Health and Beauty

Boone, N. C.

apital at Banner Elk, spe the week end with her pare Mr. and Mrs. Russell Garla

ENCI bbing performance and drivi building puts your engine in rformance-saves as and off Valve & Head Grinding **Pin & Sleeve Fitting** Brake Drum Turning **Automotive Parts** Accessories 1000000 Equipment **Repairs** to Jewelry SMALL ENGINES Repair All Work Guaranteed • Lawn Mowers — Tillers — Scooters • All Kinds Engine-Powered Equipment WALKER'S **Jewelry Store** MOTOR PA Boone, N. C. **Oldest Jewelry Store** AND SUPPLY COMPANY, INC.

120 N. Depot St .--- AM 4-8832

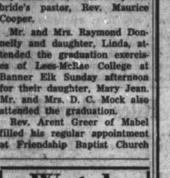
Mr. and Mrs. F. R. Bungard, ner of Trade and Mr. and Mrs. Sunday dinner guests of Mr. and Mrs. Frank Bungardner. Giber company bunday dinner guests May 26th of Mr. and Mrs. Milton Cornett, Miss Betty Jean Cornett was celebrating her birthday which was May 22nd. There were a delicious meal, many nice gifts and other company in the af-formono.

Trade, Tenn. News Items

which was performed at Perk-insville Baptist Church Satur-day afternoon, June 1 by the bride's pastor, Rev. Maurice

Mr. and Mrs. Raymond Don-nelly and daughter, Linda, at-tended the graduation exercis-es of Lees-McRae College at Banner Elk Sunday afternin for their daughter, Mary Jean. filled his regular appointment at Friendship Baptist Church

Mr. and Mrs. Delmer Mock and Mrs. Purtie Grogan attend-ed the wedding of Mr. Jimmie South and Miss Judy Greene



Mr. and Mrs. D. C. Mock also attended the graduation. Rev. Arent Greer of Mabel Watch

Serving Watauga

When persons go to a doctor's office with a persistent back-ache, they usually imagine that they have kidney trouble. They anosmfartable, they have kidney trouble. They ments of pictures showing men standing with their hands on the backs and agonized expres-sions on their faces. The print-od matter accompanying the cuts advised a sure cure for kidney disease, which was sup-posed to be the cause of the main the matter worse. Straping and manipulation will oph make the matter worse. Strap ping and immobilizing will help a back that is strained as

This is all bosh. As a rule kidney troubles are not ushere in by pains in the back althoug sore from an inj

backache may be an accompuni-Penetrating lights, rest, die thermy and Sworth massage will cure most cases of back ache that the doctor sees in the routine day's work. the back is a very important

The back is a very important and complicated structure. A number of bones are super-imposed one above the other and tied together by ligaments, padded with cartillaginous disks between each vertebrae thus forming the spinal column. Sometimes the most intrac-tible backaches are caused by a disk slipping out of place, ri often requires skillful surgery and long treatment to relieve the condition. Many cases of back pain are due to injuries. Sometimen parts of the bones are chipped off or fractured. Arthritis is a frequent cause of backhes. If there are deformities of the bones or deposits about them, the X-ray will often reveal the the X-ray will often reveal the

Bad posture is also a cause of pain in the back for it puts a strain on the muscles and nerv-es. There are strong massive muscles which move the spinal 000, a new record and nearly a 000, a new record and nearly a

through the openings in the vertebrae. They run to all the organs and structures of the sales to China.



Wataugans At Work

Alan Klutz, 17-year-old son of Mr. and Mrs. J. A. Klutz of Winston-Salem and Blowing Rock, and Riehard Snider (standing) of Boone are life guard and pool manager respectively at the Blowing Rock Municipal Pool. Klutz, in his second season as guard at the pool, is a junior at Southwest High School (Winston-Salem). Snider, a 1963 graduate of ASTC, is married to the former

Miss Ruth Lanning of Lexington and has a two-year-old daughter. His third year at Blowing Rock, Snider said that the pool has its busiest time in late July and early Au-gust. Incidentally, the partly submerged swimmer in the right foreground of the aletters area? wasn't about to drown-

It's Outdoor Drama Time Again Column about. The nerves come billion to column about. In Carolina; 3 Shows To Reopen

By MIRIAM RABB

R's outdoor drama time again in North Carolina, with three big shows set to reopen in mountain and coastal vacation-

The initial 1963 performances of "The Lost Colony" at Manteo and "Horn in the West" at

tains, box-office champion among America's outdoor historical dramas.

