



Tar River Snow Scene

Entertains Bridge Club

(Frk. B. W.) Mrs. Charlie Hight, Jr., entertained her bridge club Tuesday evening. Artificial flowers decorated her home.

Mrs. D. O. Langston received high score prize for club, while second high went to Mrs. Becton Corbin. Mrs. Bruce Honeycutt was presented the guest prize.

The hostess served a dessert course with coffee, mints and nuts at the end of the third progression.

Doctor Talk

By Rembert Benjamin, M. D.

Since biblical times we have been warned about the adverse effects of over-indulgence. Today, more than ever, we are able to realize the extent of the damage that can be done by several forms of over-indulgence.

Over-indulgence of alcoholic beverages presents a very serious problem in business and in domestic relationships in every strata of society.

Many people competing in a fast pace of life may consume more alcohol than they realize or may become habituated with its use by consistent exposure. This commonly leads to a gradual increased consumption resulting in a definite pathological condition throughout the organ systems of the body.

Another very common form of over-indulgence involves our eating habits. Unfortunately, many of us fail to exercise the proper restraint or selectivity in our dietary habits. Carbohydrates and fats are consumed in excessive quantity, and entirely out of proportion to a proper and normal balance.

We should become acquainted with a proper relationship which exists with proteins, fats and carbohydrates, and particularly with their calorie potential. Calories represent a way of measuring the degree of food intake. For any given person there is an ideal or physiological calorie-per-day level which allows correct utilization of all the food consumed for that day. When a person exceeds this level there is a superfluous accumulation, and obesity ensues.

A good, sensible approach to healthy living is moderation in all our habits.

Book Clubs Meet

Tuesday Afternoon Book Club

The Tuesday Afternoon Book Club met at the home of Mrs. K. S. Isley, January 25. Upon arrival, refreshments were served to the ten members present and a guest, Miss Adelaide Johnson.

Mrs. George West, president, presided over a short business meeting. After the business, Mrs. Pattie Justice, assisted by Miss Johnson, presented an interesting commentary and showed slides of her European trip.

Mrs. Willis Nash read the following Resolution of Respect to honor the memory of our devoted member, the late Mary Burt Person:

Whereas, our friend, the late Mary Burt Person, was a much loved member of the Tuesday Afternoon Book Club, contributing light and joy by her attendance, and

Whereas, she always rendered influential leadership freely in all areas of endeavor, both as a faithful leader and a follower, therefore

Be it resolved; that the members of this organization take this opportunity to express their appreciation for her work, her devotion, her influence, which should be an inspiration to all in the years to come for those who will carry on in her absence, and

Furthermore, that a copy of this transcript be written in the minutes of the Tuesday Afternoon Book Club, to The Franklin Times, and a copy be sent to the family of Mrs. Mary Burt Person.

Edwin Fuller Book Club

The Edwin Fuller Book Club met Tuesday afternoon with Mrs. Al Hodges at her residence on North Main Street. The hostess, assisted by Mrs. Carey Howard, served a dessert course consisting of strawberry short cake, nuts and coffee to the following members upon arrival: Mesdames Umphrey Lee, H. J. Lewis, Wilbur Jolly, J. W. Mann, W. T. Sanderlin, James Clayton, David Daniels, Norman Chadwick and Dr. Ann Blumenfeld and Mrs. Howard.

Continuing the study of N. C. literary figures, Mrs. James Clayton presented an interesting talk on Dr. Albert Newsome, Dr. Hugh Lefler, and Dr. Archibald Henderson. The chief claim to fame of Dr. Newsome and Dr. Lefler is the textbook they collaborated on in North Carolina History, which is used by the school children of North Carolina. Dr. Archibald Henderson, whose ancestry reads like "Who's Who," was educated at the University of North Carolina and was closely associated with the University his entire life. He is especially remembered for his biography of George Bernard Shaw. Dr. Henderson was called "A Walking University." He did much to stimulate southern curiosity in literature. All of these men were Phi Beta Kappas.

Mrs. H. J. Lewis presented a most appropriate reading on Harriet Shoen's teaching experience fifty years ago at a Mohawk Indian Reservation in New York.

Current Literature Book Club

Mrs. L. L. Brinkley, hostess, entertained the Current Literature Book Club at the home of Mrs. James King on North Main Street. Upon arrival of members, the hostess served caramel cake with mints, nuts and coffee to Mesdames L. D. Moon, Douglas House, Malcolm McKinnis, Colin McKinnis, Au-

Brotherhood Meets

The Brotherhood of the Louisville Baptist Church met Tuesday night at the church, with the Fannie Heck Missionary Circle as hostesses.

