

"Holiday" Features Mountain People

The story of North Carolina's mountain people, their skills and handicrafts, is featured in the September issue of Holiday magazine.

Boone Flower Shop

Cut Flowers, Corsages and Funeral Designs.
GIFT ITEMS
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It is the people, rather than the rugged natural beauty of their surroundings, that make the mountains attractive to the visitor, the magazine claims. "They are a very special breed of folk indeed," it says. "For they are our one surviving link with the strong, resourceful and immensely tough-fibered men and women who got this country started." In an 8,000-word article the magazine tells how people in the

Appalachian Highlands of Western North Carolina still live by skills and handicrafts that have all but disappeared from the face of the earth, and enjoy ancient amusements such as ballad singing, folk dancing, and playing the "dulcimore." Illustrating the account are 14 photographs, including some of craftsmen at Bull Creek, contestants at the Mountain Dance and Folk Festival at Asheville, square dancing at Bent Creek ranch, the Campbell Folk School, and the Mount Pleasant Baptist Church.

The article comments on almost every factor in mountain life and culture. Of the house which a mountain man builds for his family, it says: "It is wind and weather-proof. And there is not only visual beauty but also tactile beauty in the square walls." On the weaving practiced by the women, it says: "Of all the arts and crafts in the United States, the weaving of Southern Highlanders is the closest to the native and original culture, the purest, the most satisfying to the eye and spirit."

On the versatility of the craftsmen, it comments: "The list of things that the mountain people produce is almost a catalogue of the useful skills of man. They make four-poster beds, and candles out of bayberries, exquisite sterling-silver jewelry and goose-feather fans. They fashion dolls and lamps, mats and pewterware, scarfs and trays, and countless delightful things out of carved wood."

State College Hints For Homemakers

To make the flavor of canned citrus juice more like that of fresh juice many housewives have learned the simple device of pouring the chilled juice back and forth from one glass to another just before serving. This puts back into the juice the air which was removed during vacuum canning.

Labels on some cans of citrus juice now carry this suggestion. But scientists caution that adding air this way should never be done in advance but always just before serving and with well chilled juice. Otherwise, the added air will have time to affect the C in the juice by oxidation and this destroys some of its important nutritive value and its fine flavor as well. Because oxidation goes slower in the cold and also because cold juice absorbs air more readily, the scientists advise always having the juice chilled before pouring it back and forth.

Air is removed from citrus juice in commercial canning so that as the juice stands in the can, its vitamin C value and flavor will not be damaged by oxidation.

NOTICE OF ADMINISTRATION
Having qualified as the administrator of the estate of Susan Watson, late of the county of Watauga, State of North Carolina, this is to notify all those having claims against the estate of the said deceased to present them to me for payment within twelve months of the date hereof or this notice will be pleaded in bar of their recovery. All those indebted to the estate are asked to make immediate payment.
This September 3rd 1948.
E. A. RUSSELL, Administrator 9-9-48

KILL ATHLETES FOOT
"TE-OI BEST KILLER"
SAYS BOONE DRUG CO.
HERE'S THE REASON. The germ grows deeply. You must REACH it to KILL it. TE-OI containing percent alcohol, PENETRATES. Reaches more germs. Your 35 cents back from any drugist if not pleased IN ONE HOUR.

BOONE DRUG CO.
Your Prescription Store
Prompt Service
Three Registered Pharmacists:
G. K. Moose, W. R. Richardson,
O. K. Richardson
Store Hours 8:30 A. M. to 9:30 P. M.
Sundays 2:00 P. M. to 6 P. M.
If needed after store hours, call 114-M or 10L.
THE REXALL STORE

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IF IT IS...LET US REVIVE IT WITH A Complete REBUILDING JOB!

COMPLETE REPAIR SERVICE
All Makes Home and Car Sets
Phonographs
Electrical Appliances
PICKUP AND DELIVERY
Radio Electric Co.
Bus Terminal Bldg., Phone 298-W
Boone, N. C.

97 REPORT FOR GRID PRACTICE

Football roared into the spotlight in the mountains last week when 97 candidates reported for the initial practice session at Appalachian State Teachers College.

