LARSHALL, N. C., MARCH 6, 1968

KURKD MRS. JANIE RAMSEY H. D. Agent \* \* \*

A COLLECT FOR CLUB

## WOMEN

Let us be done with fault-find-ing and leave off self-seeking. May we put away all protense and meet each other face to face without self-pity and without prejudice.

May we be never hasty in Mars Hill High School. judgment and always generous. Let us take time for all things;

make us to grow calm, serene, gentle.

Teach us to put into action our wife, Freida, lives in Hot Springs, arrived in North Africa in Au-better impulses, strightforward and Pvt. Luther R. Coates, son of gust 1957. Grant that we may realize it is Mr. and Mrs. Thea Coates, Mar-gust 1957. the little things that create differ-shall, recently participate in "Sa-ences, that in the big things of bre Hawk," a Seventh Army ma-

And may we strive to touch and neuver which involved more than tife we are as one. to know the great, common human 100,000 troops in Germany. heart of us all, and, oh Lord God, Dailey, who arrived over let us forget not to be kind! \* \* \* \* \* \* \* \* \* \* \* \*

Dailey, who arrived overseas last October, is regularly stationed in Baumholder as a truck driv-Spring is the traditional time er in Headquarters Detachment

With Our Boys

In Service

to go on a diet. Back in the good of the U. S. Army Logistica] old days, it was sulphur and mo-

A 1950 graduate of East High magazine you read a different School in Huntington, W. Va., he lasses - - now in every popular theory about what you should eat — but one thing that all the scientists and nutritionists agree 1953, upon is that we all should eat a

properly balanced diet, not too much and not too little. To a man they all agree that we should eat ington.

better breakfasts — \_ `break-fasts that contain a fair share of our day's ration of protein — \_ our day's ration of protein — \_ my in July 1957, was last station-complete protein, such as we find in Nature's little masterpiece — de at Fort Lee, Va., and arrived in Europe in December 1957.

So, if you want to feel better The 18-year-old soldier attended and look better — whether you Marshall High School.

want to shed a few pounds or add a few curves — — the Poultry Philippine Islands (FHTNC) — and Egg National Board reminds Marine T-Sgt. Herschel A.

and Egg National Board reminds Marine T-Sgt. Herschel A. you to start the day right with a Haynes, son of V. C. Haynes, of proper breakfast of fruit, eggs, Route 3, Box 109, Marshall, and proper breakfast of fruit, eggs, Route 3, Box 109, Marshall, and Robinson, son of Mr. and Mrs. S. Harrison (23) you to start the day right with a proper breakfast of fruit, eggs, toast and milk, with tea or coffee husband of the former Miss June for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. J. Winston Rice of R-4, "tone-up" for health at any time, and Mrs. Hardy L. Willett, son of Mr. and the from the Seventh Army Non-Commissioned Office Academy in Munch, Germany. Sergeant Robinson, Educ for the Springs: Officials: Whitten, Educ, Munch, Germany in 1948 and was last stationed at Fort Meade, Md. The Sergeant attended Beech Glen High School at Ivy. "First GAME Girls' Lineups: "The March Boys Lineup: "The Police of the Philippines, during the first week of March."

- 4 eggs, separated
- 1/2 tsp. salt
- 1/4 cup water
- 1/8 tsp, pepper

1 tablespoon fat.

whites. Beat until stiff and force for the amphibious exershiny and white leave peaks when cise, code named "Operation beater is withdrawn. Add pep- Strongback."

The actual

THE NEWS-RECORD sociated with an Army divisi ketball Tourney RED HI BOAN ceptinued from Page One)

untry's laverant In 4 |ing Centers and also program of training for under the provisions of the William E. Guthrie, son of Mr. serve Forces Act of 1955,

# and Mrs. Jack Guthrie of Walnut, has been assigned to Com-A/2c Billy M. Ward, son pany A, Third Battalion, First Mr. and Mrs. W. B. Wand Regiment, at Fort Jackson, S. C., Paint Rock, was recently swa for basic infantry training. His ed the Outstanding Airman A wife, Shirley, resides at Walnut. ward while serving with the Stra-tegic Air Command in North Af-

