

Personal Mention—Social Activities

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Local Affairs

Mrs. Tyre-Casey of Cycle, N. C., will spend the holidays with her brother, James B. Mast and family.

Mr. Jimmy Mast of Winston-Salem, will spend the holidays with his parents, Mr. and Mrs. James B. Mast of Sherwood.

Mr. and Mrs. R. J. Phillips, Jr., and son, Rio, are spending a week in St. Petersburg, Fla., with friends and relatives.

Mr. and Mrs. Robert S. Goins of Knoxville, Tenn., will spend the holidays in Boone visiting friends and relatives.

Gene Howell of N. C. State College arrived Wednesday to spend the holidays with his parents, Mr. and Mrs. John Howell.

Mr. and Mrs. Battle Brown of Raleigh, were visitors in the community during the week end.

Miss Wilma Baird returned to Gastonia today after visiting since Saturday with her mother, Mrs. T. C. Baird, and Mr. Frank Baird of Valle Crucis.

Mr. and Mrs. W. B. Brittain and daughter, Becky of Charlotte, are spending the holidays with Mrs. Brittain's mother, Mrs. Carrie Buxton in Blowing Rock.

Mr. and Mrs. Bob Dunnegan and Bobby of Winston-Salem are spending the holidays with Mrs. Dunnegan's parents, Mr. and Mrs. Gordon Winkler.

Mr. and Mrs. Johnnie Austin and sons, Douglas and Michael, will leave Christmas Day for a short visit with Mr. and Mrs. E. C. Austin in Hudson, N. C.

Miss Pat Breitenstein, student at Catawba College, is spending the holidays with her parents, Mr. and Mrs. Robert L. Breitenstein.

Mr. and Mrs. John Critcher and Mrs. M. P. Critcher left Saturday to spend 10 days with Mr. and Mrs. Paul DuPre and John Paul in Wilmington, N. C.

Mr. and Mrs. John Carroll and children of Hudson will be spending the Christmas holidays with relatives in Watauga County.

Dr. and Mrs. James Harrelson and children, Betty and Carol of Asheville, have returned after spending a few days visiting in Blowing Rock and Boone.

Mr. Zeb Farthing and Mr. Ed Farthing visited Wednesday with Mr. Don Farthing who is a patient at Cannon Memorial Hospital.

Mrs. Zeb Farthing returned Monday from a two weeks visit with her son and family, Mr. and Mrs. John Farthing of Augusta, Ga.

Mr. John Farthing of Augusta, Ga., left Thursday for home after visiting for a few days with his parents, Mr. and Mrs. Zeb Farthing.

Bill Taylor and Jimmy Goodnight, both students at the University of North Carolina, visited during the week end with their parents.

Mr. and Mrs. Colon Nifong and children, Debbie and Jeffrey of Winston-Salem, will arrive to spend the holidays with Mrs. Nifong's parents, Mr. and Mrs. James B. Mast.

Mr. and Mrs. Jerry N. Sudreth of Route 8, Lenoir, announce the birth of a daughter, Kelli Reane, born Sunday, December 16, at Dula Hospital in Lenoir.

Mr. and Mrs. John York will be spending the Christmas holidays with their parents, Mr. and Mrs. Charlie Smith in Morganton and Mr. and Mrs. John D. York in Mt. Airy.

Mr. and Mrs. Harry F. Dean of Miami and Coral Gables, Fla., will be spending the Christmas holidays in Boone with Mr. and Mrs. W. C. Greene and other friends in the county.

Mr. and Mrs. Elmer Russell and children, Joan, Larry and Rebecca, of Galax, Virginia arrived Saturday to spend the holidays with Mr. Milton Brown of Trade, Tennessee.

Miss Linda Kay Cline, who is with Snelling and Snelling in Winston-Salem, arrived Friday to spend the holidays with her parents, Mr. and Mrs. J. C. Cline.

Mr. and Mrs. Jimmy Cline attended the wedding of Miss Becky Smith and Mr. Lanny Hedgecock in Winston-Salem on Sunday. Mrs. Cline was one of the attendants.

