



WIDENING PROJECT—Funds have been appropriated for the widening of Blowing Rock Road in Boone. The project will begin

just north of where this picture was taken, the intersection of US 321 and NC 105 highways. (Staff photo)

Health, Beauty

Doctors who have studied the subject tell us that a person usually becomes an alcoholic long before he, or society knows he is one. They further tell us that the greatest contributing cause of alcoholism is the social acceptance of alcohol which is common today.

An alcoholic is any person who relies on alcohol to meet the ordinary demands of life. An alcoholic will continue to drink excessively even after alcohol has caused him marital or occupational difficulty.

A person can be an alcoholic whether he drinks only in the evening or all day long—he can be in a crowd or alone during his drinking. An alcoholic may refuse to touch wiskey and drink only beer.

You are over susceptible to alcohol if you feel the need of a drink under stress of any kind. You had better stay away from alcohol in any form if it tends to make you sad.

If you have a hyperthyroid condition, you have a very small chance of becoming an alcoholic. Physicians and surgeons state that rarely have they seen a hyperthyroid patient who is an alcoholic. This has led to certain tests to see if treating alcoholics with thyroid preparations would reduce their appetite for alcohol.



STUDENT RESEARCHIST—Appalachian's intense program of academics in the sciences requires that all students discover as much as possible on their own rather than having information shoved at them from text books.



The Greeks had a special name for Carnations — The Divine Flower. They grew wild on the sun-drenched hillsides of that ancient land, 3000 years before the birth of Christ.

If you select this exquisitely fragrant, long-stemmed flower to beautify your home for the holidays, you will be carrying on a revered tradition. The Romans called the carnation *Dianthus Carolophilus*, the flower of God. During the Renaissance, kings, noblemen and their merchants sat for their portraits sometimes holding a carnation, or next to a bouquet of them placed on a table.

Arranging carnations is the happiest of "problems". The possibilities are so varied that the flower presents no problem at all. Place one alone in a dainty vase, or assemble two dozen in an exuberant floral explosion. The lovely blossoms await the dictates of your own imagination.

The furled and feathery petals of red and white carnations have an especially festive holiday look when combined with variegated holly.

Carnations will repay you well for your relatively small monetary investment. Their fragile appearance is deceptive, for they are the longest lasting of all cut flowers.



The French have a complicated recipe for Gâteau de Riz au Caramel. The following is the Americanized version. It uses packaged precooked rice and will produce a rich, custardy dessert with a glaze of caramelized sugar and is a perfect dish for your Christmas entertaining.

- GATEAU DE RIZ AU CARMEL (rice cake)**
- 1 cup sugar
 - 3 tablespoons water
 - 2 cups milk
 - 1/2 teaspoon salt
 - 1 cup of water
 - 1/2 cup sugar
 - 1 1/3 cups packaged pre-cooked rice
 - 3 eggs well beaten
 - 1 1/2 teaspoon vanilla
 - 2 cups (about) prepared whipped topping, whipped cream or custard sauce

Combine the cup of sugar and the 3-tablespoons of water in a small saucepan. Stir over very low heat until sugar dissolves and syrup turns golden brown — about 25 minutes. Brush a thin even coating over the inside of a fluted or smooth-sided 1 1/2-quart mold. Set aside. Combine milk, 1 cup of water, 1/2 cup of sugar and the salt in a saucepan. Cover and bring to a boil. Stir in the rice. Cover and remove from the heat. Let stand 10 minutes. (Not all liquid will be absorbed).

Combine eggs and vanilla. Gradually add some of the hot rice mixture, stirring rapidly. Then add the egg mixture remaining in the saucepan. Pour into prepared mold. Bake at 400 degrees for 40 to 45 minutes, or until center of cake is firm. Unmold cake onto a serving plate immediately. Makes 4 cups or 6 servings. Serve warm with topping of your choice.



DOING IS FUN... Fun is what you make it and this mini-workshop for the junior do-it-yourselfer has battery operated drill, sabre saw, circular saw and orbital sander. The tools can drill or cut through balsa wood, styrofoam and similar materials, yet are safe enough for the youngest handyman.

What makes a man leave the people he knows, the home he made, even the language he speaks, to come here?

A better way to live. Where an ordinary man can do the things he thought were just for others.

Where a man can own his own home. Maybe with a backyard and a fence.

Where a man can give his children an education. A good one at that.

This is American living. And there are waiting lists, ten feet tall, of immigrant families waiting to come here.

Most of us know about the good things around here.

Although sometimes we forget.

So what are we supposed to do?

Well, for one thing, we can invest in our country. Not everyone can boast that.

Invest in U.S. Savings Bonds.

They help make America economically strong.

And there's nothing wrong



with a little old American pride. For another thing, Bonds help you. They grow at a guaranteed rate, so you'll have a nice bundle for some rainy day.

What's more, Savings Bonds are easy to buy. You can pick them up where you work in a Payroll Savings Plan. (Someone else does the paper work.)

Or you can buy Bonds where you bank.

When a family leaves behind an old familiar way of life to start a new one, there are some reasons.

Reasons you might like to invest in.



If they're lost, stolen, or destroyed, we replace 'em.

Take stock in America

Buy U.S. Savings Bonds