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10 ACRE MOUNTAIN TOP-Panoramic view at 4600 ft.-all weather road-utilities-several building sites-secluded-\$15,000.

25 1/2 ACRE FARM-tillable-1000 lb. tobacco base-barn and shed-good water-secluded-\$17,500.

40 ACRE TROUT FARM-old farm house, suitable for refurbishing-good barn-shed-new one room log cabin-2 trout ponds-improved pasture-many wooded building sites-29% down, balance annual payments at 8 1/2%.

32 1/2 ACRE MOUNTAIN TRACT-wooded-3 springs-secluded-\$15,000/excellent terms.

NEW-2 BEDROOM MOUNTAIN CHALET-central heat-carpeted-rock fireplace-view from redwood deck-\$31,500/terms.

FISCHERS LANE-NEAR MARSHALL-6 plus acres-garden spot-drive-houseseat already in-ample water-\$19,800.

GOLF COURSE LOT AT WOLF LAUREL-12th fairway-\$10,000/terms.

HOMESITES-1/2 to 1 acre, Views and Streams.

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BOOK CORNER
BY
Mrs. Gladys Coletta

THE GIRL WHO CRIED WOLF, by Doris Miles Disney. 1975. Doubleday & Co., Inc.

The Girl Who Cried Wolf, by Doris Miles Disney is not the usual run-of-the-mill mystery thriller. In fact, it is a masterpiece of suspense which will force the reader to finish the story before laying it down.

Poor Amy Gardner, a lonely neurotic girl, cried Wolf so many times that she became a nuisance to the police force, the telephone operator, and even her husband. If they but knew it, her cries for help were for real, until finally she fell victim to the actual wolf.

What burns one up is the fact that there was no one there to help and protect Amy when she, innocently and unsuspectingly, admitted the villain into her home. Her murder, which followed, was not easy to pin on anyone.

But since there is no such thing as a perfect crime, the murderer met his match where he least expected it. With certain death weighed against possible death, our heroine realized that it was only a question of choosing the right spot on which to gamble her life. In the end she lived to tell the tale and expose the wolf, although it was too late to save the girl who had cried Wolf so many times.

**Johnson
To Exhibit
In Art Fair**

Gilbert C. Johnson of Route 5, Burnsville has been accepted as a participant in the 1975 Ann Arbor Street Art Fair. This is the 16th annual art fair held on South and East University in Ann Arbor, Michigan.

Gilbert was among 1,000 persons who applied for the 1975 Fair and submitted color slides of their work. The jury is highly selective, since only 325 arts and crafts people can be accepted. The Fair is being held this week in Ann Arbor.

For And About Homemakers
Yancey Extension Service

Special stain removal products you might need are fabric color remover, all purpose spray-on prewash products, oxalic acid crystals, rust stain remover, white vinegar, ammonia. Many stains require treatment with a grease solvent. Grease solvents include dry-cleaning solvent or spot remover, nail polish remover, rubbing alcohol, steam-distilled turpentine.

FACING UP TO IT
First test stain remover on an inside seam to check for fabric color change. If undamaged, place garment stain side down on a flat surface padded with paper towels. Apply stain remover onto back of stain so staining material will be flushed onto absorbent towels rather than through fabric. Use light brushing motions with fingers, brush or clean cloth. Brush from the outside of the stain to center. Avoid use of hot water on unknown stains. If using bleach, use it on the entire garment rather than on just the stain. In this way color will remain uniform. Lastly, always launder the item after removing the stain.

