

Appalachian High Band Goes To State Contest In Greensboro

The Appalachian High School Band under the direction of Mr. George W. Kirsten Jr. will journey to Woman's College in Greensboro to demonstrate its proficiency in the annual North Carolina State Band Contest Festival Thursday, April 13.

The Ambassadors are playing in the second highest classification in difficulty of music, class five and are scheduled to perform at 2:15 p. m. There are eleven high school bands competing in this class five division.

The judges are all outstanding nationally known musician-educators. Mr. Mark Hinsdale director of Bands, University of Illinois. Mr. Harold Bachman, Northwestern University and Mr. Charles Minelli of the University of Ohio.

The band has prepared four contest numbers which were chosen after playing through the ten numbers listed by the North Carolina Band Masters Association as being class five music. In actual contest performance the band will only play three numbers, a warm-up march "Thunder West" by Kenneth L. Ferrell, a selection chosen

from the four prepared contest pieces by the director and then the judges will select one number from the remaining three listed by the band as being prepared. This is usually a contrasting number to the one chosen by the band and director.

The four numbers prepared are as follows: "Impresario Overture" by Mozart, "Two Scriabin Etudes" by Scriabin, "Psyche and Eros" by Cesar Franck and the first movement from the "Unfinished Symphony" by Schubert.

The band is reported to be working hard and preparing itself for this big event and is also said to be one of the better bands to be developed in recent years.

Palm Beach, Fla. — Caroline Kennedy, the President's 3-year-old daughter, has tetraphthitis, her grandfather revealed.

Grandfather Kennedy says she likes to pick up the White House phone and say, "I want to speak to Grandpa" and it works.

He also revealed that she is quite a talker. And, on other occasions, she has put calls through to other family friends.

Health and Beauty

The proper foods can contribute greatly to your natural beauty and health. There is an old saying "You are what you eat." This is true to a great extent.

No matter what beautiful features or good health that is passed on to us by our parents—without healthful eating and living habits, we can destroy our looks and our health.

This is not to say you can't eat chocolate—that extra piece of pie or stay up to 3:00 a.m. ever. It does mean that these things must be done in moderation.

The habits of a lifetime are set during childhood and the all-important teen period. Parents must set an example for their children. This applies to all phases of life—health habits, social habits and outlook on life.

Encourage your children to eat all fruits, vegetables and meats. If you do not care for liver or

spinach—don't make an issue of it. In fact, take a serving even if you only pick at it. The more variety in a person's diet, the more likely he is to get all the vitamins and minerals he needs.

Yogurt, sour milk, sour cream, buttermilk and sauer kraut juice are often disliked by children. Off hand this seems unimportant until you know that all these foods are very high in lactic acid. Lactic acid is hard to come by and has long been known to be a "beautifier."

A deficiency of certain vitamins can cause all kinds of health problems. Study facts about foods, vitamins and minerals in relation to your body with your children. They are never too young to start learning.

The warning signs the skin gives to general health should never be ignored. Their causes may range from emotional disturbances to cancer.

Doctors have learned that our emotional life influences just about every organ of the body. Often the condition of a patient's skin will indicate the cause of a bodily or emotional disorder. Emotional disturbances, such as anxiety, hatred, envy, ambition, a need for love, feelings of guilt or inferiority will cause any number of bodily ills to which skin lesions or rash will furnish the first clue.

To a doctor even the color and the texture of the skin has meaning. The skin of a person suffering from the thyroid overactive is usually damp and often times has a characteristic rash. If the skin has a yellowish tinge, or jaundice, he can guess that the patient's bile duct is obstructed.

Acne, the curse of adolescence, is caused by the inflammation and blockage of the small glands of the skin that secrete the greasy substance called sebum. Acne is aggravated by emotional problems. Because the disfiguring pimples appear profusely on the face, the condition itself is an emotional problem to a sensitive youth.

The embarrassment and discomfort of acne can often be cured with the proper care. Even the stubborn cases can be greatly relieved. Usually the two most important parts of the cure will be frequent and thorough cleansing with warm water and a good soap and the correct diet.

Most ordinary moles are harmless. However, there are certain rare moles which do precede cancer. They are slate blue or bluish black in color and are elevated only slightly. Their surface is smooth. Early removal of this type of mole by an expert will prevent much trouble later.

An untrained person has no way of knowing if the changes in his skin are dangerous or normal. A periodic checkup with a doctor is the best idea for health insurance.

NEED AREAS BILL CONTROL

The Commerce Secretary will have to see that depressed areas legislation is not abused by runaway industries, congressional backers said.

The policy statement was a report of the House Banking and Currency Committee majority on a bill for a nearly \$400,000,000 loan and grant program aimed at melting hard-core unemployment in economically deteriorated areas.

Americans in Laos distressed by U. S. failures.

Macmillan to seek "real unity" with U. S.

Spring Cleaning Made Easy



For quick cleanup jobs store small quantities of bleach and other cleaning aids in labeled containers.

The trick in Spring house cleaning is to clean only part of a room at one time and leave the energy sapping tasks to special duty cleaners such as fabric-safe dry chlorine bleach for laundry, chlorine type scouring powders and liquid all-purpose detergents for walls and floors. It's easy on you, hard on winter stains.

