

### Jail Rates Good

(continued from page one) joining Caldwell county the jail rated excellent. "It is one of the finest in the State. Well operated, clean, and just a good jail," Smith said, adding: "There are 158,000 people in jail in North Carolina at one time or another during the year. They should be properly cared for. You might consider it like going to a hospital."

### Broyhill Visit

(continued from page one) many hundreds of people in the past," the Congressman declared, "have been very informative and I feel have deepened my understanding of issues and the wishes of the people I seek to represent."

### Facilities Open

(Continued from page one) the lower mountain slopes mid to late April. At elevations up to 3,500 feet, pink azalea normally blooms around May 7-10; flame azalea about mid-May, purple rhododendron and mountain laurel the first week in June, and white rhododendron the end of June and early July. At higher elevations the bloom comes two or three weeks later. The Craggy Gardens rhododendron bloom normally peaks shortly after mid-June; the rhododendron and flame azalea bloom on the high mountain sections west of Asheville a few days later.

Fire danger is still high, Superintendent Weems warned, and all visitors are urged to be careful with cigarettes, fires, and matches.

### Isaacs Seeks Post

(Continued from page one) virtually every committee of the House of Representatives in his previous years of service, with particular attention to agricultural problems in the state.

His father, the late Ben H. Isaacs, was a merchant here and a justice of the peace for 25 years who also served three terms as a county commissioner, was chairman of the county rationing board during World War II and commanded the American Legion Post.



Civilians Ready For Pancake Day

In the top shot, Ned Glenn of Cove Creek (left) and Henry Taylor of Valle Crucis get about the early morning business of making sausage patties to go along with the hot cakes on Pancake Day. Out in the dining room, Bob and Minnie Snead and children enjoy the fruits of the labor. These scenes will be repeated again Saturday, April 23, from 6 a. m. to 7 p. m. at the Appalachian Elementary School. The Civitan's Pancake Day will benefit the 4-H Clubs of Watauga County and the Watauga High School Band.

### Letter To The Editor

Reader Says He's Never Seen Moose Egg

Dear Mr. Rivers:  
In scanning through your paper of Thursday, April 7, I came across a column headed "Moose Egg Hunt Easter Sunday". Needless to say, this was quite startling. Having spent two years in Alaska where I saw several moose, I was never fortunate enough to see a moose

egg on Easter Sunday or any other Sunday. Perhaps you could describe these eggs for me. If they have become so common in Watauga County that small children can hunt for them without fear of being attacked by cow moose guarding their eggs, can you give me some idea when the open season on bull moose will begin?  
Yours truly,  
L. A. Heavrin, M. D.  
Blowing Rock, N. C.

## Dieters Beware! ..Of Food Faddism

(Editor's Note: Miss Gilbert is executive director of the Burlington-Durham-Raleigh area Dairy Council and a member of the N. C. Dairy Industry Committee. A purpose of the committee is to promote good health by pointing out the nutritional values of milk and dairy foods.)

**BY MARGIE GILBERT**  
Dieters beware! Don't be taken in by food faddism and nutritional quackery.

Too often today, a person with a serious weight problem will listen to the "expert" who dishes out advice over the backyard fence. And just as often, the result of such advice is more damaging to the person's health than the problem it is supposed to solve.

For example, if someone tells you you'll regain that girlish figure by simply not eating a particular food, you're likely to remain just as overweight as ever and at the same time be deprived of some important food nutrients.

You may be surprised to learn that no single food is fattening. It is the diet as a whole that is fattening, or slimming, or maintaining, according to the amount of food taken in the total diet and the amount of energy you expend.

Why are milk and dairy foods in the diet important to weight control? The answer is simple: For the same reasons milk is recommended in everyone's diet. Milk is important for calcium, riboflavin and protein. Milk and dairy foods are one of the four food groups recommended for everyone in the "Guide to Good Eating."

Since no food by itself has all the nutrients required for good health, those foods which provide generous amounts of nutrients, yet moderate amounts of calories, should be included in the weight-watching diet. Milk is such a food.

