Booklet Gives Plans On Carolina's Trade Fair

An eight-page booklet with detailed plans, information and instructions to exhibitors was distributed to representatives of 48 North Carolina communities in Raleigh yesterday.

William R. Henderson, director of the Commerce and Industry Division of the N. C. Department

of the Commerce and Industry Division of the N. C. Department of Conservation and Development,

North Carolina are being supplied is all inclusive and covers such with quantities of the booklet and facilities as display material, inother materials to assist them in terpreters to assist with buyers an effort to get local manufacturers from overseas, aisle carpets, furnito particpiate in the fair; they ture, free tickets to the banquet will serve as local outlets of in- and other services which usually formation and promotional activi- cost extra. Booths will be allotted

in participation, most of whom, it outlined the plans and purposes of the Trade Fair to be held in the Coliseum and Merchandise Mart in Charlotte at the meeting.

Is anticipated will fedure a mum of two booths. Most booths are 8x10 ft. and Henderson said there would be 8x8, 8x12 and 8x in ft. booths available, which can be seen to is anticipated will require a mini Chambers of Commerce and ordered in any number of mul-other interested groups throughout tiples. The charge for the booths ties.

The opening day is set for Oct.

12, Columbus Day. President John must be in before June 30.

About Your Home

counts for the tremendous increase the B vitamin. in the number of ulcer sufferers in

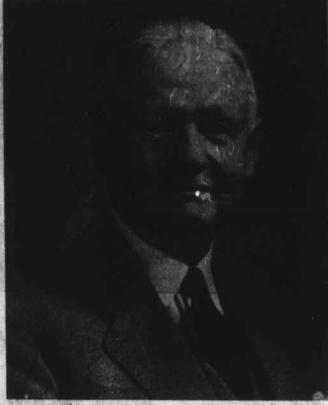
Modern research has definitely our emotions and ulcer trouble. Sensible diet and moderation in There is, as yet, not enough comour living habits are the best safeguards against ulcer trouble.

A deficiency in one of the B vitamins (B is known as the nerve vitamin) panthothenic acid, may be a factor in producing ulcers of the duodeumn. The duodenum is the to begin.

hormones produce gastric acidity ailments.

All of this is not to say that if you eat foods high in vitamin B estabilshed a connection between and take vitamin B complex pills you will not develop an ulcer, plete evidence to make this statement. Too many factors work together to make an ulcer patient. However, it would do no harm and choose foods high in the B vitamin in your daily diet.

Keep away from situations which first section of the small intestine create tensions for you. Get enough an da common place for an ulcer rest and sleep. The American high powered push for the dollar is From experiments on rats it has taking a heavy toll in heart and been found that adrenal cotrical ulcer patients—to name just two



DR. HUNTER B. BLAKELY, JR., of Richmond, Va., who was commencement speaker at graduation exercises of Lees menae Contestant Monday. Dr. Blakely is a well-known author, having written many nt speaker at graduation exercises of Lees-McRae College articles and reviews. His latest publication was a book in 1956, er titled, "I Wager on God." He is secretary of the Division of Higher Education of the Board of Christian Education of the Presbyterian Church in the United States.

Health and Beauty

don't have a perfect shape. Some or twenty minutes spent in exerare of little use when compared to others, and it is a good idea to know the good from the bad.

Because of the great number of

A few daily exercises will keep | exercises, women are as confused the figure firm. There are so many as to which ones to take as they exercises for every defect in the are about what cosmetics to buy. human figure, beauty, and posture, Actually, you need to take only a that it is a wonder that all of us few exercises each day. Fifteen cises will greatly improve figure and health. Each day the average woman

should take a couple of abdominal exercises. These are beneficial to health, and, of course, the abdomen is one of the spots which is apt to accumulate fatty deposits as we accumulate years.

Two waist exercises, two for the thighs and inner upper leg line, two hip exercises, two postural exercises, two for whatever your personal figure problem might be. In addition to learning how to These will tire you at first and

make your muscles sore if you are not accustomed to exercise. For this reason it is a good idea to individuals. work up to the fifteen or twenty minutes you plan to take as a regular thing. Don't let anything short of illness keep you from your exercises. It is the regular exercise that does you good.

-Don't use the excuse that you are too old. There are exercises designed for more mature people. There are also exercises designed for the new mother that will not only help her to get her figure back in a hurry, but will make her feel better faster. These usually start in the hospital before the mother is out of bed. At this point they are very mild. The exercises are increased gradually until the new mother is taking regular exer-

commercial forest land in the 12 states of the South. These supply more than half of the raw material used by the pulp and paper industry of the United States.

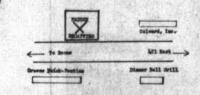
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Doctor Talk

By JOHN B. RENDERT, M. D. swim well become familiar with The summer vacation period is the various methods of rescue and The summer vacation period is here and with warm weather the favorite past-time of millions will be water activities — swimming, boating, water skiing, fishing, etc.

With all these activities accidents will occur and foremost amountaines will be "accidental drowning It is estimated that approximately 6,500 boys and girls, and men and women will die from drowning in the United States during 1961.

These "accidental drownings" will be, in most cases, needless waste of life and most can be prevented if proper precautions are taken by parents and young people

We must all be aware of the great hazard present. Everyone should have a careful physical examination and take the advice of the examining physician if some body impairment is found such as congenital heart defect or lung impairment, that may prove to be fatal if strenuous physical activity

Of major importance as a safety rule is that all swimmers should know their swimming ability and stay in the area that fits their skill; waist-deep for non-swimmers up to shoulder-deep for beginners, and over-the-head for swimmers.

Parents should be particularly careful where and when children swim-and with whom they swim. Insist that your child, as well as adults, never swim without a buddy — remind them that the buddy is a protector and he in turn is his buddy's protector.

Always be familiar with the area in which swimming is done—many tragic accidents and deaths occur each year from diving into unknown waters. In this connection, many drownings occur if "pranking around" is allowed; dares with resulting "showing off" too often end in tragedy.

Many "family outings," such as picnic, prove fatal because of over-eating and then returning to the water too soon. Insist that a period of two hours must elapse before resuming swimming or any

boating activity.
See to it that your child, as well as yourself, becomes a skilled swimmer—take advantage of the free time available this summer.

Three-fourths of the forest land of the South is owned by 1,500,000

swim well become familiar with the various methods of rescue and resuscitation—be prepared for any accident that may arise and much sorrow can be prevented.

Sair Force there of Stair hay or a mixed comber massile locked ministration go-ahead for the 2- tack for some years to come.

Chinese scientists to get bids to and first chief of the Strategic Air talks in U. S.

Gus. Curis E. LeMay's advent 8-70 and a believer in the concept as Air Force Chief of Staff may of a mixed bumber-missile force

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