

Duplin Times

PROGRESS SENTINEL

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SUBSCRIPTION RATES

DUPLIN AND ADJOINING COUNTIES		ELSEWHERE IN NORTH CAROLINA	
6 Mos.	YEAR	6 Mos.	YEAR
\$1.75	\$3.00	\$2.55	\$4.80
TAX 6	11 TAX .07		14
1.81	3.07	2.52	4.94
OUTSIDE NORTH CAROLINA			
6 Mos.	YEAR		
2.75	5.00		

Best Advice For 65 - Is Stay Alive

Probably the best advice for the New Year comes from the Raleigh News and Observer's Sam Ragan who writes:

"And in the year of Sixty Five Our best advice is stay alive."

The North Carolina Heart Association offers a seven-point New Year's resolution for adoption by the state's adults - especially those under 65 years of age: "Resolved that in 1965, I will take all possible precautions to reduce my risk of heart attack."

1965 is the year of "Hope for Hearts" - the North Carolina Heart Association's 12-month emphasis campaign on the hopeful aspects of the nationally-coordinated war against heart disease. The heart group, in proposing its New Year's resolution, cites a number of health measures available to improve the individual's chances of avoiding (or at least delaying) a heart attack or stroke.

The proposed "Hope for Hearts" measures are especially important for men and women in "high risk" groups - for example, if they or their families have shown a tendency to these illnesses. But everyone, the Heart Association emphasizes, can benefit by taking the following precautions:

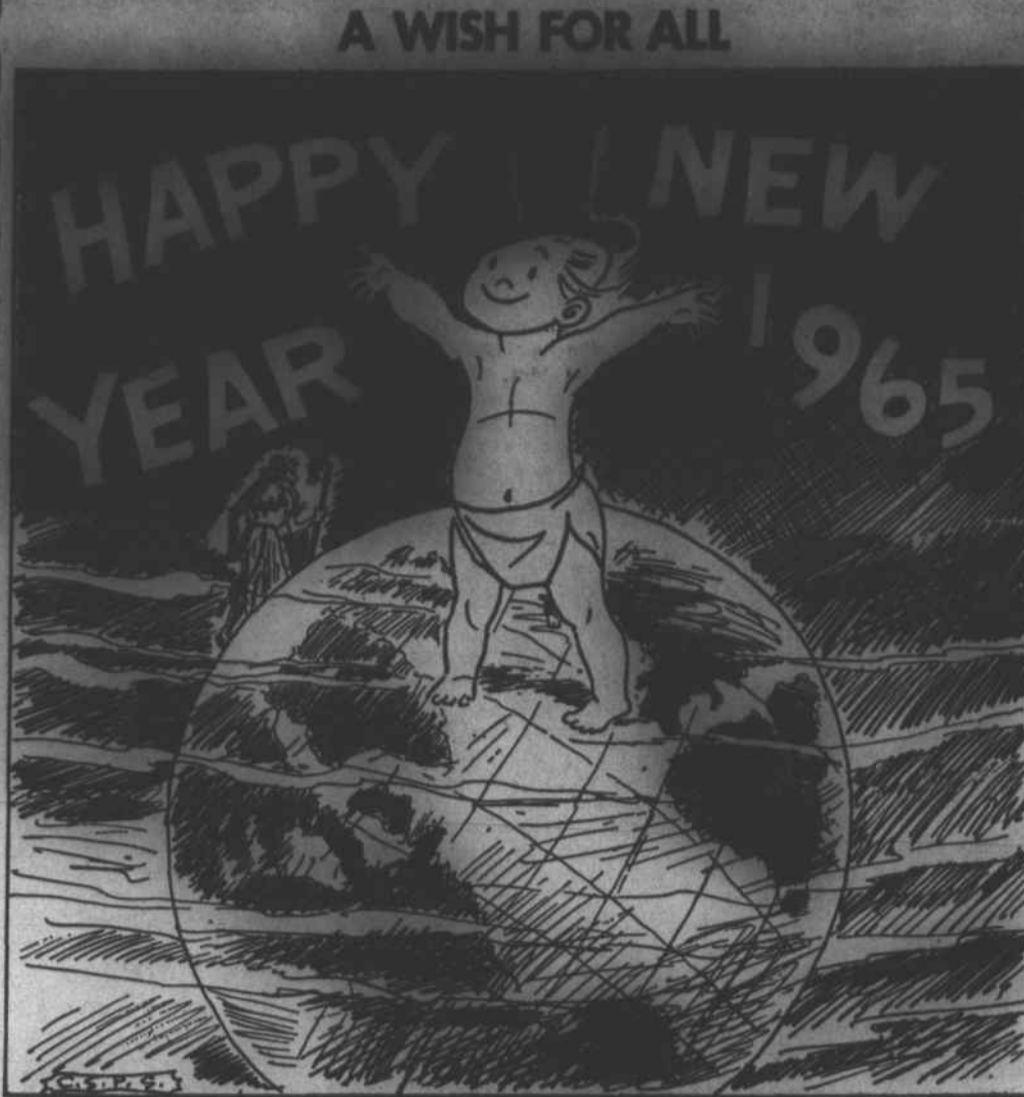
1. See your doctor for regular check-ups so that he can determine whether you have any of the established "risk factors" - such as a high blood level of the fatty substance known as cholesterol, high blood pressure, diabetes, and some others.
2. Reduce if overweight. Obesity, especially in combination with high blood pressure, is a heart hazard. And obesity raises the risk of high blood pressure.
3. Under the doctor's guidance, eat less fat, and while you are cutting down on fats, reduce the amount of animal fats you eat

