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you are thinking almost jump off the page at you?) I ran across this common sense remark of Miss Beatrice Cobb in her paper, The Morganton News-Herald:

"One of the greatest needs of humankind, now and always, (is) calmness of thought and spirit. Every year, it seems to me, life gets more complicated, our worries—fancied or real—increase, and we need to redouble our efforts to 'calm' ourselves. Every day, some days more than others, when I get worried over little things and feel myself getting all 'stewed up' inside, I try to remember that 'this, too, shall pass,' and that whether or not the situation, whatever it happens to be, adjusts itself, I'll do better with it by keeping myself under control and my thinking calm."

We, in this region, have a head-start over most Americans in this respect, and it will serve us well, in the trying years ahead, if we keep on keeping calm.

—SP—

Thinking of this virtue of keeping calm that is a rather distinctive mountain trait reminded me of some local expressions.

I was grown, for instance, before I ever heard the word "evening" used in the sense of the fore part of the night. When I grew up here, it was "morning" from daylight till dinnertime (and we had dinner in the middle of the day); and from dinnertime till dark was "evening". After dark, it was "night".

You won't find that definition of "evening" in the dictionary, but I still like it. To me, "afternoon" still sounds a little "put on". Besides, why divide the night, which is all almost exactly alike, into two parts, "evening" and "night"?

—SP—

And just the other day I heard an expression typical of this region that I didn't remember having heard since I was a boy.

A man was quite dressed up, and an acquaintance, noticing it, remarked on it thus: "Well... where did YOU preach today?"

Last year more than a billion pounds of meat—about 5 per cent of the total meat output—was used by the armed forces.

Announce Plans For Bible School And Study Program At Zion Methodist Church

Plans for a daily vacation Bible school and an evening Bible study program at the Mt. Zion Methodist church next week have been announced by the church pastor, Mrs. R. H. Hull.

Second Epistle to Timothy". The Rev. C. B. Yeagan, and Mr. and Mrs. R. H. Hull will be in charge of the programs.

Some 300 Tour Power Company At Open House

Approximately 300 persons attended the Nantahala Power and Light company's open house Saturday, touring the new \$200,000 building and company shops.

Booklets on the operation of the power company were handed out to visitors and refreshments were served.

The company, which formerly occupied quarters in the Nantahala building behind the courthouse, moved into its new home February 2.

Upholstery . . .

For the protection of your new or used car for the long period ahead, see us for quality tailor made Seat Covers. We have many patterns and styles to choose from. Expert workmanship guaranteed.

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Week -- End -- Buys

- HOME DRESSED STEWING HENS, lb. 49c
- SWIFTS PREM. PICNIC SHOULDERS, lb. 39c
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- U S GOOD BEEF RIB ROAST, lb. 79c
- U S CHOICE LAMB RIB CHOPS, lb. 79c
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TRUE SOUTHERN HOSPITALITY IS OUR RULE FOR COURTESY



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Enjoy Iced Tea At Its Best! Dixie-Home Quality

- Tea 1 Glass 1/2 Lb. 28c 2 Glasses 1/2 Lb. 53c
FREE WITH Pkg. FREE WITH Pkg.
- Finest Quality Salad Dressing At A Low Price! Dixie-Home Pint Jar 19c
- A Real Economy Buy! Fashion Facial Quality Toilet Tissue. 3 Rolls 27c
- Bleaches — Cleanses — Disinfects! Clo-White Bleach Qt. 12 1/2c
- Buy The Economical Family Size And Save! Clo-White Bleach 1/2 Gal. Jug 23c
- For Tasty Easy-On-The Budget Meals! Chum Alaska Salmon Tall Can 39c

Dixie-Home's Quality-Tender Veal!

- For Economical Flavorful Meals!—Quality-Tender
- Veal Stew Lb. 39c**
 - Quality Tender (US Choice) GROUND BEEF, lb. - - 63c
 - Quality-Tender Veal Loin Chops Lb. 99c
 - Quality-Tender Veal Shoulder Chops Lb. 69c
 - Quality-Tender Veal Chuck BEEF ROAST, lb. 73c
 - Quality-Tender Veal Rib Chops Lb. 89c
 - U. S. Choice SIRLOIN STEAK, lb. - \$1.05
- You Get Your Money's Worth In These Meaty Tender Rabbits! Dressed Domestic Rabbit Lb. 59c

Playmates Mixed Sweet PICKLES 22-Oz. Jar 28c

Short Grain Rice WATER MAID 3-Lb. Pkg. 42c

Beans and Franks PHILLIPS 12-Oz. Can 21c

Castleberry's Famous Georgia HASH No. 300 Can 46c

Castleberry's Brunswick STEW No. 1 Can 29c

Dinty Moore BEEF STEW 24-Oz. Can 52c

Sou. Gold Col. (1/2-Lb. Prints) MARGARINE Lb. 25c

- Frozen Food Features!**
Southland Frozen Fresh
- STRAWBERRIES** 12-Oz. Pkg. 33c
 - PictSweet Frozen Fresh Broccoli 10-Oz. Pkg. 29c
 - Libby's Frozen Fresh Small Lima Beans 10-Oz. Pkg. 31c
 - Libby's Frozen Fresh Spinach 14-Oz. Pkg. 25c
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 - PictSweet Frozen Fresh Cauliflower 10-Oz. Pkg. 30c

- Fine For Salads! Larsen's Veg-All No. 303 Can 18c
- Libby's Fancy Sliced Pineapple No. 2 Can 29c
- American Oil Sardines 2 Flat Cans 19c

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LIPTON TEA THE DRISK TEA 1/4 lb. 35c

LIPTON TEA BAGS THE DRISK TEA 16-Count Pkg. 21c

When You Add Lemon—You Add Health! Juicy California Sunkist Lemons Doz. 39c

- Fancy Tender Green Beans 2 Lbs. 25c
- Fancy Crockneck Yellow Squash 2 Lbs. 17c
- Fancy Slicing Cucumbers 2 Lbs. 25c
- Fancy Green Top Golden Root Carrots 2 Bchs. 23c
- Fresh Green Spring Onions 2 Lgs. Bchs. 25c
- Firm Hard Head! Green Cabbage 2 Lbs. 17c

You'll Enjoy The Tender Goodness Of This Fancy Golden Bantam Corn 4 Ears 29c

Cat Food PUSS 'N BOOTS 6 Oz. Can 9c

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Vienna Sausage 4-Oz. Can 21c

For Fine Washables LUX FLAKES 2 Lgs. Pkgs. 55c

Health Soap LIFEBOUY 3 Reg. Size 23c

Refreshing Bath Soap LIFEBOUY 2 Bath Size 23c

Rain-Soft Washing Product RINSO 2 Lgs. Pkgs. 55c

For Lovely Skin LUX SOAP 3 Reg. Size 23c

For Your Beauty Bath LUX SOAP 2 Bath Size 23c

Agrees With Your Skin SWEETHEART 3 Reg. Size 23c

Fragrant Bath/Soap SWEETHEART 2 Bath, Size 23c

Washes And Blues BLU-WHITE Pkg. 9c