

## Homemakers Column

BY: ALICE B. HOPSON  
Asst. Home Economics Agent

Some "pimples" or "bumps" are caused by improper cleaning and care of the face, but most often the cause is not eating the right kind of foods. Let's talk about the last point first.

Check the following five points—  
1. I eat lots of chocolate, candy bars, brownies, pudding and all. Yes—No—

2. I eat lots of nuts, coconut and other rich, greasy foods. Yes—No—

3. Carbonated soft drinks are my favorite beverages, and I drink several each week. Yes—No—

4. I need to drink more water (at least 6 glasses) each day. Yes—No—

5. I need to follow the Food for Fitness Food Guide more carefully. Yes—No—

1 pt. of milk (dairy foods) — 4 or 5 servings of fruits and vegetables (being sure to include one rich in Vitamin C and one rich in Vitamin A) — 2 servings of meat or substitute—

If you answered yes to all or any three of these points, you may have discovered the cause of your problem.

### To SUMMARIZE —

1. Eat well-balanced meals (learn to eat those foods which you don't like).

2. Drink plenty of water (6-8 glasses) each day. Water, along with roughage in the diet, keeps the elimination system working properly.

3. Avoid eating chocolate, heavy desserts, nuts and spicy, rich or greasy foods.

4. Leave off carbonated beverages.

5. This will take willpower on your part. You must learn to say NO to rich foods and to say YES to proper eating habits.

**CLEANLINESS IS IMPORTANT TOO!**

Cleanse face thoroughly each night.

1. Gently massage a rich lather into skin with fingertips.

2. Rinse first in warm water and then splash on cold water.

3. Pat dry with a clean, fluffy towel.

### PIMPLES —

1. Never squeeze nor pick red, irritated pimples. Squeezing spreads them and can cause serious infection.

2. "Blackheads" (clogged pores) may be removed by pressing gently with fingertips covered by tissue. After removing blackheads, wash face carefully and pat on astringent or diluted alcohol to help close pores.

There are various medicated creams and make-ups which can help with your problem. For serious cases of acne, see a skin specialist.

It will take effort on your part to improve your complexion, but it will be worth the effort.

## TWO MINUTES WITH THE BIBLE

BY CORNELIUS R. STAM PRES.  
BEREAN BIBLE SOCIETY  
CHICAGO 35, ILLINOIS

### A CONFUSING BOOK

We ran across an article recently entitled: "Yes, the Bible is a Confusing Book."

The article did not even attempt to dispel this "confusion," or in any way help its readers to understand the Bible. It did not suggest even one basic rule of interpretation. Nor did it explain why God and the Lord Jesus Christ, constantly directed men to the written Word, the Bible.

The Bible is indeed a very large Book, so that the greatest of us will never understand it all. Moreover, it is God's Book and must necessarily contain much that is "hard to understand." But this makes it the more a challenge to the believing heart to seek divine aid in exploring its depths and the greater joy when precious stones are brought up from the exhaustless mine.

God does not reward lazy and indifferent Christians with light from His Word, but confusion in-

variably vanishes as we prayerfully obey His command:

"Study to show thyself approved unto God, a workman that needeth not to be ashamed, RIGHTLY DIVIDING THE WORD OF TRUTH" (II Tim. 2:15).

In studying the Bible there are basic distinctions to be observed; i. e. between the twelve apostles and Paul, the apostle for this age; between the "gospel of the kingdom" and the gospel of our day; the "gospel of the grace of God, etc., but meantime there are many passages of Scripture so plain and simple that a child can understand them and no theologian can explain them away. For example, in John 3:35, 36 we read:

"The Father loveth the Son, and HATH GIVEN ALL THINGS INTO HIS HAND.

"HE THAT BELIEVETH ON THE SON hath everlasting life; and he that believeth not the Son shall not see life, but the wrath of God abodeth on him."

### Library Has Books On Coin Collecting

The Avery-Mitchell-Yancey Regional Libraries announces a complete list of their books on coin collecting for those who are interested in this subject.

COIN DICTIONARY AND GUIDE, by C. C. Chamberlain. Sterling, 1960.

