

# 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 Conservation and Development, outlined the plans and purposes of the Trade Fair to be held in the Coliseum and Merchandise Mart in Charlotte at the meeting.

Chambers of Commerce and other interested groups throughout North Carolina are being supplied with quantities of the booklet and other materials to assist them in an effort to get local manufacturers to participate in the fair; they will serve as local outlets of information and promotional activities.

The opening day is set for Oct. 12, Columbus Day. President John

F. Kennedy has indicated that he will endeavor to be present at the opening, following his appearance in Chapel Hill, Oct. 12. The event will be preceded by a banquet on the evening of Oct. 11, 1961.

There are 1000 booths available in the two buildings. Thus far 270 firms have indicated their interest in participation, most of whom, it is anticipated will require a minimum of two booths. Most booths are 8x10 ft. and Henderson said there would be 8x8, 8x12 and 8x16 ft. booths available, which can be ordered in any number of multiples. The charge for the booths is all inclusive and covers such facilities as display material, interpreters to assist with buyers from overseas, aisle carpets, furniture, free tickets to the banquet and other services which usually cost extra. Booths will be allotted by N. C. Trade Fair on the basis of receipt of application which must be in before June 30.



DR. HUNTER B. BLAKELY, JR., of Richmond, Va., who was commencement speaker at graduation exercises of Lees-McRae College Monday. Dr. Blakely is a well-known author, having written many articles and reviews. His latest publication was a book in 1956, entitled, "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.

# About Your Home

Perhaps today's fast living accounts for the tremendous increase in the number of ulcer sufferers in America.

Modern research has definitely established a connection between our emotions and ulcer trouble. Sensible diet and moderation in our living habits are the best safeguards against ulcer trouble.

A deficiency in one of the B vitamins (B is known as the nerve vitamin) pantothenic acid, may be a factor in producing ulcers of the duodenum. The duodenum is the first section of the small intestine and a common place for an ulcer to begin.

From experiments on rats it has been found that adrenal cortical hormones produce gastric acidity

but no ulcers, unless the rats lack the B vitamin.

All of this is not to say that if you eat foods high in vitamin B and take vitamin B complex pills you will not develop an ulcer. There is, as yet, not enough complete 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 create tensions for you. Get enough rest and sleep. The American high powered push for the dollar is taking a heavy toll in heart and ulcer patients—to name just two ailments.

# Health and Beauty

A few daily exercises will keep the figure firm. There are so many exercises for every defect in the human figure, beauty, and posture, that it is a wonder that all of us don't have a perfect shape. Some are 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 exercises, women are as confused as to which ones to take as they are about what cosmetics to buy. Actually, you need to take only a few exercises each day. Fifteen or twenty minutes spent in exercises 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. 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 start with just a few exercises and 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 exercises.

There are 193 million acres of 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.

# Doctor Talk

By JOHN B. REMBERT, M. D.

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 among these 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 as well.

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 a congenital heart defect or lung impairment, that may prove to be fatal if strenuous physical activity is undertaken.

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 a 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. In addition to learning how to 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.

**PUSH FOR B-70**  
Gen. Curtis E. LeMay's advent as Air Force Chief of Staff may signal a new effort to win an Administration go-ahead for the 2,000-mile-an-hour B-70 bomber. LeMay, a veteran bomber pilot and first chief of the Strategic Air Command, is an exponent of the B-70 and a believer in the concept of a mixed bomber-missile force as a main deterrent to enemy attack for some years to come. Chinese scientists to get bids to talk in U. S.

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