

Big Betsy Band Will Be Here For Game Tonight

Another overflow crowd is expected to attend tonight gridiron battle between Waynesville and Elizabethton and tickets have been placed on sale at uptown drug stores to avoid congestion at the ticket office around kickoff time 7:30. Fans are advised to come early in order to get a seat.

A halftime intermission spectacle is assured with the appearance of both the Waynesville and Elizabethton bands. Charles Isley and his brightly bedecked musicians made their 1947 debut last Friday with a performance of playing and marching which proves their still the top musical unit in W. N. C.

Elizabethton has a large organization with a big drum section, that has earned them invitations to play at University of Tennessee football games.

A pep rally will be held today at Waynesville high as the cheering section prepares to support the Mountaineers in their third game of the season. Both the rally and game will be broadcast over the local radio station.

Police will organize the parking of automobiles so that all space was because to best advantage and request drivers to cooperate in maintaining the safety record.

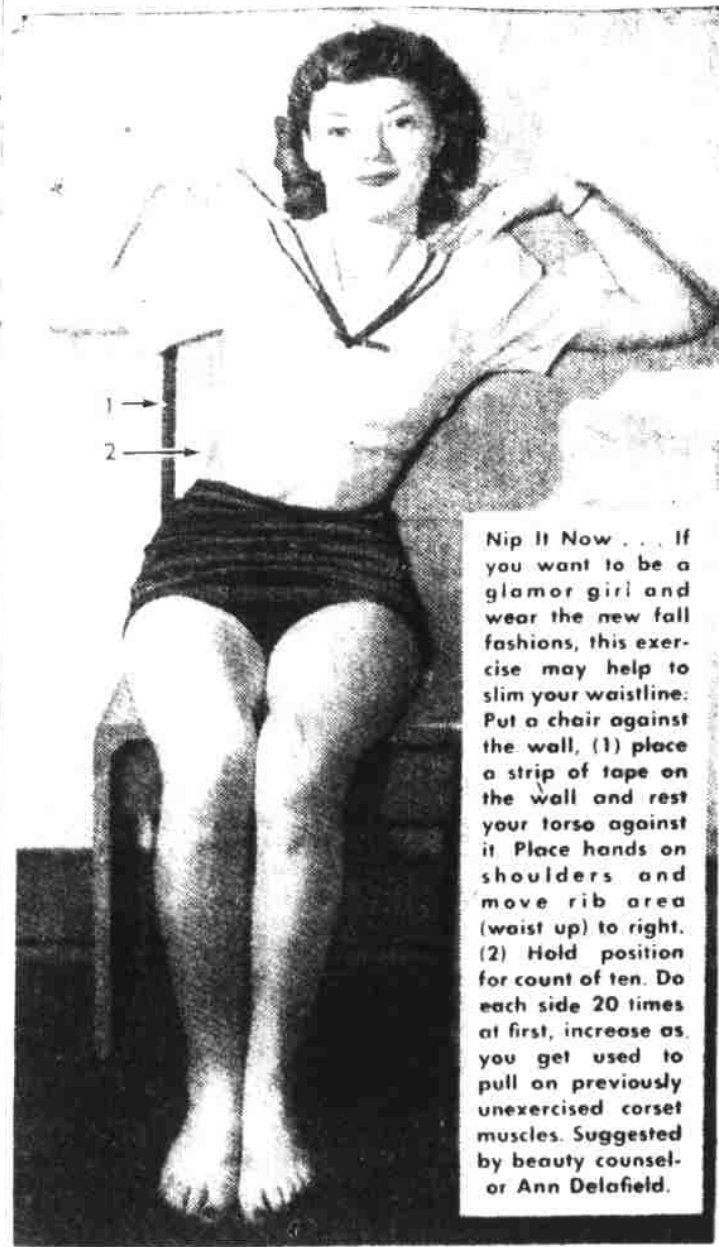
Ethiopia Favors Swedish Advisers

ADDIS ABABA, Ethiopia, AP—Swedish advisers to the Ethiopian government in health, nutrition and agriculture. Most of these advisers are women. The Swedish government is not an imperialist nation and has no colonies in Africa, nor any colonial ambitions.

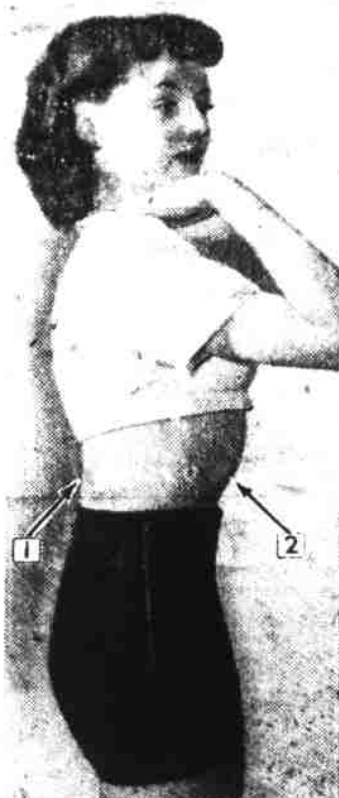
There are 140 Swedish advisers in the service of the Ethiopian government and 100 in the country in health, nutrition and agriculture. Their duties range from training in agriculture to special studies in nutrition, health and mission work. A Swedish director of agriculture at Addis Ababa is training 100 officers in agriculture. Another Swedish adviser is in hospital.

