



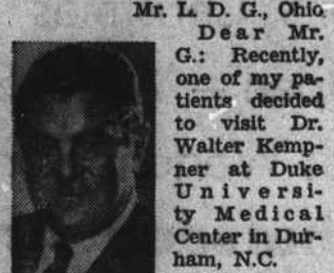
CHICAGO BOUND—Western district winners are pictured above boarding the plant this week for Chicago and the 50th annual National 4-H Congress. Members of the group and the area in which they were winners, from left to right, are as follows: Kathy Pannell, Macon County, Conservation of Natural Resources; Sharon Runion, Mitchell County, Consumer Education, Home Economics; Gwenda Sue Mason, Macon County, Food Preservation; Dawn Dixon, Henderson County, Food and Nutrition; Debra Dixon, Henderson County, Petroleum Power; and Mrs. Joyce Armstrong, Associate Home Economics Extension Agent, of Henderson County, who accompanied the group of delegates.

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

You Too Can Lose Weight

I AM MORE than 100 pounds overweight. I have read about the famous rice diet used at Duke University. Can you give me some idea of the method they use, how long it takes, and how successful it is?



Dr. Coleman is identified with the rice diet which has aroused international interest as a treatment for high blood pressure and for the massive reduction of weight.

At one time, the rice diet was virtually the only means available for the control of high blood pressure. In the past 15 years, the discovery of drugs made from the rauwolfia plant has been remarkably successful in the control of some types of high blood pressure.

I was fascinated by the detailed account of my friend's experience at Duke University and I think you may find his story helpful. He lost 80 pounds.

The key factor in his success was intense motivation. He is in a "young middle-age" group, and for years had realized that his health and productivity were being drained by his overweight.

Dr. Kempner made it clear that patients must be prepared to devote three or four months to his rigid carefully controlled regime.

For the first four days my friend underwent a thorough medical examination, including many tests which provided

the doctors with a complete profile of his physical and psychological make-up.

Dr. Kempner then told him of the objectives of the program, underscoring the hazards of obesity.

The program begins with a two-mile morning walk to the "rice house." Breakfast consists of one-half a grapefruit, a bowl of salt-free rice and tea.

The menu is the same for lunch and dinner, with two ounces of fruit added.

Later, depending on the progress of the patient, two ounces of chicken, veal or fish are added with small amounts of squash, asparagus, onions or green pepper.

Such limited food intake would undoubtedly scare off all but the most determined. But that determination can be life-saving.

On this minimal caloric intake, weight reduction and control of high blood pressure begin almost immediately.

Obviously, there are other ways of losing weight and controlling blood pressure. None, however, can be successful if you are not properly motivated.

It must be emphasized that such a rigid diet must never be attempted without the constant supervision of a physician. Motivation and discipline can do it for you.

SPEAKING OF YOUR HEALTH: Fire prevention is a year-round program.

Dr. Lester Coleman has prepared a special booklet for readers of this column, "Alcoholism—A Family Disease." It probes this grave problem and offers hopeful advice. For your copy, send 25 cents in coin and a large, self-addressed 6-cent stamped envelope to Lester L. Coleman, M.D., in care of this newspaper. Please mention the booklet by title.

WPNF DAILY SCHEDULE

SUNDAY
AP News & Weather each hour, on the hour. Weatherword at 27 mins. past each hour.
Other programs as follows:
7:00 Sign-On
7:05 Organ Interlude
7:15 Sunday School Lesson
7:30 Radio Bible Hour
7:55 A.P. News
8:00 Way of Cross
8:30 The Gospel Hour
9:00 Forward in Faith
9:30 Speaking For God
10:05 Tabernacle Choir
10:20 Organ Interlude
10:30 Hymns From Harding
10:55 A.P. News
11:00 Worship Service
12:05 Weatherword
12:10 Sunday Hymn Time
1:05 Gems of Melody (Organ)
1:15 Sen. Sam J. Ervin
1:30 Songs to Remember
2:05 Sunday On The Go
5:30 Gospel Church Time
6:05 Sunday On The Go
6:30 Protestant Hour
7:00 Sign Off

6:00 Local & Regional News
6:10 A.P. News
6:15 Market Summary
6:20 Speaking Of Sports
6:30 1240 Dinner Music
7:05 Record Party
9:55 A.P. News
10:00 Sign - Off

5:55 Hospital Register
6:00 Local & Regional News
6:10 AP News
6:20 Speaking Of Sports
6:30 Theater '70
7:05 Record Party
9:55 AP News
10:00 Sign Off

WEDNESDAY

AP News & Weather each hour on the hour. Weatherword at 27 mins. past each hour.
Other programs as follows:
6:00 Sign - On
6:05 Carolina Hymn Time
6:30 Transylvania R.F.D.
7:05 Coffee Call
7:30 Local & Regional News
8:05 Late Riser's Revellie
8:55 Stork Time
9:45 Morning Devotions
10:05 Coffee Time
10:15 Helping Hand
10:45 Here's To Veterans
11:05 Musical Roundtable
11:15 Pet Dept.
12:05 Farm & Home Hour
12:30 Trading Post
12:35 Quartet Caravan
1:05 Country Jamboree
1:15 Bulletin Board
3:05 Matinee
3:15 Pet Dept.
3:30 Space Story
4:55 Featurescope
5:30 Values For Living
5:55 Hospital Register
6:00 Local & Regional News
6:10 AP News
6:15 Market Summary
6:20 Speaking of Sports
6:30 1240 Dinner Music
7:05 Record Party
9:55 AP News
10:00 Sign Off

