

Mystery Contest Is Solved; Secret Straw Hat Sextet Is Identified

Franklin first in contest

Contest is over, the mystery men and Ray Franklin of Massie is the first-place winner. Franklin wins \$5 in cash from the Mountaineer and a pair of socks from Ray's Department for being the first to identify six mystery men correctly. Apparently an expert guesser of The Mountaineer's contests last fall.

Other winners were: O. Edwards of Waynesville, second place, \$5.95 pair of socks; Belk-Hudson.

Jane Love Taliaferro of Massie, third place, \$5 McSport Shirt from The Togs; Bryson, of Hazelwood, fourth place, \$5 straw hat from Store.

Lee, 111 Summit Street, Massie, fifth place, \$5 pair of socks from Massie's Department.

Some of the contestants had little trouble in identifying Dave Frank Ferguson, and Lawrence Leatherwood and the unnamed Sheriff Campbell, but Dick Bradley and John Brown proved to be stumbling blocks for nearly all the contestants.

Contest aroused considerable interest and was a major conversation in town all day as local residents racked their brains to guess the name of the men pictured from

Contest even brought one prisoner in the county jail. The inmate was an "also runner" who only three correct selections.



FRED CAMPBELL

DAVE FELMET

DICK BRADLEY

GLENN BROWN

FRANK FERGUSON

LAWRENCE LEATHERWOOD

Draft Board 45 Must Be Notified Of New Address

Selective Service Board 45 at the courthouse has reminded every registrant that it is his duty to keep his board notified of any change in address or any other change in status that might effect his classification.

The local board is currently reviewing the files of all registrants classified 3-A to determine their eligibility for such classification. Questionnaires are being mailed to these registrants and must be completed as instructed within a given time.

Failure on the part of a registrant to complete and return these questionnaires will cause the local board to process him as a delinquent. A delinquent registrant is subject to immediate induction.

Failure of a registrant to receive the questionnaire because he neglected to notify the local board of a change in address will be considered cause for delinquency.

The board members urge each registrant who has not notified the local board office of his current address or change in status to do so without delay.

About 100 million acres—30 per cent of U. S. crop land—is used for corn each year.

Although there are more plants and animals in temperate than in tropical seas, there are a greater number of species in the tropics.

Drinking Milk Can Improve The Way You Look And Feel

By MARY CORNWELL Home Demonstration Agent

Milk can make a difference in the way you look and feel. Did you get your quart of milk yesterday—or the day before? If you have gone without it too often, you may not be as well off as you think. Everybody—young and old—would do well to get a quart of milk every

day. Adults can get along on a pint if they make sure not to skimp on any of the other foods needed. In addition to milk, you need five servings of fruits and vegetables, two servings of protein food (meat, eggs, fish or poultry) bread and butter or some other Vitamin A fat. Let's see what is in milk that

makes it such an important food for everybody. It is a good protein food and contains many minerals and vitamins. But the two food values milk is richest in are the mineral, calcium, and the B vitamin called riboflavin. Not only is milk rich in these two food values, but it is almost impossible to get enough each day unless you include some milk in your diet.

Here are the amounts of some foods you would have to eat to get the same amount of calcium as you get from one quart of milk: 6 3/4 pounds cabbage, 27 pounds potatoes, 28 oranges, 39 eggs, or 7 1/4 pounds of carrots. These foods are the richest fruit, vegetable and animal sources of calcium. It is im-

portant to remember that although these foods are not very rich in calcium, they are valuable in the diet for other reasons. They are rich in other food values in which milk is low. No one food will meet all of your needs. It takes variety. Why is calcium so important? Because it builds strong bones, teeth and is needed by all cells of the body. You hear grown-ups say, "But my teeth and bones are already built—why do I need cal-

cium?" The answer is—Your body uses calcium every day to regulate the heart beat, to make the blood clot when you cut your finger, to make the fluid which bathes tired muscles and nerves to help you overcome fatigue, and to help rebuild cells in your hair, nails and other parts of the body that are wearing out every minute. If you don't eat enough calcium-rich foods each day, your body takes from your bones enough cal-

cium to carry on its work. If this happens too often, bones become demineralized and get soft or brittle and break or bend easily. Doctors say many of the easily broken bones, stooped shoulders and other signs of old age are due to not eating the right foods—and most often milk—for long periods of time. The other food value milk is richest in is riboflavin—one quart of milk will more than meet your day's needs for this B vitamin.

YOUR BEST FOOD BUY TODAY IS DAIRY PRODUCTS

Milk Is Nature's Most Perfect Food—One Quart a Day Will Supply These Daily Nutritional Needs:

- 100% OF THE CALCIUM
- 82% OF THE VITAMIN "G"
- 74% OF THE PHOSPHORUS
- 49% OF THE PROTEIN
- 30% OF THE VITAMIN "A"
- 25% OF THE VITAMIN "B"
- 22% OF THE CALORIES
- 19% OF THE VITAMIN "C"



Milk and Its Products Comprise About One-Fourth of The Foods Consumed Annually By The Average American —

NOT ONLY IS MILK TOPS IN FOOD VALUE — CHOCK FULL OF VITAMINS AND MINERALS — MILK TASTES GOOD!

JUNE is DAIRY MONTH — Use Haywood Produced Milk! Haywood Dairymen Produce Approximately \$600,000.00 Worth of Milk Each Year — You And The Entire County Benefit When You Patronize Firms Using Our Products —

HAYWOOD COUNTY MILK PRODUCERS ASSN.

JAMES KIRKPATRICK, President John Carver, Chairman, June Dairy Month Promotion

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Just finished in beautiful, restricted Grandview Heights, a very pretty 3-bedroom house — Large fireplace — attached garage. Lot 95 x 160 feet.

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