The normal healthy person may attain and maintain the desired weight by eating everyday foods, such as milk, cheese, meats, eggs, fruits, vegetables, cereals, bread and butter. The

idea, then, is to reduce the intake of foods which do not contribute significantly to the nutrient requirements.

Of course, it's important to cut down on those second helpings.

Before starting a weight reduction program, unless you only want to lose a few pounds, consult your physician. He will help you select a well-balanced diet that will take off those extra pounds while providing all the required food nutrients.

Here are a few basic rules for using the "Food Way to Weight Reduction":

—Be serious about trimming the figure.

—Realize that it took time to put pounds on, and that it will take time to shed them.

—Have the courage to stick

### HEALTH AND BEAUTY

## Water Most Important Factor In Human Body

No gift of nature has been more lavishly bestowed upon us than water. At least two-thirds of our bodies are composed of water. It is the largest constituent of every cell, and there are billions of them.

The hard bone cells are one-third water. Cells in all animal bodies must be perpetually bathed in fluid to perform their

functions.

Food must be dissolved in liquid during the process of digestion. It must then be carried in a fluid state to all parts of the body to supply its nourishment.

Large amounts of liquid are constantly flushing out the poisons through the urinary system. Water is also leaving the body through the bowels, the lungs and the skin. On a cold day you can see your breath as vapor as it condenses on windows as water.

Animals must constantly take in enough water to carry on the functions of the body and supply all that is lost. Ancient civilizations were built near water.

Plenty of water inside and

out is necessary to health, cleanliness and comfort. On arising in the morning, it is an excellent plan to drink a glass or two of water. It helps the emunctories of the body to begin carrying out the poisons through the kidneys and the bowels.

Too little fluid in the body is often the cause of sluggish feelings, headaches and various diseases.

Everything that has life must have water. Animals go out and seek it, but plants cannot. Yet they conserve it in many ingenious and wonderful ways.

When traveling or camping, unless you are positive that the water supply is pure, do not drink it until it has been boiled. It may be dangerous no matter how clear and sparkling it appears.

When the children go to camps this summer, warn them against drinking any water that is not guaranteed by the camp authorities.

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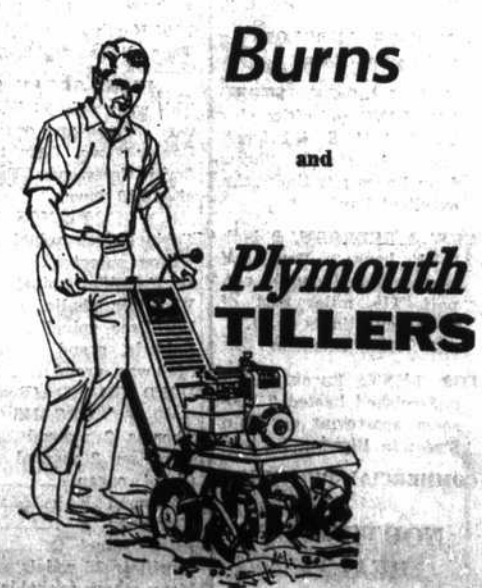
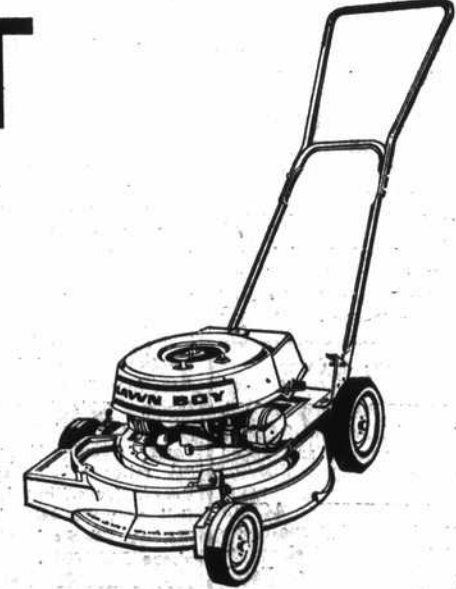
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Factory Representatives will be present to answer your questions and to demonstrate their products.



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