

Canton Garden Clubs Plan August Flower Show

The Council of the Canton Garden Clubs will present a flower show on Friday, August 19 from 2 to 5 p.m. in the Fellowship of the First Baptist Church of Canton. The theme of the flower show will be "August Enchantment."

Mrs. J. Frank Pate, general chairman, has announced that entries will be received Thursday night, Aug. 18 and Friday morning from 8 until 10:30 a.m. Junior Garden Clubs entering the show are requested to bring their entries Thursday night. Special attention is called to tables to be entered in the following chairmen and committees have been named to review the show:

Mrs. James E. Harkins, Mrs. Ed ... Mrs. Love A. Coman, Jr., Mrs. S. P. Cline, Jr., Mrs. James Rowell.

Schedule committee—Mrs. James B. Hurley, chairman; Mrs. Carl E. Powen, Mrs. W. P. Dixon, Mrs. P. V. Hamrick.

Entries committee—Mrs. Clyde Wilson, chairman; Mrs. Henry Seaman, Mrs. Ben J. Patton, Mrs. W. O. Kearse, Mrs. J. C. Devlin, Mrs. Geo. H. Trostel.

Classifications Horticulture committee—Miss Mary Frances Kirkpatrick, chairman; Mrs. Clyde R. Hoey, Mrs. A. W. Bottoms, Miss Willie Smathers.

Artistic arrangement committee—Mrs. Ralph Crawford, chairman; Mrs. Logan White, Mrs. Paul Launer, Mrs. Hugh A. Matthews.

Publicity committee—Mrs. Hugh C. Keener, chairman; Mrs. Frank Vokes, Mrs. Virginia James, Mrs. Willis Kirkpatrick, Mrs. Manwin Alexander.

Judges, Awards and Luncheon—Mrs. A. W. Bottoms, chairman; Mrs. Geo. L. Edgerton, Mrs. C. S. Owen, Jr., Mrs. Glenn H. Williams.

Hostess committee—Mrs. W. B. Williamson, Jr., chairman; Mrs. W. C. Johnson, Mrs. Hall B. Whitworth, Mrs. Chas. H. Branson, Mrs. Fred Ferguson, Mrs. Roy H. Moore.

Properties committee—Mrs. Paul Hyatt, chairman; Mrs. A. W. Bottoms, Mrs. V. E. Wilson, Mrs. Noah Swofford, Mrs. J. W. Hampton, Mrs. Roy Smathers, Mrs. John Morgan, Mrs. Algie Spears, Mrs. Brainard Burrus.

Library and Garden Center—Mrs. H. A. Helder, chairman; Mrs. G. W. Phillips, Mrs. J. R. Westmoreland, Mrs. Wm. Freal.

Educational committee—Mrs. R. F. Anton, chairman; Mrs. Cary T. Wells, Jr., Mrs. Carl Powell.

Vegetables committee—Mrs. James L. Setzer, chairman; Miss Doris Platt, Mrs. F. C. Holland, Mrs. G. C. Pegram, Mrs. C. P. Singleton, Mrs. D. N. Randolph, Mrs. John L. Jones, Jr.

Junior Division committee—Mrs. W. P. Dixon, chairman; Mrs. Eleanor G. Jacobs, Mrs. C. H. Eskridge, Mrs. Carlton Peyton.

Music chairman—Mrs. L. C. Rollins.

Finance committee—Mrs. Maurice Brooks, chairman; Mrs. Brainard Burrus, Mrs. Roy Trammell, Mrs. Fred V. Douth.

Clean Up committee—Mrs. Howard Myers, chairman; Mrs. Maurice Brooks, Mrs. A. W. Bottoms, Mrs.

Group Action Wins Diet War



BEFORE AND AFTER . . . Mrs. Robert Spitzmiller of Cincinnati, Ohio, dropped 100 pounds between the times these two pictures were taken, 16 months apart.

AP Newsfeatures

MILWAUKEE, Wis.—Last year Mrs. Robert Spitzmiller of Cincinnati, Ohio, weighed 236½ pounds. And she was only 4 feet 11 inches tall.

