1968

se the

'clock irch.

rising State r. and rve as

ME

nta-

be

DISTAFF DEEDS

Bachelors sometimes need ad mit Fields, Oxford, Rt. 4, Gran-vice about homemaking, too. At ville County.

shouldn't have bought draperies home economics Extension agent, to fit the size windows he install. Mrs. Fields developed these skills

ing the rods and of putting them Homemakers Club, the agent up," Mrs. Ruby Corpening, home adds. economics Extension agent, con-cedes, "but he needed help with measuring windows so he would are invited to stop by the Extenbuy the correct length draperies, sion home economics agent's of The first pair he purchased fell fice for a "pick-up wedding gift."

color schemes and what furnish-ings would be practical for a Homemakers Club. house that is to be rented, Mrs. When the brides receive the



Also made CARLISLE Phone 487-4621



By WILSON GRIFFIN

Women of child-bearing age should be very careful about self-medication, says Dr. Virginia Apgar. They may be pregnant, but unaware of it, and little is known about the abnormalities that various drugs can cause in the embryo. specially in the early stages pregnancy.

Health is precious . . .

least Bill Nelms of Clay County did.

Nelms was building a small house to rent fully furnished. But he learned the hard way that he shouldn't have bought draperies for a dozen or more houses, Mrs. Fields supplements her income by sewing for children and adults, he learned the hard way that he shouldn't have bought draperies have convenies for the second statement of the second by attending special interest "Nelms did a good job of buy-meetings of the Lewis Extension

short of their mark."

The gift: a cookbook with recipes Nelms is also learning about and homemaking hints, compiled

rpenin z adds. cookbook, they also find out SUPPLEMENTS INCOME about the other services Exten-"Drapery making is enjoyable sion offers young people, Mrs. because you can obtain better quality, plus the correct length of Your Weddin; In Color."

about the other services Extensions after young people, Mrs. Hazel B. Lipe, associate home economics Extension agent, says. AID SHELTERED WORKSHOP Whenever and where-ever there is a need, members of the Star-

is a need, members of the Star-light Extension Homemakers Tape Recording: Club, Onslow County are ready to help.

According to Mrs. Chase C. STUDIO Padgett, home economics Extension agent, "a sheltered workshop recently opened in Jackson-ville." Purpose of the workshop, she explains, is to train mentally retarded and physically handicapped boys and girls in an occupa-

Because of limited funds the center is in need of equipment and furnishings, the agent adds. The Starlight Club voted to buy material and make draperies for the center's lounge. Also through their efforts a sofa and chair was added to the lounge area.

Members will continue finding ways to create a pleasant atmosphere for the mentally retarded and physically handicapped children who are enrolled in the workshop, the agent predicts.

PAYS TO HAVE KNOW-HOW Sometimes, it pays to have the know-how, Mrs. Elsie B. Edwards, home economics Extension agent, Pasquotank County, believes.

Ten homemakers recently saved \$75 by learning to cane chairs, the agent observes.

One homemaker, Mrs. George Kirkwood, almost completed the bottom in her antique chair dur-ing the first day of a caning workshop. She carried the chair home, and her husband became interested in the project. By fol-lowing the directions given in an Extension bulletin on Caning, Kirkwood applied the binding cane and tied the loose strands.

YOUR CLOTHES CAN LAST LONGER **LOOK LOVELIER**

It's a fact. Dry cleaning makes clothes last up to twice as long! And with Martinizing, your clothes get personal care that restores them like new.

Everyday - Special SHIRTS or on

Hangers ONLY 25c



STORAGE

We have a large storage space especially for summer storage. Your winter clothes will be cleaned, mothproofed and stored. This Fall we will press and finish for you at your convenience. There is no extra charge for this service. This Fall when you pick up your fresh pressed clothes you pay only our regular dry cleaning price.

Mon.-Tues.-Wed. "SPECIALS"

MEN'S OR LADIES 2 PIECE SUITS

only 85c

• TROUSERS • SPORT COATS • • PLAIN SKIRTS • OR SWEATERS •

ANY

OR MATCH

DRESSES

we care



For a good, even, odorless fire start with

A&P Charcoal Briquets and A&P Charcoal Lighter.

If there's anything more important than the fire, it's what you grill on it.

For years, A&P Super-Right Meats have been used for more barbecues than any other meat you can name.

Ground beef, lean and juicy, fresh tender chickens,

steaks and chops unconditionally guaranteed to be tender and tasty. And, if you like, cut to the thickness you like.

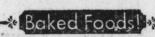
Of course, your A&P has all the condiments and sauces a "barbecue boss" needs,

including a unique Ann Page Barbecue Sauce.

When you think about it, you might say: Great barbecues start with A&P...

and end with satisfaction

... that's guaranteed.





IDEAL FOR COOK-OUTS - JANE PARKER

GUARANTEED TO PLEASE

JANE PARKER-READY TO SERVE

A&P VANILLA CREME ICED



1-Lb. 3-Oz. \$ 1 00

10-Oz. 49

Frozen Foods

"OUR FINEST QUALITY" **A&P ASPARAGUS SPEARS**

GREEN PEAS

A&P "OUR FINEST QUALITY"

10-0z. 15G 2 Lb. 43c

A&P SPECIALLY PRICED!

2 10-Oz. 29c 2-Lb. 39c **PEAS & CARROTS**

Marvel Ice Cream With Sherbet or MARVEL ICE CREAM 5-Delicious Flavors to Choose From Ctn. 556

Cup-Of-Joy Ice Cream Cones CAKE CUP 19 SUGAR CONE 12-Ct. Pkg. 23C CAKE CUP 48-Ct. 49c

Ann Page Foods!

ANN PAGE EXTRA EGG NOODLES ANN PAGE PORK & BEANS

41-0z. 35e Lb. 69

3 1-Lb. \$100 Pkgs.

Fussy Outdoor Chefs Choose Juper-Right" Meats!

"SUPER-RIGHT" U. S. D. A. INSPECTED FRESH



PER-RIGHT" QUALITY

SPLIT FRYER

35c

32c

SULTANA FROZEN MEAT **DINNERS**

Beef • Chicken • Turkey
 Meat Loaf • Salisbury Steak

11-0z. 69c

"SUPER-RIGHT" HEAVY CORN-FED BEEF

BONELESS TOP ROUND BONELESS ROUND

"SUPER-RIGHT" HEAVY CORN-FED BEEF **CUBED ROUND STEAKS**

BONELESS 85c

FISH STICKS 10-Oz. 33c 1-Lb. 49c Cap'n John's Ocean Perch Fillets 1-Lb. 39c Cap'n John's Flounder Fillets 1-Lb. 49c Cap'n John's Shrimp Cocktail 3 4-Oz 89c SHRIMP 10-0z. 69c 2-Lb. \$2.15

Cooking Out? Try These Values!

BAG BAG

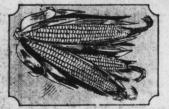
PRICES IN THIS AD ASP CHARCOAL LIGHTER FLUID Con 37c 1/2-Gol. 59c

"Super-Right" Luncheon Meat A&P INSTANT RICE

3 1-Lb. 49c 14-Oz. 35c 24-Oz. 59c AHOY PINK LIQUID DETERGENT 3 Quart \$1.00

IONA TOMATOES

Fresh Fruits & Vegetables!



FRESH, CRISP, LETTUCE FRESH CUCUMBERS FIRM, CRISP, CARROTS FLORIDA, VALENCIA, ORANGES NEW WHITE POTATOES

2 Heads 35c 2 Lbs. 25c

2 Lb. Bog 19c

5 Lb. 59c

10 Lb 89c