MONDAY

AP News & Weather each hour, on the hour. Weatherword at 27 minutes past each hour.
Other programs as follows:
6:00 Sign - On
6:05 Carolina Hymn Time
6:30 Transylvania R.F.D.
7:05 Coffee Call
7:30 Local & Regional News
8:05 Late Riser's Revellie
8:55 Stork Time
9:45 Morning Devotions
10:05 Coffee Time
10:15 Helping Hand
11:05 Musical Roundtable
11:15 Pet Dept.
12:05 Farm & Home Hour
12:30 Trading Post
12:35 Quartet Caravan
12:45 Noon Stock Quotes
12:55 Gems From Bible
1:05 Country Jamboree
1:15 Bulletin Board
3:05 Matinee
3:15 Pet Dept.
4:55 Featurescope
5:30 Values For Living
5:55 Hospital Register
6:00 Local & Regional News
6:10 A.P. News
6:15 Market Summary
6:20 Speaking of Sports
6:30 1240 Dinner Music
7:05 Record Party
9:55 A.P. News
10:00 Sign Off

THURSDAY

AP News & Weather each hour on the hour. Weatherword at 27 mins. past each hour.
Other programs as follows:
6:00 Sign On
6:05 Carolina Hymn Time
6:30 Transylvania R.F.D.
7:05 Coffee Call
7:30 Local & Regional News
8:05 Late Riser's Revellie
8:55 Stork Time
9:05 Morning Devotions
10:05 Coffee Time
11:05 Musical Roundtable
11:15 Pet Dept.
12:05 Farm and Home Hour
12:30 Trading Post
12:35 Quartet Caravan
12:45 Noon Stock Quotes
12:55 Gems from Bible
1:15 Bulletin Board
3:05 Matinee
3:15 Pet Dept.
4:55 Featurescope
5:30 Values For Living
5:55 Hospital Register
6:00 Local & Regional News
6:10 AP News
6:15 Market Summary
6:20 Speaking of Sports
6:30 1240 Dinner Music
7:05 Record Party
9:55 AP News
10:00 Sign Off

TUESDAY

AP News & Weather each hour, on the hour. Weatherword at 27 mins. past each hour.
Other programs as follows:
6:00 Sign - On
6:05 Carolina Hymn Time
6:30 Transylvania R.F.D.
7:05 Coffee Call
7:30 Local & Regional News
8:00 Late Riser's Revellie
8:55 Stork Time
9:45 Morning Devotions
10:05 Coffee Time
11:05 Musical Roundtable
11:15 Pet Dept.
12:05 Farm & Home Hour
12:30 Trading Post
12:35 Quartet Caravan
12:45 Noon Stock Quotes
12:55 Gems From Bible
1:05 Country Jamboree
1:15 Bulletin Board
3:05 Matinee
3:15 Pet Dept.
4:55 Featurescope
5:30 Values For Living
5:55 Hospital Register

FRIDAY

AP News & Weather each hour on the hour. Weatherword at 27 minutes past each hour.
Other programs as follows:
6:00 Sign On
6:05 Carolina Hymn Time
6:30 Transylvania R.F.D.
7:05 Coffee Call
7:30 Local & Regional News
8:05 Late Riser's Revellie
8:55 Stork Time
9:45 Morning Devotions
10:05 Coffee Time
10:15 Helping Hand
11:05 Musical Roundtable
11:15 Pet Dept.
12:05 Farm and Home Hour
12:30 Trading Post
12:35 Quartet Caravan
12:45 Noon Stock Quotes
12:55 Gems From Bible
1:05 Country Jamboree
1:15 Bulletin Board
3:05 Matinee
3:15 Pet Dept.
4:55 Featurescope
5:30 Values For Living
5:55 Hospital Register
6:00 Local & Regional News
6:10 AP News
6:15 Market Summary
6:20 Speaking of Sports
6:30 1240 Dinner Music
7:05 Record Party
9:55 AP News
10:00 Sign Off

SATURDAY

AP News & Weather each hour on the hour. Weatherword at 27 minutes past each hour.
Other programs as follows:
6:00 Sign On
6:05 Carolina Hymn Time
6:30 Transylvania R.F.D.
7:05 Coffee Call
7:30 Local & Regional News
8:05 Late Riser's Revellie
8:55 Stork Time
9:45 Morning Devotions
10:05 Coffee Time
10:30 Good Tidings Broadcast
11:05 Heartbeat Theater
12:30 Musical Roundtable
12:35 Quartet Caravan
12:45 Noon Stock Quotes
12:55 Gems From Bible
1:05 Country Jamboree
1:15 Bulletin Board
3:05 Matinee
3:15 Pet Dept.
4:55 Featurescope
5:30 Values For Living
5:55 Hospital Register
6:00 Local & Regional News
6:10 AP News
6:15 Market Summary
6:20 Speaking of Sports
6:30 1240 Dinner Music
7:05 Record Party
9:55 AP News
10:00 Sign Off