Mr. C. T. Dean, president, presided over the meeting. After group singing, Mr. Willis Nash gave a talk about the Training Union. Mr. Bill Huggins asked the Brotherhood to help in tearing down the building next to the church at a later date.

A delicious meal consisting of chicken, rice, peas, homemade rolls and peach cobbler with ice cream was enjoyed by all present.

Rev. Aubrey Tomlinson concluded the meeting with prayer.

DEATHS

WILLIAM S. PREDDY

Youngville -- William S. Preddy, 81, died Tuesday in Raleigh. Funeral services were conducted today at 2 p.m. at Youngville Methodist Church by the Rev. L. W. Ross and the Rev. L. C. Brothers. Burial was in Youngville Cemetery.

Surviving are his wife, Mrs. Florence Spain Preddy; one sister, Mrs. Pauline Hobgood of Wake Forest; one brother, Henry R. Preddy of Youngville; and two grandchildren.

people should not ever use other people's prescriptions. Sometimes, she said, they may have an opposite effect.

Cookies - Crisp And Coconutty



This crisp cookie, delectable with flaked coconut and pecans, is spiked with cinnamon; it's a perfect accompaniment to tea for the grown-ups, milk for the youngsters, or just for good eating any time.

For a change, chill this cookie dough until it can be handled easily; then form into small balls and place on greased baking sheets. Flatten with the bottom of a glass dipped in flour. Bake as for drop cookies.

Coconut Crisps

2 cups sifted all-purpose flour
1/2 cup firmly packed brown sugar
1/2 teaspoon double-acting baking powder
1/2 teaspoon baking soda
1 tablespoon cinnamon
1/2 cup butter or margarine
1 cup granulated sugar
1/2 cup firmly packed brown sugar
2 eggs
1 tablespoon milk
1/2 cup finely chopped pecans
1 1/3 cups (about) flaked coconut

Sift flour with baking powder, soda, and cinnamon. Cream butter, gradually add sugars, and cream until light and fluffy. Add eggs and beat well; then add flour mixture. Add milk and blend well. Add pecans and coconut. Drop from teaspoon onto greased baking sheets. Bake at 375 degrees for 10 to 12 minutes, or until lightly browned. Makes about 5 dozen cookies.

Civic Pride

"It looks like rain."
"Not here in California."
"Look at those clouds up there."
"They don't mean a thing. They're just empties coming back from Florida."

No Cure

"What do you take for your insomnia?"
"A shot of bourbon at regular intervals."
"Does it make you sleep?"
"No, but it makes me happy to stay awake."

Marriage Announced

Mrs. Mildred S. Knott and Morton Melvin Lassiter were married in the marriage chapel at Dillon, South Carolina on Saturday, January 22.

Mrs. Lassiter is the former Mildred Sledge of Franklin County. Mr. Lassiter is a merchant in the Rocky Ford Community.

Bad News

"You said," exclaimed the irate caller, "that I had resigned from the town council and intended retiring from business into private life."
"But," protested the editor, "all that is quite true."
"Quite. But you printed the information under 'Public Improvements.'"

Mrs. Pearce Entertains

(Frk. B. W.) Mrs. T. H. Pearce entertained her bridge club Tuesday evening. Permanent arrangements of flowers decorated her home.

Mrs. C. H. Weston received high score prize for club, while second high went to Mrs. B. N. Williamson, Jr.

Mrs. John Gonella was the recipient of guest high.

Assisted by Mrs. Brodie Green and Mrs. Fred Blount, the hostess served a dessert course with coffee at the conclusion of the third progression.

Special guests were Mesdames Gonella, Brodie Green, Joe Whitaker and Hubert Utley.

Teenage Chat

By Mary Ann Fleming



Snowbound! Our two losses to Epsom were soon forgotten as the Louisville fans slowly made their way home over the snow-covered roads Tuesday night. Wednesday morning we were all greeted by more snow and the news that schools would be closed. After our long hours of study for exams last week, this news was really welcomed.

Ford Perry, Dwight Perdue, Charles Holmes and Johnny Williamson, Kate Huggins, Susan Lloyd, Lee Allen, Bob Hob-

good, Bob Mitchell and Belinda Pleasants have been only a few of the students returning home from various colleges before beginning the new semester.

Thanks to a generous gift by Mr. W. L. Lumpkin, the Louisville High School Band will be able to buy new marching uniforms.

Thought -- "Education makes people easy to lead, but difficult to drive; easy to govern, but impossible to enslave." -- Broughman.

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your doctor,
bring your
prescription to

O'Neal
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