

Seven Paths

Homecoming Day at Cypress Baptist Church will not be held the third Sunday in June this year. The regular date was Father's Day but has been changed to the first Sunday in October. Anyone interested in making plans to attend please take note of this change.

Our hearts were saddened this week at the passing of C. Grafton Moore. Funeral services were held Wednesday afternoon in Cypress Baptist Church with interment in the church cemetery.

Spending sometime with Rev. and Mrs. James Wood and children is Mr. Wood's mother from Hot Springs, Arkansas.

Leon Alford of Erwin, Texas, spent over a week with Mrs. Sidney Alford, Mr. and Mrs. Bayard Sykes of Rocky Mount and Mr. and Mrs. Ewell Moore, Louis Moore and other relatives here.

Mrs. Harriett Moore and little Miss Cindy Edwards of Nash County attended church here Sunday and visited Mrs. L. S. Gay and Jenny.

Mr. and Mrs. Will B. Glagman of Washington, D. C. spent the weekend with Mrs. Lucy Wilder and other relatives. On Sunday Mrs. Christine Wilder, Deborah and Vivian of Butner; Mrs. Breedlove of Nashville and her daughter visited with Mrs. Wilder, Mr. and Mrs. W. H. Lantz.

Monday Mr. and Mrs. H. R. Wilder of Raleigh visited Mrs. Lena Wilder. Mrs. Elaine Proctor of Raleigh visited Mrs. Emma Moore and Mrs. Lena Wilder.

Mr. and Mrs. Wilbur Hill and sons of near Selma were guests of Mrs. C. G. Moore and children Sunday afternoon.

Mr. and Mrs. Lee McGregor were in Garner Saturday evening to see Mr. and Mrs. E. L. McGregor and Van. Young Van participated in a program of entertainment which they attended.

Mrs. Lee McGregor is our "Mother of the Year." She is teacher of the Young

Engagement Announced



JEWEL HALE

Mr. and Mrs. E. L. Hale of Route 2, Louisburg announce the engagement of their daughter, Jewel Hale, to Mr. Billy Abbott of Louisburg. Mr. Abbott is the son of Mr. Clyde Abbott of Henderson and Mrs. Ida Pearl Burnette Abbott of Louisburg. The wedding will take place August 12, 1967.

Peoples Sunday School Class and they gave her a nice surprise when they chose her to be so honored. She was presented a white carnation corsage during worship service.

Mrs. Lizzie Sykes is back home after a five-weeks stay in Norfolk, and Newport News, Va. with two of her daughters and their families. Osborne Sykes, a son from Salisbury Veterans Hospital, will arrive Sunday to spend a week. Mr. and Mrs. C. T. Hunt of Norfolk will be there for the week, also.

Youngsville

Mrs. Stephen Wiggins and Mrs. A. E. Hall were in Fayetteville on Saturday to attend a luncheon honoring bride-elect Miss Louis Jones who will marry Larry Wiggins in June.

A number of friends and relatives of Mr. and Mrs. H. H. Reddick were in Williams-ton Tuesday to attend funeral services for Mr. Reddick's mother.

Justice

Mr. and Mrs. Robert Mercer from Fountain were guests in the home of Mrs. B. D. Stone Sunday.

Sunday guest of Mrs. Vera S. White and Mr. Carlos White were Mr. and Mrs. Harry Gardner and boys Harry and Lawrence White from Raleigh.

Mrs. Joseph B. Perry and children, Donna and Ken from Richmond spent last weekend with Mr. and Mrs. Joseph A. Perry and Mr. and Mrs. Howard Carden, Jo Anne, Ricky and Howard Lee.

Mr. and Mrs. Weldon Rice and Pamela from Garner visited Mr. and Mrs. W. G. Rice Sunday afternoon and stayed over for the evening meal.

Mr. John Rice and daughter, Connie Sue, from Durham spent the day Monday with Mr. and Mrs. Rice.

Mrs. Maxine L. Tunstall from Raleigh spent last week with her parents, Mr. and Mrs. Ollie Layton. Then Mrs. Shelby L. Tharrington and son Dickie also from Raleigh came for the weekend.

Sunday they all attended the Layton family reunion in the Club Market building at Rocky Mount.

Mrs. W. H. Bennett from Greensboro was a weekend guest of Mr. and Mrs. Marion Wheelless and daughters, Ann and Fran.

Miss Sandra Harris was the winner of the county 4-H Junior Dress Revue which was held in the Agriculture Building Monday night.

Automated Ship

Harrison, N. J.--The "American Racer," the most automated ship, can be maneuvered with only one man on the bridge and two in the engine room. It has a speed of more than 21 knots and electronic watchmen round out the crew.

Your Best

Don't be afraid to use what talents you possess; the woods would be very silent if no birds sang except those who sing best.

-Sentinel, Onawa, Ia.

A Memorial Day Salute



Members of the American Legion Auxiliary, James Post No. 105, will be on the downtown streets of Louisburg Saturday, May 27, to give the public the opportunity to get a POPPY to wear in remembrance of the sacrifices that our boys made on the battlefield and to presently assist the hospitalized veterans in their rehabilitation project. Remember: Saturday, downtown Louisburg.

Saturday, May 27

Health And Beauty

Children have delicate nervous systems. Do not give them tea, coffee, and cola drinks. Such drinks are too stimulating for them and are not only to blame for the restlessness and sleeplessness of the child, but for his not drinking milk which is so essential to his health.

