

Losing Weight Requires Lots Of Careful Planning

You didn't gain those extra pounds in a day, so don't expect to lose them overnight.

Losing weight takes lots of careful planning—and will power. How much should you eat? According to State College nutritionist Virginia Wilson, the best way to know how much to eat is to learn to count calories. But don't let the word calorie scare you. There's nothing mysterious about it. Just as your own weight is measured in pounds, the energy value of food is measured in calories.

Miss Wilson points out that all foods supply some calories. No one food is fattening though some are definitely higher in calories than others. It's the total amount of food you eat in a day that affects your weight. You gain weight when you eat more calories in a day than your body uses up in energy. If you eat less than your body needs, some of the stored fat will be used.

An easy way to figure about how many calories you'll need daily is to use a height-weight table and determine how much you should weigh. Then multiply this figure by 15 if you're moderately active and by 20 if you do hard manual labor. This will give you roughly the number of calories you need to

Tax Assistance Will Be Given During March

Representatives of the federal Internal Revenue Service will be at the Waynesville postoffice each Tuesday in the month of March.

Taxpayers needing assistance in the preparation of their income tax returns will be given personal attention in the solution of their problems. To eliminate the necessity of having to wait in long lines, taxpayers will be provided with tables and encouraged to prepare their own returns to the extent of their ability and the revenue agents will assist them in whatever capacity necessary in each individual case for the completion of the income tax return.

Blank forms will be available for those who have not received any through the mail or who need additional copies.

keep your present weight. To lose one pound a week, cut your total calories 500 each day. Miss Wilson warns, however, that it's not safe to try to lose more than two pounds a week — except under doctor's orders.



PUBLISHERS at the C. of C. banquet included, left to right: Robert Bunnelle, publisher, Asheville Citizen-Times; Weimar Jones, co-publisher and editor, The Franklin Press; Harley E. Wright, publisher, The Canton Enterprise, and J. A. Gray, publisher and editor, The Sylva Herald. (Mountaineer Photo.)

N. C. Patrolmen Rank Second In Safety Equipment

The State Highway Patrol discovered today it operates the nation's second largest fleet of safety-equipped police cruisers, only California topping the Tar Heels in seat-belt-equipped vehicles.

A survey made by the Department of Motor Vehicles showed North Carolina with a fleet of 585 vehicles, all equipped with seat belts. The California organization runs 915 vehicles similarly equipped.

Two other states, New York and Pennsylvania have larger fleets, but Pennsylvania has no seat belt installations and New York's is only partially equipped.

The Tar Heel patrol began in July, 1954 to install seat belts in its cars.

According to transportation officer Major W. B. Lentz, the sturdy belts cost \$2.25 each. They are equipped with quick-release buckles and made of parachute nylon webbing.

New cars, now arriving in Raleigh to replace worn out '54 molded-plastic dashboards, with molded-plastic dashboards, padded sun visors and a recessed type steering wheel. Eventually the patrol's entire fleet will be replaced with the new safety-styled models.

Prices of eggs dropped in early January and probably will continue to decline as production increases seasonally.

If liveweight, production of sheep and lambs in this country in 1954 reached 1 1/2 billion pounds, five per cent more than in 1953.

With the late potato crop well above normal market requirements, stocks on January 1 were figured to be larger than last year.

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Use Dry Mop Or Vacuum When Dusting Waxed Floor

By RUTH CURRENT
State Home Demonstration Agent

HINTS FOR GOOD FLOOR CARE—Dust a waxed floor with a dry mop, never an oiled or chemically treated one. It will soften the wax and dull the shine. The greasy surface will collect and hold dirt. The easiest way to dust any floor is with your vacuum cleaner. All grit will be picked up and it won't be necessary to shake the dust mop clean.

Black rubber heel marks can be removed by rubbing gently with a clean cloth dipped in wax—liquid or paste. Then let it dry and buff lightly.

Your floors need waxing when dirt begins to stick so that it cannot be removed with a damp mop, and the shine cannot be renewed by polishing. Clean the floor thoroughly and apply a new coat of good wax.

HOW TO USE PASTE WAX—Fold a soft damp cloth into a pad. Wipe this across the wax — don't dig out the wax in chunks.

Spread a very thin film of paste wax. It is easier to polish and it is harder, more durable than a heavy coat.

Wait just a minute for the wax to set. Then polish with a clean, soft cloth. Less rubbing is required if paste wax is polished while moist. If the piece is large, wax a small section at a time; then go back and polish, thus working it around.

Study Course To Be Held At Riverside Baptist

The Rev. Gay Chambers, Haywood County Baptist Training Union director and pastor of the Ratcliffe Cove Baptist Church, will be in charge of a study course to be held this week at the Riverside Baptist Church on Lake Logan Road. Beginning tonight, the meeting will be held each evening from 7 until 8:30 o'clock.

Mr. Chambers will instruct the adult groups: Robert Clark, the Intermediates; and Welton Mease the Juniors and Primaries. All instructors are from the Henson Cove area.

Edgar Burnett is director of the Training Union.

Library Notes



Margaret Johnston
County Librarian

LASTING MEMORIALS

In His Steps by Sheldon, given by Mr. and Mrs. George Craig, and in memory of Mrs. S. S. Helmick. **Grove's Dictionary of Music and Musicians** given by the Waynesville Music Club, in memory of Miss Fredericka Quinlan.

Better Than Gold given by the Crabtree Methodist Church in memory of Mr. C. R. Francis.

Binding of 2 D.A.R. Lineage Books, vols. 69 and 70. Given by Mr. and Mrs. Bill Prevost in memory of Mr. James M. Long.

SPECIAL GIFTS

Governor Tryon and His Palace given by Mrs. Berta Rainey in memory of her ancestors, Jasper and Catherine Miller Muller. Also in grateful acknowledgement of the many courteous services rendered by our former Librarian, Miss Margaret Johnston.

Grove's Dictionary of Music and Musicians given by the Waynesville Music Club, in honor of Mrs. Hugh A. Love.

Grove's Dictionary of Music and Musicians, v. 8 given by the Waynesville Music Club, in honor of Miss Margaret Stringfield.

The Inspirational Reader given by Mr. and Mrs. Charles E. Ray, Jr. in memory of Mr. Forrest W. Messer.

House and Gardens New Complete Book of Gardens given by Skyland Garden Club, in memory of Mrs. M. M. Parish.

Inspirational Reader, given by Mr. and Mrs. Charles E. Ray, Jr. in memory of Foster Bennett, father of Mrs. Curtis Russ.

French Broad given by Mr. and Mrs. Glenn Palmer, in memory of Mr. C. R. Francis.

What Is Vital In Religion given by Mr. and Mrs. Virgil Smith, in memory of Mr. A. Heyward Smith.

Tall Tales From Old Smoky given by Mrs. James Atkins, Jr., in memory of Dr. Eugene W. Gudger.

These books have recently been given to the Haywood County Library as Memorial Books.

Prices for the 1955 crop of burley tobacco averaged 58 1/2 cents per pound with over nine-tenths of the crop sold. This was about 17 per cent above a year earlier.

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