FAYETTEVILLE STATE UNIVERSITY'S FOUNDATION has received the support of many women's organizations, one of them being the Chums. Above the Fayetteville Chapter of Chums presents a contribution to President Charles A. Lyons, Jr., left. Next in photo is Mrs. A. E. Felton, Mrs. N. R. Smith and at right, Dr. Robert Hannon, FSU director of development.

Outlook rosy for men's knitwear

By PATRICK JOHNSON

NEW YORK (UPI) — It had to come — this boom in men's knitwear, because men (more than women) have always put comfort in top priority.

The collections this year reveal the expanded perspective of knitted wools in the male wardrobe with styles ranging from suits in sweater knits, handsomely tailored double knits, jump-suits, coats, blazers, slacks, to the new "shrinks," body shirts an deep burshed mohair "whisker" sports sweaters.

* * *

By the turn of the century, knits will dominate men's fashions and may well be the only fabric that survives.

The knitted wool tailored suit has finally come to full practical realization. Designers have taken advantage of wool's resident richness to create tailored suits with superb comfort and distinction.

These suits move away from formality with a no-sleeve jacket, called the "Free Suit" or the "Shirt Suit," and the sweater-suit takes still another step toward casual ease with its sweater-knit texture.

* * *

One of these new easygoing suits combines ribbed wool pants with a jacket in spaced ribs by Himalaya. Double-knit wools are giving a new fashion punch to the separate pants category, appearing in an explosion of lively patterns, including art deco, stripings and imaginative scrolls.

Leader in the pants area is Dunlee Slacks who report that patterns are outselling solids 60 to 40 per cent.

In sweaters, the body-fit is the new signal, manifested in shrunken-looking styles that appear like miniatures in the hand, but the accordion-stretch of the flexible wool ribs give them a free-motion, body conforming fit. These waist-length "Shrink-Fits" may be tank-top style, or long-sleeved, with deep U-necks, often with fish-tail ribs that hug the waist.

brushed to a texture as soft

* * *

Sleeves are narrowed, with small armholes, sometimes with deep ribbing from waist to elbow emphasizing the snugness. Style by Alps comes in a tweedy orange and yellow waffle knit, sleeveless tank-top, and by Robert Bruce in a Fair Isle jacquard.

The trend toward the lean fit is a strong one that also appears in Western sweater shirts, carcoat pullovers, and original tie-dyes like the links-stitch wool by Pendleton.

* * *

Belts are part and parcel of sweater-wearing, as knitted self-belts or as individualistic accessories, worn single, double or triple to emphasize the short, close fitting pullovers. The self-belts bring the Norfolk jacket into prominence, and define the line of the longer pullovers and vests. One of the most popular in strong ribs carries the Puritan label.

Whiskery wool sweaters are in, complementing the trend to more face and head foliage. In deep brushed mohair-and-wool or all-wool, these have a new furry texture of great richness that gives a flow and dimension to patterns such as argyles, stripes, and blanket plaids.

Belted vest style by Lord Jeff deserves special merit because the mohair is as mink.

Extender answer to low-cost meals

No homemaker wants to serve low-cost meals all the time, but every once in a while she's anxious to know how to extend the meat in a meal, since this is the most expensive item in her food budget.

Extender dishes are created when protein foods, as poultry, fish, cheese, or meat are combined with other less expensive foods. Spaghetti, rice, and cooked breakfast cereals are common filler foods.

Fillers add a great deal to what might look like a rather ordinary dish. They "stretch" the meat and reduce the cost of the dish, hence the name extender. When the filler is enriched like Post Grape-Nuts Cereal, the nutritional value of the dish is improved. (To be enriched means that three vitamins and one mineral have been added to the cereal.)

Finally, a tasty filler can give you a more flavorful your table. All this is true with these Mexican Stuffed Peppers.

The right amount of spices or herbs added to extender dishes is also important to their success. There are no hard and fast rules for the kinds and amounts of condiments you use; your family's taste will dictate that.

There are hard and fast rules, however, for storing spices and herbs. Keep them tightly covered when not in use; store them in a cool place. This means that a favorite spot, directly over the kitchen stove, should be abandoned.

Spices or herbs in a cooked dish need not be the prominent flavor. They merely serve to enhance the favor of the other foods. That's the case in this extender dish, Mexican finished product to grace Stuffed Peppers.

Mexican Stuffed Peppers are made with 4 medium green peppers, 1 can (lib. oz.) stewed tomatoes, ½ cup Grape-Nuts Brand Cereal, ½ pound ground beef, 1 small clove garlic, crushed, 1 tablespoon (about) chili powder, 1 teaspoon salt and ½ cup grated Cheddar cheese

You can use 1 can (16 oz.) tomatoes mixed with 1 teaspoon sugar and ½ teaspoon onion salt in place of stewed tomatoes.

