

Teacher Describes Building Of 'Good Health House'

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Health is a subject which primary children dislike if it is presented to them, but which they enjoy if it is oriented in an attractive way.

There is no better way to make health an interesting subject in co-operation with our classroom than by projects worked out on the sand table and by other methods to encourage the forming of good health habits.

The following project was carried out in my third grade room at Hazelwood School:

One morning I said: "How many of you would like to make a 'Good Health House'?" Of course, every hand went up. Foods that make us healthy were to be used in building the house. Plans were discussed during language period, and costs were figured during arithmetic period.

First, we covered the sand table with green crepe paper and decided our house should be "stuccoed" with oatmeal (All bran also can be used).

We covered the top of the house with graham crackers, and made the foundation with dried prunes. The chimney was constructed of peanuts, the window frames and doors were made of raisins, the base of a small piazza with prunes and the posts or masonry. Around the house, we made a fence out of the milk bottles which the children use to drink their milk every day.

In front of the house we made out walks to the garage with different kinds of beans, outlined with peas and rice. Several children brought real foods to go on the table, such as potatoes, eggs, oranges, grapefruit, apples, tomatoes, etc.

On the blackboard each day we wrote stories on health to go into our health booklets, we are making. We enjoyed making our Health House, and the children never tire of looking at it.

During our health period in the morning, a "nurse" and "doctor" are chosen and they, along with the teacher, check on our health chart and milk chart. The health chart in the corner of the black-

Home Club Has Meeting In Crabtree Church

The Crabtree-Iron Duff - Hyder Mountain Home Demonstration Club met last week at the Crabtree Methodist Church. The devotion was given by Mrs. Lowery Ferguson. Mrs. Hugh Noland, president, welcomed Mrs. Hardy Nelson, a guest.

Project leaders reports were given on Gardening by Mrs. Manson Medford, Home Beautification by Mrs. F. L. Safford, Food Preservation by Mrs. Jennings McCrary, Family Life by Mrs. A. R. Davis, Health by Mrs. Carl Ferguson.

The demonstration on "New Trends in Windows, Cornices and Valances" was given by Miss Jean Childers, assistant home agent.

Refreshments were served by Mrs. Hugh Noland, Mrs. Mary Pope, Mrs. A. R. Davis, and Mrs. Carl Ferguson.

Reds Hold Japanese

TOKYO (AP)—Red China and Russia repatriated 2,214 Japanese in 1955 but many still remain. Kyodo News Service estimates there are 1,064 Japanese serving war crimes sentences in Red China. Another 5,700 civilians still are there.

Russia has notified Japan that 1,284 Japanese are serving war crimes sentences but the fate of 11,000 others on Japan's government lists is unknown.

board makes notes of the following: clean face, clean hands, clean nails, clean teeth, hair brushes, clean handkerchief, and drink milk.

Every child in our room eats daily in the lunchroom and each plate is checked by the teacher as the children finish their lunches. Table manners also are taught and checked at the table.

Our lunch chart is taught daily after we return to the room. Different subjects such as art, language, arithmetic, and reading can be correlated with this subject.



HAZELWOOD STUDENTS in Mrs. Ina Duvall's third-grade room recently constructed this "Good Health House" with various foods such as graham crackers, nuts, prunes, and oatmeal to stress the

importance to children of a balanced diet—including the drinking of plenty of milk. Inspecting the house here are Linda Kanos and Danny Hill. (Mountaineer Photo.)

Honor Roll Is Listed At Bethel

The February "A" Honor Roll for the Bethel School has been announced by C. C. Poindexter, principal, as follows:

12 Grade
Neal Kelley, Vida Lee Green, Dillard Ledford.

11th Grade
Wilda Grogan, Tommy Lanning,

Martha Sue Plemmons, James Fore, Annette Sheffield, Jean Mann.

10 Grade
Jannette Grogan, Aurelia Morgan, Mary Jane Teague, Joyce Riddle, Jannette Chambers.

9th Grade
Janice Frady, Barbara Lanning, Marlene Sellers.

8th Grade
Billy Rhodamer, Craig Rogers, Judy Suttles, Joy Wells, Mac Davis, Douglas Able, Eddie Fouts, Doris Howard, Carroll Pressley, Wayne Massie, Zane Metcalf, Freddie Russell, Jackie Welch.

7th Grade
Sue Pressley, Tommy Holland.

6th Grade
Jerry Howard, Ann Fleming, Carlene Henson.

5th Grade
Virginia Blaylock, Zelda Mae

Deitz, Hazel Frizell, Charles Gant, Mitzie Hill, Neal Henson, Linda Osborne, Helen Pless, Janice Rogers, Sharlene West, Barbara Cabe, Patricia Long, Harry Neal Hancy, Jean Burnette, Judy Burnette, Diana Smathers, Patricia Sisk.

4th Grade
Eugene Ammons, Jeff Deitz, Darrell Fore, Lowell Grogan, Michael Neal, Melissa Clark, Peggy Henson, Rita Holland, Berry Ridgion, Billy Peek, David Wells, Mike Osborne, Evelyn Rose McNeal, Pamela Satterfield, Linda Stepleton, Marth Free, Barbara Black.

3rd Grade
Peggy Pressley, Sandra Cathran, Leslie Smathers, John W. Holcombe, Phillip Revis, Daryl Sorrells, Dennis Ammons, Hiawatha Pressley, Diana Rogers, Juanita Kirkpatrick, James Moore, Stephen

Gregory, Ronald Ward, Larry Cathey.

