

BIRTHS

Births have been reported for the week at the hospital.

Mr. and Mrs. James Lowe of Clyde, Route 2, a daughter, March 13.

Mr. and Mrs. Seldon Herald of Canton, Route 2, a daughter, March 14.

Mr. and Mrs. Joseph Mason of Canton, a son, March 14.

Mr. and Mrs. Tillman Cunningham of Waynesville, a daughter, March 15.

Mr. and Mrs. Claude Haynes of Clyde, a daughter, March 15.

HINT TO STUTTERERS

CAMBRIDGE, Mass. (UP)—Jitterbugging may be a cure for stuttering and stammering, says a Harvard neurologist. "Expression—the act of talking—is a bodily function, a so-called motor act," Dr. Edward Cole explained. "Dancing gives an afflicted person the exercise necessary for relaxation of the vocal muscles."

Sleeping Beauty

By VIVIAN BROWN
AP Newsfeatures Writer

Beauty is as beauty does, so why not get more sleep? You can do without many of the other requirements to beauty for quite a while without looking bedraggled, but you'll definitely need your quota of sleep if you want to keep the roses in your cheeks and that sparkle in your eyes.

You must learn to relax before you can get the most good out of your nap. Merely getting into bed for eight hours, of which four or five are spent in restless slumber, won't do the trick.

If you are an insomnia victim, here is an asset offered by sleep experts. Lie on your back with eyelids closed and legs uncrossed. Raise right arm and clench fist. Then let the arm fall limply while the finger partly uncurl. Do not shift the arm after it falls, even slightly. Repeat this three to five times with each arm. Then just rest for a few minutes.

Next bend both feet down at ankles and bend down the toes of both feet at the same time. Do not bend knees. Then let feet and toes go limp suddenly. Repeat the tension three times, but relax the feet and toes back to their position of rest, gradually.

Some girls find they can relax and fall asleep quickly after a bath and a "pretying". Radio songstress Marion Hutton even dons a pretty sleep cap over her pin curls.

Other girls try bedtime snacks guaranteed to make 'em drowsy. Ideas on this subject differ and run the gamut from hot milk and



SLEUMBER GIRL
Radio's Marion Hutton does her rock-a-byes in ribbon and lace. The sleep cap keeps her hair in place and makes her feel pretty. She avoids mental strain by reading a book at bedtime. One way to relax and fall asleep, says Marion.

Father And Son Banquet Slated

The annual father and son banquet of the Future Farmers of America will be held at the Hazelwood school cafeteria, on Friday, March 25.

J. H. Nesbit is teacher of agriculture and in charge of the event. Lanton Palmer is secretary.

Young Growers Do Well

VERSAILLES, Ky. (UP)—Eight Four-H club members in a county school here proved they can do as well as some of their elders when it comes to tobacco raising. The eight sold 8,392 pounds of burley tobacco at an average price of \$3.08 per hundred pounds.

Travel In Park Showing A Gain

Winter travel in the Great Smoky Mountains National Park is still ahead of previous years, although the number of visitors this February was slightly fewer than in the corresponding month of 1948.

Supt. Blair Ross said the February total was 19,162, compared to 19,921 in 1948.

January, one of the warmest months since records have been kept in the park, had attendance nearly twice that of the preceding January—29,773 as compared with 11,194 in January, 1948. December attendance was slightly above December, 1947.

14,000 Fish Being Put In Park Streams

Planting of catchable size fish in streams of the Great Smoky Mountains National Park will be completed early next week, Park Naturalist Arthur Stupka said Tuesday.

The park service began placing 14,000 fish in the streams this week. They come from the U. S. government fish hatcheries at Erwin, Tenn., and are being transported by the Tennessee Rod and Gun Club.

The fishing season in the park opens May 16.

In the Civil War, Alabama sent 120,000 men to the Confederate Army.

MORE ABOUT Carrier Learns

(Continued from Page 1)

grade at Junior High, maintains an average of "A" on his studies, and plays a clarinet in the band.

He is a member of Boy Scout troop two, and now holds the rank of second class. He is a member of the First Presbyterian church. Yesterday, in discussing his route he said: "A paper route gives you a good understanding of business because it trains you in salesmanship, record keeping, and most of all, how to handle money. It is a good way to make your own spending money."

At one time, cotton was grown on 85 per cent of Alabama's farms.

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Flowers In Park Are Blooming Late

Cold weather has set spring flowers in Great Smoky Mountains National Park back to about a normal blooming period, according to Park Naturalist Arthur Stupka.

A recent check showed a few of the large flowering trilliums in bloom and the service tree, earliest of the small flowering trees, is beginning to bloom.

Other flowers now blooming include rue and wood anemone, spring beauty, bluets, star chickweed, toothwort, cinquefoil, several violets and phlox.

The hepatica which bloomed during the early warmth has about disappeared at lower elevations and the phacelia is still not at its height, Stupka said.

Later flowers, such as azalea, laurel, and rhododendron, now are expected to bloom at their regular times.

Police Chief 56 Years Finds Gun Unneeded

SIDNEY, O. (UP)—Police Chief William O'Leary might just as well not have a gun, for in his 56 years as head of the Sidney police department he never had been forced to use it to subdue a man.

But the 78-year-old chief has had to use physical force, often half-dramatic intoxicated persons more than a mile to jail.

The law enforcement official, who has never taken a vacation, believes "patience and education are the best remedies for crime."

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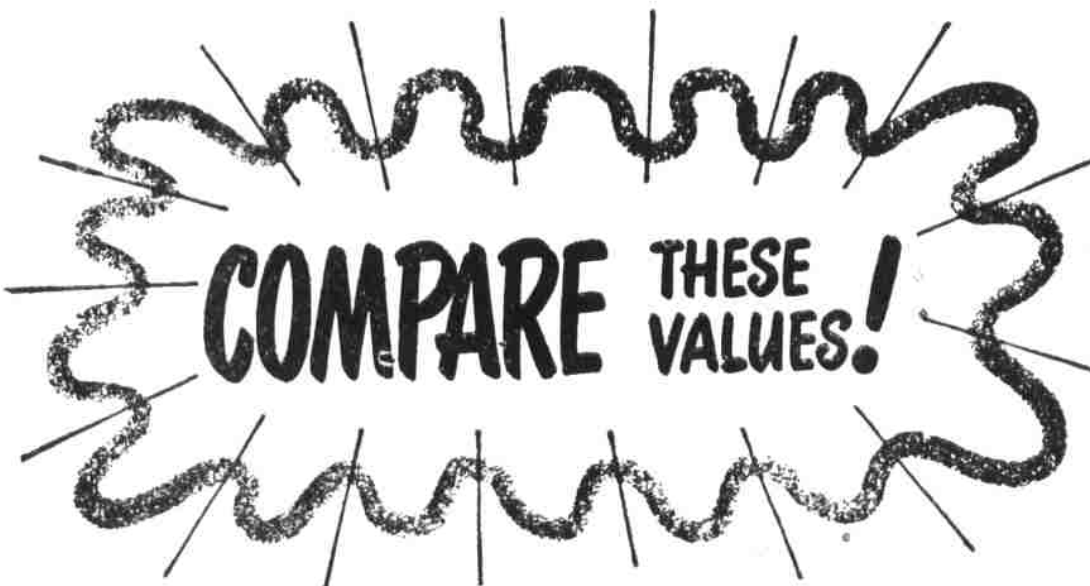
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