Remove stems and seeds from green peppers. Parboil in saucepan about 5 minutes. Drain peppers; set aside. Combine ½ cup of the tomatoes with the cereal in a bowl. Brown meat with garlic in a skillet; blend in chili powder and salt.

Stir meat mixture into cereal mixture. Fill each green pepper with about ½ cup meat mixture. Place in a greased shallow baking dish. Pour remaining tomatoes over the peppers; sprinkle tops generously with cheese.

Bake at 375 degree for 35 minutes. Makes 4 servings.

Eight candidates sought for grants in journalism

WASHINGTON — The Washington Journalism Center will award 8 fellowships to black youths interested in journalism for its spring, 1971 session.

Each fellowship will include a $2,500 stipend to cover living expenses while the fellow is in Washington for the 15-week program, according to Julius Duscha, director of the center.

The spring session begins Feb. 8, and ends May 20. The deadline for submission of applications is Nov. 15. The winners will be announced in December.

Candidates for the fellowships should have majored in such areas of college study as political science, history, economics, sociology, education or English and should have indicated an interest in journalism by working on school or community newspapers or in discussions with their curriculum advisers.

The purpose of the center's program is to help journalists and prospective journalists develop a better understanding of public affairs.

In Washington the fellows will meet in daily seminars with members of Congress, top officials of the federal government and members of the Washington press corps as they study the government and its relationship to the media.

Information about the center's fellowship program may be obtained by writing to: The Washington Journalism Center, 2401 Virginia Ave., N.W., Washington, D.C. 20037.

PETERSBURG, Va. — Eugene Thompson, former staff supervisor at Foster Hall on the Virginia State College campus, has returned to a teaching and coaching career at Wilmington, Del., Senior High School. He will teach a course in special education, "Learning Disabilities," and serve as assistant coach of the football team.

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CITY CUT QUARTER RIB ENDS & PORK CHOPS CENTERS lb. 79¢
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TWO GUYS BLUE LABEL OR BONNIE BRAND SLICED BACON lb. 59¢
TAYLOR HIGHCUT 1½-LB. ROLL PORK ROLL 1.69
BONELESS STEAK SALE!
THICK CUT SHOULDER LONDON BROIL
LEAN & TENDER CUBE STEAK
BONELESS SHOULDER STEAK
YOUR CHOICE lb. 1.19
FRESH GROUND ROUND lb. 79¢

FRESH GROUND CHUCK 3-LBS. OR OVER lb. 69¢
GOV'T. INSPECTED CHICKEN LEGS QUARTERS BACK ON lb. 39¢
GOV'T. INSPECTED CHICKEN BREAST QUARTERS WING ON lb. 39¢
GOV'T. INSPECTED ROASTING CHICKEN 3½ LB AVG. lb. 39¢
GOV'T. INSPECTED CHICKEN LEGS THIGH ON lb. 49¢
GOV'T. INSPECTED CHICKEN BREAST REG. STYLE lb. 59¢

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PRODUCE DEPARTMENT
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FRESH GREEN CABBAGE lb. 6¢
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TWO GUYS ALL COLORS FACIAL TISSUES BOXES OF 200 2-PLY 5 for 79¢
CLOROX BLEACH 49¢ GAL. JUG
POPE BRAND SALE!
IMPORTED WITH PASTE PLUM TOMATOES 2 28-oz. cans 89¢
NEW! CRUSHED PEELED TOMATOES 2 28-oz. cans 49¢
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SOFT STRONG HUDSON NAPKINS PKG. OF 200 33¢
CORN BREAD, FLAP STAX, CORN MUFFIN OR BISCUIT Martha White Mixes 10-oz. pkg. 10¢
EMPRESS SMALL BELGIAN CARROTS 4 1-lb. cans 99¢
PLAIN OR IODIZED TWO GUYS SALT 26-oz. 8¢
TWO GUYS 29-OZ. CANS PURPLE PLUMS 3 for 89¢
TWO GUYS GELATIN OR PUDDING DESSERTS 6 pkgs. 39¢
DIAMOND — 25 FT. ROLLS ALUMINUM FOIL 6 rolls 99¢
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FFV CHOCOLATE DROP COOKIES 3 10-oz. 51
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MARGARINE BLUE BONNET QUARTERS 1-lb. 29¢
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GREEN GIANT VEGETABLES WITH BUTTER SAUCE LEAF SPINACH, NIBLETS CORN, MEDIUM SWEET PEAS 10-OZ. SLICED GREEN BEANS—9-OZ 4 for 99¢
BIRDS EYE REG. OR CRINKLE CUT POTATOES 8 9-oz. 99¢
DOWNY FLAKE PACKAGE SIX WAFFLES 8 5-oz. 99¢
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IMPORTED DANISH CHOPPED HERR lb. 99¢
TEAND O LAKE WHITE OR YELLOW AMERICAN CHEESE lb. 79¢

Two Guys BAKERY more for your money
ENRICHED WHITE BREAD ROUND OR LONG 5 1-lb. loaves 98¢
JEWISH RYE BREAD 2 1-lb. loaves 55¢
LARGE 8 INCH BLUEBERRY OR BLUEBERRY CRUMB PIES 49¢
APPLE STRUDEL 49¢
PRETZEL RODS 10-oz. 29¢

WEEKLY BONUS SPECIAL
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Reg. 99¢ 74¢
WITH A FOOD PURCHASE OF $5 OR MORE. HOUSEWARES DEPT.