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To find HIDDEN VALLEY, go out Greenville Highway (276) to Elm Bend Road, follow it down through valley to Wilson Road, turn left, go to next right which is Williamson Creek Road, follow it to entrance. Watch for signs. There is now a resident sales office, the first house on the left entering HIDDEN VALLEY. For an appointment phone:

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New 1971 And Used Car Sale

Due to the inclement weather last weekend during the time of our SPECIAL WHOLESALE SALE of 1971 new cars and all used cars, we feel that enough people did not get to take advantage. We therefore are extending this sale for the balance of this week, Thursday, Friday and Saturday, December 2, 3 and 4. You will not find such prices anywhere in the state. These prices are quoted for straight sale prices—no trade-ins. Come on down and pick you one out. We will finance at lowest cost.

(NEW)

- 71-157 1971 Pontiac Lemans 4-door sedan with air — \$3350
- 71-188 1971 Pontiac Bonneville 4-door hardtop — \$4200
- 71-219 1971 GMC, Sprint 1/2-ton truck — \$3600
- 71-223 1971 Buick Sportswagon. Many extras — \$3750

(DEMONSTRATORS)

- 71-36 1971 Jeep Pick-up. 1/2 metal cab — \$2800
- 71-82 1971 Pontiac Tempest 6-cylinder — \$2300
- 71-98 1971 Pontiac Grandville. Full power — \$4400
- 71-120 1971 Opel coupe, standard transmission — \$1650

(USED CARS)

- D71-30-A 1970 Ford 4-door sedan, automatic — \$2100
- 72-52-A 1969 Chevrolet 2-door, automatic — \$1650
- 72-47-A 1969 Chevrolet 2-door, automatic — \$1625
- 71-27-A 1969 Dodge 2-door, standard drive — \$1525
- 72-57-A 1969 Buick Sport Wagon, woodgrain siding — \$2250
- 72-64-A 1969 Buick Sport Wagon, factory air — \$2375
- 72-71-A 1969 Pontiac 4-door sedan — \$1875
- 70-136-B 1968 Simca 4-door sedan — \$ 700
- 71-193-A 1968 Rambler Rebel 4-door sedan — \$1300
- 72-19-A 1968 Chevrolet 2-ton truck. Low mileage — \$2375
- 72-14-A 1968 Mercury Cougar 2-door, automatic — \$1595
- P-71-33 1968 Buick LeSabre 4-door. One owner — \$2695
- 72-73-A 1968 Chevrolet 2-door Impala — \$1495
- 71-115-B 1967 Chrysler 300. Full power — \$1099
- E71-15 1967 Pontiac, Executive 4-door — \$1150
- E70-45-B 1967 Opel Station Wagon — \$ 995
- 72-42-A 1967 Chevrolet 4-door sedan — \$1095
- 71-156-A 1967 Pontiac, Executive 4-door — \$ 995
- 72-77-A 1967 Jeep Wagoneer — \$ 795
- 71-96-A 1966 Oldsmobile "98". Full power — \$ 999
- 72-43-A 1966 Jeep Wagoneer, factory air — \$1395
- 71-214-A 1966 Chevrolet, Impala Station Wagon — \$1050
- 71-137-A 1966 Volkswagen, FB — \$ 825
- 71-70-A 1966 Plymouth Station Wagon — \$ 375
- 72-25-B 1966 Dodge 1/2-ton pick-up — \$ 359
- 72-66-A 1966 Chrysler Station Wagon 9-passenger — \$ 599
- 72-85-A 1966 Chevrolet 1/2-ton pick-up — \$ 399
- 71-147-A 1966 Buick convertible — \$ 499
- 70-70-A 1965 Opel Station Wagon — \$ 450
- 70-225-A 1965 Pontiac Tempest Station Wagon — \$ 700
- 71-219-A 1965 Oldsmobile "98" 4-door, full power — \$ 915
- 71-212-C 1964 Buick 4-door sedan — \$ 599
- E70-43 1964 Chevrolet Corvair — \$ 199
- 71-162-B 1964 Buick Station Wagon — \$ 50
- 70-35-A 1964 Volkswagen "Bug" — \$ 399
- 71-174-B 1963 Pontiac Grand Prix 2-door — \$ 150
- 70-214-B 1962 Buick 2-door — \$ 175
- 50-61-B 1961 Jeep Universal — \$ 395
- D-71-25-A 1960 Pontiac 4-door — \$ 95
- 50-60 1960 Opel coupe, standard shift — \$ 399

We also have most all models of 1972 cars and trucks in the line of Buick, Pontiac, Opel, GMC and Jeep. We promise you a square deal at

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