

It's true, you can save on family-feeding by following our thrift-planned

# FOOD BUYS



<b>FRYERS</b> lb. 46c	<b>POLE BEANS</b> 2 lbs. 39c	<b>BANANAS</b> 2 lbs. 25c
Fresh <b>SPARE RIBS</b> lb. 39c	End <b>PORK ROAST</b> lb. 69c	<b>FAMO FLOUR</b> 10 lbs. 49c
Fresh <b>PIG FEET</b> 2 lbs. 35c	Chase & Sanborn <b>COFFEE</b> (tins) (While It Lasts) lb. \$1.19	Preston Cream Style <b>GOLDEN CORN</b> No. 303 Can 2 lbs. 25c

**Dulany**  
Frozen Foods

Strawberries - - 2 for 99c  
Turnip Greens - 2 for 41c  
Orange Juice - 2 for 34c

Ask About Our Charge Accounts  
PHONE 6-3115-6  
For Fast, Free Delivery Service

OPEN  
6 a.m. to 6 p.m. WEEKDAYS  
6 a.m. to 8 p.m. SATURDAY

**Freeman Bros.**  
GROCERY & MARKET  
705 ARENDELL • MOREHEAD CITY

**Tune Up For Health**  
By JACK POBUK  
Body Toning I  
The search for the fountain of youth is as old as history. So far, men have not found it. You are wise if you preserve your health. Exercise can help correct defects in your body when they occur. But you may have no defects to correct. That does not mean you need no exercise. When you fail to keep your muscles in tone, trouble can follow. Try that ounce of prevention.



**Harmon Family Confers Degrees**  
Des Moines (AP) — Mrs. Tillie C. Davis of Des Moines is getting used to receiving college certificates and degrees from members of the Harmon family.  
When she received a piano teacher's certificate and academy diploma in 1918 from Cotner College at Lincoln, Neb., it was the late A. D. Harmon who presented them to her. Two years later he also handed her a two-year teacher certificate at the same institution.  
In 1948 she received a Bachelor of Science in Education degree at Drake University, and was awarded her diploma by Dr. Henry G. Harmon, son of A. D. Harmon. And in 1954 Dr. Harmon handed her the master's degree in Education also at Drake University.

# COLONIAL'S SAV-A-TAPE PREMIUMS... JUST LIKE Christmas in AUGUST!



**FREE PREMIUMS!** To get premiums FREE, save your register tape receipts in a handy free GIFT BOOK envelope which your Colonial Store will gladly give you. When you have the required number of gift books for the item you desire, turn them in to your Colonial Store. That's all you do... COLONIAL even pays the Federal excise tax for you!

**BIG DISCOUNTS!** If you prefer, you can buy premiums right away, with a cash payment and a smaller amount of register tapes, at savings up to 30% of the normal retail price! SAV-A-TAPE is the only plan that offers you this choice! Get the facts... COMPARE... prove for yourself the many advantages of Colonial's two-way SAV-A-TAPE plan... best premium plan of all!

GRAND ON TOASTED THRIFTY BREAD FOR BREAKFAST—BAMA

<b>PRESERVES</b> FOR DIGESTIBLE FRIED FOODS—CREAMWHITE	FRESH STRAWBERRY	12-OZ. JAR	29c
<b>SHORTENING</b> COOKED—READY TO HEAT & SERVE—DURAND SWEET		3-LB. TIN	79c
<b>CUT POTATOES</b> ENRICHED WHITE SLICED—PERFECT FOR TOAST		NO. 2 1/4 CAN	19c
<b>THRIFTY BREAD</b>		1-LB. LOAF	14c

SNOW CROP ORANGE OR GRAPE	PT.	25c	<b>MARGARINE</b> WISCONSIN MEDIUM SHARP	LB.	21c
TEA—THE PERFECT SUMMER COOLER			<b>CHEESE</b> TRIANGLE PURE CREAMERY	LB. WEDGE	59c
<b>SILVER LABEL</b>	1/4-LB.	27c	<b>BUTTER</b> CHIFF'S PRIDE COTTAGE	1/2-LB.	35c
WATERMAID CELLO PACKED			<b>CHEESE</b>	LB. CUP	20c
<b>RICE</b> SHORT-GRAIN	3-LB.	37c			
REDGATE GOLDEN CREAM					
<b>CORN</b>	2 NO. 303 CANS	25c			

