

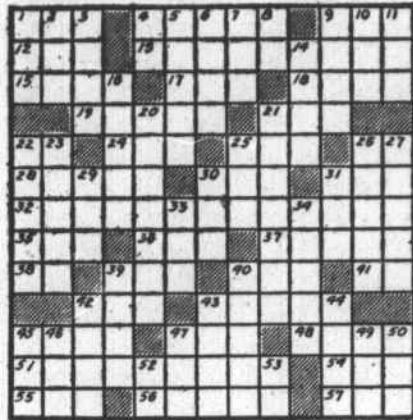
**Crossword Puzzle**

- ACROSS**
1. Ghastly animal
  4. Baffle
  9. Press for payment
  12. Blunder
  13. Small reproduction
  15. Low tide
  17. Cotton-seeding machine
  18. Hire
  19. Pleasure craft
  21. Fruit stone
  22. Part of the Bible; abbr.
  24. Decay
  25. Old piece of cloth
  26. Mother
  28. Singing group
  30. Conquered



**Solution to Friday's Puzzle**

2. Metal as it is mined
3. Hoary
4. Type measure
5. Not heavy
6. Single thing
7. Clamor
8. Each; abbr.
9. Two-part composition
10. Vase
11. Mashed fabric
14. Spruce
16. French capital
20. Small crown
21. Cure-all
22. Happen
23. Not these
25. Staff
26. Animal of the deer family
27. Add
29. Unity
30. False hair
31. Small swallow
33. Ballad
34. Lifting device
39. Cattle
40. Talk idly
42. Branch
43. Ornamental ball
44. Strip of type metal
45. Fasten
46. Chalice
47. Yellow ocher
49. Bustle
50. Seed container
52. Accomplish
53. Comparative ending



**Home Demonstration News**

**President Declares Next Week for 'Farm Safety'**

By **MARTHA BARNETT**  
Home Agent

President Eisenhower has proclaimed July 25-31 National Farm Safety Week. Farm to live and live to farm is our slogan, again this year. Here is a weeks schedule for July 25-31 to help you become more safety conscious:

**Sunday** — Have reverence for life. Take time to care. Banish fatigue and tension of routine living. Realize that haste makes waste. Plan to avoid an overcrowded schedule.

**Monday** — Home Safety. Keep your farm in order: Have a place for everything and keep everything in its place. Eliminate hazards as you find them. Be a good housekeeper in your home and on your farm.

**Tuesday** — Livestock. Be open-minded to safety suggestions — a wise farmer listens to safety lessons his children bring home from school and group meetings. Keep small children away from animals, repair livestock equipment.

**Wednesday** — Falls. Plan ahead. Good planning reduces the temptation to hurry, means better production and fewer accidents. Repair or discard broken or unsafe ladders.

**Thursday** — Highway Traffic. Be courteous on the highway — a courteous driver delivers in living and letting lives. Know and obey all traffic laws — follow safe driving practices. Remove trees and shrubs near driveway entrance.

**Friday** — Machinery. Don't depend on luck — make sure your equipment is in safe operating condition — make sure all guards and safety devices are in place.

**Saturday** — Review Day. Take safety seriously — check up on any farm and farm home hazards that may have been overlooked. Find and eliminate at least two additional unsafe conditions.

Mr. Thomas B. Morris sends us the following July poultry reminders:

1. Make the poultry house as comfortable as possible. Keep 'em cool.
2. A summer laying house provides good ventilation for the pullets or hens on hot days.
3. Be sure to vaccinate for fowl pox. It's cheap insurance for good production.
4. It will pay to keep the old hens as long as production is high as egg size will be larger than eggs from pullets. Egg prices should be good for the next five to six months. Use the range shelters for the old hens, if the pullets need the laying house.
5. Cull all non-layers and early moulters.
6. Keep pullets growing. Feed for well-developed birds. Provide plenty of fresh, clean water daily. Provide shade.
7. Provide and use an approved egg holding room. ALWAYS SELL QUALITY EGGS.

Here is a good summer dessert. It's refreshing and helps you get your daily requirement of milk too.

**Lemon Milk Sherbet**  
4 cups whole milk, 1½ cups sugar, ¼ cup water, grated rind of two lemons, ½ cup lemon juice, ¼ teaspoon salt.