Now, 16 calorie-conscious months later, she is 100 pounds trimmer and first place winner in a TOPS Club Greatest Improvement Contest.

"I really feel like a different person now," she says happily. "And I intend to keep dieting until I weigh 120 pounds."

The TOPS (Take Off Pounds Sensibly) Club, which has nearly 8,000 women in 150 branches across the country, was formed in Milwaukee eight years ago. It was the brainchild of Mrs. Esther S. Manz, national president.

The TOPS Club works on the theory of group therapy. Competition among members to win recognition by reporting weight losses keeps them on the straight

and narrow dietwise. Members exchange low calorie recipes and encourage each other to keep up the battle.

Mrs. Spitzmiller, winner of the under-40 division, says about her fight with fat:

"I wanted to lose weight very badly so that my daughters and husband wouldn't be ashamed of me. But most of all I wanted to lose it for myself. I was so ashamed of myself it got to be a complex.

"The fatter I got, the more I'd stay away from people, the more I'd stay home, the more I'd eat."

Until she joined a TOPS unit she'd never been able to stick to a weight-lossing regime. But the friendly competition and cooperation helped her follow the diet prescribed by her doctor. Her dress size dropped from 50 to 14, and her hip measurements from 60 to 40 inches.

In the contest, loss of poundage was "only one factor considered. Appearance, measurements and success stories of the contestants were taken into account.

A Fort Wayne, Ind. woman won the over-40 division and also a bout with diabetes. Mrs. Nancy Piepenbrink lost 67½ pounds in six months and in doing so improved her diabetic condition to the point where she no longer

needed insulin injections. She explains her situation: "I wanted for years to take off poundage, but I just couldn't do it alone. I let myself go wild over food until I ended up in a hospital in a diabetic coma.

"They gave me insulin treatment and dismissed me before long, telling me I could control my diabetic condition with diet alone, if I would do it. I couldn't do it, somehow, I went on eating, growing fatter each day."

Then she joined the Fort Wayne TOPS club, weighing in at 217½ and measuring 5 feet 3. In six months she had dropped to 147½ pounds and 15 dress size, instead of the old 46.

"I'm really beginning to live again," she says.

Nothing Sells Like Newspapers

Personals

Rebecca Hatchell, young daughter of Mr. and Mrs. Gordon Hatchell, of Portsmouth, Va., is spending this week with her aunt, Mrs. Sybil Kay, her parents are expected for the weekend to accompany her home.

Mr. and Mrs. Weaver McCracken, Jr. and sons of New Orleans, are spending a vacation with Mr. McCracken's mother, Mrs. Weaver McCracken, at Lake Junaluska. They are also visiting Mrs. McCracken's parents at Marsnal.

Miles Chafin is spending this week at Camp Daniel Boone.

Mr. and Mrs. Hye Shepworth have just returned from a trip to New York where they purchased new fall merchandise for Sneppe's.

Mrs. Edna Monteith O'Neil, her daughter, Miss Pearl O'Neil, and her son and daughter-in-law, Mr. and Mrs. Jack O'Neil and their daughter, all of Newport, Tenn., spent last weekend with relatives in Waynesville and Hazelwood.

Mr. and Mrs. C. Spurgeon Davis of Hazelwood had as guests this week the following relatives: Mr. and Mrs. J. K. Davis and children, Minnie Lou and Jimmie Lee, of Alexandria, Va., Mr. and Mrs. Chester Davis and daughters, Susan and Sharon, of Durnam, Mrs. Ben Davis and son, Mark, of London Bridge, Va., and Mrs. C. Jack Davis of Norfolk, Va.

Mr. and Mrs. Frank Kirkpatrick and Mr. and Mrs. Carl Kirkpatrick and their son, Carl, Jr., are spending this week in Florida.

Cleaning Venetian Blinds Can Be A Simple Task

If you've been dreading the day you'd have to clean the venetian blinds, then worry no more. Here are some cleaning tips which will help to lighten your chore.