PROBLEM STAINS
Adhesive Tape: Apply ice to harden. Scrape gummy substance off using a dull knife, then sponge with spot remover. Dry. Launder.
Blood: Soak for 30 minutes or longer in an enzyme presoak product. Launder or rub liquid detergent into stain. Soak in cold water for 30 minutes then launder.
Candle Wax: Remove surface wax with dull knife. Place between paper towels and press with dull knife. Place between paper towels and press with warm iron. Sponge with dry cleaning solvent. Dry. Launder.
Chewing Gum: Apply ice to harden gum. Remove with dull knife, sponge with solvent.
Cosmetics: Rub detergent paste or liquid detergent into stain. Rinse. Repeat if necessary. Launder. If greasy stain remains, sponge with grease solvent.
Fruits and Berries: Soak for 30 minutes in an enzyme presoak dissolved in hot tap water. Launder.
Grass: Soak for 30 minutes in an enzyme presoak dissolved in hot tap water. Launder.
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Inks: (Ballpoint) Place stain face down on paper towels. Sponge stain with dry cleaning solvent or sponge repeatedly with rubbing alcohol. Dilute alcohol with 2 parts water for use on acetate, triacetate or modacrylic. Washing removes some types of inks but sets others.
Mildew: Launder using chlorine bleach or soak in an oxygen bleach, then launder.
Paint: (latex, acrylic, waterbase paints) Treat while still wet, for paints cannot be removed when dry. Rinse in warm water to flush out paint. Launder.
Rust: (few spots) Do NOT use chlorine bleach on rust. Apply a rust stain remover. Rinse. Launder.
Yellowing of White Fabrics: Soak overnight with an enzyme presoak product, except wool and silk. Launder in hot water using a generous amount of detergent and chlorine bleach if safe for fabric, otherwise use an oxygen bleach. If stain remains, use a color remover, following package directions.

**Special
Mount Mitchell
Golf Club
WEDNESDAY SPECIAL
Green Fee And 1/2 Cart
\$6.00
Good Thru July 30
Mt. Mitchell Lands, Inc.
Burnsville, N.C.**

**Alcoholism:
What It Is**
BY JAY KAYSON

(Editor's note: This series is based on the personal experience and observations of the author, a member of Alcoholics Anonymous, who uses a pen name to conform to AA's tradition of anonymity. Correspondence may be addressed to him in care of this newspaper. The work of Alcoholics Anonymous in general, and especially in the Mayland area, is contained in this series.)

An essential definition of alcoholism is elusive. Most often it is defined by alluding to its characteristics. Alcoholics Anonymous describes it as a physical compulsion coupled with a mental obsession to drink. The National Council on Alcoholism calls it a condition in "a person who is powerless to stop drinking and whose drinking seriously alters his normal living pattern."

NOT A STEREOTYPE
Despite widespread publicity to correct the misconception, too many people continue to think of the alcoholic as the stereotype skid-row drunk, the town drunk, or the guy down the street whose drinking cost him his job, house and family. Not so. Skid-row types, for example, comprise less than 5% of all alcoholics.

One prominent U.S. psychiatrist sums it up this way: "Most persons suffering from alcoholism are found in homes, offices, places of business and in every walk of life. The disease attacks without regard to social standing, occupation, intelligence, education, national origin, color or race...(They) are not noticeably different from the rest of us, except in their addiction to alcohol."

TOLERANCE IS KEY WORD
Alcoholism is a disease that happens, by and large, to people who consistently drink too much, too often, usually over a long period of time. People who drink in this fashion ought not be smug about it, because they are tempting the bounds of tolerance-their capacity for drinking large quantities of alcoholic beverages without any apparent harmful effects. "Tolerance" is the key word.

Before becoming victims of this widespread disease, most alcoholics had developed a considerable tolerance for alcohol (though some of us never had any kind of tolerance because of the specialized make-up of our peculiar body chemistry). They could drink more (some far more) than other people and not be affected as much-and they did.

In the beginning such excessive drinking builds up a physical immunity (thus the credit: "He sure can handle his liquor.") Eventually, however, this excessive drinking erodes the tolerance little by little, until the time comes (for some sooner, others later) when the alcoholic doesn't have any tolerance (capacity) left at all for alcohol. It has gone, never to return.

BECOMES A DEADLY POISON
Now alcohol becomes for alcoholics nothing less than a deadly poison. Without the tolerance their bodies once had, alcoholics have lost all resistance to its deadly effects. Their physical defenses against alcohol are not only down-they don't exist. The alcoholic's physiological system can no longer metabolize alcohol normally. What was once a tolerance has been replaced by an uncontrollable allergy called alcoholism.

How alcoholics reach this point of no return is not fully understood (despite the hard evidence that the alcoholic does reach it). The liver function offers a partial explanation. The liver helps eliminate alcohol from the system through a process of oxidation at the rate of one-third of an ounce per hour. Excessive drinking does two things: it far exceeds the liver's ability (plus that of our other body chemistry) to eliminate alcohol from the system, or it may damage the liver.

