

Garden Time

For this column I am using parts of an article which appeared in "The Gardener", a publication of the Men's Garden Clubs of America. It was prepared by Dr. Ralph M. Watkins (MD) of Chapel Hill. Dr. Watkins is a member of the Chapel Hill Men's Garden Club.

"There is a dearth of literature on the specific relationship between health and the growing of garden products. One can only use reason to come to the conclusion that this type of activity does promote physical and mental well-being.

"A medical axiom is to the point that a man should do all the physical work he comfortably can for as long as he can. Exercise up to the tolerance point is a good thing. Beyond that - to the point of strain-

ing - it may be harmful. The physical exertion needed in digging, cultivating, mowing and other gardening work promotes the circulation of the blood. This carries a beneficial supply of oxygen to all the body structures secondary to the increased breathing action which necessarily accompanies exertion. Also, it is an aid to digestion elimination. If one carries out such a program conscientiously and is reasonably careful about his diet, he can avoid the problems of obesity, a plague of the older man.

"There apparently are few figures as to the incidence of coronary attacks in men who follow the above practices, but it is safe to say that such attacks are decidedly less frequent.

Mr. and Mrs. Phil Butner and son Phillip of Hickory, spent Sunday night and Monday with Mr. and Mrs. Lonnie Bledsoe.

Mrs. F. P. Phillips and Mrs. Lena Terrell spent the past weekend in Burlington with Mrs. Leo Parker and family and Mrs. George Phillips. The Parkers lost their home by fire last week.

Tuesday overnight guests of Mr. and Mrs. Sam Morris were her mother, Mrs. A. A. Pernel, and her sister, Mrs. H. B. Winn, both of Louisville. They came especially to be here for the graduation of John Morris from Hoke High.

Mr. and Mrs. Glenn Maxwell and sons, Allen and Eric of Wilmington and Barry of Ft. Bragg, spent Saturday with Mr. and Mrs. Walter S. Maxwell. They were accompanied by Miss Vonnie Yaeger of Wilmington.

Mr. and Mrs. E. H. Biggerstaff and children of Landover Hills, Md., spent several days last week here with Mrs. Biggerstaff's sister and family, Major and Mrs. William T. Niven and children.

Mr. and Mrs. John Taylor and daughter Trent of Alexandria, Va., spent the weekend with her parents, Mr. and Mrs. Marion Gatlin.

Personals

B. G. Teal of Summerville, S. C., was overnight guest Thursday of Mr. and Mrs. Carlton Niven and family.

Relatives from Raeford who attended the funeral of Mrs. Causey Rose on Saturday in Asheboro were Mr. and Mrs. Heston Rose, Clarence Rose, Bryant Rose, Mrs. Sallie Clark, Mrs. Doris Gibson, Mrs. John McVicker and Mr. and Mrs. Clifton Yarn.

Bruce Morris and Dr. Douglas Daniels of Gilmer, Texas, spent Monday night with Bruce's brother and family, Mr. and Mrs. Sam Morris, Sarah and John. They came to North Carolina to bring Allen Morris to Ridgecrest Baptist Assembly where he will be on the staff for the summer activities.

Mr. and Mrs. June Johnson, Mrs. J. S. Johnson Sr., Mrs. Bobby Wright and Mr. and Mrs. John Campbell were present Sunday for Miss Marianne Johnson's graduation from Meredith College in Raleigh.

Miss Mary Neil Senter received her degree Sunday from Meredith College in Raleigh. Present for the exercises were her parents, Mr. and Mrs. Neil Senter, her brother Bill of UNC-CH, and Mrs. J. H. Ainsin and daughter Sally.

Mrs. Laurie McEachern and Mr. and Mrs. Paul Dickson attended the UNC Law School graduation exercises Monday in Chapel Hill. Mrs. McEachern's daughter, Mrs. Laurie Anne McE. Lamm, received the law degree, and Mr. Lamm received the B. S. degree in Pharmacy.

Social Events

Final Round Of Parties Honor Miss Susan Shell

A final week of pre-nuptial affairs has honored bride-elect Susan Shell. Miss Shell, daughter of Mr. and Mrs. Willard Shell, and Jeffery Carroll Barrington will be married on June 8 at the Raeford Presbyterian Church.

Saturday of last week, Mrs. Robert Gatlin gave an informal tea at her home. Bridal flowers were used on the dining room table where Mrs. Shell poured punch and Mrs. J. C. Barrington served cake. Cheese dainties, mints, nuts and sandwiches were served also.

The honoree was presented a candle with everlasting greenery and a gift of silver.

Miss Shell was presented a corsage of white carnations and gifts of china in her chosen pattern.

Miss Shell was honored on Sunday afternoon at a tea given by Mrs. Robert Harrell and Mrs. M. A. Maxwell at the Harrell home on W. Edinborough Ave.

Upon her arrival, the honoree was presented a corsage of yellow roses. The mother of the bride-elect, Mrs. Willard Shell, and the prospective bridegroom's mother, Mrs. J. C. Barrington, received corsages of yellow mums.

Guests were greeted by Miss Shell and the hostesses. Later, they were invited into the dining room for refreshments.

The table was covered with a white linen and lace cloth, centered with an antique candelabrum holding yellow candles, accented by an arrangement of yellow roses. Mrs. Roy Avery poured punch and Mrs. Becky Cook served cake.

The hostesses presented the honoree with gifts of silver and crystal.

Mrs. William E. Smith entertained informally last Tuesday afternoon at her home on Magnolia St.

A silver candelabrum with pink candles and roses centered the dining room table where punch, cheese wafers, cake, mints and nuts were served. Mrs. Smith's mother, Mrs. Graham of Laurinburg, poured punch.

