

Canton Tax Assessment Remains Same This Year

The tax rate for the Town of Canton will remain at \$1.95 per \$100 valuation, officials stated this week in closing out the fiscal year and setting up a program for the coming year.

Officials reported that the street and water departments took first place during the past year. Approximately 2,946 feet of streets were paved, and some 7,000 feet of water lines were laid. Streets paved include Hill, Ridge, Ott, Rocky, Burnette, Forest View Road, Center and Prospect.

Bids have been accepted for paving or resurfacing the following streets: Poplar, Highland, Locust, Wesley, East, Pharr, Smathers, Platt, Clay, Clyde and Thomson Avenue.

Other plans for the coming year include the purchase of a garbage paker, a new police car; remodeling the tax office to make it more modern and efficient; paving or resurfacing all possible streets in the town system; improvement of inadequate water lines and further improvement of timing, etc., of traffic lights.

In the event the Sub-Station road area is annexed to the town, water lines and other improvements will be extended to that section.

During the past year the town signed an agreement with the Beavertown school to provide water there through a large line and to install a fire hydrant.

An agreement was also made to sell water to the Haywood Development Corporation.

A new \$64,000 water project completed and paid for by the West Canton Water Association and dedicated to the Town has been accepted.

An agreement was signed with the Smathers Hill Water Association to furnish the residents there water. Another agreement was made with the Allen Farm Road and Dutch Cove Water Association to take effect when the organization is completed and water lines laid.

A new accounting machine was added for use in billing water rent and tax accounts. All town records are now in the process of being microfilmed.

Sam D. Reece was appointed tax collector and deputy clerk, replacing W. L. Snyder, who is now devoting his time to the duties of Police Court clerk.

A vacation plan for all town employees has been adopted. Payrolls have been combined so that

Try Diet Plan That Makes Sense



VERSATILE SOUP BUFFET — For weight watchers.

By CECILY BROWNSTONE Associated Press Food Editor

DO YOU KNOW THE VIRTUES of a reducing diet that makes sense? We recommend that you heed the advice offered in the "Eat-Well Diet Book" by Charlotte Adams (hard cover, Random House; soft cover, Maco). Long after faddish diets have come and gone, we hope this reasonable approach to surplus weight will go on.

There need be nothing grim about weight-watching. On Mrs. Adams' plan "you eat the foods you've always known and loved, only not so much of them." She says: "Perhaps at the start you have to cut out a few items which you can take back with restraint later. But unless you have some medical problem, you can lose weight on whatever are perfectly normal foods for you, provided you are careful to keep your diet balanced."

Here then are the foods you should eat every day: milk (whole or skim); vegetables (green or yellow); fruits (at least two kinds, one a citrus fruit or tomato); an egg (or at least three to five a week); meat, fish, poultry or cheese (one or more servings); cereal or bread; fat (as much as your doctor allows—part may be in your whole milk). These foods give you needed protein, vitamins and minerals.

Notice that phrase—as much as your doctor allows. No one should make a serious attempt to lose weight without a doctor's check up. Along with a concise and clear explanation of diet principles and a 30-day diet, the "Eat-Well Diet Book" includes many recipes. We particularly like the chapter on first courses—appetizers and soups

that are good to eat, easy to fix. Weight-watchers are advised to use unthickened varieties of soup. But if occasionally a canned cream-type soup would be enjoyed, it's suggested that these be diluted with water instead of milk or cream.

One of the pleasant things about serving soup is that the course can be easily adapted to the whole family. Offer a water-diluted cream soup to weight-watchers. Then add some butter pats for nondieters so they can enrich their portions. Snacks with the soup? Choose from celery, scallions, radishes, carrot strips, cauliflower, crisp rye wafers for weight-watchers. Nondieters can gorge themselves on fat-rich crackers. A cottage cheese dip will serve both varieties of eaters.

One of the cream-type soup recipes suggested in the "Eat-Well Diet Book" is made from a base of canned condensed green pea and tomato soups plus interesting seasonings. We adapted this soup so it could be served cold in warm weather; here's our version.

COLD SOUP MONGOLE

Ingredients: 1 can (10½ ounces) condensed tomato soup, 1 can (10½ ounces) condensed green pea soup, 2 cups cold water, ¼ cup cooking sherry, ½ teaspoon celery salt, ½ teaspoon onion powder, 1 teaspoon curry powder, minced scallions.

Method: Using a rotary beater (hand or electric) or a whisk, beat condensed tomato and pea soups, water, sherry, celery salt, onion powder and curry powder together. Refrigerate several hours or overnight to blend flavors and have icy cold. Serve sprinkled generously with minced chives. Makes 4 to 6 servings.

Haywood, Macon Top List In District CDP Contest

Haywood County is tied with Macon County in the number of communities entered in the 1956 Western North Carolina community development contest, according to information from the Asheville Agricultural Development Council. Both counties have 14.

Tied for second place in the number of communities entered are Henderson and Rutherford counties — both with 12.

A total of 105 communities are entered in the WNC contest from 16 counties and the Cherokee Indian reservation — the largest number of entries in the history of the contest. Polk County (Tryon) is entered this year for the first time — with Hickory Grove competing.

Haywood communities entered are Upper Crabtree, Saunook, Alens Creek, Ceell, Cruso, White Oak, West Pigeon, South Clyde, East Pigeon, Ratcliffe Cove, Iron Duff, Thickety, Francis Cove, and Fines Creek.

Last year, Ratcliffe Cove ranked all workers are paid regularly on a 14-day basis.

Officials further reported that the traffic problem had been partially reduced by the one-way street arrangement now being tried. Plans are under consideration for developing and paving Smathers Street as an outlet for Dutch Cove and Highland Park travel east and for widening Oak Street as an additional outlet for the north side of town.

Rabid Bats Hunted

BARTOW, Fla. (AP)—This area's newest sport is bat hunting. Because a bat which bit two persons was found to have rabies, the State Game and Fresh Water Fish commission asked volunteers to go on bat hunts.

Bats killed are sent to state laboratories as part of a study of them as rabies carriers.

Dr. C. L. Mayfield, County health director, said rabies among bats is nothing new but it is rare that they bite humans.

Wholesale Classrooms

ANN ARBOR, Mich. (AP)—Mass production of classrooms at a low cost and rapid pace is the only way to meet the demand posed by a constantly soaring birth rate, says Charles J. Leonard. He has organized a firm and thinks he can build mass production classrooms at \$11.87 a square foot compared to from \$14.95 to \$20.90 for conventional building costs.

His firm builds school rooms from masonry-surfaced panels. Most of the rooms are 30 feet by 32 feet but can be made larger because of standardized components. Almost any number can be hooked together in a variety of plans.

Hospital Hatchery

ALEDO, Ill. (AP)—Mercer County Hospital's nursery hatched a robin.

It came about when Mike Conway, 9, found a robin's egg which fell from a nest in a tall tree near his home. He prevailed upon his dad, Dr. Martin E. Conway, to take the egg to the hospital and put it in an incubator. The baby robin's arrival was witnessed by several of the hospital staff members.

ed first in the county CDP contest and was also one of the top 10 in the district event.

As a district winner, Ratcliffe Cove played host last month to John S. Strohm, who spent several days in Western North Carolina gathering information for a "Reader's Digest" article on the community development movement.

His impression of the program was "tremendous and inspiring . . . something that could spread all over this country."

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JOEY ALFIDI, 7, of New York, is not playing games as he assumes a conductor's stance with baton. The boy has already conducted two symphony orchestras and next autumn is booked to lead the New York Philharmonic at Carnegie Hall. He plays 12 musical instruments and practices six hours daily. (International)

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