Unable to burn up alcohol as it should, the alcohol piles up in the body causing one drink to have the cumulative effect of several, and producing anoxia (a decreased oxygen content in the blood). In sequence, a mild anoxia may produce exhilaration and delusions of great strength and wisdom; deeper anoxia deadens and stupefies; in greater degrees it paralyzes. After alcohol does its job on the nervous system, including the brain, there follows loss of muscular coordination (staggering, drunk driving) and depression of respiration and heart action (drunken stupor).

ALCOHOLICS LOSE THE POWER TO STOP
As alcoholic drinking continues, more and more alcohol is poured into a body that is less and less able to tolerate it. This loss of physical resistance to alcohol often creates in the alcoholic less of a capacity for alcohol than a non-alcoholic may have. Non-alcoholics may overdo it on a New Year's Eve, for example, and get drunk, but they can stop when they want to, their hangovers (withdrawals) are relatively mild, their recuperation more rapid.

Alcoholics, on the other hand, cannot stop when they want to, and seldom do. Their dependence on alcohol has taken on the hues of an insane fanaticism. They cannot contemplate living without alcohol for a year, a month, a week, often even a day-despite the fact that they may know full well that booze is quite literally killing them. Their minds are consumed with a fatal obsession to drink. Their personalities are altered to such a degree that they are often "not the same person" anymore. With their intellects operating at only a fraction of normal capacity, they can no longer make sound decisions. Their mental malfunctioning precludes any clear self-awareness of the gravity of their physical and psychological condition. Medically, alcoholics are very, very sick people.

NOTICE

**Attend The 34th Annual Meeting Of The
French Broad Electric Membership Corporation**

At
Madison County High School
(Located On U.S. 25-70 By-Pass, Marshal, N.C.)

Saturday, July 19, 1975

Registration From 10:30 AM to 2:00 PM

Meeting Convenes At 2:00 P.M.

Prizes Will Be Given

Mixers Irons Percolators Toasters
Fry Pans Other Fine Appliances Blenders

YOU MUST BE PRESENT TO WIN!!!!

KEYNOTE SPEAKER: Congressman Roy A. Taylor
11th District, North Carolina

**Come Early For Registration Being All Registrations Will Cease Promptly
At 2:00 P.M. Please Detach And Bring Entire Registration Ticket Furnished
In Each Annual Report. See Sample Below.**

<p>DETACH AND PRESENT TICKET AT REGISTRATION DESK</p> <p>No 23757</p> <p>BALLOTS</p> <p>FRENCH BROAD ELECTRIC MEMBERSHIP CORPORATION</p>	<p>No 23757</p> <p>REGISTRATION TICKET for the</p> <p>FRENCH BROAD ELECTRIC MEMBERSHIP CORPORATION</p> <p>ANNUAL MEMBERSHIP MEETING JULY 19, 1975 - 2:00 P.M.</p> <p>Madison High School - Marshall, North Carolina</p> <p>1122334455 Mr. John S. Doe Route #3 Anywhere, U.S.A.</p> <p>PLEASE BRING THIS CARD WITH YOU TO THE MEETING</p>	<p>No 23757</p> <p>DOOR PRIZE STUB</p> <p>FRENCH BROAD ELECTRIC MEMBERSHIP CORPORATION</p> <p>Hold for drawings</p>
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CARE OF FURNITURE
Give your old wooden furniture and antiques first-class museum treatment-with a dustcloth. Many museums keep pieces of antique furniture in excellent condition just by dusting them with a clean, soft, lint-free cloth. Paste wax isn't recommended, the specialists point out. For it can completely change the character of a finish.

Wash your fine furniture once a year-more often if necessary. Dip a soft, clean cloth in a solution of warm water and soap or mild detergent. Wring out the cloth as dry as possible. Then wash the surface of the wood, about two square feet at a time. Rinse the wood with a cloth wrung in clear, warm water. Dry the area immediately. Then polish the wood by rubbing it briskly with a clean cloth.

But the homemaker who waxes the furniture weekly is not doing it any good. For more information on Care of Wood furniture, carpets, and upholstered furniture, call your Extension Service Office, 682-2113.