



TOKENS OF APPRECIATION
—Saint Augustine's College student presents tokens of appreciation to the Oak Ridge Mobile Laboratory instructors at the closing exercises of the 2-week courses at the College. Pictured from left to right are Albert Himmel, radio chemistry instructor, Thomas Stone, instructor of the laboratory section, and Waymon Burton, student participant.

JACK AND JILL DONATES CLOTHES AND TOYS TO DAY CARE CENTERS

The Jack and Jill of America, Inc., Durham Chapter, donated clothing and toys to Children's House, Fisher Memorial, Russell Memorial and Union Baptist Day Care Centers for Christmas.

17,000 Rural Families Will Have Brighter Xmas This Year

WASHINGTON, D. C. — \$3,277,242 went to rural cooperatives.
More than 16,000 of the loans to families and individuals were made to farmers to help them purchase equipment and supplies to increase their farming efficiency. The remainder of these loans—about 6,000—went to farm and non-farm rural residents to help them establish small nonfarm enterprises.
Among such enterprises have been tractor and auto repair shops, custom hauling, timber cutting and hauling, home sewing, cleaning and pressing businesses, coin-operated laundries, radio and television repair shops, barber shops, and ceramics shops.
For those in ceramics, this is a busy season as they rush out Christmas orders. Among these artisans is James Costen, a day laborer who lives in Belle Haven, Va., across the bay from Norfolk. In the evenings and during his spare time he molds and paints dolls and other figures and novelties for sale to gift shops along east coast highways. Orders come from as far as New York City.
Costen got started last spring after receiving an economic opportunity loan to add a small ceramics workshop to his home. With help from his wife and daughter, who enjoy assisting him, he is already turning out enough figurines and novelties to earn them about \$100 a month plus a lot of satisfaction, say Farmers Home officials.
Some of the farmers who have received loans to improve their operations have used the

North Carolina Garden Time

By M. E. GARDNER
N. C. State University
We have always associated holly with Christmas. The bright shiny leaves contrasting

with the red berries lend color, warmth and meaning.
Perhaps it is not generally known that all sorts of super-natural powers were once attributed to holly. This shiny plant was thought to have power to repel lightning. The eastern Indians believed that holly trees planted near the cabin would act as protectors and ward off evil spirits. Since the leaves of the holly do not readily fall off they also looked up to the plant as an emblem of courage.

HOSTESS HINTS



When you're a teenager, career girl or busy homemaker, chances are you'll be entertaining friends or family this holiday season. Here are a few helpful hints which may make the festivities more fun.
While most of your guests may be "old" friends, you can add variety to the party by inviting a new face.

It's easier to put party guests at ease if you're relaxed yourself. You'll be fashionably free-and-easy if you dress casually and invite your guests to do the same.

A simple hair style which doesn't require a lot of care can make dances like the Frug and Watasi more fun. So can choosing foot gear that will keep your feet comfortable even if you dance all night. Pop-in slippers that go on and off as fast as the music beat are Muffins by Oomphies, which can be worn on either foot! They're cozy and can help you keep your feet "dancing casual."

The clothes that are "in" are clothes that swing with you—bell bottoms, wild tops and short zingy skirts.

Refreshments and entertainment planned well in advance will leave you feeling more relaxed. When the doorbell rings, you'll be able to put your best foot forward!

Health Hints

Sneezing
A-A-A-CHOO! Pardon!! If you get an impulse to sneeze, obey it. Sneezing is nature's way of evacuating foreign matter from your breathing passages. Choking off a sneeze greatly increases pressure in the air passages. If too much air is forced into the sinuses, it can do real damage. So protect others from your sneeze with a handkerchief... but NEVER try to suppress it.

Colds
The common cold is back again! Its calling card is a scratchy sensation in the nose and throat, followed by dull aches... muscular pains... runny nose... and sometimes elevated temperature. To fight the cold to a standstill, take a hot bath and drink plenty of liquids. Above all, GO TO BED... rest is vital to help your body fight a cold. Simple medication may help keep you comfortable while you are recovering.

Tranquilizers
Don't sabotage your health by experimenting with tranquilizers that weren't prescribed for you. Tranquilizers may help to relieve symptoms of some nervous or emotional disorder... but they don't cure them. You can suffer harmful side effects or mask a grave underlying problem by using another person's medication. REMEMBER: the tranquilizer meant for someone else's problem may give you a greater one.

Modern Ritual



DID YOU KNOW?—Over half of America's women now use bath oil, according to Pacquin surveys. Younger women, the under 35's, are especially devoted users, because they love the fragrance as well as the skin conditioning that more mature women seek. This new Silk'n Satin bath oil softens skin from head to toe and has a frankly feminine exotic scent that lingers.

Driverless Auto Kills Its Owner

DUBLIN, Va.—(AP)—A driverless car killed its owner last week when Benson Newton Good, 56, was impaled by the drive-shaft after the car suddenly lurched forward and ran over him twice.

funds for such income-increasing efforts as more efficient swine production through the purchase of better breeds, construction of farrowing houses to protect the young pigs, and the installation of automatic waterers and feeders.

the drops of blood on Christ's brow.
The legend has it in Britain that when Christ was bearing His cross, a small bird attempted to relieve His suffering by plucking thorns from His brow. The bird's breast became stained with blood and was known ever after as Robin Redbreast.
To this day in England and Germany, it is considered unlucky to step on a holly berry, a favorite food of the robin in recognition of the bird's charitable act.
Many superstitions existed about bringing in the holly before Christmas. In Wales, if it was brought in before Christmas Eve, it was sure to cause family quarrels throughout the year. The type of holly brought into the household determined who was to dominate during

the year. If the holly was smooth, the wife was in command; if prickly, the husband governed.
Infusions, decoctions and fomentations of holly were used for a wide assortment of human disorders. In England, a tea of holly bark was a cure for a cough. In France, a decoction of leaves and bark was considered equal to quinine in the treatment of intermittent fever. A tea of holly leaves was believed to be cure of measles by North American Indians.
A beverage of the berries pacified the squaws of Cherokees and curbed their urge for wandering. The juice of leaves was recommended as a cure for jaundice and was also good for a pain in the side.

A. T. SPAULDING NAMED TO MEMBERSHIP IN TWO OUTSTANDING GROUPS
A. T. Spaulding, president of the North Carolina Mutual Life Insurance Company has been elected to membership into two outstanding organizations.
The nominating committee of the President's Council of the American Institute of Management has notified Spaulding that his election to membership was based on "recognition of his individual executive management ability."
Spaulding has also been invited to become a charter member of the American Academy of Actuaries. This society is composed of all the actuarial societies that have combined to form this new organization.

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