



GARDEN TIME  
m.e. gardner  
n.c. state college

By JANICER CHRISTENSEN

Dressing up an old window shade or learning a new way to use nonfat dry milk can mean a lot to a family that has to "make do" with a little.

So on a recent home visit to a low-income family, Mrs. Nellie Bryant, extension nutrition program aide, Wayne county, casually mentioned a window shade workshop that had recently been held.

The homemakers expressed interest so Mrs. Bryant left instructions on how to make the shades. Next time she visited, Mrs. Bryant found that the homemakers had covered an old shade and had made a matching valance. Later she added homemade white curtains to the window treatment.

The result: an attractive window area that the homemaker pointed with great pride. "This woman is interested in all areas of homemaking and enjoys doing things to make her home more attractive," Mrs. Bryant added.

SEWING MEANS DOLLARS

Sewing for others is an excellent way to add to the family income, believes Mrs. Callie Hester, Alamance county.

And since her family just moved into a new house, Mrs. Hester finds a little "pin money" mighty handy.

By sewing for others, Mrs. Hester can be at home with her family, yet have the added income she needs to pay for furnishings and house accessories, notes Mrs. Ozetta Guye, home economics extension agent.

BRIGHT FUTURE

Six years ago they would have been considered as a low, low-income family.

But fortune finally was kind to a Cleveland county family of 10 and they were able to move into a new house.

Both parents work outside the home. The older children help take care of their younger brothers and sisters and do a lot of the house work.

Living in a house that is attractive and convenient has brought a great change in the attitude of family members, notes Thelma McVea, home economics extension agent.

"We're happier, not so tense and irritable," the home maker added.

Fellowship Hall Opened In Greensboro

An organization unique in North Carolina was dedicated in Greensboro on Tuesday. It's called Fellowship Hall, and is located on forty one acres of land north of the Gate City, just off U. S. 29.

Fellowship Hall is a non-profit tax exempt corporation which will offer the problem drinker a program of recovery.

Dedication ceremonies for the half-million dollar structure took place at 3 o'clock in the afternoon, with an outstanding alcohol researcher as the speaker, George Strachan of Canada has done internationally recognized work and writing in the alcoholism field, and is currently a consultant to the Provincial Government of Alberta on Alcohol problems.

Mr. Strachan spoke on alcoholism, a treatable illness, and explored practical programs of recovery for the problem drinker. It is not a hospital or sanitarium, but a center oriented to the

needs of men who have developed a drinking problem. Fellowship Hall has as its basic therapy the highly successful principles of the Alcoholics Anonymous program, but subscribes to the concept of the team approach including physicians, psychiatrists, psychologists, sociologists, the clergy and other persons concerned with problem drinking.

The basic stay is four weeks, but the staff may grant additional therapy where required in special cases. Men from any area who are ambulatory, coherent and willing to cooperate with the program, may be admitted from 8:00 a. m. until 6:00 p. m., seven days a week.

Fellowship Hall was constructed by funds contributed by individuals and foundations. It will operate on a break-even fee basis necessary to survival of the facility. Fellowship Hall is not affiliated, or in competition, with any other facility or agency, but will cooperate with all. It is also unique in the ways of corporations, in that it's board of directors receive no personal expense allowances or salaries.

The public is invited to inspect the new facility, located six and one-half miles north of Greensboro, off U. S. 29 at Hicone road.

Mental Health Matters

"SILENT SPEECH"

A research project that could lead to the development of a new measure of brain activity during sleep is getting under way with support from the National Institute of Mental Health.

Scientists at the University of Texas are monitoring the activity of the tongue and laryngeal muscles during sleep to determine whether "silent sleep"—known scientifically as subvocal motor activity—accompanies dreams.

If it is found that "silent speech" does occur, the phenomenon could be used as a measure of dream content and sleep talking, recordings during sleep from representative points in the laryngeal and upper articulatory musculature to determine the frequency and patterning of subvocal muscle activity.

College student volunteers are being selected on the basis of a sleep questionnaire which includes questions about dream recall and sleep talking.

Dr. Peter F. MacNellage, director of the University's Linguistics Laboratory, says that if "silent speech" is found to occur, it may be a useful index of neurological organization during sleep and a useful manifestation of dream content. Scientists have found, in previous studies of sleep, that rapid eye movements (REM's) accompany most dreams. Thus careful studies of REM's have been used widely as overt measures of sleep and dream activity. This and other research information has aided sleep research immeasurably.

If "silent speech," or subvocal motor activity, can be determined and informative data on it collected, the conclusions from its analysis should add yet another significant step to the important research going on to bring useful understanding of what man's physiological and psychological needs and patterns are for sleep, in health and illness.

Mechanic Course Stiles Finishes

WICHITA FALLS, Tex.—Airman Jerry D. Stiles, son of Mr. and Mrs. Buster G. Stiles of Rt. 2, Hessemer City, N. C., has graduated at Sheppard AFB, Tex., from the U. S. Air Force airframe mechanic course.

The airman who was trained to repair current Air Force jet fighters, is being assigned to Webb AFB, Tex., for duty with a unit of the Air Training Command which provides flying technical and basic military training for U. S. Air Force personnel.

Airman Stiles attended Bessemer City high school. His wife Evelyn, is the daughter of Mr. and Mrs. H. Bradley of 2814 Penny Park Drive, Gastonia, N. C.

October is normally the driest month of the year in North Carolina, but not in 1971. This year, the rainfall was the greatest for any October in history and the largest for any month since 1955. Rain fell somewhere in the state every day except two, and totals for the month were, in most cases, two to four times the October normal. The amount ranged as high as over 17 inches in the Tidewater area. The mountain section was generally the driest.

Per capita U. S. consumption of fish has changed very little. The average is about 10 pounds a year.

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CAN VITAMIN C PREVENT COLDS? With the colder weather months coming on everyone is concerned with whether they will be catching the usual colds this winter. Recently there has been a lot of publicity about the ability to ward off colds or reduce their severity with daily doses of Vitamin C (Ascorbic Acid). Some physicians believe Vitamin C lessens cold symptoms. Opinions on the effectiveness of Vitamin C differ widely but there is not yet definite clinical research to support either a negative or a positive conclusion. We regularly stock many reputable brands of Vitamin C preparations. Common sense in our everyday living, good diet, regular check-ups are all part of keeping ourselves healthy during the cold season. YOU OR YOUR DOCTOR CAN PHONE US when you need a delivery. We will deliver promptly without extra charge. A great many people rely on us for their health needs. We welcome requests for delivery service and charge accounts. KING'S MOUNTAIN THE STORE DRUG COMPANY THE CITY'S MODERN STORE. PHONE 739-2571