

Moretz Given Doctor Degree



DR. ELMO E. MORETZ

Elmo E. Moretz, son of Mr. and Mrs. A. E. Moretz of Route 2, Boone, was awarded the Doctor of Education degree during formal commencement at the University of Miami, Fla., January 29. The candidate was hooded during the ceremony by his advisor, Dr. H. W. Wey, formerly of Boone and ASTC, and presently associate dean of the School of Education.

Moretz's doctoral dissertation, "A Study of the Relative Effectiveness of Teachers with and without the Master's Degree," was jointly sponsored by the School of Education of the University of Miami and the Dade County, Fla., Board of Public Instruction.

Moretz is now assistant professor of education at the University of South Florida in Tampa. His public school experience included positions in Gastonia, Raleigh, and at the Appalachian Elementary School in Boone where he completed an administrative internship under the direction of John Howell. He taught at the Psychological Warfare Officers School while in service.

While working toward the doctorate at Miami, Moretz served as assistant to the graduate studies committee in the school of education and as assistant to the director of the University Bureau of Institutional Research.

Dr. Moretz received the B. S. and M. A. degrees from Appalachian State Teachers College in 1952 and 1959, respectively. Other graduate work was completed at State College of the University of North Carolina.

Dr. and Mrs. Moretz, the former Virginia Bridges of Forest City, reside with their daughters, Anne and Patricia, age seven and five, at 506 Fal-mouth St., Temple Terrace, Fla.

Health and Beauty

Most of us know that a good crisp healthy head of lettuce is a storehouse of many essential mineral salts, which includes organized calcium, iron, magnesium, potassium, sodium and manganese. Also silicon, iodine, sulphur, phosphorous and chlo-

rine. Silicon, with sulphur, feeds the hair and makes it grow, many tell us. Together with chlorine, silicon preserves the enamel of the teeth. The silicon in the skin acts as an insulation, keeping the body heat inside.

Our finger nails and toe nails need silicon and sulphur for health. Finger nails are a good indication of a person's state of health. When the nails are rough, furrowed or wrinkled, there is mineral starvation.

Try to include raw onions in your daily diet. Onions promote the nourishment of the vital centers. They are rich in cal-

cium, iodine and sulphur. All these chemicals help give us red-blooded enthusiasm and endurance.

Onions also help eliminate acids and toxins in the system, and have long been used in the treatment of colds. Nervous people should definitely try eating raw onions.

Lately there has been a great

deal written and said about the apple cider vinegar being a natural health food. In fact, a popular health drink with many people is two teaspoonsful of apple cider vinegar in a medium glass of water with two teaspoons of honey. Stir thoroughly and sip slowly.

TRADE AT HOME

WRONG CITY

Memphis, Tenn.—Placing a long distance phone call from his Memphis hotel room, Eugene Montgomery of Atlanta wanted to tell his wife when he was coming home.

The caller was surprised to hear a husky voice answer and when he questioned the whereabouts of Mrs. Montgomery the

voice said his wife was out. The first Mr. Montgomery asked if the number was 634-1-3-8-8, Atlanta?

"Atlanta?" came the reply, "Mister, you're talking to N. M. Montgomery, 63-6, 1-3-8-8, in Vicksburg, Mississippi."

Fight shaping up in Congress over budget.



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Seafood Specials

12 oz. Pkg. **Fish Cakes - 39¢**

Taste O' Sea Cooked **Fish Sticks 79¢** 1½-Lb. Box

Pollution Meeting Set At Cove Creek

There will be a meeting at the Cove Creek Elementary School Auditorium Thursday, February 14, 7:30 p. m., to discuss the problem of water pollution in Cove Creek near Sugar Grove.

Plant Pools Being Made

The County Agent's Office will assist farmers and home gardeners to pool orders for strawberry plants, blueberry plants and other fruit plants.

Place your order for these plants with Mrs. Phillips at the County Agents Office by March 1st, for delivery in April.

Each strawberry plant set, if properly cared for, should bear from one pint to one quart of fruit the following year. An acre of strawberries should yield 2,000 or more gallons.

Members of **REINS-STURDIVANT MUTUAL BURIAL ASSOCIATION, INC.** 401 East King Street Phone AMherst 4-8866 Can Now Increase Their Burial Insurance With "PLAN-RITE"

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- Personal Size **Ivory Soap 27¢** 4 3¼-Oz. Bars
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COOKING OIL 57¢ 48-Oz. Bil.

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Limit 1 of your choice with a \$5.00 or more order

DETERGENT 17¢ Lgo. Pkg.

WHITE ARROW

TIDE

Limit 1 of your choice with a \$5.00 or more order

INST. COFFEE 89¢ 10-Oz. Jar

ASTOR

NESCAFE

FAMOUS BRANDS

U. S. No. 1 Maine Russet

POTATOES 49¢ 10 Lb. Mesh Bag

Thrifty-Maid Evaporated ... Limit 6 Cans With A \$5 Order

MILK 10¢ Tall Can

Land O' Sunshine

BUTTER 59¢ 1-Lb. Pkg.

Astor, Drip, Regular or Fine

COFFEE 49¢ 1-Lb. Can

Frozen Food

- Treasure Isle Round **Shrimp 59¢** 10-Oz. Pkg.
- Gold King **Hush Puppies 59¢** 2 1-Lb. Pkgs.
- French Fry **Potatoes 33¢** 3-Lb. Pkg.
- Astor Baby Lima or McKensie **Butter Beans 89¢** 4 10-Oz. Pkgs.
- McKenzie Mustard, Turnip or **Collard Greens 49¢** 4 10-Oz. Pkgs.
- Minute-Maid **Grapefruit Juice 49¢** 3 6-Oz. Cans
- Cypress Gardens **Orange Juice 89¢** 5 6-Oz. Cans

Juicy Florida **Grapefruit 39¢** 5 Lb. Bag

Fancy Tender

Green Beans 39¢ 2 Lbs.

Morton's Frozen Meat

DINNERS 39¢ 11-Oz. Pkg.

Thrifty-Maid Chocolate, Vanilla, Or Fudge Ripple

ICE MILK 39¢ Half Gal.

Campobello or Cross Roads Pride **Peaches 100¢** 5 No. 2½ Cans

Aster Fruit **Cocktail 29¢** No. 2½ Can

Del Monte Sliced **Pineapple 29¢** No. 2 Can

Thrifty-Maid Green **Lima Beans 25¢** 2 No. 303 Cans

Van Camp **Pork n' Beans 49¢** 4 No. 300 Cans

Libby's **Corn Beef 45¢** 16-Oz. Can

Thrifty-Maid **Catsup 29¢** 2 12-Oz. Bottles

Thrifty-Maid Self-Rising **Flour 149¢** 25 Lb. Bag