

TOWN AND COUNTRY

GIFTS

FINE THINGS

Come see our Wildflower Garden!!

OPPOSITE THE METHODIST CHURCH, MAIN STREET, HIGHLANDS

ATTENTION BOOK LOVERS!

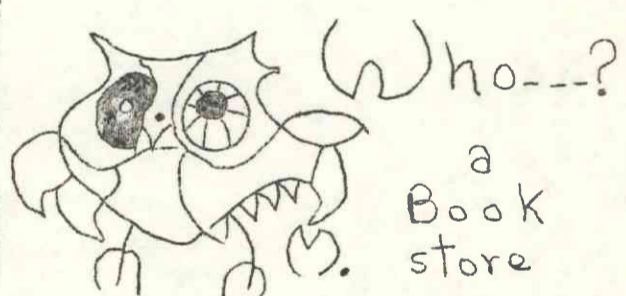
The annual Bargain Book Sale at the Hudson Library will begin on Thursday, August 12 at 10:00 A.M. Books old and new, some out-of-print or hard to find, all in good condition, will be on sale.

An added attraction will be a silent auction scheduled for the opening date of the sale and continuing for three days. A carefully selected assortment of books will be on display, each provided with a bidders' sheet. Should you desire to own one or more of these volumes simply write your bid, and if no one raises this bid the book will be yours when the auction closes at 3 P.M. on Saturday, August 14. You may raise your bids as often as you like. You do not need to be present to receive your selection, but be sure to register your address or telephone number.

Remember the dates: August 12, 13 and 14.

HOSPITAL NEWS

The panel discussion, held at the Highlands-Cashiers Hospital by the doctors last week, was termed a tremendous success. The topic for discussion was prevention and treatment of heart disease. This topic was of particular interest since the majority of our population is composed of people over fifty years of age. Also statistics



Who---?
a Book store
is about to be opened between Esther's and the Cracked Pot. You name it. Suggestion box by door. prizes
-margueritefuller, prop.-

show that 54% of all deaths are attributed to heart disease. The proportion is probably higher in the Highlands-Cashiers area.

The doctors explained in detail about possible symptoms to watch for that might alert an individual of a coming attack. Seven risk factors in the prevention of heart disease were discussed. The discussion later evolved to what each individual could do to properly care for himself and help prevent a heart attack.

While two of the doctors were speak-
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