Doctors are plagued by the mothers asking what to do about the finicky child who will not eat at meal time. Remember that children who are properly nourished and trained from infancy are seldom fussy about their food.

If parents won't eat certain wholesome, nutritious foods and make their likes and dislikes a topic of conversation at the table in the presence of the children, the children follow in their footsteps. Children are very imitative.

Meal time should be one of the most pleasant hours of the day. If children are scolded, threatened or frightened at meal times, it will take away their appetites, or if they eat under such circumstances indigestion will be almost sure to follow.

Let meals be served at regular intervals. Ring a warning bell that means that the children must wash their hands and get ready to come to the table.

When a child is hungry and asks for something to eat be-

tween meals, offer him whole wheat bread and butter, or milk and bread, or fruits--all wholesome between-meal foods. If children refuse them, they are not hungry and should do without eating until meal-time.

Constipation in children can usually be traced to a diet that is not sufficiently laxative and to not drinking enough water. Everyone requires plenty of water and you should make sure that the children drink it between meals.

Many persons have bad health fastened upon them for life because their mothers gave them drugs for constipation instead of the right

diet. Prolonged illness or disability compels many people to spend months or years in bed. Time often drags, especially for those who are not fond of reading and for those whose eyes are weak or defective.

Complete rest in bed is necessary in the cure of many diseases. The body is not equal to the wear and tear of every day living. When you are up and about, your heart beats more rapidly and the lungs have to work harder. You cannot keep the muscles still; they are constantly in motion. You do not notice this

On Reserve Enlistments

The Defense Department, acting on orders from President Johnson, has informed reserve units they must give enlistment priority to men below draft age.

Brooke Supports LBJ

Senator Edward W. Brooke, (R., Mass.), returning from a two-week tour of Southeast Asia, said that the Administration's present military efforts in Vietnam were necessary.

particularly, but your body is burning fuel which must be replaced to sustain life.

The new drugs, such as sulfa, penicillin, streptomycin, and other antibiotics, have not done away with the necessity for rest, though they do help to combat and overcome the infection. Remember that the body must heal itself. The new drugs only help to destroy the infection.

When you retire, learn to relax. Do not clench your fists and draw up in a knot. You must sleep if your body is to repair itself during the night. First, get into a comfortable position, be reasonably early, around 10 o'clock. Relax your muscles. Let your body go completely limp.

Approach sleep by an evening prayer. Ask forgiveness for all your wrong deeds or thoughts. If any one has trespassed against you, forgive him. Wipe the slate clean. Turn into a favorite position and go to sleep.

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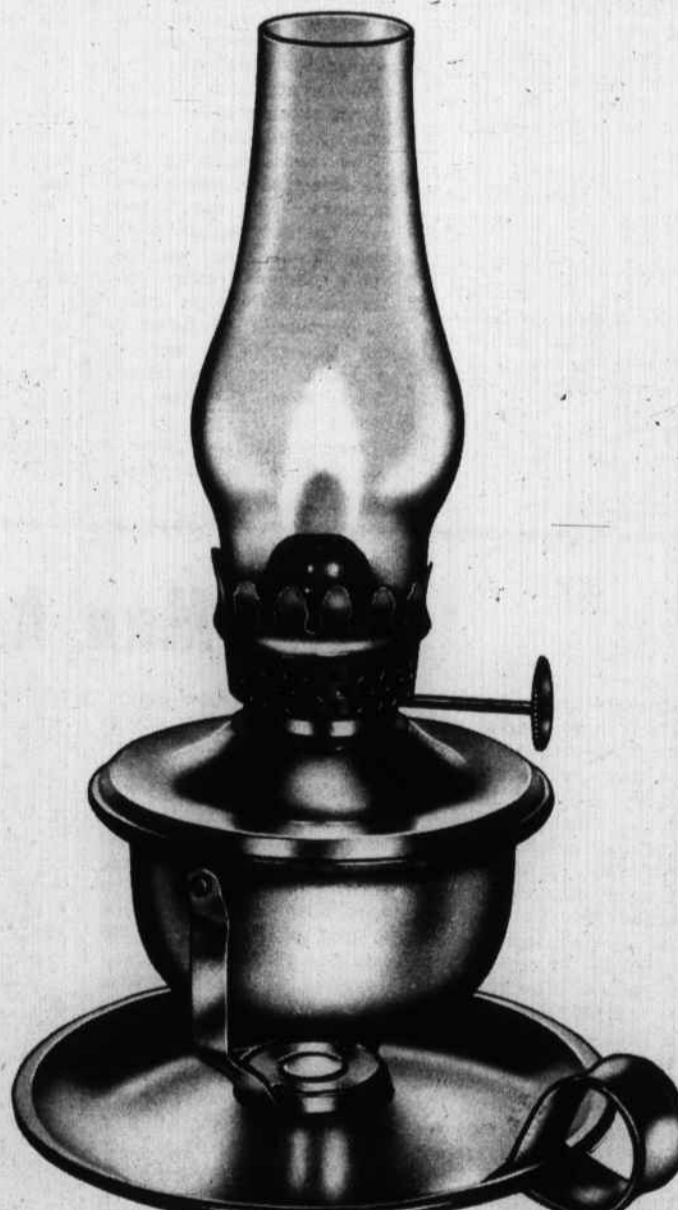
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