Coach E. C. Duggins, Mountaineer mentor, had his charges don heavy gear and get down to business. Dividing his charges into eight teams the Mountaineer coach put his squad through brisk drills in the cool weather that greeted football's arrival.

Eighteen lettermen have reported back from last year's team. Tom Murdock, back and co-captain, Statesville; John Caskey, end, Ralph Walter, back, from Mooresville; Pete Mills, back, Preston Powers, end, and Blois Grissom, tackle, from Henderson, John Small, end, Cumberland, Md., Bill Long, guard, Raleigh, J. C. Honeycutt, center, Kannapolis, Gene Lyons, tackle, Walter Ragan, back, Boone, Wick Alford, guard, Laurinburg, Bill Halstead, tackle, Pennington Gap, Va., Dub Aiken, back, Chickamauga, Ga., Bill Cross,

NOTICE OF SALE
On Monday morning October 4th at eleven o'clock, at the county office the County Board of Education will sell to the highest bidder the River-view school property known as Big Hill.
W. H. WALKER
County Superintendent 9-9-48

NOTICE OF SALE
On Monday, October 4th at eleven o'clock at the county office, the County Board of Education will sell to the highest bidder two Chevrolet trucks.
W. H. WALKER
County Superintendent 9-9-48

QUICK RELIEF ON FALL DAYS FROM GASSY STOMACH

Thousands of sufferers from the torturing pains due to smothering gas pressure about the stomach—weak, tired, undernourished, nervous feeling caused by simple loss of appetite—are mighty happy over the results they got from taking SCALF'S. Now they have found the quick-acting herbal medicine which speedily relieves those exhausting smothering gas pressure pains. SCALF'S INDIAN RIVER MEDICINE is trustworthy and dependable—really works fast to bring a real stimulant to the appetite and thereby aid digestion, consequently relieving the tortures of a gassy, upset stomach. If you want to feel again the joy of relief from harassing gas misery—so you can work in peace and sleep in comfort—be wise and try SCALF'S Indian River Medicine under this rock-bound guarantee. If the very first bottle does not bring results to your satisfaction, your money will be refunded. Don't suffer. See your druggist today and get SCALF'S on this guarantee.

45 years a trusted aid for appetite and relief of resultant stomach misery. Take SCALF'S INDIAN RIVER MEDICINE daily. On sale at Carolina Pharmacy.


DR. L. E. WELLMAN
Optometrist
MOUNTAIN CITY, TENN.
Office Days: Tuesdays, Wednesdays, Thursdays, 9 a. m. to 5 p. m. 8-20-48

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GIVES
when cold
miseries strike
FAST RELIEF

POLICY LOST?
...SO WHAT

No need to worry or scurry when you're insured through this agency—your protection goes right on! We keep a complete and accurate record of the insurance of all our policyholders—whether they can locate their policies or not, they're covered.

WATAUGA Insurance Agency
E. F. Coe, Manager
Box 12, Boone, N. C.
Representing
HARTFORD ACCIDENT AND INDEMNITY COMPANY
Hartford, Connecticut

back, Maryville, Tenn., Tom Boyette, guard and co-captain, Harry Bowman, center, and Herman Bryson, back, from Winston-Salem.

Practice will be confined to fundamentals for the morning and evening sessions with the first scrimmage called for Saturday afternoon.

"We've got no time to waste," Coach Duggins said. "Our first game is just seventeen days away and that's too close to get in proper trim. We've got a good bunch of boys and there is plenty of spirit showing."

The Mountaineers play a complete schedule of night games this year, opening against Guilford in Winston-Salem on September 18.

Revival of East-West trade held key to Europe's recovery.

H. C. L. As if you didn't already know it, the Government reports that your living costs have skyrocketed to a new record high. The Bureau of Labor Statistics reports that it took \$21.68 in June, 1946, what most OPA controls were abandoned, and 76.2 percent higher than prewar August, 1939.

price chart of all the things that make up the daily budget hit a new top of 173.7 on July 15, as against the 1935-39 base of 100. This is 9.7 per cent higher than a year ago. 30.3 per cent above 1935-39 base.