and raise the amount of vegetable oils and fish. This type of dietary change will accomplish two things: it will lower total calories and make it easier for you to maintain ideal weight, and it will tend to lower blood cholesterol. Blood cholesterol tends to go up when the diet is high in animal (saturated) fats, tends to go down when the diet is proportionately high in vegetable oils and other polyunsaturated fats.

4. Control high blood pressure. If a physical examination discloses that you have high blood pressure, cooperate with your doctor in following the regimen he prescribes - chiefly drugs and diet changes - to bring it under control. This, in itself, may add years to your life, since chronic high blood pressure adds significantly not only to the risk of heart attack but is also an important factor in stroke and kidney disease.

5. Cut down or quit smoking cigarettes, if your doctor suggests. Studies indicate that death rates from heart attacks in middle-aged men range from 50 to 200 percent higher among cigarette smokers than among non-smokers, depending on the amount smoked. And there is evidence that, with time, the risk of having fatal heart attacks among persons who stop smoking cigarettes that found in persons who never smoked.

6. Exercise regularly.
7. Shun needless tensions.
About 3,000 North Carolinians under 65 die of heart attack each year while the total at all ages is about 10,000. An additional 4,000 of the state's citizens die of strokes, about one-fifth at ages under 65. The same precautions are generally helpful in reducing the risk of both conditions, the North Carolina Heart Association suggests.



SENATOR SAM ERVIN SAYS



In a few days Congress will convene and sixteen days later President Johnson will begin a new term of office. Much has been said in recent days about the legislative program for the new Congress. On the eve of these expectations, a helpful guide might be found in the review of the out-going 88th Congress.

The 88th Congress was a cautious one in many respects. In its early days it did not agree to many of the programs it later embraced. A change came with the death of President Kennedy. The tragedy brought emotions into play that had not heretofore been present in legislative considerations. It also brought a personality in to the White House who understood the new mood of the Congress. In a few months, what had been a legislative stalemate turned into a series of Administration victories. The tax reduction and civil rights measures fall into this category. Mass transit, the cotton-wheat bill, foreign aid, and the Federal pay raise were other Administration successes that had stirred controversies in the month before.

Foreign policy changed less with the Presidential succession than did domestic policy. The cold war, after the Cuban missile crisis, was already undergoing considerable shifting as a result of arguments engaged in between Russia and China. Vietnam, long a problem, grew into a crisis in August of this year. Congress responded with a Unity Resolution to support President Johnson's policy after the Gulf of Tonkin incident. All in all, in the two years of the 88th Congress there was a gradual lessening of tension among the major world powers.

What causes President Johnson's Administration's great legislative success is at best an opinion. President Kennedy prophesied at his last news conference that success would come with an 18-month congressional delivery. There was an emotional attitude following President Kennedy's death that swept the nation. Equally effective, was the sure and experienced hand at the helm in legislative matters which President Johnson exhibited time and time again on important matters.

Influential too, was the change of pace that came with the new President. Fundamental in this was a new concept in "prudence in government", and a paring of the first Johnson budget to \$97.9 billion from the previous Kennedy budget of \$98.8 billion. The difference was small but that difference had

Congress fought long and hard in 1963 over foreign aid and space funds. The economy move lessened these fights and met a growing congressional objection. Foreign aid got an administrative budget slice of \$1 billion in 1964 and a long fight over the bill did not occur this year. It is premature to assess the prospects of legislation likely to come before the new Congress. Events often change the attitude about a measure in a matter of days. Yet, it is likely that much of the success or failure of upcoming legislative proposals will rest upon the manner in which they fit into the still formidable drive to hold the line on Federal deficits. The majority of the Congress felt that spending proposals were too great in 1963 and more in line in 1964. This made a substantial difference in the two sessions.



Getting the news and passing it on to the public is a challenging assignment. The public wants to know everything that is going on in the community.