1. Make a syrup by heating sugar and water together, then cool.
2. Grate rind of lemons. Extract and strain juice of lemons.

3. Mix together all ingredients and freeze.
4. If frozen in refrigerator, stir three or four times while freezing. Variations — One or two cups of peaches, strawberries, pineapple or other fruit may be used in place of the lemon juice.

**Tune Up For Health**

By **JACK POBUK**

**Digestive Disorders II**  
If you are constipated, the cause may be one or more of the following:



Sidebend

1. Lack of exercise which can bring sluggish circulation.
2. Poor muscle tone — they don't stay in a normal state of contraction.
3. Faulty diet — you might need more roughage.
4. Too little water — your body food must move through the body in liquid form.
5. Bad posture which may cause your insides to get out of place.
6. Irregular habits of elimination—negligence.
7. Improper clothing that pulls you out of shape.

If you find some of these factors cause your trouble, correct them. And this week's exercise will give your belly a good workout.



Do last week's exercise eight times and follow with this one.

- Sidebend Bend**  
Sit in chair, hands hanging by side, feet on floor.  
**COUNT 1** — Bend body slowly sideward, left, touching floor with fingertips.  
**COUNT 2** — Return and bend sideward, right, touching floor with fingertips. Repeat counts 1 and 2 eight times.

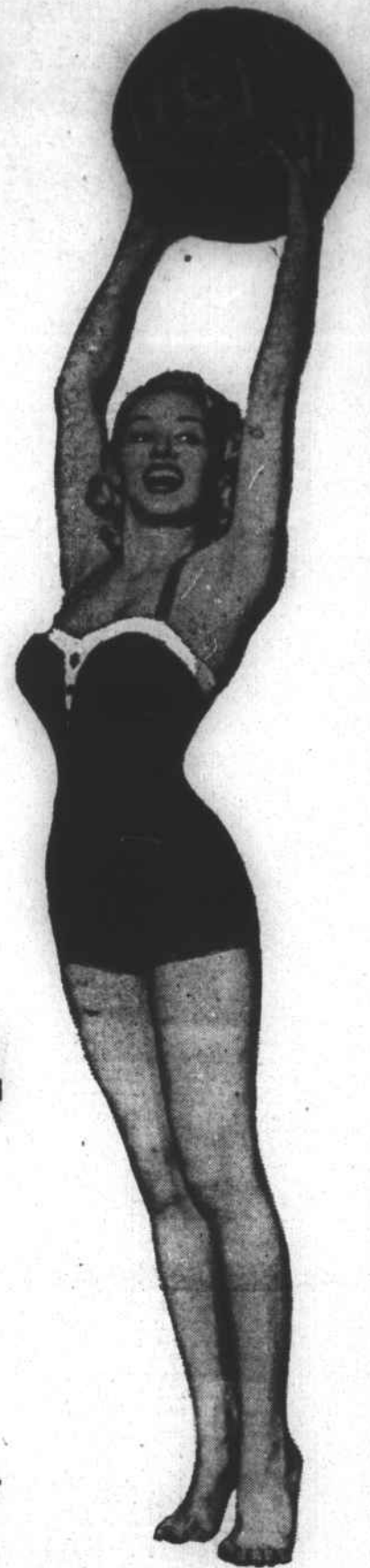
**Magazine Says Highways Around Pentagon Unsafe**

Arlington, Va. (AP) — The highways around the Pentagon, which houses this country's defense department, are termed "one of the most serious traffic hazards" on the Eastern Seaboard by the American Motorist, monthly magazine of the American Automobile Assn.

The magazine said its safety director reported that directional signs were too close to intersections and turn-offs, that the signs were made of wood and were black on white and hard to read at night. It reported that the area was the scene of 139 accidents in a year, with 32 persons injured.

There are about 10 people per square mile, on the average, in Norway.

**PLAN NOW TO ATTEND THE BIG BEAUTY PAGEANT AT SEA LEVEL Saturday - July 24**



**See These Beauties from Down East**

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Williston

**BETTY GILLIKIN**  
Williston

**LORRAINE STYRON**  
Davis

**FRAN SMITH**  
Davis

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