Varicose Veins

Varicose veins are probably the most common of circulatory disorders and they affect both men and women. The word "varicose" simply means

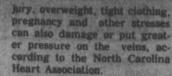
You can understand the why's and how's of varicose veins better if you know something about the circulation of blood through the body.

Probably no system of transportation is as wonderful as the circulatory system which carries blood to every part of your body. The heart, of course, is its center and dynamo. It sends blood out through the arteries and is the depot to which the blood returns through the veins.

On its way back from the legs to the heart, the blood has a long uphill climb. Three thin-gs help in this upward journey. Blood pressure, stronger in the arteries, is much diminished in the veins but still gives some push to the blood. The movement of leg muscles during normay activity or exercise helps massage the blood upward through vein walls. The third aid is a very ingenious antigravity device: tiny cup-like valves which section off the veins and maintain one-way traffic These valves open to let the blood travel upward, then close tightly so that blood will not fall back.

Varicose veins develop when vein walls or valves become weakened. Some people may be born with weak valves or weak

MOUNT OLIVE



When walls of the veins are weak, in time may give way under the pressure of blood and sag outward at the site of the valves. As a result, the valves cannot close tightly to regulate the flow of blood. This, in turn, further increases the pressure of blood against the vein walls, which may balloon out and become "varicosed."

Standing or sitting for long periods is hard on people with varicose veins because blood accumulates in the lower legs and puts greater pressure on the veins. This is one reason why doctors recommend that such persons put their feet upat the office (if they can get away with it), at home watching television or doing sit-down chores. Even if you don't have varicose veins it's a good idea to walk around every halfhour so during a long plane or

train trip. Interrupt long motor trips to let the whole family get out and stretch their legs. Periodical medical check-ups

are advisable for people with varicose veins, the state heart group says. Let your doctor decide whether or not you need treatment. If your veins seem to be gettin worse, your doctor can prevent serious damage if you see him soon enough. A free booklet entitled "Varicose Veins" is available from the North Carolina Heart Association, 1 Heart Circle. Chapel Hill (27514),

SAY YOU SAW IT IN THE TIMES - SENTINEL

WARSAW



Out to lunch? New ideas in picnicking without panic include a basket of canned goods, plus a hamper of canned soft drinks. Carrying cans of food plus bread keeps sandwiches from getting soggy, eliminates at-home wrapping. Every-thing goes right from pantry shelf or refrigerator into the instant-picnic basket. Soft drinks in cans are easy to store and carry, shill quickly in nearby water and are disposable.

OUTSTANDING MUSIC CAMPERS GET AWARDS GREENVILLE - Twenty-seven of the 420 junior and senior high school students who athigh school students who tend the annual Summer Mu Camp here were honored Friday night with outstanding

DUPLIN COUNTY, Mount Olive (Route 1, south) - Bobby Robert Goodson, son of Mr. and Mrs. John M. Goodson, Rt. 1, most oustanding student in art.

ATTEND MODREN MATH WORKSHOP GREENVILLE - Latest recommended principles and tecsiques of teaching modern matics in the elementary school are being presented to 60 educators ond prospectvie

Mirror Doors Make Room Look Bigger

Looking for a simple way to "spruce-up" an unattractive, seemingly crowded bedroom? Try exchanging those regu-lar clothes closet doors for full-length sliding mirror doors which will merchanks "wilde"

which will magically "glide" new beauty into the room. And, as designers point out,

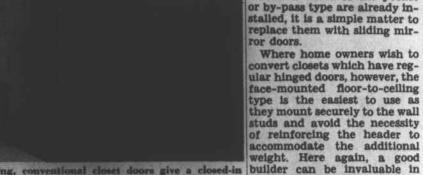
remodeling a bedroom this way is a perfect solution to problems of space and light, as the mirrors make the room appear bigger than it really is while bigger than it really is white multiplying existing light. At the same time, a handy, full-length dressing mirror is added as an indispensable grooming aid.

Easy to Install

Unlike some remodeling projects which require extensive changes to the walls, sliding mirror doors can, with the help of a competent builder, be installed on existing closets with a minimum of carpentry work. There are three basic types to suit any room — the recessed type which rolls out of sight into a wall "pocket" when opened, the by-pass type which from either side, and the floorto-ceiling, surface-mounted doors.

hinged doors.

Look well into thyself; there is a source of strength which will always spring up if thou wilt always look there. -Antonius





has the doors mounted on par-allel tracks and can be opened of having much more space and light. Parallel-O-Plate. of having much more space and light. Parallel-O-Plate.

return the finish to its original tion are not new, they have,

type which is highly adaptable There is little to be gained luster. over the past few years, become to closets having conventional in remodeling any room if the The surface is impervious to a vastly valuable material in end result brings about con- wear, never needs refinishing the decorative field. This in-Because they slide rather siderable more everyday main-than swing, the doors save tenance. With sliding mirror of furniture or color scheme. magic in today's decor is revaluable floor space, allowing doors, however, an occasional Since the glass can't warp or emphasized by its strategic furniture arrangements which cleaning with a damp cloth is swell, the danger of the doors functional and discriminate would not be practical in the all that is needed to remove sticking is eliminated. same room with conventional finger marks and smudges and When remodeling where con-home improvement.