According to Mamie Whisnant, State College extension specialist in home management, the way you take care of your blinds from week to week and from day to day will have a lot to do with the kind of cleaning job you have to do. She adds, however that weekly dusting—even with special brushes or vacuum attachment—is not enough to keep venetian blinds clean forever. They must be washed occasionally to remove the oily film that adheres to the surface.

Wash each slat with a cloth or sponge using warm suds or one of the new "no-rinse" cleaners. Venetian blinds may be put into the bathtub where slats and tapes may be scrubbed all at one time with a soft brush. You'll find, too, that a detergent will cut the dirt quickly and make your scrubbing job

much easier. Some detergents require little or no rinsing. Just follow the instructions on the package, advises Miss Whisnant. If you'd rather, hang your venetian blinds over the clothes line and wash them with the hose.

Rehang venetian blinds while wet and stretch them firmly. If blinds don't have bottom hooks to stretch and hold them down to prevent tape shrinkage, weight them down by placing books on the bottom slat. When the tapes become badly worn and soiled, the best thing to do is simply to replace them.

There are 6,000 camera clubs in the United States.

Lead is 11.34 times as heavy as water.

Run But No Hit

GRAND RAPIDS, Mich. (AP)—Police learned the power of a woman scorned, but they won't tell her name. Her boy friend won't prosecute.

Someone reported a hit-and-run accident. A young woman was lying in the street. Questioning disclosed it wasn't a hit-run case, exactly.

She had followed her boy friend, who drove another young woman home in his convertible. While he was saying good night to the other woman, No. 1 picked up rocks and smashed the lights, windows and instrument panel of his car. As he returned, she grabbed the convertible top and began ripping away. He drove off while she was still ripping. She was knocked down.

Airlines account for around 25 per cent of passenger miles in U. S. intercity travel.

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<p>Men's Summer SUITS On Sale Famous Northcote</p> <p>\$37.50 Suits \$24.95</p> <p>\$32.50 Suits \$22.95</p>	<p>McGregor SPORT SHIRTS On Sale</p> <p>\$2.98 Now \$1.98</p> <p>\$3.95 Now \$2.98</p> <p>\$5.95 Now \$3.95</p>	<p>Manhattan Dress & Play SHIRTS ON SALE \$2.98</p> <p>McGregor Nylon SHIRTS Regular \$5.95 ON SALE \$2.98</p>	<p>WOMEN'S TOPPERS ON SALE ALMOST 1/2 PRICE</p> <p>LADIES' HATS ON SALE 1/2 PRICE</p>	<p>Rayon Cool Summer SUITS ON SALE</p> <p>\$10.95 Suits - \$6.95</p> <p>\$14.95 Suits - \$8.95</p> <p>\$17.95 Suits - \$10.95</p> <p>\$22.95 Suits - \$12.95</p> <p>\$29.95 Suits - \$16.95</p>	<p>Sheer Cool Summer DRESSES ON SALE</p> <p>\$9.95 Dress - \$5.95</p> <p>\$10.95 Dress - \$6.95</p> <p>\$12.95 Dress - \$7.95</p> <p>\$14.95 Dress - \$8.95</p> <p>\$17.95 Dress - \$10.95</p>	
<p>Men's FLORSHIEM SHOES ON SALE \$12.95</p>	<p>Men's ROBLEE SHOES Regular \$14.95 On Sale \$8.95</p>	<p>Men's \$12.95 SUMMER SHOES ON SALE \$6.95</p>	<p>Children's SUMMER SHOES \$4.95 On Sale \$2.98 \$5.95 On Sale \$3.95</p>	<p>CASUAL SHOES BUSTER BROWN MIRACLE TREAD Up to \$8.95 ON SALE \$4.95</p>	<p>MIRACLE TREAD DRESS SHOES Air Step & Rhythm Step CASUALS Up to \$10.95 ON SALE \$5.95</p>	<p>RHYTHM STEP and AIR STEP SHOES Regular \$12.95 ON SALE \$6.95</p>

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