2nd Grade
Shirley Gibson, Barbara Jean Rogers, Shirley Trull, Terry Burnette, Steve Kinsland, Guy McElroy, Ronnie Owen, Dean Potter, Sammy Cooke, Hollie Poller, Steve Pressley, Michael Rogers, Vicky Burnette, Brenda Burnette, Patty Mathis, Joyce Yarbrough, Susan Lear, Terry Worly, Robbie Reeves.

1st Grade
Danny Ray Barrett, Jerry Massie, Karla Dunlap, Paula Howard, Jeanelle Laymon, Wanda Matthews, Cathleen Mease, Carolyn Stamey, Debora Dietz, Dennis Grant, Shirley Thompson, Linda Cooke, Michael N. Greene, Peggy Ann Greene, Ann Trull.

If their populations continue to increase at the present rates, the Latin American countries will have 550 million people 45 years hence compared to about 181 million today.

Mrs. Worthington Is Re-Elected Club President

Mrs. Frank Worthington was re-elected president of the Skyland Garden Club at a meeting Thursday afternoon in the home of Mrs. Anton Liebscher.

Also elected were Mrs. Andrew Szerenyi, vice president; Mrs. Paul Davis, recording secretary; Mrs. Liebscher, treasurer; Mrs. David Underwood, corresponding secretary; Mrs. Frank Hendricks, historian; Mrs. Jack Davis, librarian; and Mrs. Michael Pizzuto, flower show chairman.

The program was given by Mrs. Underwood, who discussed the planting of seeds in flats, and Mrs. Hendricks who gave suggestions for control of plant pests.

Mrs. Joe Liner discussed aims and projects of the national and state garden clubs which are necessary to achieve the honor roll.

It was decided that each member will select a plant to be studied throughout the year and will answer the roll call each month with a sentence pertaining to the culture of the selected plant.

The group also adopted a plan to present before the Garden Club Council calling for paper bags to be given to visitors in the Park for disposal of trash.

Plants were brought to the meeting to be delivered to patients in Waynesville nursing homes and specimens of flowering shrubs were exhibited.

Mrs. Jack Davis announced that a book, "House and Garden's New Complete Book of Gardens," has been placed in the county library in memory of Mrs. M. M. Parrish, and Mrs. H. S. Winter, garden center chairman, announced that flower arrangements had been placed in the library during the month of February.

Mrs. Pizzuto reported on plans for the spring garden tour which will be sponsored jointly by the Skyland and Primrose Garden Clubs early in May.

Plans were completed for the club to make the Wild Flower Pilgrimage into the Great Smokies on April 26. Arthur Stupka, park naturalist, will lecture and Mrs. Joe Liner will be hostess at a picnic lunch.

Prior to the meeting luncheon was served by the hostesses, Mrs. Liebscher and Mrs. Underwood.

As much as 50 pages of printed material can be photographed on a pocket-sized card and read by viewing apparatuses.

Tree Thinning Is Major Factor For High Yields

The Mountaineer has received a timely letter from the Birmingham, Alabama office of the Southern States Forest-fire Commission, Inc., which explains the gains in timber growing here when and where defective diseased and weed trees are cleared out from long body pines, poplars, and gum, on same basis that corn and burley is thinned out for maximum per acre production.

That more than half our trees here and throughout the south will never grow to merchantable size is well known. That these useless trees will make good paper to meet increased demands for newspaper and kraft, and at the same time the removal will increase the timber supply to meet building requirements for future generations, is a sound and good business deal for the local land owners. Not only the increased board feet per acre per year increase will obtain, but also, it is a step in the direction of checking the lowering of the water supply, which is threatening to turn some of our fertile sections of the south and entire nation into a veritable desert.

The Commission estimates that the non-merchantable timber of the south will be sufficient to not only furnish the seventy-odd paper mills of the south in perpetuity, but also would supply as many more.

The clearing of the young timber in northern and eastern forest areas beginning fifty years ago has resulted in virtually eliminating the saw mill and other wood industries. And while the south will grow twice the board feet per acre per year, it will also become a denuded area unless land owners themselves use discretion in sale of pulpwood, saw logs and other needs.

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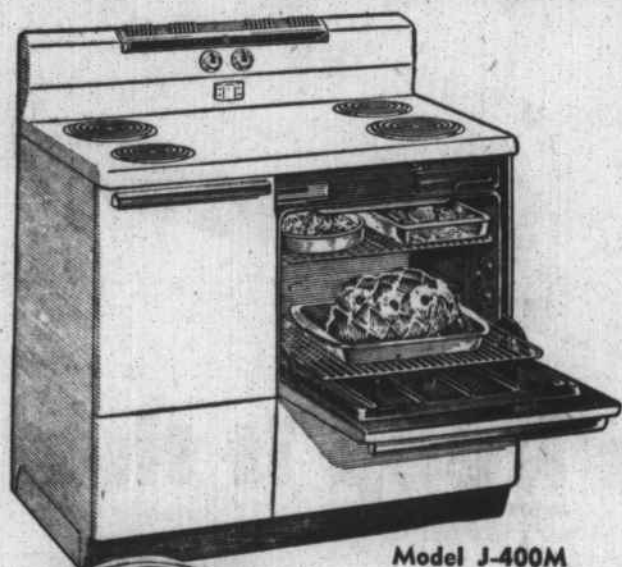
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