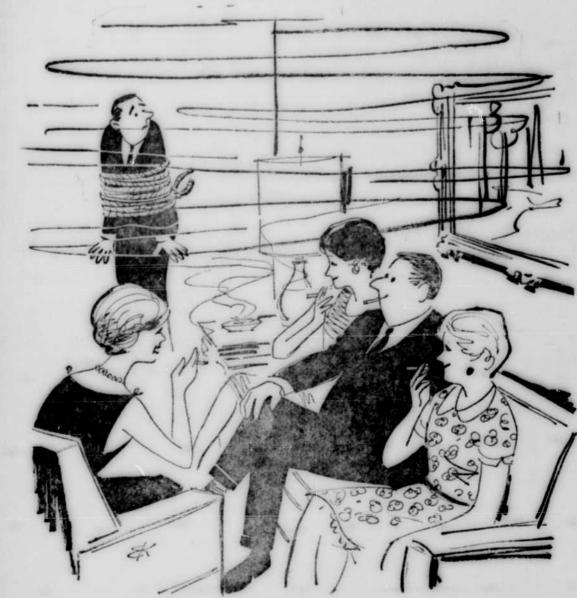
He's Trying To Give Up The Habit





Items this week from New Hanover, Northampton, Gaston, Spend Clothing

HEN PARTIES HELD Thirty - five Home Demonstrarecently consumed nine dozen From a health standpoint they lice in Charlotte announced toeggs at a "hen party."

"Ruby Flip" and ended with a weil cared for clothes gives conference and ended with a weil cared for clothes gives conference and self-respect to the index of the principal job held during the year, and similar conference and self-respect to the inheld during the year, and similar Carolina eggs, reports Miss Verna Miss Mary Em Lee, clothing Information furnished by local their communities.

A NEW LOOK AT BUDGETING

"Now is the time to start think what some families in Northam ton County are planning to do."

ilies set up financial records to meet individual family needs.

WOFESHOP

Homemakers in Gaston County properly. are also interested in physical shops in weight reduction.

nomics agent, says they are call- and making the most of what vember 3.9 million figure. ing on a doctor, dietician and every member already owns. Census Bureau interviewers physical therapist to help in conducting the classes. The women made plan will help prevent un. February include: will also receive special help in necessary and careless buying. ways of preparing meals for Remember that impulse buying Crescent Hill St., Kings Mountain, those who are interested in will leave it's mark on your N. C. weight reduction.

TAILORING WORKSHOPS end up with a large assortment of perfectly good clothes that Interest in tailoring workshops will not go with anything else. continues to sweep North Caro- Every member old enough lina, Mrs. Floy Garner, home ec-should have a part in planning onomics agent, says Cartered the clothing budget. The first step County clothing leaders are going in making a plan is to onallyze Carolina highway maps in color to attend a workshop first, and the family activities in terms of then go back and teach others in clothing.

ter the construction skills and develop their teaching abilities.

kato three groups—those you will to the motoring public. The 1964 color map features a seenic view of a portion of US 52

will discard or give away. WARDROBE PLANNING bers, new fabric finishes, variety remember to buy only those ground, and the cover of the in style of clothes, mass product clothes needed, and written in black and white map features a tion, and varying price range of your plan. quality clothes, homemakers have trouble making decisions regard. Queen Is Aboard ing the spending of the clothing Navy Destroyer

economies agent, says the Rockingham County homemakers have class, USN, son of Mrs. A. S. Legislative Building, North Caroreceived forms to be filled out Lynch of 1375 Grever Rd., Kings line scenic areas, and a number which will help them in making Mountain, N. C., is saving as of points of interest across the decisions regarding the ward- board the destroyer tender USS State.