BAG TRICKS

BARBECUE MITT-Make pattern by outlining hand on paper allowing 11/2" extra all the way. Cut four pieces from small cotton bags, reversing pattern for two. Use cotton batting for padding palm and back pieces. Finish wrist edges with bias tape. Place palm and back together, edges even, and bind, leaving 5" of tape at back for

SPONSORS SHOW

stead Volurteer Fire Depart-

ment, Don Reno, Red Smiley

and the Tennessec Cut-ups are

being sponsored. They will be

on stage in person, Saturday,

August 8 at 3 p. m. at Topsail

PURSUIT TRAINING

Duplin were instructed in pur-

suit driving by Lt. E. W. Jones of the N. C. Highway Patrol.

Lt. Jones is the training officer

for the patrol and has taught

this course in 48 states and

helping to make the correct

Mirrors Enhance Decor

drama

Mirrors pick up the color of

Although mirrors as decora-

Canada.

Law enforcement officers in

High School Auditorium.

For the benefit of the Hamp-

loop. A Heart Association speaker in Charlotte recently estimated there are five million Americans who don't know they have heart disease but who have it.

The future is purchased by

PAGE 3 THE DUPLIN TIMES-PROGRESS SENTIN EL. AUGUS F 6, 1954 hers enrolled for the se-

CottonQu

WILL COTTON

FABRIC

STRETCH.

?

YES. BY CHEMICAL TREAT-

MENT, THE FABRIC CAN BE MADE TO SPRING BACK INTO SHAPE AFTER PULLING.

YANKEE QUEEN ... The 24-year-old queen of the tiny Himalayan kingdom of Sikkim is the former Hope Cooke of

Everything that looks to the

Letitia E. Landon

future elevates human nature.

State Licensed

WELL

DRILLING

"Good Water

Is Our Business"

AUTHORIZED

PUMP

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REGISTER

Register's Crossroads

RFD, Rose Hill,

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vers

New York.

NEW ASSISTANT Luther C. O'Quinn of Mam-

cond Modern Math Workshop at East Carolina College. ers, N. C. is the new assistant tax collector in the office of From Duplin County are: Al-bertson - Elizabeth Ann Smith the N. C. Department of Revof Deep Run, fifth grade tea-cher at B. F. Grady School; Wallace - Ann Fussell, third enue in Kenansville, with Fred O'Quinn is a recent graduate grade teacher at Rose Hill School

of Campbell College. He and Mrs. O'Quinn reside in War-

NEW ASSISTANT HOME AGENT

Miss Joanne Walters of Laurel Hill was approved Morday by the commissioners as an Assistant Home Economics Agent. Miss Walters is a graduate of Flora McDonald College and for the past three years has taught home economics in Fayetteville. She will begin her cuties in Duplin on September 1.

BEULAVILLE FIRE DEPARTMENT **ANSWERS 3 FIRES**

The efficient Volunteer Fire Department of Beulaville had three calls this week. Tuesday morning Ellis Hatcher lost a tobacco barn, but the firemen ventional doors of the pocket were able to save building nearby. Thursday morning about 5 o'clock Bland Rhodes Store on Hwy. 24, about two miles west of town was destroyed by f're, but the firemen were able to keep the shell of the building standing, although the inside and the cuntents were destroyed. Early Sunday morning Walter Miller lost a tobacco barn.

4-H CAMP

Anthony Westbrook, son of Mr. and Mrs. Willard Westbrok of the Wcolland Club, and Bebby Goodsen, sor. of Mr. and Mrs. John Gocdson of the Pleasant Grove Club, are attending the Wildlife Camp at Camp Millstone at Ellerbe. These boys won this trip as county winners in the wildlifc project.

LEADERS ATTEND CONFERENCE

Two 4-H Club leaders are attending the State Leaders' Conference this week at Manteo. Mrs. Geraldine Ray of the Warsaw Club and Mrs. Oleita Rivenbark of the Shamrock Club are at the 4-H Camp.

DOUBLE DUTY Round off 1/2 inch of the square shank on an auger drill, and it can fit in an electric



Eastern Carolina's Word for Milk



ALUMINUM OUTDOORS Rub new aluminum lawn furniture with a light coat of paste wax and buff vigorously



vein walls. But diseases, in-

2 for 1 SALE

WITH BIG VALUES

ALL OVER THE STORE

DON'T FAIL TO TAKE ADVANTAGE

OF THESE SAVINGS!

