ervin Sloan are tending his V & S Hardware Store again at Warsaw, N. C., after several days' absence. Just back from the big semi-annual merchandise market and convention in Chicago, he's eager to give his customers all the news in gifts and hardware for Fall and Christmas.

From an exhibit that filled more than 80,000 square feet at Cotter & Company, Mr. Strickland selected everything his customers could wish for. Toys, dolls, sporting equipment, wheel goods...hardware, housewares, electric appliances, he'll have them all, ready to sell, in a month or two. Since Mr. Strickland is a partner and co-owner of Cotter &

Company, the nation's largest wholesaler and distributor of hardware and related lines, he buys his items at savings--which he passes on to his customers. These savings accrue to nationally-famous brands as well as Jimmy's own Tru-Test, Westpoint and Servpro products.

Right now, Mr. Strickland has all the Spring and Summer items that he selected at the semi-annual market he attended last Fall. He invites his customers to come in--or consult their catalogs and give him a call--and make some of the best buys of the season. It's always a buyer's market at Farmers V & S Hardware, thanks to Mr. Strickland's attendance at the big ones in Chicago.

## Baptist Circles Met

Circle 2 met with Mrs. E. J. Hill and Mrs. Fannie Wilson, co-hostesses, Mrs. Allen Draughan, Sr., chairman, presided. Mrs. Frank Thomas gave the program. During the social period, the hostesses served gingerale floats and cookies to the 8 members present.

Circle 3 met with Mrs. Oscar Best Monday afternoon. The program was given by Mrs. Ira Ezzell, Mrs. Edgar Pollock, and Mrs. Davis Hollingsworth. During the social period, Mrs. Best served congealed Paradise salad, cheese straws, nutty fingers, and iced tea to the 10 present.

Circle 4 met at the home of Miss Annie Kate Powell, Mrs. Emma Chambers, and Mrs. Kathleen Snyder. Hostesses were Mrs. Nancy Her-ring and Mrs. Toleda Hueay. Mrs. W. J. Knowles, chairman, presided and gave the program. During the social hour, the hostesses served ice cream with fruit topping, pecan cookies, and iced water to the 10 members present.

Circle 5 met with Mrs. Roy Mathis on Monday evening. Mrs. George Clark, chairman, presided. Mrs. Oliver Jones, program chairman, led the program. During the social period, Mrs. Mathis served Snow Queen cake, toasted pecans, and coffee to the 10 members.

Circle 6 met with Mrs. T. O. Rabon on Monday evening. Mrs. Johnny Powell, chairman, presided. All members present took part in the program of the evening. During the social period, Mrs. Rabon served strawberry, cheese straws, and coffee or iced tea.

Circle 7 met with Mrs. James V. Drew on Monday evening. Mrs. Bruce Honeycutt, chairman, presided over the meeting. Mrs. Honeycutt gave the program, and Mrs. Drew gave the call to prayer. During the social period, Mrs. Drew served strawberry shortcake and iced tea to the 5 members present.

Circle 8 met on Monday evening with Mrs. Clinton Rouse. Mrs. Ormond Grice, chairman, presided. The program was given by Mrs. James Sutton, Mrs. Grice, and Mrs. A. L. Humphrey. During the social period, Mrs. Rouse served brownies, olives, cheese crackers, and Cokes to the 8 members present.

## Volunteer Firemen's Week

In response to a request from The North Carolina State Firemen's Association I am pleased to call attention of the citizens of North Carolina to the unselfish and dedicated efforts toward the welfare and betterment of North Carolina given every day by approximately 26,000 volunteer firemen who serve in approximately 800 volunteer fire departments throughout our State. These citizens have joined together to provide protection for the lives and property of their neighbors against fire. In this way they contribute greatly to the growth and strength of North Carolina, because without this security offered by modern, progressive fire departments, we could not have a modern, progressive State.