Mr. and Mrs. Randolph Phillips and children, Elizabeth and David, left Wednesday, the 26th, for a week's visit with Mr. Phillips' parents, Mr. and Mrs. Marvin Phillips, in Sumter, S. C.

Mr. and Mrs. Thomas Buxton of Bloomington, Indiana arrived Friday to spend two weeks visiting with Mrs. Buxton's mother, Mrs. Carrie Buxton in Blowing Rock. Thomas is a student at the University of Indiana.

Mr. S. G. Gabriel of South Boston, Va., has arrived to spend the Christmas holidays with Mr. and Mrs. O. K. Richradson. Mrs. Gabriel has been spending the past week here with her parents.

Mr. and Mrs. A. L. Cooke will be spending the Christmas holidays in Athens, Ga. visiting with Mr. and Mrs. Wendell T. Wilson. While away they will also visit Mr. and Mrs. Paul Fox of Hickory.

Holiday visitors with Mr. and Mrs. W. R. Winkler are Mr. and Mrs. Bob Congleton and daughters, Carolyn, Betty Ann and Robin, of Barbourville, Kentucky and Mr. and Mrs. Sam Moir and sons, Ron and Mike, of Salisbury.

Lt. John E. Fletcher of Grifith Air Force Base Aeronautical Research and Development Center of Rome, New York, is expected home during the week end to spend the Christmas holidays with his parents, Mr. and Mrs. J. C. Fletcher of Zionville.

Mr. and Mrs. G. C. King, Mr. and Mrs. Robert DeVault and children, Cleve and Mary, of Asheville and Mr. Howard C. King of Richmond, Virginia visited over the week end with Mr. and Mrs. Eric DeGroat and family. They are members of Mrs. DeGroat's family.

Mrs. Lionel Ward returned Wednesday to her home after spending four weeks with her son and family, Mr. and Mrs. Zeb Adams and new baby girl, Nancy Marie, in Sunnyville, Calif., and also after spending two weeks with another son, Charles Adams in Baker, Oregon.

The best way to make a fortune is to work for it and to begin while young.

Modern miracle: The manner in which Santa Claus gets into some apartments.

Miss Miller, Mr. Minor Married



MRS. JOE CHANNING MINOR

Miss Cherrie Lee Miller of Greensboro was married to Joe Channing Minor of Boone and the United States Army at 2 p. m. Saturday, December 22, in the First Presbyterian Church of Boone, by the Rev. J. K. Parker, Jr.

The bride is a daughter of Mr. and Mrs. H. Clifford Miller of 2500 Netherwood Dr., Greensboro. The bridegroom is a son of Mr. and Mrs. Joe C. Minor of 120 Oak St., Boone.

Following the ceremony, the bride's parents were reception hosts in the Fellowship Hall of the church.

After a honeymoon in the mountains, the couple will live in Shreveport, Louisiana, where Mr. Minor will be stationed at the Ordinance Plant on the Nike-Hercules Missile base.

The bride is a graduate of Greensboro Senior High School and attended Appalachian State Teachers College for one year and a quarter.

The bridegroom graduated from Appalachian High School and attended Appalachian State Teachers College for a year before enlisting in the United States Army.

Given in marriage by her father, the bride had her sister, Miss Lana Miller, for her maid of honor. Miss Jan Minor, sister of the bridegroom, was flower girl.

The bridegroom had his father, for best man. Phil Minor, brother of the bridegroom, and Randall Miller, brother of the bride, ushered.

Music was furnished by Mrs. R. E. Agle, organist, and her son, Jim Agle.

The bride wore a white satin princess-style dress, with a scoop neckline edged in seed pearls, long tapered sleeves, and a full skirt which extended into a

Health And Beauty

The diet of an older person should be watched carefully to be sure it includes good quality protein foods like milk and meat to protect them against anemia, vitamin deficiencies and so forth.

