

Autumn Equinox

WASHINGTON -- Awe-struck Indians who watched nature's greenery burst into flaming reds and rusts and yellows called the season "fire in the trees."

Few parts of the world can boast such brilliant leaf colors as those in the woods and on the sloping hills of the eastern United States, which at 7:17 p. m. EST on September 22 marked the time of the autumn equinox.

At that brief moment each year, according to astronomers, the earth reaches the point in its spinning orbit where its axis leans neither toward nor away from the sun.

In both hemispheres, day and night have the same length. The term "equinox" comes from the Latin words for "equal night."

The earth moves onward in its orbit, and its northern half tilts increasingly away from the sun. Nights become longer and colder.

As temperatures drop, leaves that have hung in modest green array all summer burst into brilliant color.

Some hardwood species wear such a characteristic fall dress that foresters can estimate the timber content of an area by merely examining aerial color photographs.

Despite scientific study, no one fully understands the secret alchemy that transmutes green leaves into hues ranging from gold to purple.

According to early American Indians, fall's foliage was the work of a tribal god who turned the treetops to flames as a

fearsome reminder of his omnipotence.

Botanists explain, however, that in early September a layer of small cells forms at the base of each tree leaf. These cells block off the flow of water and nutrients to the leaf. The green pigment, chlorophyll, bleaches away, exposing the other pigments.

Trees turn scarlet when excessive sugar is trapped in the leaves, causing production of the red anthocyanin pigments. The brilliance of the swamp maple is a fine example of this process.

Combinations of pigments make the infinite variation of color in autumn leaves.

Autumn is a time of activity as well as color. In the country, farmers are busy with their fall harvest. Some work even at night under the glare of floodlights. Squash and pumpkins, apples and cider are heaped on a multitude of roadside stands.

Animals also prepare for the rigors of winter. Groundhogs and bears combine prescience with pleasure as they devour stomach-stretching meals to tide them through the long winter sleep.

In the far south, autumn is not such a matter of serious consequence to animals. There is usually enough food for all, including the migrant birds that come south to winter.

Bird watcher "down South" rival each other to see the first robin of the season.

The Metropolitan Opera House opened in New York City, October 22, 1883.

Flower Show and Domestic Exhibit Set November 4, In Rose Hill

The Rose Hill Woman's Club, the Rose Hill Demonstration Club, and the Rose Hill Garden Club will present a Fall Flower Show and Domestic Exhibit on Wednesday, November 4, from 3:30 to 9:30 in the Community Memorial Building. These clubs invite all interested persons to participate in this affair.

The Schedule Committee has drawn up the following rules and regulations:

RULES AND REGULATIONS FOR THE FLOWER DIVISION

1. Each club member is requested to bring from 2 to 5 entries. Friends and neighbors are urged to make entries also.
2. Entries will be received at the Community Building from 8:00 a.m. to 11:30 a.m. Wednesday, Nov. 4. Judging will begin at 1:00 p.m. Late entries may be displayed but must be marked "Not for Competition".
3. Flowers for arrangements need not be grown by the exhibitor.
4. Specimen entries must be grown by the exhibitor.
5. An exhibitor may make one entry of any variety in each class, and may make more than one entry of different varieties in a class.
6. Potted plants must have been in owner's possession three months.

AWARDS
Blue, red, and white ribbons will be given in each class if merited. Blue — 3 points, Red — 2 points, White — 1 point. Prizes will be given in Horticulture, Arrangement, Domestic, and Junior Divisions.

HORTICULTURAL DIVISION

- Section I**
Roses
- Class
1. Hybrid Tea — 1 Bloom
 2. Polyanthas and Floribundas
 3. Spray
 3. Grandiflora
 4. Unlisted
- Section II**
Chrysanthemums
5. Exhibition Varieties
 - a. Large varieties
 - b. Small varieties
 6. Single Varieties
 - a. Large varieties
 - b. Small varieties
 7. Pompon
 - a. Large varieties
 - b. Small varieties
- Section III**
Dahlias
8. Cactus type
 9. Miniature type
 10. Decorative type
 11. Pompon type
- Section IV**
Miscellaneous Annuals, Biennials, and Perennials
12. Cosmos
 13. Ageratum
 14. Snapdragons
 15. Marigolds — Dwarf
 16. Marigolds — Giant
 17. Zinnias — Dwarf
 18. Zinnias — Giant
 19. Phlox
 20. Pinks
 21. Princess Feathers

22. Petunias
 23. Coreopsis
 24. Veronica
 25. Clemone
 26. Aster
 27. Unlisted
- Section V**
Shrubs, Trees, and Vines
28. C. Sasanquas
 29. C. Japonicas
 30. Nandinas
 31. Pyracantha
 32. Holly
 33. Tea Olive
 34. Magnolia
 35. Althea
 36. Yaupon
 37. Buddleia
 38. Cotoneaster
 39. Aucuba
 40. Clematis
 41. Unlisted
- Section VI**
Bulbs or Tubers
42. Lilies
 43. Tuberose
 44. Cannas
 45. Caladium
 46. Unlisted
- Section VIII**
Potted Plants
47. Sultana
 48. Geranium
 49. Begonia
 50. African Violets
 51. Philodendron
 52. Fern
 53. Cactus
 54. Coleus
 55. Snake Plant
 56. Dish Garden or Planter
 57. Ivy
 58. Wandering Jew