Good news reporting is essential to the success of any newspaper and good news reporting means printing all the news.

Maybe you never thought of it this way, but advertising in "news", too. Newspaper ads report new prices, new products, new services and many other items of interest to home-makers and consumers. Take a good look at the advertisements in this edition and we're sure you'll see what we mean.

Bible Facts Of Interest

By: Ella V. Pridgen

God's Postman

One of the most practical implications of the great doctrine of the incarnation is contact and community contact between God and the Community of man. To make that contact, God in "the fullness of Time - sent forth His son" (Galatians 4:4) and took upon Him the form of a servant, and was made in the likeness of man. Philippians 2:7 For generations ever since there has been the written Word. "that ye might believe that Jesus is the Christ, the son of God, and that believing ye might have life through His name." (John 20:31)

It is a contact that comes from the introduction to the knowledge of the love of God in Christ Jesus by word of missionary, preacher, laymen or directly from the written Word

Itself, the Bible.

This calls for witness God's postmen who have been conquered by the message. All over America people will be receiving the Good News of Christmas because someone remembered a lonely patient in the hospital, the forgotten age in old people homes, the misunderstood delinquent in correctional institutions, the disillusioned prisoner in his cell, the disenfranchised migrant in his field camp or the sightless whose fingers leap with joy as they read the Braille Story of the birth of Jesus. All this become one of God's postmen like Mr. Joseph Campans, Mr. Campans personally delivers a copy of the Christmas Portion to each home on his route. "I deliver my letters-but this is the most important letter ever written." "It is God's message to men."

(Taken from Bible Society Record.)



Corsettes Two-Piece



Whirlpool Dolly



Dress Pattern No. 3339. Curves Two-Piece. An overblouse costume with a flaring sweetheart neckline, the curve goes into reverse at the hipline and adds a bow to emphasize its femininity. No. 3339 comes in sizes 10, 12, 14, 16, 18. Size 14 takes 2 1/2 yards of 44-inch fabric. Needlework Pattern No. 1238. Whirlpool Dolly. Whirlpool crocheted dolly measures about 14 inches in diameter. A whirligig center spreads to form ripples, add-as and sea shells in the lovely border. Send for No. 1238.

Our Fall & Winter Needlework Book containing a coupon for a pattern of your choice is 50 cents. Send 25c for each dress pattern, 25c for each needlework pattern (add 5c for each pattern for third class mailing and 10c for each pattern for first class mailing) to AUDREY LANE BUREAU, Box 1400, New York 1, N.Y.

Potted Plants

Regulated light, heat and water is the key to longer life for potted plants from the florist, say U. S. Department of Agriculture horticulturists. Florist plants are grown in greenhouses. So, for longer plant life, it's best to continue these greenhouse conditions, say the experts, once the plant is in your home.

TIP: Do as professional growers do about storing clay pots. Keep them outdoors, nested on rows on their sides, and the weather will do most of the job of cleaning them for re-use.

CROSSWORD PUZZLE

ACROSS
1. Applied
2. Filled with solemn wonder
3. Part in a play
10. Keep
11. Live coal
12. Buddhist deity
15. Polynesian drink
16. African antelope
18. Pen point
19. Jumbled type
20. Frighten
23. Sacred picture: East. Ch.
25. Chinese silk
26. Spanish term of address
28. Talmudic symbol
32. Pronoun: It
34. Rounded roof
35. Accompanist
38. Italian river
40. Court
41. Finnish
42. Land measures
43. Italian resort
45. A family group
47. Narrow roadway
48. Departs
50. Ogled

DOWN
1. A flourish
2. Fringe: wool
3. Lean vestment: wool
4. Looks stony
5. Like
6. A roll of money: st.
7. Occurrence
8. Satan
12. Presidential nickname
15. Sacred bull
17. Monetary unit: Siam
21. A spray
22. Ahead
24. City: Alaska
27. Feet
28. Depart
30. Queen Victoria's other title
31. Old cars
33. Mine entrance
35. Hole-piercing tool
36. Kind of sheer linen
37. Present time
38. A twilled, worsted fabric
42. In bed
44. Single unit
46. Electrified particle
48. Editor: able

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PUZZLE NO. 844



From Blanche J. Stark, Kansas City, Mo.: I remember Kansas City, not as the extraordinary city it is today with its endless tree-lined boulevards, fountains, etc. but as wild and colorful. I see the picturesque showboat sailing in from St. Louis, being welcomed by those on shore. I can hear the callopie now. I felt very grownup when my father took the family to a dance on the showboat. I see Indians and cowboys mixing with cattlemen and meat packers: Cable cars, which seem to drop off the bluff to the bottom. Unlike San Francisco, Kansas City was glad when they were gone.