Therefore, I am pleased to designate May 5-11, 1968, as NORTH CAROLINA VOLUNTEER FIREMEN'S WEEK and I commend the observance as being a worthwhile endeavor.

PROCLAMATION BY PRESIDENT JOHN A. AUTEN

Whereas, the people of the State of North Carolina have united to protect themselves from uncontrolled fires, and Whereas, this public service has been given from the earliest days to the present time, and Whereas, this continued public service is needed for the protection of the lives and property of the States people and Whereas, modern, progressive fire departments are needed to make this State more secure, and Whereas, The North Carolina State Firemen's Association and other agencies have approved and endorsed North Carolina Volunteer Firemen's week. This observance is to honor all fire-fighting services, with special recognition for the Volunteer Fireman.

Therefore, let it be known that I, John A. Austen, President of the North Carolina State Firemen's Association, do hereby proclaim the week of May 5-11, 1968 as NORTH CAROLINA VOLUNTEER FIREMEN'S WEEK and urge all citizens to join in this expression of appreciation and gratitude for the services performed by the Volunteer Firemen of our State.

## With Our Boys

U. S. ARMY, KOREA -- Assigned April 3 to the 7th Infantry Division in Korea, as a cannoneer.

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## Woman's Auxiliary

The Woman's Auxiliary of Sandy Plain Free Will Baptist Church had a regular meeting Wednesday night. The meeting was called to order by the president, Mrs. Edward Earl Kennedy. She read a portion of scripture from Psalms 37. Prayer was offered by Mrs. Willie Smith. The roll was called with seven members present and minutes read and approved.

After a short business session the meeting was turned over to Mrs. William Thigpen who had charge of the program. The topic for discussion was "Removing The Rubbish From The Foundation." Mrs. Thigpen read scripture from Nehemiah and made some interesting remarks.

Other members taking part were Mrs. Milton Kennedy, Mrs. Edward Earl Kennedy, and Mrs. Carol Hansley. After the lesson the group sang "Count your Blessings". The meeting was dismissed with Prayer.

## Birthday Dinner

Mrs. Lucy Hall, who is blind, celebrated her 76 birthday Sunday. The family honored her with a picnic lunch at the home of her son Mr. and Mrs. Ralph Hill, where she makes her home.

Miss Lucy, as she is called by her friends, is quite active and enjoyed the day very much with her family and friends. Those from out of town attending were Mr. and Mrs. Clarence Sutton, Mrs. Annie Kennedy of Richlands, Mrs. Cindy Jackson, Mr. and Mrs. Eugene Jackson of Kinston, Mr. and Mrs. Coy Hall of Walden, N.Y., Mr. Alex Hall and son Mr. and Mrs. Tommie Hall who is in army from Ft. Deposit, Maryland; Mr. and Mrs. Connie Stansel and children of Goldsboro; Rev. Eugene Sumner of Wake Forest; Mrs. Kenneth Heath of Kinston. There were approximately 83 present.

## With The Sick

Mrs. Timmie Turner is a heart patient in Lenoir Memorial Hospital in Kinston. She is resting much better.

Mr. Tobie Mercer is a patient at Lenoir Memorial Hospital in Kinston. He is improving nicely.

Mrs. Sadie Grady returned home from Duplin General Hospital last week and is getting along well.

Mrs. Albert Kennedy is still very sick at her home.

Mrs. Joe Jones had an attack of kidney colic Sunday night and is still sick.

Toiletries Specials At **MACKS** While They Last

IN WARSAW

Hidden Magic Curl 'N Swirl Giant Size Klippies Hair Spray 99¢

Lydia Grey Facial 100's White & Pink Tissues 10¢

Band Aid Sheer Strips 79 Asst. Bandages 61¢

CHECK OUR LARGE ASSORTMENT OF Dream Glo Toiletries @ 2/\$1.00

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Lustre Creme Hair Spray  
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Calm Deodorant  
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