

Church Notices

RUMBLE MEMORIAL PRESBYTERIAN CHURCH
Blowing Rock, N. C.
Walter E. Keys, D. D., minister.
Sunday:
9:30 a. m.—Men's Bible Class—The Masse.
10:00 a. m.—Sunday School in the Chapel.
11:00 a. m.—Morning worship.
7:00 to 9:00 p. m.—Pioneer and Young People's assembly in the Chapel.
Wednesday:
8:15 p. m.—Choir practice in the Church.
7:30 p. m.—Prayer meeting in the Chapel.

LUTHERAN PARISH
George W. Shuford, pastor.
Bethany: Sunday School 10:00 a. m.; Service, fourth Sunday, 7:00 p. m.; first and third Sundays 11:00 a. m.; Lenten Service Tuesday; Teaching 7:00 p. m.; Worship 7:30 p. m.
Holy Trinity: Sunday School 10:00 a. m.; Service—2nd and 4th Sundays 11:00 a. m.; Lenten service Thursday; Teaching 7:00 p. m.; Worship 7:30 p. m.
Holy Communion: Sunday School, fourth Sunday 10:00 a. m.; First, second and third Sundays 1:30 p. m.; Service, first, second and third Sundays 2:30 p. m.; Lenten Schedule Friday; Teaching 7:00 p. m.; Worship 7:30 p. m.

ST. LUKE'S EPISCOPAL CHURCH
Sundays—8:30 a. m.—Morning prayer; Holy Communion 1st and 3rd Sundays.
10:30 a. m.—Church school.
6:00 p. m.—Cantebury Club—All college students, faculty and interested persons invited.
Wednesdays—10:15 a. m.—Holy Communions.
9:00 a. m.—Morning prayer daily except Saturday.

BLOWING ROCK FIRST BAPTIST CHURCH
G. Carlton Cox, pastor.
Sunday School at 10:00 a. m.
Worship service at 11:00 a. m.
Sunday evening service at 8:00 p. m.
Prayer meeting Wednesday at 8:00 p. m.
Choir rehearsal Wednesday at 8:00 p. m.

PRESBYTERIAN CHURCH
J. K. Parker, Jr., pastor.
Sunday school at 9:45 a. m.
Morning worship at 11:00 a. m.
There is a nursery kept for small children during this service, with a nurse on duty.
Westminster Fellowship at 8:45 p. m.
Circles of the women of the church meet the first Monday of each month; general meeting of the women of the church each third Monday.

GRACE LUTHERAN CHURCH
Rev. E. F. Troutman, Pastor.
Sunday School at 10:00 a. m.
Worship at 11:00 a. m.
Luther League at 8:00 p. m.
Lutheran Student Association at 9:30 p. m.
Junior Choir meets Wednesday afternoon at 8:30.
Senior choir rehearsal on Wednesday evening at 7:00 with Mrs. Walton Cole directing and Prof. Cole at the organ.
Come and worship.

BOONE CATHOLIC CHURCH
Mass, Legion Hut, first and second Sundays at 11:45, other Sundays at 8:45.
Confessions before all masses.
Week day masses—Above the Boone Drug Store, Thursday, Friday 6:30 a. m.; Saturday, 8:00 a. m.
Wednesday 8:00 p. m. Evening Mass and Lenten devotions at the Blowing Rock Catholic Church of the Epiphany.

REVIVAL
There will be a revival at Laurel Springs Baptist Church beginning March 24th. Music will be under the direction of Rev. Rex West, preaching by Rev. George Westmorland, pastor of First Baptist Church in Hudson. Rev. J. E. Crump, pastor.

BOONE METHODIST CHURCH
E. H. Lowman, pastor.
Sunday school—9:45.
Morning worship—11:00.
Methodist Youth Fellowship—8:30.
Choir rehearsal—Wednesday, 8:15.
Junior Choir—Friday, 3:30 to 4 p. m.

Baby Clinics Set For Today

The monthly Well Baby Clinic will be held at the Watauga County Health Center on Wednesday, March 20th at 1 p. m. The purpose of this clinic is to keep children from birth to 6 years who are not under the care of a private physician under medical supervision. Dr. H. M. Wilson is the attending physician.
The Crippled Childrens Clinic will be held at the Ashe County Health Department on Friday, March 22nd at 8 a. m. Dr. J. S. Gault, Jr. is the attending physician.
The purpose of the Soil Bank Conservation Reserve Program is to help maintain farmers' net income at the same time he is reducing his plantings of cash crops and practicing more conservation on the land.

