

MAY, OCTOBER 11, 1951
THE WAYNESVILLE MOUNTAINEER
SECOND SECTION

**Health Department Tells
Of Good Posture**

habitually open a window in the bus can have an effect on your health as well as your looks. Good County Health Department today as they pointed out today as they that Wayneville and other communities across in the 13th annual National Posture Week, Friday (October 15-20). Our astonishing array of washing machines to the most people keep complaint "that tired feeling." Department said. "One reason is that they do correctly the appliance worn with the body. simply do not keep our balance and do a lot of creating a lot of extra strain we refuse to learn lessons of better body. The way you use your open a window, left the bag of groceries, the at your desk or stand can have a marked effect health, energy and looks. glamor aside, we're a of bones. Up on top is a that we comb and think head! Holding that com- balance is a lot of work stand up to it because frame-works are designed of our body weight with muscular effort. posture, the slump and part of the job away hands and to the their protest is called "that tired feeling". To ill of poor posture the

Former Haywood Resident Dies In New Jersey

Mrs. Benjamin Williams, 47, a member of one of Haywood County's pioneer families, died Sunday in a Camden, N. J. hospital following a brief illness. She had been a resident of Woodstown, N. J. Mrs. Williams was the former Miss Chloe Patton, daughter of Mrs. J. S. Patton and the late Mr. Patton of near Canton. She was a past worthy matron of the Oak Leaf Chapter, Order of the Eastern Star, of Canton. Surviving in addition to the mother are her husband, a daughter, Rachel; two sons, Riley and Roy, all of the home. Three sisters, Mrs. Charles Stin-

extra strain thrown on the joints and ligaments can lead to backaches and pains. The change in your shape cramps your lungs and other internal organs, often causing improper functioning. "Good posture or good body mechanics is a matter of thinking about it as you go about your daily duties and relaxation. Sitting, standing, washing the dishes, serving tea or a tennis ball—keep your body under your head and let your weight hang from your shoulders like a coat. You will find that you will look better, feel better and conserve your energy. One last warning. Good posture is only one element. If postural faults are severe, if you suffer from chronic backache, muscular pains or other continuing symptoms, make a bee-line for your doctor."

Waynesville High Band Gets Additional Drums — Part Of 90-Piece Band



Waynesville's 90-piece band is enjoying several additional drums, which were bought with funds provided by patrons of the band. For the first time in its history, the band now uses two bass drums. Shown here with the new instruments are, left to right: Charles Bridges, Raymond Inman, Harriett Gibson, Joe Rickman, and Everette Stiles. (Staff Photo).

WNC Teachers Will Meet Tuesday For Convention

Teachers and school officials from 18 counties will be in Asheville, Oct. 16, for the 29th annual convention of the Western District of the North Carolina Education Association. More than 1500 are expected to attend the two general sessions, four division and 18 department meetings at Lee H. Edwards High School.

Morning Star News Items

MRS. ELDON BURNETTE
Mountaineer Reporter
Mr. and Mrs. Noah Rhodarmen of Morning Star had as guests over the week end their son-in-law and daughter, Mr. and Mrs. Charles Melton, of Raleigh.
Attending the semi-annual singing at Enka Lake Sunday were Mr. and Mrs. Tom Hall, Mr. and Mrs. Eldon Burnette, Mr. and Mrs. Cecil Young and Mr. and Mrs. Lewin Medford.

Dr. R. B. House, chancellor of the University of North Carolina at Chapel Hill, will speak at the morning general session at 10, A. B. Gibson, Laurinburg, NCEA president. Mrs. John Kinsland, and Miss Mary Patton, all of Canton. Four brothers, J. Benny, Roy, Weaver, and Burder Patton, all of Canton. Funeral services and interment were in Woodstown.

Mr. and Mrs. Fred Clontz are the parents of a son, born October 7 at the Haywood County Hospital. Pvt. Phillip Higgins and Pvt. James Treadway were home on leave the past week.

Mr. and Mrs. Lewis Medford celebrated their twelfth wedding anniversary Sunday.

Pfc. Ray M. Burnette and Sgt. Ralph Route, stationed at Ft. Benning, Ga., spent the week end with Mr. and Mrs. Eldon Burnette.

Mrs. Dan Cochran is ill at her home in Dutch Cove.

Mrs. Johnny Williams entertained at a party Monday afternoon in honor of her daughter's eleventh birthday. Assisting her was Mrs. Chad Case. Guests included Tommy and Carolyn Trantham, Naomi Carr, Russell Rhinehart, Wanda, Diane, Joyce and Lowery Case, Erwin Medford, Jimmy Gaddy, Martha and Mary Hall, David and Troy Williams, Jimmy Jenkins and Polly Hoglen.

Mrs. Talley Wilson left Monday for Raleigh to attend the funeral of a friend.

Pvt. Wendell Davis came home over the week end.

dent. will bring greetings. At the afternoon general session at 1:30 NCEA staff members will discuss association activities. Gilmer Graham, Asheville, president of the district, will preside at the general sessions. Other district officers are: Mrs. George Sandlin, Old Fort, vice-president; and Y. Leonard Medlin, Swannanoa, secretary.

The Division of Classroom Teachers will hold a dinner meeting at 6 at which Dr. House will speak. Virginia O'Shaughnessy, Asheville, will preside.

The Division of Higher Education will meet during the afternoon for a discussion of ways to improve college instruction through use of audio-visual aids. J. J. Stevenson, Brevard College, heads this division.

Principals and Superintendents meet together at 4 to hear Dr. W. H. Plemmons, UNC, Chapel Hill.

The Largest Mammal
A whale is not a fish, but a mammal, like cows, dog and human beings. It is the largest animal, reaching a length of more than 100 feet and a weight of over 200 tons. The largest true fishes are the sharks.

Castor Oil Will Be Plentiful

VERNON, Tex. — (AP) — Bad news for the kids, A bumper crop of castor-oil beans is on the way from this North Texas and neighboring Oklahoma area. Farmers expect to reap a harvest of more than \$2,000,000 when the work's all done this fall. However, the kids don't get it all. Uncle Sam is stockpiling the stuff

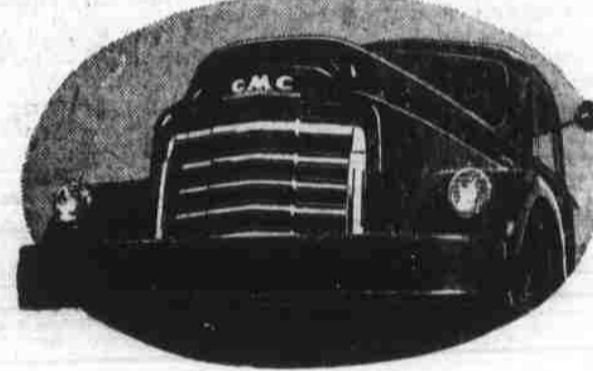
New Tests Set By Draft Board For College Men

Selective Service registrants who are attending college full time may now file application to take one of the next two college qualification tests scheduled for December 13, 1951, and April 24, 1952. The results of these tests will be filed with the local board, for use in considering deferment of the registrant from military service as a student. Students may obtain complete information from any local selective service board. A native of Iowa is called a Hawkeye.

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