THE COMPLETE BOOK OF COIN COLLECTING, by Joseph Coffin. Coward-McCann, 1959.

FELL'S UNITED STATES COIN BOOK, by Jacques Del Monte. Fell, 1958.

COLLECTORS' GUIDE TO STANDARD U. S. COINS, by Herbert Ferguson. Bantam, 1961.

APPRAISING AND SELLING YOUR COINS, by Robert Friedberg. Sterling 1960.

A GUIDE BOOK OF UNITED STATES COINS, Whitman, 1961.

COINS OF THE WORLD, by Wayne Raymond. Raymond, 1953.

THE STANDARD CATALOGUE OF UNITED STATES COINS, by Wayne Raymond. Raymond 1948.

A CATALOGUE OF THE WORLD'S MOST POPULAR COINS, by Fred Reinfeld. Sterling, 1956.

HOW TO BUILD A COIN COLLECTION, by Fred Reinfeld. Sterling, 1959.

COIN COLLECTING IN A NUTSHELL, by Ted Graham Wear. Doubleday, 1963.

A CATALOG OF MODERN WORLD COINS, by R. S. Yeoman. Whitman, 1961.

HANDBOOK OF U. S. COINS WITH PREMIUM LIST, by Richard S. Yeoman. Whitman, 1960.

### Proper Preparation of Wool Means Better Market Price

The higher the price of the individual wool grower gets for his wool, the greater incentive payment under the National Wool Act, J. T. Randolph, Office Manager for the Agricultural Stabilization and Conservation Office, reminded growers today. He stressed the need for improving the quality of the wool going to market so that the grower will receive the best possible price for his wool.

The National Wool Act, Randolph explained, was enacted in 1954 to encourage the domestic production of wool. The incentive payments on shorn wool, authorized by the Act, are made at a percentage rate which is determined after the marketing year is over. The rate is the percentage required to bring the National average of the prices received by all growers for wool sold during the marketing year up to the previously announced incentive level. This percentage is applied to each grower's net sales proceeds from wool to determine the amount of his program payment for the marketing year.

For the 1963 marketing year, ended last December, the payment rate has just recently been announced at 27.8 percent — the percentage necessary to bring the 48.5-cent average price received by growers last year up to the incentive level of 62 cents. This means that the wool grower receives a payment of \$27.80 for every \$101 he received from his sales of shorn wool during the 1963 marketing year.

Naturally, the better the quality and preparation of the wool, the higher the market price, Mr. Randolph pointed out.

The importance of marketing a quality product is underscored by an industry-wide campaign now underway to encourage the proper preparation of wool for market. Both industry and Government are cooperating in the broad program to alert producers about the proper shearing and packaging of their wool. While it is late to affect wool sales for 1963, producers are urged to take steps to improve their upcoming 1964 clip.

### 1964 Feed Grain Sign-up

A total of 58,838 farmers in North Carolina signed up to participate in the 1964 feed grain program, according to A. P. Hassell, Jr., Executive Director of the Agricultural Stabilization and Conservation State Committee. These farmers signed up to divert 645,193 acres from the production of feed grains into conserving uses in 1964. This compares with 56,153 farmers signing up 581,756 acres during the 1963 program sign-up.

Farmers signing up will receive diversion payments on the acreage diverted from production. They will also be eligible for a price support payment on the acreage they have planted and be eligible for loans on the commodity. Each farmer had to sign up to divert at least 20 percent of his total base in order to be eligible for payment and price support.

Hassell said further that preliminary National reports indicate a record sign-up all over the Nation. Preliminary figures indicate a sign-up of over 34 million acres. This is the latest acreage signed up since the program started in 1961.

### IN MEMORY OF MAUDE BYRD

Its one year now that you've been gone. God called you away to your new home.

It is there with the Angels you now rest. You're up in Heaven as God's special guest.

Your work worn hands and smiling face. No one can ever take your place. With treasured memories sweet and true.

A home in Heaven God gave to you.