LOWEST PRICES—Any size or color Marble or Granite

Memorials

Monuments

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A 25 cent fee is charged upon joining after which the following dues are in effect:

	Quarterly	Yearly	Benefit
One to Ten Years	.10	.40	\$ 50.00
Ten to Twenty-Nine Years	.20	.80	100.00
Thirty to Fifty Years	.40	1.60	100.00
Fifty to Sixty-five Years	.60	2.40	100.00

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PROVED BY OVER 35 YEARS OF RESEARCH

Larro Dairy Feed, plus roughage, does a complete feeding job. No special fitting and freshening ration is needed. Larro scientifically combines all the essential ingredients required to do a year-round feeding job. It provides the full nutrient balance your cows need in their dairy ration to:

1. Build top milk production.
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Specialist in Vision Glasses Fitted
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OFFICE HOURS 8:30-5:00
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Auction Sale
SATURDAY, SEPTEMBER 11
Boone, North Carolina

We will offer as usual plenty of good used and new Furniture, also part-wool double Blankets, new; all kinds of new Cooking Utensils which you will buy at your price. It will pay you to attend this sale.

Our Grand Prize Will be a \$69.95 Studio Couch -- Other Cash Prizes

Sale starts at 10 A. M. sharp at Farmers' Burley Warehouse, Boone, N. C.
A. C. Mast
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HIGH QUALITY
Cinder and Concrete Blocks
STEAM CURED—AGED ON OUR YARD
LABORATORY TESTED
Plant Capacity 30,000 Blocks a Day
PRICES AS FOLLOWS

ON OUR YARD AT ELIZABETHTON	DELIVERED—BOONE AND VICINITY
CINDER BLOCKS—	
4x8x16—per Hundred—\$ 9.00	Per Hundred — \$10.50
6x8x16—per Hundred—\$12.00	Per Hundred — \$14.25
8x8x16—per Hundred—\$16.00	Per Hundred — \$19.00
12x8x16—per Hundred—\$24.00	Per Hundred — \$28.50
CONCRETE BLOCKS—	
4x8x16—per Hundred—10.50	Per hundred — 13.50
6x8x16—per Hundred—14.50	Per hundred — 19.00
8x8x16—per Hundred—18.00	Per hundred — 24.00
12x8x16—per Hundred—28.00	Per hundred — 37.00

DELIVERY PRICES BASED ON FULL LOADS
ELIZABETHTON CINDER BLOCK, Inc.
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This Amazing Day-Night Clock Thermostat is your
\$35.80 BONUS
for bringing your heating system up-to-date before September 15th!

THIS Delco-Heat Twin-Thermostat
automatically maintains the temperature in your home for day-time comfort — automatically lowers the temperature while you sleep, for nighttime fuel economy. According to the Fuel Conservation Council of the U. S. Government, this is the kind of temperature control that can save a substantial portion of your fuel.

THIS handsome Electric Clock
—working together with the Delco Twin-Thermostat—puts your furnace to bed right after you retire at night — wakes it up in time to have the house toasty-warm when you get up in the morning. You can place it in your living room, bedroom, kitchen, or wherever you want an accurate and attractive timepiece.

And you get this fuel-saving Day-Night Clock Thermostat, worth \$35.80, absolutely without additional charge, with any automatic Delco-Heat-Unit you buy before Sept. 15th!

• With a dependable Delco-Heat unit in your home—plus this handsome and accurate Day-Night Clock Thermostat—you'll have the finest, fully automatic heat you can buy—and at rock bottom operating cost. So why not act NOW? Get a new Delco-Heat unit that will stretch your fuel and save your money. Remember, this sensational \$35.80 bonus is yours only until September 15th with the purchase of any of the Delco-Heat units listed below. Come in, or phone us, NOW!

Howard Coffey Plumbing & Heating Co.
BLOWING ROCK, N. C. — BOONE ROAD
BOONE, N. C. — CORNER HOWARD and DEPOT STREETS
Phone 310-W. Boone Phone 3206, Blowing Rock

ONE OF THESE AUTOMATIC DELCO-HEAT UNITS IS BEST FOR YOUR HOME:
Oil-Fired Warm Air Furnace
Conversion Oil Burner
Oil-Fired Boiler
Automatic Coal Stoker