Save time, steps, bending and reaching by toting the cleaning aids in a plastic dishpan to the room to be cleaned. The dishpan also comes in handy for washing walls and windows, collecting toys, emptying drawers, bleaching time-yellowed cotton gloves.

First, give cabinets, closets and drawers an end-of-the-season checkup. Remove all contents, thoroughly vacuum and wash these storage areas. For beauty and convenience, line the shelves and drawers with gay self-adhesive plastic which wipes clean with a damp cloth. Soiled plastic garment bags welcome a seasonal whirl in an automatic washer with a mild detergent. Store sweaters and other clean woolen garments in airtight vinyl plastic bags with a handful of moth killing paradichlorobenzene nuggets or crystals.

Take down the curtains when you're ready to clean the walls and ceiling. Shake the curtains outdoors to remove the dust before washing them. Most fabrics take beautifully to a quick spin in an automatic washer with detergent and dry chlorine bleach, which is safer to handle than liquid but just as powerful for stain removal and brightening. Tired-looking cotton rugs and washable furniture slip covers thrive on the same treatment. Just follow directions on the dry chlorine bleach package to remove stubborn stains.

Make sure painted walls are washable before tackling them. To cut grease acid 1/4 cup of dry chlorine bleach to a gallon of warm water. Banish sink and bathtub stains by sprinkling dry chlorine bleach on the stained surface. Spread it with a damp cloth, rinse and wipe. The floor is the last to be cleaned. Vinyl flooring wipes clean with a sponge and all-purpose detergent. Adding a little bleach to the water helps rout dirt embedded in wood floors.

Congratulations!

Dallas Wilson of Watauga County Wins

Nutrena's 40th Anniversary Sale Contest

Twenty-seven counties in North Carolina were competing for this honor, but Mr. Wilson succeeded in building the largest increase in sales of any dealer. This tremendous increase comes as no surprise to us of Nutrena Feeds, for Mr. Wilson has had consistent growth in feed sales each year since he became a Nutrena dealer several years ago.

For this outstanding performance, Mr. Wilson has been offered an all-expense paid vacation for two in historic Mexico City, or gifts of equal value.

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Territory Manager
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But to sample all these reasons together, you have to get a Chevrolet out on the road. And there's where that Jet-smooth ride takes over with its own gentle kind of

AND JUST ONE JET-SMOOTH RIDE WILL SHOW YOU WHY!

persuasion. If you weren't absolutely sure, you'd imagine you were riding in a far costlier car.

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*Official R. L. Polk & Co. registration figures show full-sized Chevrolets outsold the second-choice make by a record-breaking margin in 1960—and Chevrolets continue to set the pace for the industry this year!

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Boone, N. C.

Household Hints

By RUTH CURRENT

A good farm magazine suggests these money-saving household hints for wives all over the nation:

Punch only two or three holes in a can of sink cleanser so it will pour adequately, but not wastefully. Cleanser goes further if sprinkled on your sponge instead of directly into the sink.

Vacuum clean your rugs often. Get tracked in and allowed to settle between the fibers is what makes a rug wear out. Never shake or beat rugs—this breaks and ravels the fibers.

Have two pairs of everyday shoes and wear them on alternate days. Both pairs will last longer than if worn constantly.

Avoid, whenever possible, buying garments with elastic sewed in so that it is not replaceable. Many styles have elastic pulled through a casing.

To make elastic last longer, keep it away from: Hot water, hot irons, synthetic detergents, chlorine bleaches, face creams and all oily preparations.

Always turn off the car radio before shutting off the ignition.

JAP SMALL CAR FAILS

Tokyo — Japanese automobile makers made a determined push to popularize domestic-made miniature autos for the average white-collar worker.

The white-collar worker preferred the medium-sized \$1,600 automobile rather than the small one.

If the radio is left on, the surge of power through it when the car is started next time causes wear on the tubes.

Go for the big, economy-sized packages, generally. Exceptions: A product that may spoil before you can use it up; or bars of soap that merely offer larger surfaces for children to waste.

NEW TESTAMENT SALES UP

London—The new modern Protestant translation of the new Testament became a best seller in Britain recently a few hours after its appearance in book stores.

A spokesman for the W. H. Smith & Son book store chain, the country's largest, said the new modern English Bible was selling out all over Britain.



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Brief News Notes

Iceberg may have cut trans-Atlantic cable.

Tranquilizers help children to overcome phobia.

Ford officer sights boom in auto sales.

Rumania reorganizes governmental system.

U. S. guerrilla war experts training Vietnamese.

Spy suspect makes admission in British trial.

U. S. faces trial in U. N. of anti-colonial policy.

U. N. group warns of "catastrophe" in Congo.

U. S. crude oil reserves fell in 1960.

Pushed Out

First Soloist: Did you notice how my voice filled the hall tonight?

Second Soloist: Yes, dear. In fact, I noticed several people leaving to make room for it.



Saturday and Sunday April 15 and 16

STEVE ALLEN - JAYNE MERRILLS WALTER WINCHELL - MAUDE WIL COHEN COLLEGE CONFIDENTIAL