

Join now thr ough October 2,
attend class for 12 weeks, and get the new Weight Watchers ${ }^{*}$ cookbook. FREE.
The secrets of chocolate nut
cake, Swiss fondue, orange cake, Swiss fondue, orange-
ginger chicken-and hundreds ginger chicken - and hundreds
more tantalizing recipes-are waiting for you. Along with all the secrets of the most successful weight loss program in the world. All you have to do is join
Weight Watchers class and Weight Watchers class and
attend 12 consecutive meeti attend 12 consecutive meet
You'll learn how to lose weight without giving up th know it, you'll get a most delicious gift. Our newest cooknewest Food Plans. A $\$ 13.95$ value, yours free.
Now what could tempting than that?

FOR CLASS NEAREST YOU CALL -

JOIN NOW
For Only $\$ 14$
Thereafter oni. $\$ 4$
a week. no contracts


## WEIGHT

 WATCHERSloss program in the world.

Fक्त COME ONE! COME ALL!! HALLOWEEN COSTUME CONTEST K KING'S RED AND WHITE NO. 3-3400 PINK HILL ROAD - KINSTON, N.C.

PRIZES WILL BE AWARDED ON THE BASIS OF THE FOLLOWING: BEST, MOST ORIGINAL AND MOST FRIGHTENING COSTUMES

 MANAGERS in store SALE!
\% THESE SUPER SPECIALS

| FRYERS LB. 376 | MANAGERS IN-STORE SUPRISE SPECIALS <br>  specialt |
| :---: | :---: |
| LIMIT 4 ORITH FOOD chuck boneless |  |
| ROAST LB. ${ }^{\text {cresen }} 1.38$ | GLAD WRAP Doon. 2/\$1 |
| FRESH PICNICS | ( |
| PICNICS fROSTY MORN | Sill Somonitening |
|  |  |
| RIB LIP-ON <br> L8. 3.39 | 8 |

STEAKS $\quad$ LB. $\quad 3.39$

FOR CHILD.
-50.00 GROCERIES FOR PARENT
2ND PRIZE '25.00 CASH PRIZE FOR CHILD $\cdot 25.00$ GROCERIES FOR PARENT
3RD PRIZE '10.00 CASH PRIZE FOR CHILD ${ }^{1} 10.00$ GROCERIES FOR PARENT. ANY CHILD UP TO AGE 12 IS ELIGIBLE. NAME OF JUDGES TO BE ANNOUNCED AT A LATER DATE:

s170

PRIZES WLL BE AS FOLLOWS:

IST PRIZE
-50.00 CASH PRIZE