Fort Ja

WOMEN Billy Doyle Buckner, son of Mr. ic. This award is presented set us he large in thought, in word, Hill has be care of Mars Hill, has been promoted to chief Airmen of each Squadron. yeoman, U. S. Navy. He is serv-ing on the staff of the Naval Re-ical Specialist with the 3926th Thursday Night FIRST GAME serve Officers Training Corps U.S.A.F. Hospital. He entered

Graduates In Germany

Vix

M/Sgt. Clyde H. Robinson

Wallen

J. Franklin (15) Bullman



"The Best Part Of The Meal JFG's distinctive flavor - and rici aroma of the world's choicest coffees . . . giveyou a hearty goodness in cup after cup! Taste) JFG and you'll know how good Coffee can be \* \* \* \* \* \* \* \* \* \* \* \* \* Nobody has a right to do as he pleases unless he pleases to do \* Schedule of Home right. Demonstration

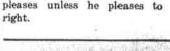
Clubs In County \* \* \* \* \* \* \* \* \* • Monday, March 10 - Spring Creek 4-H Clubs Tuesday, March 11 - Paint Fork H.D. - Home of Mrs. Rob-Creek 4-H Club

ert Gardner. Wednesday, March 12 - Train-

.

ing School - Mars Hill College. Thursday, March 13 - Hayes Run.

Fridsy, March 14 -- Walnut Creck - Home of Mrs. Bill Hunter.



PAGE THREE

**PULL THE PLUG** ON STOMACH UPSE without interrupting sleep or work! When constitution sours you Taken at bedtime, Tuken at bedime, Black-Draug is "limed" to relieve consupation first thing in morning — without harsh griplag or urgener! The amazing "overnight" larative hel weeten sour stomach too. The life looks sunny again! Made fro pure vegetable herbs, therough but gentle. Get Black-Draugh In Powder or Granulated form ....

When constipation Syrup of Black-D

SECOND GAME Boys' Lineups: Mars Hill(78) (43)Sprin Smith (12) Whitt (17) 

 Winter (11)
 (12) Oak
 Stattly (12) Oak

 Vance (9)
 (7) Fowler
 Stattly (12) Oak

 Bradley (11)
 (20) Strickland
 FIRST

 Keith (6)
 (2) Gardner
 Girls Lineups

 Subs: Mars Hill: Roberts 8,
 Girls Lineups

 Caldwell 12, Gibbs 2, Grindstaff
 Hot Spring (34)

 L. Spring Creek: Allen, Wells,
 K. Ramsey (6)

 Waldroup 2, Fowler, Roberts.
 Lawson (14)

 Haltbine: 33-16, Mars Hill.
 Moore

THIRD GAME Girls' Lineups: Crowe (18) Goforth (22) Tipton (10) Briggs Edwards

Nix Trantham Subs: Marchall; Fox, Clark, A. Crowe 3, Rice, Pogg 2, Caldwell, Henderson, Radford, Cody 2, Rec-tor, Corbett, Teague, Ramsey. Spring Creek: Willett 2, Luns-ford, Coward, Lankford, Wood, Moore.

Halftime: 32-12, Marshall. FOURTH GAME

Boys Lineup: (37) Laurel (19) J.B. Thomas (8) Shelton (2) Ramsey

Laurel (40) (b9) Mars Ader Massey (4) M. Franklin (4) (30) B. Ponder Massey (4) (10) Whitt Clark (12) (59) Mars Hill (14) L. Ponder Fowler (4)) Metcalf Gardner

Hensley Goanell Hensley Subs: Spring Creek: Allen, Subs: Laurel: R. Cook 3. Mars Waldroup 3. Hot Springs: Greg-Hill: Sprinkle 4, Hamlin, Gosnell I, Griffin, Dycus, Shelton, Bra-Halftime: 24-18, Hot Springs.

Girls' Lineups:

dy, Silver.