Sirloin, Club, or Boneless Rib

<b>STEAKS</b>	LB.	69c	<b>ROAST CHOPS</b>	LB.	53c
Budget Baby Beef			NATUR-TENDER, U. S. CHOICE QUALITY CHUCK		
Natur-Tender U. S. Choice Quality			<b>ROAST FRANKS</b>	LB.	49c
			Made Fresh — Sold Fresh		
			<b>GROUND BEEF, 3 lbs.</b>		\$1.00
			<b>STICKS</b>	10-OZ. PKG.	49c

EXTRA FANCY TENDER MOUNTAIN

<b>CORN</b>	5 EARS	29c	<b>SLICING TOMATOES</b>	CARTON	19c
FANCY SWEET CALIFORNIA RED			Extra Fancy Firm Ripe		
<b>GRAPES</b>	2 LBS.	29c			
REALGOLD FROZEN MIX FOR					
<b>LEMONADE</b>	3 6-OZ. CANS	49c			
SEABROOK FARMS FROZEN CHOPPED					
<b>SPINACH</b>	12-OZ. PKG.	19c			
SEABROOK FARMS FROZEN FANCY					
<b>PEAS</b>	2 10-OZ. PKGS.	35c			
MINUTE MAID FROZEN ORANGE					
<b>JUICE</b>	6-OZ. CAN	19c			
RICH'S WHIP					
<b>TOPPING</b>	7-OZ. CAN	41c			

<b>CAT FOOD</b>	2 8-OZ. CANS	19c	<b>HAM CHOPPED</b>	12-OZ. CAN	57c
Laundry Bleach			ARMOUR'S LUNCHEON MEAT		
<b>CLOROX</b>	QUART BOTTLE	17c	<b>TREET SAUSAGE</b>	NO. 1/8 CAN	19c
Realgold Calif. Base			ARMOUR'S CORNED BEEF HASH	16-OZ. CAN	29c
<b>ORANGE</b>	6-OZ. CAN	17c	ARMOUR'S—MEAL IN A CAN		
Reuleman Reconstituted			<b>CORNED BEEF JUICE</b>	12-OZ. CAN	49c
<b>LEMON JUICE</b>	8-OZ. BOT.	23c	LIBBY'S TWICE-RICH TOMATO	46-OZ. CAN	31c
			Super Soft Toilet Tissue		
			<b>NORTHERN</b>	3 ROLLS	25c



Make Bugs Die... before they multiply

USE PUSH BUTTON

**REAL-KILL**

ODORLESS STAINLESS 98c

**REAL-KILL INSECTICIDE**  
PINT BOTTLE 69c

Old Dutch  
**CLEANSER**  
2 14-OZ. CANS 25c

Sugarfree Dried  
**PEACHES**  
12-OZ. CELLO 39c



YOUR TOTAL FOOD BILL IS LESS WHEN YOU SHOP AT CS

# COLONIAL STORES

Now Available Olson's Marine Paints AT Your Favorite Dealer or Boat Yard

<b>OLSON'S FAMOUS 610 BOAT FINISHES</b> Fume-Proof White Semi-Gloss and Flat	<b>OLSON'S HULLENDECK PAINTS</b> A large selection of modern colors — for decks or any wood, metal or concrete surface — also available in non-skid type for slippery decks.
---	---

**ANTI-FOULING BOAT BOTTOM PAINT**  
OLD SKIPPERS No. 66 RED COPPER — KEEPS THEM CLEAN — LOW PRICED

When Painting Your House — For Best Results Use OLSON'S Fume Proof MARINE WHITE  
THIS HIGH QUALITY PAINT RETAINS BEAUTY FOR A LONG PERIOD OF TIME.

Attention — COMMERCIAL FISHERMEN — Attention  
OLSONIZE YOUR NETS & ROPE  
There is an Olson Treatment for every type of Net & Rope

SELECT YOUR FAVORITE DEALER FROM THIS LIST & BUY OLSON PAINTS

Cannon's Boat Works Morehead City	West End Boat Works Harkers Island
Ottis Fish Market Morehead City	Ralph Nelson & Son Stacy, N. C.
Rose Bros. Shipyard Harkers Island	Ralph Pittman's Store Stacy, N. C.
M. L. Yeoman's & Son Harkers Island	Gaston Smith Net Works Atlantic, N. C.
Gillikin Bros. Harkers Island	M. W. Willis & Son Marshallberg

LUCAS & LEWIS, INC. — 417 S. Front St. — New Bern, N. C.