Bread Pudding Recipe Given

Judge as the old adage, "the proof is in the pudding", says the proof of this pudding lies in its nutritive value and its richness in eggs and milk.
Do you have trouble getting your family to drink milk or eat their egg a day? If so, try this pudding recipe in order to supplement their diets with needed vitamins and minerals:
8 slices day-old bread
1/2 cup butter
4 eggs
1/2 cup sugar
1/2 teaspoon salt
1 teaspoon vanilla
1 quart milk
3/4 cup seedless raisins
1/2 teaspoon cinnamon
Toast bread lightly on both sides and cut each piece into three strips in a rectangular baking dish (12 x 8 x 1-1/2 inches) and pour the melted butter over them. Repeat, making second layer of buttered toast. Beat eggs slightly, add sugar, salt, vanilla, and 1 cup of milk. Scald rest of milk and stir into egg mixture. Pour over bread in baking dish, and sprinkle with raisins and cinnamon, pushing bread down until it starts to absorb liquid.
Bake in a slow oven, 300 degrees for 50 to 60 minutes, or until a sharp knife inserted in the center comes out clean. Be careful not to overbake. Serve warm or cold, with cream if desired. Makes six servings.
In addition to the protein in the eggs, the calcium and many other nutrients in the milk, you can get additional iron in your diets from the raisins in this recipe.

COST-OF-LIVING
The cost-of-living—as measured by the Government's consumer price index—has just risen to another new record high. Automatically about 1,500,000 workers got a raise in hourly wage scales. On April 1, the soft coal miners will receive 80¢ more a day, at the same time, the mines in the South will raise the price of coal 25 cents a ton and those in the North may take similar action.

Home Nursing Tutors Local Health Need

At a recent meeting of the Steering Committee of the Health Education and Welfare Committee of the Rural Development Program, a need was expressed for instructors in Home Nursing to be available for teaching home care of the sick to groups in this area. An instructor to teach future instructors in home nursing will be provided by the Red Cross if enough people are interested in taking the Red Cross Home Nursing Instructors Course.
Nurses, teachers, and persons with one year of college work have the special talents needed to become Home Nursing Instructors. Persons in other fields of leadership in the community may be evaluated individually for acceptance in this course. If you have been a Red Cross Home Nursing Instructor in the past, you may make arrangements to renew your certificate while the instructor is here.

Arrangements will be made for the course to begin the latter part of April if there are enough applicants. It consists of 30 hours of instruction given on 5 consecutive days; 6 hours a day.
Many people need nursing care in the home; the convalescent, the aged, and persons with disabling diseases. The first step in Watauga County towards better home nursing is the training of home nursing instructors who will teach groups in their own communities.
If you wish to help take this first step in Watauga County, please contact Miss Jean Childers, Home Demonstration Agent, phone AM 4-3879, or Mrs. Nancy Thomas, Public Health Nurse at the Health Center before March 25th.

The size of the grinder used for grinding feed does not appreciably affect the power cost for grinding a specific quantity of grain, says E. S. Coates, extension agricultural engineer at North Carolina State College.

Winchester To Aid Vets

Mr. Jack C. Winchester will be at Lionel Ward's office, Friday March 22, from 8:00 a. m. until noon to assist any veteran who has a claim of any kind pending. There has been many changes in veterans insurance recently and one wishing more information on G. I. Insurance should see Mr. Winchester on the above named date.

Spring gloves are longer, in pastel shades.

MIDDLE EAST AID

It may cost \$5,000,000,000 a year in economic aid to stabilize Asia, the Middle East and Africa against Communism, a University of Chicago Research group recently told the Senate Foreign Relations Committee. The group suggested a long-range program over a period of ten to twenty years as a minimum.



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HOME-BUILDING

The Federal Government is now working on several schemes to make money easier for the home-builder. One is to increase by \$500,000,000 the amount that the Federal National Mortgage Asso-

ciation can borrow from the U. S. Treasury and the public. Another measure pushed by the House Veterans Affairs Committee would increase by \$2,000,000 the direct home loan program of the Veterans Administration.

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Forgiveness

Our verdict had been given. With a word of commendation the Judge discharged us, the ladies and gentlemen of the jury. The completed duty brought little relief. Instead there was a burden, a spiritual weight. Days of testimony and hours of deliberation had given an oppressive sense of the world's sin and suffering.
The door of my church was open and I slipped inside. I was alone as the rays of the setting sun enhanced the rich colors of the windows. All was quiet. I dropped to my knees.
Gradually in the solemn beauty of that sacred place I found peace. Here was sanctuary for me and for all who would come in faith believing.
Thankfully I arose; my heart and mind felt calm and refreshed. I could go home now, but I would return often. In glad fellowship with God's people I would worship the Christ who died that men might be forgiven.

THE CHURCH FOR ALL... ALL FOR THE CHURCH
The Church is the greatest factor on earth for the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should support the Church. They are: (1) For his own sake. (2) For the sake of his children's sake. (3) For the sake of his community and nation. (4) For the sake of the Church itself, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

Day	Book	Chapter	Verses
Sunday	Psalms	63	1-12
Monday	Isaiah	1	1-20
Tuesday	Lamentations	3	29-38
Wednesday	Matthew	7	24-48
Thursday	Matthew	18	21-25
Friday	John	8	1-11
Saturday	Isaiah	12	14-21

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