Losing Weight Requires Lots Of Careful Planning

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

ful planning-and will power. How During March much should you eat? According to State College nutritionist Virginia Wilson, the best way to know how calories. But don't let the word own weight is measured in pounds, the energy value of food is measured in calories.

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 tional copies, many calories you'll need daily is to use a height-weight table and determine how much you should weigh. Then multiply this figure

Tax Assistance Losing weight takes lots of care-

Will Be Given

Representatives of the federal Internal Revenue Service will be much to eat is to learn to count at the Waynesville postoffice each Tuesday in the month of March. calories. But don't income tax apayers needed in the income tax the preparation of their income tax returns will be given personal at-tention in the solution of their problems. To eliminate the neces-

Miss Wilson points out that all taxpayers will be provided with sity of having to wait in long lines. food is fattening though some are their own returns to the extent of definitely higher in calories than their ability and the revenue agents others. It's the total amount of will assist them in whatever capfood you seat in a day that affects acity necessary in each individual your weight. You gain weight when 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 addi-

keep your present weight. To lose one pound a week, cut your total calories 500 each day. by 15 if you're moderately active Miss Wilson warns, however, that and by 20 if you do hard manual it's not safe to try to lose more labor. This will give you roughly than two pounds a week - except the number of calories you need to under doctor's orders,

and editor, The Franklin Press; Harley E. Wright,

PHONE S (•) / / GL 6-3921 tor PHILLIPS 66 FUEL OIL

CLEAN BURNING PROMPT SERVICE METERED DELIVERY

PUBLISHERS at the C. of C. banquet included. left to right; Robert Bunnelle, publisher, Asheville Citizen-Times; Weimar Jones, co-publisher

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 eariest 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. Ther let it dry and buff lightly

dirt begins to stick so that it cannot be removed with a damp mop. by polishing. Clean the floor thor- Fredericka Quinlan, oughly 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.

wax. It is easier to polish and it is harder, more durable than a heavy coat.

back and polish, thus working it Miss Margaret Johnston.

At Riverside Baptist

publisher, The Canton Enterprise, and J. A. Gray, publisher and editor. The Sylva Herald,

THE WAYNESVILLE MOUNTAINEER

(Mountaineer Photo).

Charles Way Invited To Duke University Meet

Charles B. Way is one of 91 area chairmen who has been invited to a special Loyalty Fund meeting at Duke University, Sunday, Feb. goal is \$225,000

Recreat

together alumni who are assuming January and probably will conleading roles in the Loyalty Fund tinue to decline as production inoperation for 1956 in North Caro- creases seasonally.

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 vehicle

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 Juyl, 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

lina, Virginia, and West Virginia. The group will hear reports and confer regarding the final four months of the drive. This year's

The luncheon session will bring

If liveweight, production of sheep and lambs in this country in 1954 reached 112 billion pounds, five stocks on January 1 were figured per cent more than in 1953. to be larger than last year.

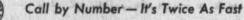


PAGE FIVE (Second Section)

Long Distance

puts you in touch, Faster

PONCE DE LEON would have agreed: A Long Distance call can be as refreshing as the Fountain of Youth. Satisfying, too. Easy to make. And so low in cost. Isn't there someone you'd like to call right now?



SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY



County Librarian LASTING MEMORIALS

In His Steps by Sheldon, given by Mr. and Mrs. George Craig, and Your floors need waxing when in memory of Mrs. S. S. Helmick. Grove's Dictionary of Music and Musicians given by the Waynesville and the shine cannot be renewed Music Club, in memory of Miss

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

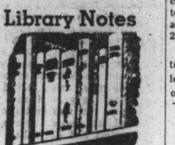
Binding of 2 D.A.R. Lineage Books, vols, 69 and 70. Given by Mr. and Mrs. Bill Prevost in mem-

Spread a very thin film of paste ory of Mr. James M. Long.

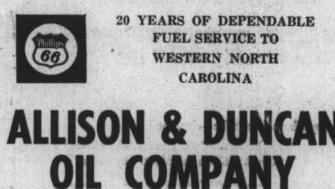
SPECIAL GIFTS

Governor Tryon and His Palace Wait just a minute for the wax given by Mrs. Berta Rainey in to set. Then polish with a clean, memory of her ancestors, Jasper soft cloth, Less rubbing is required and Catherine Miller Muller). Also if paste wax is polished while in grateful acknowledgement of moist. If the piece is large, wax a the many courteous services rensmall section at a time; then go dered by our former Librarian,

Grove' Dictionary of Music and Musicians given by the Waynesville Study Course To Be Held Music Club, in honor of Mrs. Hugh A. Love,







Hazelwood

10:30 A.M.

AUCTION

FRANK FERGUSON FARM

Located In The Heart Of Iron Duff, Haywood County

Terms 1/3 Cash Balance 1 - 2 - 3 Years

FREE CASH PRIZES

SALE CONDUCTED BY

West & Gossett Land Auction Company

WEAVERVILLE, N. C. and CANTON, N. C.

SATURDAY, MAR

This Small Farm Has New 6 Room House, Barn and Other Outbuildings. Has Been Subdivided So You Can Buy As Much or As Little As You Want.

It Will Pay You To Drive Out, Look This Property Over And Arrange To Be With Us On Day of Sale.

Murphy

RAIN OR SHINE

held this week at the Riverside Baptist Church on Lake Logan Road. Beginning tonight, the meeting will be held each evening from 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.

Grove's Dictionary of Music and Musicians, v8 given by the Waynes-The Rev. Gay Chambers, Hayville Music Club, in honor of Miss wood County Baptist Training Un-Margaret Stringfield, ion director and pastor of the Rat-

cliffe Cove Baptist Church, will be The Inspirational Reader given in charge of a study course to be by Mr. and Mrs. Charles E. Ray. Jr. in memory of Mr. Forrest W. Mes-

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 581/2 cents per pound with over nine-tenths of the crop sold. This was about 17 per cent above a year earlier.

> You can't buy better auto insurance

SEE OR PHONE ...

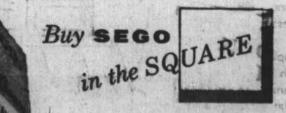
AUTHORIZED AGENT **ROBERT O. BRANNON** 217 DEPOT STREET Phone GL 6-5512 sville, N. C.



FOR REAL ... you bet! The fresh, sweet cream and fresh, whole milk in SEGO ICE CREAM make the difference . . . and what a difference! You've never tasted an ice cream like SEGO! The fresh, sweet cream and fresh, whole milk bring out the delicate, true flavors, and give it that meltin-your-mouth smooooth texture.

You can be sure it's top quality, because SEGO ICE CREAM is made by PET DAIRY PRODUCTS COMPANY.

Assorted Flavors you'll love ... and you'll love the price, too! Go FOR SEGO ... TODAY! At Your Favorite Store.



"made-to-fit-your-freezer" cartons. Pints and half-gallons.

SEGO ICE CREAM IS A PET DAIRY PRODUCT

Jee Guan