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We reserve the right to limit quantities. Not responsible for typographical errors. Prices effective thru Saturday, Sept. 19, 1970.

Many diets rated poor

UNIVERSITY PARK, Pa. (UPI) — A national survey by the U.S. Department of Agriculture shows that only half of the 15,000 families studied had diets rated below recommended dietary allowances, according to Dr. Daniel A. Swope of the department's Agricultural Research Service.

* * *

"The survey suggests that nutrition can be improved through increased use of milk and dairy products, vegetables and fruits," Dr. Swope reported at Penn State University. "This is especially true for meeting the recommended allowances for calcium, vitamin A and vitamin C."

Calcium, vitamin A, and vitamin C were the nutrients most often found good. About one in five families, or 21 per cent, had diets rated poor.

Swope said diets rated good had nutrients meeting fully, or exceeding, recommended dietary allowances set by the Food and Nutrition Board of the National Research Council. He said diets rated poor provided less than two-thirds of the recommended dietary allowance for one or more of seven nutrients studied.

Diets of females were not as good as those of males, survey consumed more milk than females. Older men and women, those 74 or over, were low in calcium, riboflavin and vitamin A.

"The findings underscore the need for educating people about the food sources of calcium, principally milk and milk products," Swope said.

SUPER-RIGHT QUALITY
BONELESS ROUND ROAST OR STEAK lb. 99¢
ONE PRICE— NONE PRICED HIGHER
BONELESS RUMP OR SIRLOIN TIP ROAST lb. 1.19
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CHUCK STEAKS Super-Right Quality Boneless lb. 89¢
RIB STEAKS Super-Right Quality (7 Inch Cut) lb. 99¢
CHOPPED CHUCK SUPER-RIGHT QUALITY lb. 85¢
HAMS SUPER-RIGHT 8-lb. can 7.95 4-lb. can 3.99
SAUSAGE MEAT SUPER-RIGHT 2-lb. pkg. 98¢
SLICED BOLOGNA SUPER-RIGHT 1-lb. pkg. 75¢
CHUCK ROAST SUPER-RIGHT BONELESS lb. 79¢
FRANKS SUPER-RIGHT All Meat Skinless 2-lb. pkg. 1.29
SPARERIBS FANCY (Under 3-lbs.) lb. 85¢
BOSTON BUTTS FRESH lb. 59¢
BEEF LIVER FANCY SLICED lb. 49¢
BONELESS ROAST CROSS-CUT lb. 99¢
BEEF STEAKS SUPER-RIGHT Frozen Chopped 2-lb. pkg. 1.79
COD FILLETS CAP'N JOHN'S 1-lb. pkg. 55¢
Flounder Fillets CAP'N JOHN'S 1-lb. pkg. 79¢
Fish Sticks CAP'N JOHN'S 1-lb. pkg. 59¢ 10-oz. pkg. 39¢
Gwaltney Hams Boneless Pagan Buffet lb. 1.29
HAHN'S SAUSAGE Breakfast Link lb. 99¢
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Eight O'Clock 3-lb. bag $2.21 SAVE 16¢ 1-lb. bag SAVE 4¢ 77¢
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SWEET PEAS IONA 6 17-oz. cans 95¢
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BUTTER KERNEL SUCCOTASH 2 16-oz. Cans 57¢
SEASIDE LIMA BEANS 4 16-oz. Cans 57¢
CAMPBELL'S PORK 'N BEANS 4 1-lb. Cans 59¢
A&P TOMATO SAUCE 6 8-oz. Cans 65¢
OSC POTATO STICKS 2 7½-oz. Cans 23¢
GOLDEN QUARTERS MARGARINE MRS. FILBERT'S 2 1-lb. Pkgs. 59¢
SPAGHETTI (W/MEAT or W/MUSHROOMS) HEINZ SAUCE 26½-oz. Jar 45¢
FRANCO AMERICAN SPAGHETTIO-S 2 15½-oz. Cans 39¢
CHEF BOY-AR-DEE BEEFARONI 2 15½-oz. Cans 75¢
(BEEF, CHICKEN, MUSHROOM) GRAVY FRANCO AMERICAN 2 10½-oz. Cans 37¢
ANN PAGE DRESSINGS 9-VARIETIES 8-oz. Jar 33¢
ANN PAGE TARTAR SAUCE 8-oz. Jar 25¢
MARGARINE BLUE BONNET 2 1-lb. Pkgs. 69¢