Andy Griffith, native North Carolinian known to TV viewers as the sheriff of Mayberry, will be guest of honor when "The Lost Colony" begins its 26th season at Waterside Theatre in Fort Raleigh National Historic Site on June 29.

Secretary of Commerce Luther H. Hodges and Dennis A. Greenhill, Her Majesty's Minister from the British Ember in Washington, will participate in the Tercentenary celebration at Boone preceding "Horn in the West's" opening in the Blue Ridge Mountains.

Ox-drawn wagons will roll in to Boone at 10 a. m. June 29 after a three-day re-enactment of Daniel Boone's crossing of

tary Hodges will speak at 2:30 weekly through September 1. p. m. in Conrad Stadium on the "Unto These Hills" and "Horn campus of Appalachian State in the West" are dark on Mon-Treachers College. Dedication of day nights. "The Lost Colony" the Daniel Boone Botanical plays Mondays through Satur-Gardens adjoining the "Horn in day, with special Sunday night the West" theatre will follow. performances June 30, July 21, Mr. Greenhill will speak that August 18 and September 1.

Telephone

W. R. COOKE, JR.

Your Telephone Manager

Talk

evening at the Tercentenary prologue on the stage where and "Horn in the West" at Boone on June 29 will be pre-wide C ar ol in a Tercentenary Celebration. The lights go up on June 25 on "Unto These Hills" at Cher-black in the Creat Small Moun-

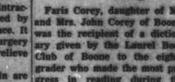
ek the All three of North Carolina's Flat Rock, Clemmons, Charoutdoor dramas play six nights lotte, and Burnsville.



But Remember That "Smart Look" Is for Show. . . It's Your Tires That Are for GO!

and president of made the award.

column about. The nerves come billion dollars more than in



the Blue Ridge. At noon, there will be a parade of wagons, stagecoaches, horsemen and antique motor vehicles. Secre-

Food Is Bought From Selection Of 8,000 Items

Raleigh—Today's homemaker selects her groceries from an assortment of some 8,000 items, compared with only 1,000 just 20 years ago. Two-thirds of to day's products are either new or were materially improved within the last 10 years.

Mrs. Ruby P. Uzzle, consumer marketing specialist for the N. C. Agricultural Extension Service, recently released some figures concerning the shop ping habits of homemakers.

She found that 54.9 per cent of the food shoppers carried no shopping list. Only one shop-per in five has a partially writ-ten list—an indication that the shopper is relying on her sup-ermarket visit for buying suggestions.

How much do shoppers buy? An average of 13.7 items were bought per shopping trip as compared to 12.7 items five years ago. One shopper in three buys more than 15 items.

Homemakers do most of their opping near the weekend. A higher percentage did their shopping on Friday than on Sat-However, purchases were tial on every day of the

predicts a Conse

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sincere, devoted attitude for both his employees and customers will long be remembered by those who knew him best. I feel fortunate that I had the opportunity to become personally acquainted with Mr. "Nab" when I started with the Telephone Company in the early part of 1950. I feel that it is both a privilege and a challenge to follow a man of his caliber. 12 50 6 12

A WELL EARNED VACATION . . . Mr. H. M. In-

abinet, former Manager of Southern Bell Telephone

Company in this area, retired on May 1, 1963. His

SINCE MY WIFE AND HER FAMILY lived in this area many years ago we are comforted by the thoughts that we are moving into a city where we both have many friends and acquaintances. While I have only been in the Lenoir-Boone areas for about three weeks I am already beginning to feel very much a part of these communities. This I am certain has come about through the sincere and friendly manner afforded me by those individuals that I have had an opportunity to meet.

DUE TO THE SIZE OF THE BUSINESS OFFICE in Lenoir I naturally plan to make my home there, however, I will always welcome a telephone call (Collect) from anyone in Boone or Blowing Rock where you are not completely satisfied with the telephone services being rendered. Maybe there is nothing more that I can do but at least it would give me the chance that I would otherwsie miss. ENOUGH SAID ABOUT MYSELF-SO-

"AEQUIS ATQUE APERTIS CONDICIONIBUS ... AUTOMOBILES NOVISSIMAE LOCANTUS" or, "Terrific deal on brand new cars to rent." This ad, complete with address and "Telephonum" number, recently ran in a Rome newspaper. With thousands of churchmen convening in Rome for the Ecumenical Council, about the only language understand-able to all is Latin . . . obviously not a dead language

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