FIRST GAME Girls' Lineups: serve Officers Training Corps Unit at the University of North Carolina. He is a graduate of Mars Hill High School. 7th Army, Germany (AHTNC) -Pfc. Maxie L. Dailey, 23, whose wife. Freida, lives in Hot Springs, (30) Hot Springs (5) Holt Mars Hill (65) Moore Reeves

rs Hill girls meat the Wal-

the

Hill boys completing activities.

sym is expected to be pack

to determine the cha

sym is expected to be pace the games tonight, Friday and Seturday with a possi-of an additional night's of an additional night's

All teams must be defeat-

Gosnell L. Ramsey Subs: Laurel: Gunter 2, R. Cook 12. Hot Springs: Wood 2, Burgin 1, Shipley, Lamb 3, Pad-gett, Parker. Halftime: 32-13, Laurel.

and Eblen.

Girls Lineups:

foore

Marshall (57) (39) Spring Creek Crowe (18) (22) Kirkpatrick

Boyd (10) reeman (13) Stines (21) W. Roberts (2)

Roberts, Thomas 5, Ramsey Lewis 6. Laurel: Gentry. Halftime: 38-24, Walnut.

THIRD GAME

(30) Spring Creek (9) Kirkpatrick (13) Justice(7) FergusonJa. Finley

Jo. Finley Trantham

Gosnell Trantham Subs: Laurel: Ford 4, Johnson, Bullman. Apring Criek: Willett, Coward, Lankford. Halftime: 31-25, Daurel. FOURTH GAME Boys Lineup:

Boys Lineup: Spring Creek(40) (58) Hot Springs Massaar (4) (6) Ricker

(8) Gahagan (27) S. Harrison G. Ponder Strickland (17) (7) J. Harrison (10) Padgett reek: Allen,

per to yolks and beat until thick and lemon-colored. Fold yolks at Dingalan Bay, a training area into egg whites. Meanwhile heat used in the past for similar opfat in large skillett (10-inch di- erations by the Okinawa based ameter) until just hot enough to Marines. sizzle a drop of water. Pour in omelet mixture. Reduce heat. Font Jackson, S. C. - Private Level surface gently. Cook slow- Charles Caldwell, son of Mr. and ly until puffy and lightly brown- Mrs. A. Caldwell of R-1, Box 8, ed on bottom, about 5 minutes. Marshall, has been assigned to Lift omelet at edge to judge col- Co. D, 18th Bn., 1st Tng. Regt., or. Place in a slow oven 325 F. at Fort Jackson for his basic in-Bake until knife inserted into fantry training.

In addition to the 3rd Division,

the 1st Marine Air Wing, the U.

S. Seventh Fleet, units of the 1st

Marine Division from Camp Pen-

dleton, Calif., and Philippine

units will make up the assault

center comes out clean, 12 to 15 |Upon his arrival at Fort Jackminutes. To serve: Tear gently, son, he was initially assigned to using 2 forks, into pie-shaped the U. S. Army Personnel Center pieces. Invert "wedges" on serv- where he was issued his clothing plate so that browned bottom ing, given a complete physical becomes the top. Or omelet may examination and a comprehensive battery of aptitude tests to debe folded in half. termine the Army duty assign-EGGS ARE RIGHT

ORNING, NOON AND NIGHT ment for which he will be been Hint: Store eggs small end fitted.

own in the refrigerator. Egg whites will loosen chewing will be taught to fire the M-1 gupa in child's hair. Answer to last week's question: ing will be instruction in suc Job 6:6.

| During his basic training h rifle. Also included in his trainsubjects as military courtesy, first aid and personal hygiene. Upon completion of his basi

The Doc told Gramps the pain training, he will receive further in his arm was just a sign of old advanced infantry training o age. Gramps says that's a lot will be assigned to an Army of nonsense . . . the other arm is school. Fort Jackson offen just as old and doesn't hurt a bit. schooling in several specialties



Hot Springs (28) Ricker (5) Gahagan (2) some better at this time. Puerto Rico (FHTNC) - Marine Pfe, William W. Goldsmith, son of Mr. and Mrs. Ernest E. Goldsiith of Walnut, is taking part in a six-week amphibious op-eration with an Atlantic Flost Marine Force Training Group in Puerto Rico. The training forces, made up of ground, aviation and support mits, opened the exercise with a ault on the beach at Vie