HOW TO ACQUIRE A WASP WAIST

Just Move Two Inches In The Right Direction



Nip It Now . . . If you want to be a glamor girl and wear the new fall fashions, this exercise may help to slim your waistline. Put a chair against the wall, (1) place a strip of tape on the wall and rest your torso against it. Place hands on shoulders and move rib area (waist up) to right. (2) Lift your ribs toward the ceiling two inches. Hold this position while you count to ten. Do each side 20 times at first, increase as you get used to pull on previously unexercised corset muscles. Suggested by beauty consultant Ann Delafield.



Whittle That Waistline . . . (1) Stand at wall. Push the spine at waistline out back two inches. (2) Lift your ribs toward the ceiling two inches. Hold this position while you count to ten. Relax. Then do it twenty times.

Torso Twister . . . Sit on chair, place fingertips on shoulders, push spine at waist back two inches, lift ribs up two inches. Twist left ribs around two inches, hold position for the count of ten. Repeat right side.



By BETTY CLARKE
AP Newsfeatures-Beauty Editor
Just exercise two inches a day and you'll whittle your waistline away—well, almost.
This bit of timely advice for girls with bulging waists, who want to squeeze into the new nipped-in-

fashion, is offered by beauty consultant Ann Delafield, who says that with a minimum of motion in exercising you can accomplish maximum results.
Miss Delafield, who recently appeared before the American Medical Association convention—an unusual experience for a beautician—explains her corset muscle exercises thus:
"Women who don't benefit from exercises are victims of their own lack of imagination. They can't see results fast enough because they don't have planned exercises and are content to settle for a 'one-two-three-stretch' routine which accomplishes nothing more than body weariness."
However, her two-inch success exercises, she says, call into play all the corset muscles (diagonal, abdominal and mid-torso muscles) which are seldom taken into action. They are so simply executed that housewives and office girls can use these routines throughout their work day. Here are the exercises:
1. Stand against the wall pushing your spine back two inches at the waistline, lift ribs up two inches, hold position while you count ten. Relax. Repeat 20 times.
2. Sit on chair, keeping body from waist down absolutely still. Push ribs (from waist up) to left. Hold position for count of ten. Now push ribs to right. Repeat exercise, alternating each side.
3. Sit down. Put fingertips on shoulders. Push spine back at waistline. Lift ribs up. Twist left ribs around toward back, pushing them at least two inches. Hold position for count of ten. Repeat the twist to the right side.

Delegate To World Conference Writes To Club Members

The writer of the following letters, is Mrs. Alma Pike, of Route 1, Hendersonville, who represented the Home Demonstration clubs of 19 Western North Carolina counties at the Triennial Conference of the Association Country Women of the World held in Amsterdam, Holland, September 8 to 13. There are four other delegates from this state. At the conference there were delegates from some seventy women's organizations from seventeen different nations.

Delegates from America went to Holland after several days sight-seeing in England and at the close of the meeting spent several days visiting in rural Dutch farm homes before going on to Belgium and France.

"ON BOARD QUEEN MARY
September 1, 1947

"Dear Club Members:
It is impossible for me to realize I have been sailing through the waters of the Atlantic for the past five days and that midnight will find us on the coast of England—Southampton.

"Here am I—far away from 'The Egg' and I am wondering if it will not be difficult to be a farm woman again after life on this beautiful ship.

"Everything that has been said or written about 'The Queen' is certainly true. It is like a different world. Of course, I shall tell you all about it when I return, but I thought you might be interested to have a word or so while I am gone.

"There are 2,400 passengers on this voyage and about 1,100 crew so you can get a little idea as to the vastness of the ship. It is a very easy matter to get lost—we all have, at one time or another, but there are plenty of stewards to set you right again.

"I thought I walked on the farm, but I did not know what walking was until now. Of course, there are lots of elevators, but the corridors are blocks long. Sunday I went to services and I walked as far as from my home to Hendersonville—so it seemed.

"The food is marvelous and is served practically day and night. We will talk that over when I come home as I know my club friends well enough to know they will be interested in that part of the voyage.

"Naturally, all kinds of entertainment is provided and, among such a group as this, there is plenty of talent. However, all is not

play with the delegates. We have a meeting every day trying to outline our work at the coming conference in Holland. At one of our meetings we had the pleasure of hearing from the group of Congressmen on the Agriculture committee who are on their way to study agricultural conditions abroad.
"This is just a note to let you know I am thinking of you and made this trip possible by selecting me as your delegate and wishing each of you could be along.
"Sincerely,
"ALMA PIKE

MRS. PIKE WRITES ABOUT EUROPE

"Dear Club Members:
Since it is impossible to write each of you personally, I am again sending greetings to you through the press. This time it is from Holland, the headquarters of our conference.

