

Varicose Veins

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

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 things 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 normal activity or exercise helps massage the blood upward through vein walls. The third aid is a very ingenious anti-gravity 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 vein walls. But diseases, in-

jury, overweight, tight clothing, pregnancy and other stresses can also damage or put greater pressure on the veins, according to the North Carolina Heart Association.

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 "varicose."

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 up at 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 half-hour 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 getting 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



Photo by Jones & Laughlin Steel Corp.

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. Everything goes right from pantry shelf or refrigerator into the instant-picnic basket. Soft drinks in cans are easy to store and carry, chill quickly in nearby water and are disposable.

Mirror Doors Make Room Look Bigger

Looking for a simple way to "spruce-up" an unattractive, seemingly crowded bedroom? Try exchanging those regular clothes closet doors for full-length sliding mirror doors 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 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 has the doors mounted on parallel tracks and can be opened from either side, and the floor-to-ceiling, surface-mounted type which is highly adaptable to closets having conventional hinged doors. Because they slide rather than swing, the doors save valuable floor space, allowing furniture arrangements which would not be practical in the same room with conventional doors.

There is little to be gained in remodeling any room if the end result brings about considerable more everyday maintenance. With sliding mirror doors, however, an occasional cleaning with a damp cloth is all that is needed to remove finger marks and smudges and return the finish to its original luster.

The surface is impervious to wear, never needs refinishing and goes well with any style of furniture or color scheme. Since the glass can't warp or swell, the danger of the doors sticking is eliminated. When remodeling where con-

BEFORE remodeling, conventional closet doors give a closed-in appearance to room and make the wall look drab and lifeless.



AFTER sliding mirror doors are installed, room gives appearance of having much more space and light. Parallel-O-Plate.



ALUMINUM OUTDOORS
Rub new aluminum lawn furniture with a light coat of paste wax and buff vigorously to prevent pitting and dullness.

BRIEFS

OUTSTANDING MUSIC CAMPERS GET AWARDS
GREENVILLE - Twenty-seven of the 420 junior and senior high school students who attend the annual Summer Music Camp here were honored Friday night with outstanding camper awards.

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

ATTEND MODERN MATH WORKSHOP
GREENVILLE - Latest recommended principles and techniques of teaching modern mathematics in the elementary school are being presented to 60 educators and prospective

teachers enrolled for the second Modern Math Workshop at East Carolina College. From Duplin County are: Albertson - Elizabeth Ann Smith of Deep Run, fifth grade teacher at B. F. Grady School; Wallace - Ann Fussell, third grade teacher at Rose Hill School.

SPONSORS SHOW
For the benefit of the Hampstead Volunteer Fire Department, Don Reno, Red Smiley and the Tennessee Cut-ups are being sponsored. They will be on stage in person, Saturday, August 8 at 3 p. m. at Topsail High School Auditorium.

PURSUIT TRAINING
Law enforcement officers in Duplin were instructed in pursuit 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 Canada.

NEW ASSISTANT LUTHER C. O'QUINN
Luther C. O'Quinn of Mammars, N. C. is the new assistant tax collector in the office of the N. C. Department of Revenue in Kenansville, with Fred Walston.

O'Quinn is a recent graduate of Campbell College. He and Mrs. O'Quinn reside in Warsaw.

NEW ASSISTANT HOME AGENT
Miss Joanne Walters of Laurel Hill was approved Monday 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 duties 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 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 fire, but the firemen were able to keep the shell of the building standing, although the inside and the contents were destroyed. Early Sunday morning Walter Miller lost a tobacco barn.

4-H CAMP
Anthony Westbrook, son of Mr. and Mrs. Willard Westbrook of the Woodland Club, and Bobby Goodson, son of Mr. and Mrs. John Goodson 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 wildlife project.

LEADERS ATTEND CONFERENCE
Two 4-H Club leaders are attending the State Leaders' Conference this week at Mantoo. 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 drill, and still be available for use with hand auger.

WAXING SCHEDULE
Waxing your wood floors four or five times a year will pay off in easy maintenance and the added satisfaction of knowing that your floors are gleamingly beautiful always.



YES, BY CHEMICAL TREATMENT, 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 New York.

Everything that looks to the future elevates human nature. Letitia E. Landon

State Licensed
WELL DRILLING
"Good Water Is Our Business"
AUTHORIZED
Myers
PUMP DEALER
E. L. REGISTER
Register's Crossroads
RFD, Rose Hill,
Phone 289-3175

ETHEL'S
2 for 1 SALE
WITH BIG VALUES ALL OVER THE STORE
DONT FAIL TO TAKE ADVANTAGE OF THESE SAVINGS!
ETHEL'S SHOPPE
MOUNT OLIVE WARSAW

Anniversary Sale
THURSDAY THRU SATURDAY - THIS WEEKEND
FREE 24 BASKETS OF GROCERIES
To Be Given Away - Drawing Saturday, 8 P. M.
You Do Not Have To Be Present To Win - Just Register

PRODUCE SPECIALS	COME ONE-COME ALL	GROCERY SPECIALS
BANANAS 10¢ Lb.	MEAT DEPT. SPECIALS	TIDE Large Box 29¢
LETTUCE 19¢ Head	Honeycuts BACON 3 packs \$1.00	Large Box DUZ 29¢
Butter BEANS 25¢ 2 LBS.	Smoked PICNICS 29¢	Giant Size With Towel Silver 82¢
Field PEAS 25¢ 2 LBS.	SMOKED SAUSAGE 29¢	Chicken-Beef-Turkey Banquet FROZEN PIES 69¢ 4 8 oz. Pies
SUGAR 49¢ 5 Lbs.	4 Lb. ONLY \$1.00	Blue Plate Mayonnaise 45¢ at
Wagners ORANGE DRINK 4 Qts. \$1.00	Lean Tender PORK CHOPS 59¢ Lb.	Captain Hi 8 oz. Fish Sticks 25¢
PEPSI-COLA 29¢ 6 CARTON PACK PLUS DEPOSIT	BOLOGNA 29¢ HALF OR WHOLE Lb.	COCA-COLA 29¢ 6 CARTON PACK PLUS DEPOSIT
TABLE NAPKINS 29¢ Hudson 200 ct.	Toilet Tissue 89¢ 10 ROLL PACK	

DOWDEN'S GROCERY
"In One Of Duplin's Oldest Buildings With The Newest Money Saving Bargains"
KENANSVILLE
(We Reserve Right To Limit Quantities)

BAG TRICKS

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 the present.
Samuel Johnson

BARBECUE-MITT—Make pattern by outlining hand on paper allowing 1 1/2" 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 3" of tape at back for a loop.

Maola
Eastern Carolina's Word for Milk
MAOLA MILK & ICE CREAM COMPANY

MR. TOBACCO FARMER:
OUR MARKET OPENS Thursday, August 6
For Courteous Reservation of Floor Space
See or Call
C. Ed Herring of Calypso
Day Phone: 658-2426 -- Night: 658-2269
At
Chambers, Yarboro & Garrett
WAREHOUSE IN FAIRMONT
We Will Have 7 Days of Loose Leaf Selling Time
Come On Down - We'll Be Looking For You At The
Oldest Warehouse On The Largest Border Belt Market