ACCOUNT BOOKS REQUESTED Charleston, S. C. Looking forward to the new Everglades is currently serv- received the contract for print-year, Mrs. T. B. Martin requested ing a four of duty with the Sixth ing of the maps at a low bid of a new "Family Living Account Fleet in the Mediterranean area, \$63.14 per thousand, Both maps Book." She said, "This is the best The Sixth Fleet is a versatile, feature a three panel accordian book I have ever used to keeping well-balanced force consisting of fold, by family financial records." a carrier striking force, an am-

family financial records," a carrier striking force, an am-"Several families in Clay Coun-phiblous task group and a varie-Dr. John Hickam, of Indiana ty are using the booklet publish- ty of auxiliary ships which enable University School of Medicine and ed by the Agricultural Extension the fleet to operate at sea for member of the Surgeon Generals Service in keeping their records," long periods of time without the Advisory Committee on Smoking adds Mrs. Justine Rozier, home support of land bases.

economics agent. "They have Her crowmen bers will have an University faculty member and a found it most helpful for income opportunity to visit ports in Sp. past president of the North Carotax purposes."

Employment Survey Set

"How many weeks did you work in 1953?" This and other questions on work experience last year will be asked of persons in those households participating in the Census Bureau's February Current Population Survey. Interviewers will call on local households the week of February tion Club foods and nutrition Clothes play an important role 17-22, Joseph R Norwood, Direcleaders in New Hanover County in the lives of most families. for of the Bureau's regional of-

After the club women finished serve as great morale builders amount of time last beauty. their luncheon which started with because suitable, attractive and amount of time lost because of

Lowery, home economics agent specialist for the Agricultural families will be combined with With emphasis on the importance Extension Service at N. C. State, that gathered in 356 other sample of eggs in the diet, the leaders says families are often judged by areas of the country to obtain naplan to conduct hen parties in the clothes they wear. "Fortu- tional estimates of the 1963 emnately, it's not the amount of ployment situation. In addition, money spent on clothing or the size of the wardrobe that determines whether a family is well 18 to 64 years old worked in 1962. ing about setting up a budger," dressed or not," she adds. "If a The answers to these latter quessays Mrs. Aurey Jenkias, home family plans carefully, they can tions will be used to select a sameconomics agent. "And this is have appropriate clothing for ple of women who will be folon with comparative- lowed up later this cover how much and how often Getting full return for all mon-these women work or seek work.

Mrs. Jenkins thinks that rural ey spent on clothing should be These questions on work exfamilies should be especially con- the aim of every member of the perience will supplement the regcerned with financial planning family, Miss Lee points out. A ular ones on employment and unsince farm income is so irregular. wise family makes every dollar employment asked in the month-She is trying to help all the fam- count by applying these three im- ly Current Population Survey at portant practices make a cloth- the request of the Bureau of Labing plan, watch your P's and Q's or Statistics, U. S. Department of (price and quality) when buying Labor. Latest estimates publishclothes, and care for clothing ed by that agency show that, although unemployment usually in-Miss Lee states that the secret creases slightly the last month fitness and are planning work of a family being well dressed at of the year, December 1963 unsmall cost is to plan the ward, employment edged down somerobe carefully, wasting nothing, what to 3.8 million from the No-

Mrs. Frances C. Hedden, 508

wardrobe. If practiced, you will **New Road Maps** Are Available

and black and white are off the press and available for distribu-After the clothing needs are tion by the Highway Commission. Mrs. B. O. Ketner, Newport, Rt. determined, ar inventory of the First copies of the new maps 2 and Mrs. Milton Piner, More present wardroke is important to were received on Friday, Februhead City, are the county cloth give the family a clear picture of ary 7, 1964, and the past two ing leaders and are helping teach the clothing you have. Put your years have produced record comthe advanced clothing course plan on paper by Heting all cloth- pletion dates by the Highway Both of the ladies have had tail- ing on hand. Divide the clothes Commission in getting the maps

in Surry and Stokes Counties Due to variety of man-made fi- As a shrewd shopper you must with Pilot Mountain in the backfront entrance view of the State Legislative Building in Raleigh. Tourist information appears on both maps, and includes data on rest areas, motor vehicle laws Miss Isabelle Buckley, home USS EVERGLADES (FTHNC) tions. The color map includes Harold J. Queen, yeoman first several photographs of the State

> operating out of A. Hoen and Company, Incorporated of Baltimore, Maryland

ain, Italy, France and Greece. lina Heart Association.

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