

Americans Spending Millions On Vitamins

Part of the 300 million dollars a year that Americans spend on vitamins could be saved, according to the editors of "Changing Times." The Kiplinger Magazine, if purchasers would ask for their doctor's advice on whether they needed them.

In a copyrighted article, "Don't Overdo On Vitamins", the editors report that only one-third of the vitamins people buy are bought with a doctor's prescription. The article lists four principle points about vitamins:

1. Several of the vitamins that look so important listed on the bottle are put in solely for sales purposes. Scientists are not even sure they are needed by the normal human body. 2. No amount of vitamins can "supercharge" you with boundless energy. The oversupply is simply thrown off by the body. 3. An adequate diet provides the vitamins our bodies need and in much better form than drugs can. 4. There are dangers in taking too many of certain vitamins.

To play safe on vitamins, and save money, the editors suggest eating a basic daily diet of seven types of food: Group I—dark green and deep-yellow vegetables; Group II—citrus fruit, tomatoes, raw cabbage; Group III—potatoes, other vegetables and fruits; Group IV—milk, cheese, ice cream; Group V—meat, poultry, fish,

ST. LUKE'S CHURCH TO HOLD STUDY GROUP

There will be a study group conducted by Rev. John C. McDuffie at St. Luke's Parish House each Wednesday evening at 7:30 during Lent. All interested persons are invited.

St. Luke's church is open daily for meditation and prayer.

eggs, dried peas, beans; Group VI—bread, flour, cereals; Group VII—butter, margarine.

If you have allergies, or a dietary restriction, you may need supplemental vitamins. Mothers, children and babies often need vitamins. In these instances check with your doctor for a prescription.

Beef Breeding Now Available

The Watauga Cooperative Breeding Association announces that Hereford semen is now available. Farmers with small beef cattle herds can now get their cows bred to Hereford bulls that have been tested for rate of growth and fleshing qualities. Only top quality bulls will be used.

Farmers may breed their grade Hereford cows and produce calves suitable for sale in feeder calf sales. Registered Hereford cows should not be bred artificially as the Hereford Association will not register calves that result from artificial breeding.

The Watauga County Artificial Breeding Association is now able to serve the cattle producers better than ever before, as they can breed both dairy and beef cows without crossing the breeds.

Lynn Vines, county technician, will accept calls until 10:00 a. m. each day, and the farmer may select the breed he wants to use. The county agent's office will be glad to call Mr. Vines on week days, Monday through Friday, but Saturday and Sunday calls should be made to Harold Farthing at Sugar Grove until the new telephone system at Sugar Grove is put in operation. Then calls may be made to Roy Vines' residence for Linn Vines.



LIFE MEMBER.—Dr. J. T. C. Wright, left, receives life membership certificate from A. R. Smith, in Snow Lodge 363 of the Masonic Order. Dr. Wright has been a Mason since 1922. His fellow-Masons made the award for this work in the lodge at a banquet meeting in February.

National 4-H Club Week Is Underway

National 4-H Club Week, March 2-9, is underway in North Carolina, being observed by 153,206 4-H club boys and girls. They are joining their thoughts with more than 2,200,000 club members throughout the nation who unite head, heart, hands, and health in "Improving Family and Community Living," the clubs' continuing theme for 1957.

Aims of National 4-H Club Week are to provide members a special occasion for evaluating past achievements and make plans for future activities on their farms, in their home, and in their communities.

President Eisenhower praises 4-H club work in his letter to the 4-H Club members of the United States.

He says, "During National 4-H Club Week, it is always a pleasure to recognize the accomplishments and contributions of the 4-H Club movement. With more than two million members, guided by dedicated community leaders, your work and spirit are a source of national strength."

"This year, in developing your theme of 'Improving Family and Community Living', I am glad to learn your vision includes the whole family of nations and our total part in the life of the world community. Our International Farm Youth Exchange program is an effective demonstration of the sincerity of this vision. As you help promote understanding and friendship with youth of other lands, you cultivate a strong stand of peace and freedom."

The 4-H club program is part of the national education system of cooperative extension work in which the United States Department of Agriculture, the State land-grant colleges, and the counties share.

Acresage Cut Goal Of ARP

Some farmers are forgetting that the chief aim of the Acreage Reserve Program is to reduce production of allotted crops in over supply, declares Horace D. Godfrey, North Carolina ASC Administrative Officer.

According to Godfrey, some farmers in commercial corn counties thought they were entitled to place their entire corn allotment in the reserve and then plant all the corn they wanted for feeding livestock on the farm.

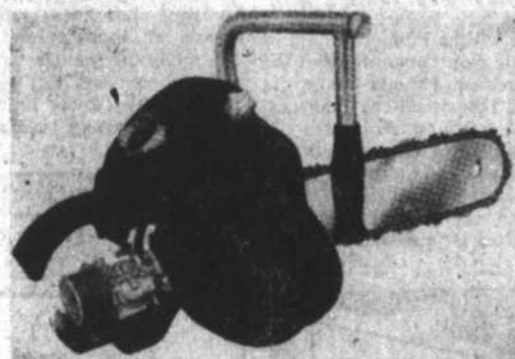
Godfrey emphasizes that a farmer will be ineligible to participate in either phase of the Soil Bank Program if the planted acreage of any allotment crop produced on the farm exceeds the farm allotment. Wheat and peanuts are exceptions to this requirement, he says.

The fact that a farmer plants within his allotment is not enough. According to Godfrey, the farmer will also be required to reduce his plantings of the allotment crop being placed in the reserve by the same number of acres placed in the reserve.

The Soviet hits at weapons "more powerful" than bombs.