Nutritionists recommend that older people continue to use a moderate amount of milk—about two glasses a day. Milk is a source of good quality protein, a moderate amount of calcium and a very good supply of riboflavin.

A balanced diet for older people should be composed of meat, milk, yellow and leafy vegetables, fruits and a moderate amount of cereals and bread. This group should not let themselves fall into the all too common habit of nibbling biscuits, cakes and other sweets and then not having an appetite for the foods they should get each day.

We have brought out this point before in this column, but we believe it is worth bringing up again, and it is—that the worst diets are found among the very poor and the very rich. People with extremely low incomes and a low level of understanding of nutrition tend to eat too much of the dry, staple foods that are high in starch.

In the upper-income groups they tend to eat too many sweets and starchy foods because they taste good. Children in this group always have plenty of spending money and they usually eat the wrong things, too.

Good nutrition is most often found in the upper-middle class families where the homemaker is intelligent and interested enough in good nutrition to take pride in providing balanced meals for her family.

TRADE AT HOME

Pictures Can Make Or Break Room Decor

Pictures are that final touch that can make or break room decor. There are people who do not like pictures and the absence of them in their homes make the rooms look cold. Other people buy and hang pictures at random just to use up space.

It's not necessary to spend a fortune on paintings, pictures

or etchings to decorate your home. A color photograph cut from a magazine, if framed correctly, will add that needed bit of charm.

There are a few things that should be taken into consideration when planning a picture arrangement:

First, the type of picture chosen should blend with the type of furniture in the room—for example, a modern picture or a Louis XIV would look very much out of place in a room with Victorian furnishings. Also, the colors in the picture should not clash with the color scheme of the room.

After the picture has been chosen—make sure a proper frame is selected and that the picture is cropped and matted correctly.

Remember, the delicate colorings and brush strokes of Oriental prints and the simplicity of etchings and bloc prints should not be overwhelmed by heavy ornate frames. As a general rule, these types of pictures should be widely matted and framed in simple narrow frame.

On the other hand, solid oils are correctly framed by massive, heavy frames.

Hang pictures advantageously. A miniature picture, no matter how lovely, is not hung over a sofa where one large picture or a grouping of six or eight pictures should be placed.

The pictures in a home should express the tastes, interest and hobbies of the owners, framed and hung so the effect will be pleasing to the eye.

Northwest Assn. Meets In January

Winston-Salem, Dec. 20 — Wayne Corpening, after a conference here yesterday with Atwell Alexander of Stony Point, said committees of the Northwest North Carolina Development Association will be asked to meet at Elkin in late January to set up 1963 agricultural programs.

Corpening and Alexander are co-chairmen of the association's agriculture division.

"We anticipate that specialists from N. C. State College will be able to report on their surveys at the January meeting," Corpening said.

He referred to studies started early in 1962 aimed at developing new opportunities in Northwest farm production and possibly processing.

Chamber Board To Meet Jan. 3

The Board of Directors of the Chamber of Commerce will meet Thursday January 3, at 12 noon at the Daniel Boone Hotel, according to the President, H. W. Wilcox.

The meeting had previously been scheduled for January 1.

Notes and Comments

Nobody appreciates fire insurance more than the man whose home burns down.

If money grew on trees, the big corporations would probably own all of the trees.

The way to have an honest government is to have honest voters, as well as honest officials.

Fashion News

The woman who dresses well on a slim budget will watch the after Christmas sales for good bargains. Very often classic style suits and other garments are offered for half their original prices. It doesn't pay to buy such things because they are bargains, however, unless they are becoming. A suit which makes the wearer's complexion look sallow or a style which makes a plump woman look plumper is a poor buy in anyone's country.

Such garments usually end up hanging in a closet.

Shoe sales are the thrifty buyer's cup of tea. She knows exactly what type and size she wants, and will watch the papers to see when they are advertised for sale.

Buncombe County's name originates from the word "bunkum," which means "nonsense." An Asheville congressman, after a masterful fence straddling oration in which he said nothing, when asked why he had been so evasive, replied, "I did it for Buncombe."

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