

"Plenty of milk helps Virginia Mayo stay trim and slender."

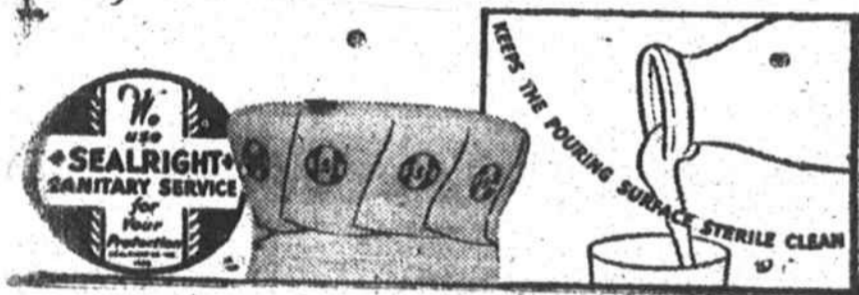
Says IDA ECKWALL
Studio Dietitian
SAMUEL GOLDWYN
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"Many of the loveliest stars in Hollywood take diet suggestions from me," says Miss Eckwall, "and I always recommend three or four glasses of milk a day."

"The vitamins and minerals supplied by milk are essential, and milk does not in itself add figure-spoiling pounds."

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Sunrise Dairy

GASTONIA, N. C.

HERALD PERSONALS

Call Society Editor

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Mr. and Mrs. H. R. Neisler, Chip Neisler, and Miss Pat Neisler and Miss Shirley Arthur left Tuesday for Crescent Beach.

Joann Woodward of Shelby is spending a week with her grandmother, Mrs. Lula Woodward.

Eade Anderson left Monday for Montreat for Foreign Mission Conference.

Mr. and Mrs. Ira Bridges, Mr. and Mrs. Hamrick Bridges of Gastonia were weekend guests of Hudson Bridges.

Mr. and Mrs. David Neill are spending the week in Hendersonville, N. C.

Mrs. F. W. Barrett and daughters, Miss Doris Barrett, Miss Bobbie Barrett and Roy Huffstetler are spending the week at Carolina Beach.

Mrs. Arthur Hay and daughter, Miss Helen Hay, are on a motor trip through the mountains of Western North Carolina this week.

Mr. and Mrs. J. H. Brown, Jimmie and Nelle of Palatka, Fla., are spending a few days with Mr. and Mrs. W. T. Weir.

Miss Mary Louise White of High Point spent the weekend with Mrs. Charles Thomasson and family.

Mr. and Mrs. Joe Beach Hord and children of Maxton are visiting his mother, Mrs. Joe Hord and sister, Miss Marjorie Hord.

Mr. and Mrs. Hill Carpenter were weekend visitors in Rose Hill, N. C.

Mr. and Mrs. Ed Sides and children, Carolyn and Beck, Mr. and Mrs. Jones McDaniel were Saturday dinner guests of Mr. and Mrs. Buck Allran.

Mr. and Mrs. Ernest Hayes and children of Charleston have returned to their home after a visit with friends and relatives.

Mr. and Mrs. Gene Steffy and children, Miss Pat Alexander of Charlotte are visiting friends and relatives in Lancaster, Penn., this week.

Mrs. Fred Dixon spent Saturday in Greensboro on a shopping trip.

Paul White of Columbia, is spending his vacation with his parents, Mr. and Mrs. W. K. White.

Mr. and Mrs. Horace Hord and daughter, Miss Betty Hord, were visitors at Myrtle Beach over the weekend.

Mrs. Alice Jones and Mrs. Dora Frye of Spartanburg were guests of their sister, Mrs. J. G. Darracott and Mr. Darracott over the weekend.

Mrs. Ralph Coley and two children of Wilmington are visiting her father, George Allen, and family.

Mrs. Cicero Falls and daughter, Hollis, are spending the week with her sister in Savannah, Ga.

Mr. and Mrs. Price Patterson of Waterboro, S. C., are visiting relatives and friends in Kings Mountain this week.

Mr. and Mrs. John Styers and baby daughter of Washington, D. C., are spending several days with relatives.

A. H. Patterson is spending the week in Waynesville and Junaluska.

Mr. and Mrs. Ben Bridges are spending the week with the former's father, Hudson Bridges.

Mrs. Joe Kendrick of Waco is spending sometime with Mr. and Mrs. J. C. Keller and other relatives.

Mr. and Mrs. Joe Beach Hord and children of Maxton, Mr. and Mrs. John P. Wilson and daughter, Jane, of Cherryville were six o'clock dinner guests of Mrs. Ed Hord Thursday.

Mr. and Mrs. Sam Harmon, Mrs. Charlie Harmon and daughters, Lillie Mae and Miss Rose Eva of Kanapolis were Sunday guests of Mr. and Mrs. J. C. Keller.

M-Sgt. and Mrs. H. G. Stubbs and son of Washington, D. C., spent the weekend with Mrs. W. G. Hughes and other relatives.

Mr. and Mrs. Kenneth Beattie had as dinner guests Sunday, Mr. and Mrs. John Wherry and sons, Kenneth and Ronnie, of Charlotte, Mr. and Mrs. Hershel Wright and children of Kings Mountain.

Mr. and Mrs. B. A. Murray, Mr. and Mrs. W. L. Murray of Maiden, and Mrs. Y. F. Throneburg spent several days last week at Nags Head and Manteo attending the Lost Colony and visiting with Mrs. Thornburg's son, James.

Mr. and Mrs. Fred Babington and children of Nantahaia are spending the week with her parents, Mr. and Mrs. W. K. White and other relatives.

Mr. and Mrs. J. H. Brown, Jimmie and Nelle of Palatka, Fla., are spending a few days with Mr. and Mrs. W. T. Weir.

Kenneth Wherry of Charlotte is spending a few daws with Eddie Yarbrough.

Mr. and Mrs. Joe Beach Hord and children of Maxton are visiting his mother, Mrs. Joe Hord and sister, Miss Marjorie Hord.

Sunday guests of Mr. and Mrs. B. M. Hayes included Mr. and Mrs. Jim Evalte and daughter of Lancaster, S. C., Mrs. Moore Kirkpatrick and son, Billie, Mrs. Joe Freeman and grand-daughter, Emily Grace, of Anderson, S. C.

Mr. and Mrs. M. B. Wells are vacationing at Daytona Beach, Fla.

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