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Wataugans Attend Forestry School

Six persons from Watauga County were among the more than 80 county school superintendents and schools principals from this section of the state who visited the Schools of Agriculture and Forestry at State College in Raleigh, Friday and Saturday, March 1 and 2.

Purpose of the trip was to study facilities at the schools and opportunities available to high school graduates who wish to do college work in agriculture or forestry.

Watauga countians attending were: W. C. Richardson, Assistant County Agent, Boone; A. B. Crew, Principal Appalachian High, Boone; James Storie, Principal Blowing Rock High, Blowing Rock; John Bingham, Principal Cove Creek High, Sugar Grove; Clyde Greene, Principal Bethel High, Beaver Dam; O. K. Richardson, Chairman of Board of Directors Bethel High, Boone.

Arranged by Wayne Corpening, chairman of the agricultural division of the Northwest North Carolina Development Association and Vice President of Wachovia Bank and Trust Company, Winston-Salem, the trip included tours of the departments in the School of Agriculture, the college farm, and the School of Forestry.

Hosts were Chancellor Carey Bostian of State College, Dean D. W. Golvard of the School of Agriculture, and Dean R. J. Preston of the School of Forestry.

Commenting that nearly 40 percent of the jobs available in this country today are in agriculture or supporting and related fields, Dean Colvard said there is a shortage of trained leaders to fill these positions. He continued that last year the School of Agriculture graduated fewer than 100 boys and there were 500 jobs waiting for them. "The purpose of the School of Agriculture is to train scientists," he emphasized. "It is not organized just to train farmers alone."

High school graduates turn down \$72,000 when they decide to go directly to work instead of going to college, he said. Surveys indicate that in a lifetime the col-

lege graduate can expect to earn \$72,000 more than the person who quits after high school. This is a return of 18 times on an invest-

ment of \$4,000 for four years of college training.

Omission Cited

Rev. Cecil Glenn assisted in the funeral for Mr. Newton Barnes. His name had been omitted from the paper.

Truman says the Presidency is many jobs in one.

CONSUMER PRICES

The U. S. Consumer Price Index reached another high in January—the seventh record-breaker in seven months. The index stood at 118.2 as of mid-January a rise of 0.2 per cent in a month, 2.9 per cent rise since June, 1956, the pre-Korea era. The base figure, 100, represents the 1947-49 price average.

OUR SINCERE Congratulations

To The Three Watauga County Communities Which Have Recently Completed

New School Buildings

The County Authorities and The Communities of

BLOWING ROCK — BETHEL and COVE CREEK

are to be commended on taking this forward step, and we join with you in your Pride and Joy

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Local Realty Values

G.I. and F.H.A. Loans Now Available



Require Small Down Payment

GOOD 3 BEDROOM HOUSE—Bath, large lot, located near college. GI loan, monthly payments \$34.00 (includes insurance and taxes). \$1,200 down payment. Vacant, ready to move in.

OWNER WANTS TO SELL—Large 9-room house which includes two 2-room furnished apartments rented \$70.00 per month and 6-room house. Large lot suitable for additional house site. Price \$7500. Will handle second mortgage if necessary.

GOOD 3-BEDROOM HOUSE—Large living room, hot air heat, double garage, located on Grand Blvd. Vacant, ready to move in. Storm windows and new furnace. Small down payment.

TWO ROOM SUMMER COTTAGE—2 acres land. Located on Winkler's Creek. Priced for quick sale!

WE NOW HAVE AVAILABLE VA and FHA Financing for our new 3 and 4 bed room homes. If you are planning on building a new home this year it would pay you to get started on plans and financing. Plans and specifications furnished free. See our new line of homes now. We also have some excellent home sites in new development.

GOOD 3 BED ROOM STONE HOUSE, bath, basement, 1 acre land beautifully landscaped. Located at Sands on Highway 194. Priced for quick sale.

GOOD 3-BEDROOM HOUSE—Large living room with beautiful fire place. Radiant hot water heat, garage, large lot, already financed. Small down payment. Located near IRC.

GOOD 3-BEDROOM HOUSE, 2 baths, spacious living room with stone fireplace, double garage, 2 acres land beautifully landscaped. Located just out of city limits.

INVESTMENT PROPERTY—5-apartment brick house, located near college, grossing 10 per cent. Terms if needed.

NEW 2-BEDROOM HOUSE, car port, located Faculty Street. Ready to move in. Terms if needed.

2 APARTMENT HOUSE, heat, corner lot. Located near college. Monthly rental \$88.00. Terms if needed.

GOOD 5-ROOM HOUSE, hot air heat, full basement, unfinished upstairs, large lot. Located on Horn in the West Drive. Priced to sell.

NEW SEVEN ROOM BRICK HOUSE, two full baths, hot water heat, large lot just out of city limits. Excellent neighborhood.

NEW RESTAURANT FULLY EQUIPPED with new equipment. Building 48'x36'. Over 500 foot of road frontage on highway 421 about 6 miles west of Boone.

FOR SALE—10 acre farm, good 6 room house, bath, hot air heat, basement, new chicken house 15'x60' and tobacco base. Located Deerfield road near Boone. Immediate possession.

WOODLAND DRIVE—New 3-bedroom brick house, two ceramic tile baths, dishwasher, full basement, hot water heat, double garage, storm windows. Located in one of the better residential sections, near college. F.H.A. or G. I. loan available.

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There is only one Grand National—and there can be only one winner! The best America has to offer are entered in this event—known for years as the "granddaddy" of all stock car racing. It's the supreme test of handling, ruggedness, safety, power and over-all performance—and Pontiac took them all hands down and broke a track record to boot! So meet the new champ—a strictly production

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