Miss Shell was given a corsage and a silver tray.

Last Monday night, Mrs. Neil Senter and Mrs. J. H. Austin were hostesses for a bingo party at the Senter home. They served ice cream, cake, nuts and mints when guests arrived. A green and white color note was used and the house was decorated with mixed summer flowers.

The bride-elect was presented a corsage of pink sweetheart rosebuds and gifts of silver and china. Her place was marked with wedding bells, and the tables were centered with all-white arrangements.

Winners of bingo prizes presented them to Miss Shell.

Yesterday, Mrs. Riley Jordan and Mrs. Robert Townsend entertained with a one o'clock luncheon at Mrs. Hamer's in Maxton.

The twelve guests were seated at the dining room table and at two small tables in the living room. Arrangements of daisies with green and yellow ribbons were used on all the tables. Bridal place cards were used and the bride-elect's place was marked with a daisy corsage.

The hostesses presented bridal gifts to Miss Shell.

Shower Honors Brenda Baxley

Mrs. Paul Livingston and her daughter Faye were hostesses for a bridal shower Saturday night honoring Miss Brenda Baxley of Fayetteville, formerly of Raeford. Miss Baxley and Ned McIntosh will be married on June 15 at Campground Methodist Church near Fayetteville.

Pink, white and green were used in the dining room where the lace-covered table was centered with mixed flowers and white candles. Cake squares, mints, nuts and punch were served. The honoree's mother, Mrs. J. R. Baxley, poured punch.

Miss Baxley was given a corsage of white daisy mums and an electric toaster.

Hospital News

MOORE MEMORIAL
Mrs. Jamie Rose entered Saturday
Mrs. L.S. Brock Sr. home
Mrs. W.D. McLeod
Mrs. Paul Burnett
Mrs. D.W. Gillis

CAPE FEAR VALLEY
Mrs. W.S. Hood

SCOTLAND MEMORIAL
Crawford Wright home

HIGHSMITH-RAINEY
A.M. McBryde

PIEDMONT, ATLANTA
Peter Cooper

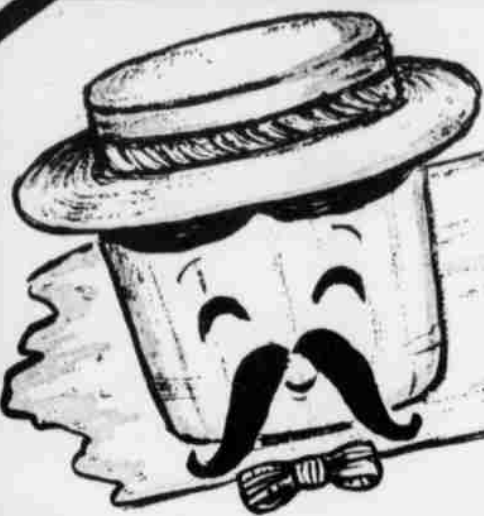
Club Calendar

Area No. 18, L.P.N. Association will meet at the nurses' home, Scotland Memorial Hospital in Laurinburg on Thursday, June 12, at 7:30 p. m. Officers for the 1969-70 year will be installed at this meeting.

Mrs. C. L. Thomas returned Tuesday from a week's visit in Brookneal, Va., with her daughter, Mrs. Carson Davis Jr., Mr. Davis and sons.

Mrs. Sarah Margaret McNeill, Gwen and Watson, Mr. and Mrs. Crawford Thomas, and Gary Ashburn are spending several days at Holden Beach.

Mr. and Mrs. Lonnie Bledsoe and children visited their parents in Mt. Airy last weekend.



BUSHEL'S of GIFTS
for DAD on his DAY

**FATHER'S DAY
JUNE 15**

AT COLLINS YOU'LL FIND
A WONDERFUL SELECTION
OF GIFTS THAT DAD
WILL APPRECIATE AND ENJOY
LONG AFTER HIS DAY
FAMOUS NAME MEN'S TOILETRIES
●ENGLISH LEATHER
●BRITISH STERLING
●JADE EAST



**SHORT SLEEVED
DRESS SHIRTS**

Arrow & B.V.D. White - Asst. Colors & Stripes
Perma-Iron. Sizes 14 1/2 to 17. Traditional & Conventional Collars.

4.00 TO 6.50



**COOL COMFORTABLE
BANLON SHIRTS**

Mock Turtle - Collar With Placket
Asst. Colors - S-M-L & XL

4.99

**SMARTLY STYLED
PAJAMAS**



By Olina - Short Sleeves - Knee Length
Long Legs & Long Sleeves - Wonderful
Sleeping Comfort - Permanent Press -
adjustable Gripper - Boxer Waist -
Sizes A B C D

**4.00
AND
5.00**



underwear

**ATHLETIC
SHIRTS**

Sizes 34-54

3 for \$1.99

TEE SHIRTS

Sizes S, M, L, XL

**WASH and
WEAR
SHORTS**

Sizes 28-44

KNIT BRIEFS

Sizes 28-44

3 for \$2.65

**TRIMLY TAILORED
SUMMER SLACKS**

with FaraPress™



Ivy & Executive Model
Asst. Summer Colors
Sizes 29-38 Ivy Model
Sizes 34-46 Executive
Model

8.00

10.00

10.50



**COOL SUMMER
SPORT SHIRTS**

Ivy Styles - Solids & Stripes
Sizes S-M-L-XL

2 Pocket Shirts - S-M-L-XL - Solid Colors

3.00 TO 5.00



**WRINKLE
RESISTANT
BERMUDA
SHORTS**

Solids & Plaids Sizes 29-42

4.00 AND 5.00



COLLINS Department Store

RAEFORD, N. C.