- Section II**
Foods
9. Breads
 10. Cakes
 11. Cookies
 12. Candies
- Section III**
Clothing
13. Infant Clothing
 14. Children's Clothing
 15. Girl's Clothing
 16. Women's Clothing
- Section IV**
Home Furnishing
17. Rugs
 18. Household Accessories
 19. Spreads
 20. Table and Bed Linens
 21. Towels
 22. Quilts
 23. Afghans
 24. Feed Bag Display

- Section V**
Unlisted
- JUNIOR DIVISION**
- I. Flower Posters
 - II. Collection of Wild Flowers
 - III. Flower Arrangements
 1. Small arrangements, not over 9 inches high.
 2. Arrangement of mixed flowers
 3. Arrangement in a seashell
 4. Dish or miniature garden
 - IV. Handicraft
 - V. Foods
 - VI. Clothing
 - VII. Home Furnishing
 - VIII. Class Entries
 - IX. Unlisted
- All sections under Junior Division will have two classifications: A. Ages 6 — 12; B. 13 — 17. All work must be done by the child. State age and grade.

Health and Safety Tips From The American Medical Association

Something can be done about that acne.

The pimples, blemishes, blackheads and boils that make life miserable for so many teenagers often can be eliminated or considerably reduced by careful attention.

Waiting to "outgrow" your acne can be a serious mistake, says a pamphlet of the American Medical Association. Acne isn't a serious disease, in that it's not a threat to life and limb, but it can be seriously disfiguring at the time of life when young people are most sensitive about their appearance. Severe acne can lead to permanent scarring.

Acne is caused by poor adjustment of the skin to the secretions of maturing glands. The imbalance is hormonal secretions will correct itself in time, usually around the age of 18 or 19.

There are two things to remember in dealing with acne: There is no one-shot cure, no magic pill. Control is a continuing process of simple skin care which you must follow faithfully to have a good complexion.

Second, acne is not a disease of dirt, even though you are told to wash thoroughly and frequently. The washing is to remove oils and to clear the plugged oil glands, keeping blackheads at a minimum. The blackness of the blackhead is not dirt, but is due to a chemical change in the secretions from the oil glands.

Wash the face two or more times daily with soap and hot water. Wash thoroughly, but gently enough to avoid irritating the skin. Frequent shampooing of the hair also is in order.

Acne is not primarily a dietary disease. Following the strictest diet will not, by itself, clear your skin. However, some individuals seem to be made worse by very small amounts of certain foods, particularly chocolate, and these persons obviously should avoid such offending foods entirely.

Medical care for acne is best sought early before permanent damage is done. Each physician will have his own particular rules, methods and medications, and the treatment prescribed will vary from patient to patient. Do not assume that the medicines and methods prescribed for a friend will be the best, or even proper, treatment for you.

Your doctor probably will warn against picking, scratching, popping and squeezing of pimples, since this may result in scars. Ask him whether you should open pustules or extract blackheads yourself. If he recommends this, he will show you how to do it without damage.

In some patients other treatments, such as antibiotics or other drugs, ultraviolet light or x-ray therapy, may be selected by your physician. Your physician will determine your specific needs.

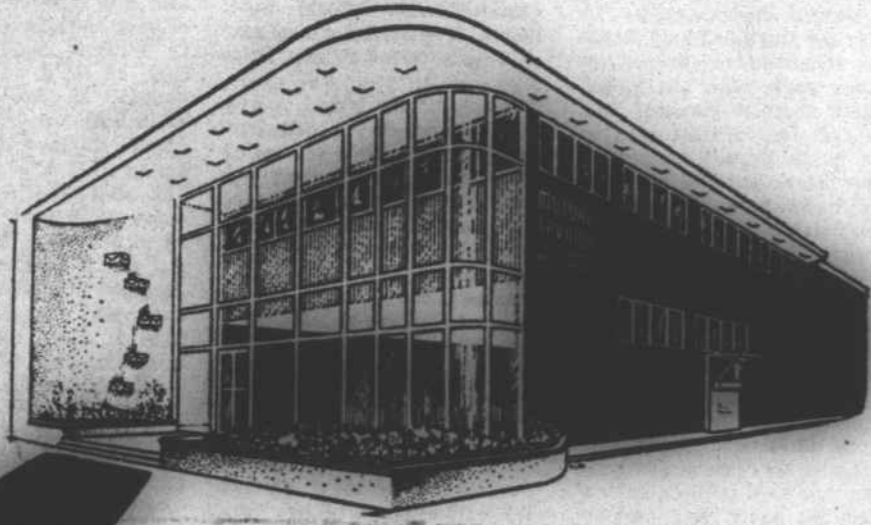
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Veterans Administration clerks displaced by computers in automatic data processing systems are being retrained for better positions as typists or punch card operators whenever possible.

At the close of Fiscal Year 1964 the Veterans Administration reports 18,000 Spanish-American war veterans on its rolls. Their average age was 88.1 years.

SAY YOU SAW IT IN THE TIMES - SENTINEL

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