"We arrived at Southampton, England, September 2 and spent the first night at Bournemouth, England's famous seaside resort. From there we traveled through the beautiful English countryside to London, where we spent two full days sightseeing and being entertained. There were two teas, one

To the Winners of the Ribbons at the Hereford Breeders' Show

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ARGO PEAS 2 for 35c	ORANGE JUICE 27c
Large Box	Laundry Soap
RINSO 31c	OCTAGON 9c
Regular Size	JELL-O
SWAN SOAP 9c	Pudding Pkg. 8c
Green Giant	5-Lb. Bag
PEAS 19c	SUGAR 47c
	Heinz Tomato
	Soup 2 cans 25c
Chase and Sanborn	Maxwell House
COFFEE lb. 49c	COFFEE lb. 46c
Armour's	Armour's
CORN BEEF HASH 29c	SHORTENING 3 lbs. 89c
Blue Plate	Large
Mayonnaise 16 oz. Jar 45c	PRUNES lb. Pkg. 25c

VEGETABLES	MEATS
LETTUCE, 2 Hds. 25c	Boneless Perch Fillets lb. 33c
Large Stalk CELERY 2 for 25c	Pork LIVER lb. 39c
White ONIONS 3 lbs. 22c	Breakfast BACON lb. 79c
Sweet POTATOES, 3 lbs. 20c	Dried BEEF 1 lb. Pkg. 35c

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BROADWAY

By Jack O'Brian

CASINO-RUNNING HEADACHE GLAMORIZES ONE-NIGHT STANDS OF SHEP FIELDS

By JACK O'BRIAN

NEW YORK—I bespoke a slight envy for Shep Fields the other evening while escaping Manhattan's heat at Shep's suburban temple of dine and dance, the Glen Island Casino. Shep promptly advised me to save my envy for something more worthy.

This seemed confusing to me, since it is a known fact that Shep



"He just heard about all those good records at Jones Radio Service."

- So Far
- A Fellow Needs A Gal
- Perry Como—
- Boogie Woogie
- On The Sunny Side Of the Street
- Tommy Dorsey—
- Lord Lead Me On
- An Empty Mansion
- Chuck Wagon Gang—
- Near You
- How Lucky You Are
- Elliott Lawrence—
- The Tramp On The Street
- Put My Rubber Doll Away
- Molly O'Day—
- Feudin' And Fighin'
- Say That We Are Sweethearts Again
- Dorothy Shay—
- One Little Tear Is An Ocean
- That's What Your Heart Is For
- Artie Wayne—
- Forgiving You
- Love And The Weather
- Harry James—

JONES RADIO SERVICE

Radios, Record Players and Guaranteed Repair Work
Waynesville, N. C.

is what is known in Broadway financial circles as "loaded."
Shep acquired his "loaded" bank account when he was the maestro of an orchestra which diverted large sections of the dancing populace with a bouncy style called "rippling rhythm." You remember. You dipped a straw into an ice cream soda, or a goldfish bowl and as you exhaled the noise of the gentle bubbling represented "rippling rhythm." This simple gimmick actually earned for Shep Fields more than a million dollars.

I was walking about the grounds of the Glen Island Casino, which Shep had acquired as a "sideline" and was complimenting him on the fact that such a sideline could be such a lucrative avocation. Having been burning with a wish to get rid of his baton and the problems of fattening his bank balance, he was actually bent on finding a house when he fell across the opportunity to run the Casino.

Having opened the sprightly premises on a noisy, gaudy note of success, with first-nighters arriving in splashy convertibles, speedboats, yachts and even helicopters, Shep watched the books take on a neatly monotonous decoration of solvent black ink. But—

"I've learned that operating this big dine and dance joint is a triply colossal of a headache," he said dearly. "I go to bed at 3 a. m. after checking up on the night's receipts, and then find myself in the wholesale meat markets at five shopping for the best cuts of beef."
"I've got 245 employees' temperaments to attend to. I think I can ask that psychiatrist guy, Zilboorg, to move over. Sometimes I'm at my desk at 10 a. m. and don't get more than a couple hours' sleep a day. And I used to think playing one nighters with my band was a bother."

So what happened?
Shep is getting his hand back together and is going to head right back playing one-nighters as soon as the Casino season is finished. "It may not be easier this time," he said, "but it'll sure seem easier after this place."

BROTHER LIKE BROTHER
HUNTINGTON, Ind. (UP)—Russell E. Kay, 32, walked into the Indiana state prison and met his brother, who is serving his last year of a burglary sentence. Key was sentenced to two 14-year terms on a forgery conviction.

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- Take your laundry home in 30 minutes—cleansed, sweet, white, damp-dried.

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9 lbs. WASHED RINSED DAMP DRIED 25c

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