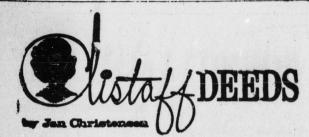
ines, it's believed. This is about same number maintained for Thur



SEW YOUR OWN THINGS

sewing for herself at age 11.

Also, Doris has shown a grad-

ual increase in the number of gar

ments made, from two in 1964 to

Over the five years she's been sewing, Doris made 148 garments at a total cost of \$453.64. She es-

timates her total savings at

\$910.21, Mrs. Mavis G. Johnson,

home economics Extension agent

TAKING TOO MUCH

Sometimes we, as mothers, take

FOR GRANTED

Wedding?

Paul Lemmons

Photographer

notes.

(News items this week from Edgecombe, Tyrrell, Cumberland and Richmond counties.)

## STUMBLES ON "GOLD MINE"

furniture." notes Mrs. Betty Morgan, an Edgecombe County home-

Mrs. Morgan bought an old chest from a junk dealer for eight dollars with the intention 57 in 1969. of refinishing it. When she re-moved all the dark paint, she found the chest was solid mahogany and worth many times what

The chest is now a prized possession in the Morgan home. Claudia Tutterow, assistant home economics Extension Agent, suggests that anyone who needs furniture, but is on a limited bud get, could save money by refin-

ishing old furniture. too much for granted; especially when it comes to daughters learn-"you may stumble on a 'gold ing home economics skills."

DRINK MORE MILK

Two out of three homemakers in Tyrrell County were not getting adequate amounts of milk each day, according to a recent

So Mrs. Frances Voliva, associate Extension agent, conducted a special foods and nutrition class emphasizing the value of milk

Adults need two or more glasses of milk each day, the agent adds.

Richmond County, it was discovered that a young girl did not know how to peel or cut up an onion.

Bronze Star

Here's an example. At a cook-

for granted, Lucille M. Carter, ascicite home economics Exten Company, 1st Cavalry Division sion agent, says.

by the Astro-

any position-even with the

★ Writes in weather 50°

below zero

qu friioq

## Here's an example. At a cooking class held for 10-year-olds in Sp/4 Wells Earns Dixon, Mitchem **Named To Post**

IST CAVALRY DIV. (AMBL), After learning how, the girl VIETNAM (AHTNC) April 10 — tain and Yates Mitchem of Shelwent home and told and showed Army Specialist Four Michael L. Command Post of the Piedmont her mother. The mother, surprised at her daughter having learned, such a simple thing exclaimed, "I C, received the Bronze Star Meddidn't realize Mary had never peeled an onion, pared a carrot continuous peeds of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday. The Command Post of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday. The Command Post of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday. The Command Post of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday. The Command Post of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday. The Command Post of the Piedmont Rescue Association at that group's meeting in Charlotte last Sunday.

A Cumberland County 4-H'er believes you can save money by sewing "your own things."

Doris Autry, Stedman, began her sewing career at age five by making doll clothes. She began sociate home economics.

Let's hope most young girls are being taught basic cooking skills operations against hostile forces in Vietnam while assigned as a sociate home economics. (Airmobile).

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Delbert Dixon of Kings Moun-

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dealth

mation of the eyes and eyelids often are caused by bacteria and viruses or by sensitivity to dust, pollens, or air pollution Virus infections of the eyes swimming in natural water o a pool even though chlorinated Most bacterial infections of the eyes can be cured promptly by a physician, using sulfa or an-tibiotic drops or ointments.

After you see your doctor, bring your prescription to

Griffin's Drug Store

Norman on Sunday, June 7, at 9 imately 135 rescue members will a.m. when trophies will be award participate in the exercise. ed for the best first aid work with judges to determine the winner. Each unit will be requested to try to solicit five books to help pay for the trophies.

Also, approximately 100 Boy an umber maintained for a number of years. However, and Girl Scouts will participate in the exercise which will cover land training as well as water.

Purpose of the Lake Norman exercise is to give training in for the Royal Air Force during case of a large disaster. Approx-World War II.

Nassau was a training base



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