God saw you getting weary, He did what He thought best. He put his arms around you, and whispered come to rest. The golden gate stood open one year ago today. With goodbyes left unspoken you gently passed away. Mrs. Maggie Hensley

### REVIVAL SERVICES

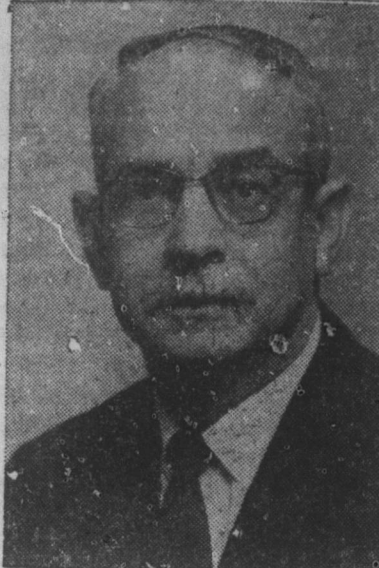
A revival will begin at the Allegheny Free Will Baptist Church near Fall Branch, Tenn. on Sunday, May 3rd at 7:30 p. m. The Rev. Tommie Taylor of Kingsport, Tenn. will be the evangelist. Special music will be provided. The Rev. Olin Shelton, pastor of the church, extends a welcome to all.

SUBSCRIBE TO THE RECORD

### ARTHRITIS-RHEUMATISM

Do claims and double talk make you doubt you can get any relief from arthritic and rheumatic pains? Get 100 STANBACK tablets or 50 STANBACK powders, use as directed. If you do not get relief, return the unused part and your purchase price will be refunded. Stanback Company, Salisbury, N. C.

CLIFF BLUE



For

### Lieut. Governor

May 30 Democratic Primary  
Capable - Experienced  
\* Served 9 terms as Member of House from Moore County  
\* Speaker of House 1963 Session  
\* Presbyterian, Lion, Mason, Woodman.  
\* Business: Newspaper and Commercial Printing  
\* Home: Aberdeen  
\* Family: Married, 4 children, 3 grandchildren

## AUTO LOANS

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THE NORTHWESTERN BANK  
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Monthly Payment Plan

**YOUR SHARES IN AMERICA**  
**BUY U.S. SAVINGS BONDS & STAMPS**

## Auction Sale Construction Equipment

### B. W. GRIGG CONSTRUCTION CO.

LOCATED IN MARS HILL, N. C.  
NEAR COMMUNITY MEDICAL CENTER  
On Corner of Anderson and Cherry Street  
MONDAY, MAY 4, 1964 -- 10:30 A. M.

- 1--D6 Caterpillar Bulldozer with oil clutch, hydraulic blade with power unit.
- 1--HT4 Caterpillar Front-End Loader with 11-4 yd. dipper.
- 1--No. 12 Caterpillar Motorgrader.
- 1--25T Low-Boy Trailer.
- 1--Auto-Car Tractor.
- 1--1957 Chevrolet dump truck.
- 1--1951 Chevrolet dump truck.
- 1--Bush and bog harrow.
- 1--6 yd. Jumbo pan.
- 1--Mold-board Ripper.
- 1--1960 3-4 T. Willys Truck.

Following sale of machinery 4 building lots will be offered for sale in the town of Mars Hill.

Other miscellaneous items.

Machinery will be on display May 1, 2 & until sale time May 4  
Good terms: Half cash, unpaid balance in 12 monthly payments with 6 percent interest.

All machinery in good operating condition.

Failing health reason for selling.

For information concerning machinery and sale, contact B. W. Grigg, owner at 689-4411.

Dollars will be given away.

**PAINFUL CORNS?**  
**AMAZING LIQUID RELIEVES PAIN AS IT DISSOLVES CORNS AWAY**

Now remove corns the fast, easy way with Frezzone. Liquid Frezzone relieves pain instantly, works below the skin line to dissolve corns away in just days. Get Frezzone...at all drug counters.

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See Us For Your Needs

- Grass Seed
- Garden Seed
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- Snail Poison
- Flower Seed
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- Lawn Mowers
- Spades
- Hoes
- Rakes
- Shovels

Its Time For That Lawn Furniture

We Have A Good Selection

Get Ready Now To Enjoy Summer

## Burnsville Furniture & Hardware Co.

PHONE 682-2521

BURNSVILLE, N. C.