I recall Cecil DeMille playing a small part supporting Southern at the Willis Wood in 1903 and with whom I had an acquaintance and for whom much admiration. I remember grinding coffee for breakfast and how distressing it was to lose a shoe button.

(Send contributions to this column to The Old Times, Box 830, Frankfort, Ky.)

Little Bear
North America's smallest and rarest bear is the Blue or Glacier Bear, which stands only two feet high at the shoulder. Its habitat is the Mount St. Elias region of southern Alaska.

ANSWERS: Royston, Yogh-
1 - no fun.
2 - hardly ever.
3 - something
4 - expert, 4 - fe-
5 - expert, 4 - fe-
6 - expert, 4 - fe-
7 - expert, 4 - fe-
8 - expert, 4 - fe-
9 - expert, 4 - fe-
10 - expert, 4 - fe-
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50 - expert, 4 - fe-
51 - expert, 4 - fe-



1. He's Host on "The Match Game."
Hugh Downs, Dennis Weaver, Gene Rayburn.
2. He had the title role in "Amahl and the Night Visitors."
Richard Cross, Ted Smith, Kurt Yeghjian.
3. Singing brothers, Andy Williams' holiday guests.
Melody Four, Ink Spots, Osmond Brothers.
4. Title role in "Profiles" story of Gov. John M. Slaton.
Brian Keith, Walter Matthau, Jonathan Winters.
5. He's skipper in "Bailey's of Balboa."
Dennis Weaver, Paul Ford, Andy Wright.

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Eye Switch
A flounder is born with an eye on each side of the head, but as the fish grows, one eyeball wanders around the head to join the other.



THE Golden Years

YOU GET PAID BY THE WEEK? YOU WON'T WHEN YOU RETIRE

Did you know that a goodly number of newly retired couples are winding up a bit hungry about the 25th of each month? Apparently nobody else did either, until a man named Horace D. Stockmeir started snooping around. Mr. Stockmeir has come up with a study of the budget problems of people recently retired. He finds some of them serious, and says it is because "most people in this country have forgotten how to live on a monthly income." He explains that most working people and some executives have not been familiar with any kind of income except a weekly paycheck. At least not in recent times. "They cash their checks on Friday night, buy their groceries on Saturday, have their fun Saturday night and Sunday, then coast down their financial hill until the next Friday night. "After years and years of this, retirement comes. They are switched abruptly to a monthly income. And some of them are getting into trouble before they learn how to adjust. . . . Mr. Stockmeir points out that nearly all retirement income - pensions, Social Security, annuities, etc. - comes by the month. "I find the first month of retirement is usually no problem," he says. "People have a few dollars backed up from severance pay, vacation pay, or savings. These tide them over. But when the first monthly checks hit they start spending too much too fast. They can't realize how long the money must last. . . . It seems not to be just spend-thrifts, whose money burns holes

Uncle Pete From Chitlin Switch Says

DEAR MISTER EDITOR: I was reading some figgers put out the other day by the Census Bureau that had ought to git us older folks shook up. They was announcing that 3.1 million boys and girls in this country reached the age of 17 this year and that it was around a million more than last year. Farthermore, they figger it will increase another million next year. And out of them 3.1 million gitting to be 17 this year, 258,000 was now married, and 1 out of ever 3 was already divorced. And along with them figgers, the FBI announced teen-age crime was at a all time high in the nation. Fer instans, post offices was claiming ball point pens was gitting stole as fast as they could replace 'em and most of 'em was being took by teenagers. Anybody, Mister Editor, that would steal one of them post office pens was hard up fer somepun to steal and it goes to show that kids was just stealing fer the devilment of it. I don't reckon they was much the general public can do about teen-age marriages, divorces, and crime. This has got to be a problem fer the parents. But they was one angle to this big teen-age population explosion that has got to be met by the people. Where was all them young'uns going to school? School houses and colleges all over the nation was already busting out at the seams and we got millions more



SUNDAY'S SERMON

REV. ROBERT H. HARPER THOUGHTS ABOUT THE ELECTION

These lines are written after the recent election of a President of the United States. And I am left to think about it not entirely of the issues decided but chiefly of the bitterness of the campaign and some things that might have been left off. There is a story of an old man who had lived in the same community all his life and with a good reputation, so far as he knew. Then he decided to seek some local office. And soon he came home to his wife as a broken-hearted man to tell her that he did not know that many people thought so ill of him. Thus, if a man announces for office, he is likely opening the door to vituperation and even slander. This is certainly the case in many instances in the campaign closing. And now that we know the men who shall shape the destinies of our Nation during the coming four years, let all of us invoke, like George Washington, the "divine Parent" of the human race for his blessing and guidance in this grand and awful time.

Trade at Home for Your own school and community progress