

Pollard's Drug Store
Dial 682-2146 Burnsville, N.C.

PHARMACY COMMENTS

Your Rx Specialists:
Charles Gillespie, Jr.,
and Ferril McCurry

Sorry - But No Thanks

Sound the alarm... A few of our customers have raised a serious question about pharmacy policy by their requests for us to accept the return of unspent (unused) medicines.

Simply put, once medicine leaves the drug store, that's that! It's beyond the point of return. Sanitation laws and pharmacy ethics explicitly forbid us from taking back medicines for any reason.

Just as you wouldn't expect a restaurant owner to scrape leftover food back into his serving dishes, neither should you expect our pharmacy to accept the return of

half-used medicines. Diseases can be transferred too easily this way. How would you like to take pills that another sick and feverish person had handled? Yet, people still ask... Sorry, but no thank you!

Each week we present the above comments for your information. We very much appreciate your readership and would be especially happy to have you express your views regarding the contents of this space.

White Oak To Hold Clothes Sale

The White Oak Creek Community Club had its monthly meeting last Monday at the home of Maurice Johnson.

Officers for the new year were selected as follows: Capt. Warner will be president, Karl Erickson is vice president, Faye Storie is treasurer and Gertrude Ramsey is secretary. Douglas Johnson was selected as youth president.

Plans for a used clothing sale were made. The sale will be this Saturday, November 16. Everyone is invited to come. Many nice garments have been collected by the club for young and old, men and women, boys and girls. The sale will be held at Lillie Ballew's Store on White Oak Creek Road.

In case of rain or snow the sale will be postponed.

Letter To The Editor

Dear Editor:

The South Toe School PTA recently received the Oak Leaf Award nomination and received a congratulatory letter from the Awards Committee of the North Carolina PTA. Mrs. Ruth Pope, past president of the PTA and Kenny Sparks, principal of South Toe Elementary School, are pictured holding a certificate which was sent by the Awards Committee as a token of the honor and recognition they feel the PTA deserves. We would like to have you print the letter accompanying the certificate, which congratulates the PTA on being nominated:

"Dear Mrs. Pope: The Oak Leaf Award Committee of the North Carolina PTA is proud to have had your nomination among many others to be considered by a panel of judges for the Oak Leaf Award. It is always heart-warming to know that one's services and contributions to the well-being of children is recognized. Your nomination gave a good account of the contributions you have made and the North Carolina PTA is most grateful to you.

"The North Carolina Congress of Parents and Teachers congratulates you on being nominated. Please accept this certificate as a token of the honor you so richly deserve. While there can only be one award recipient in each of the two categories, we consider each nominee to be a winner worthy of recognition. With very good wishes. [Signed] Mrs. Frank Crowell, Past President; Mrs. Nora Lockhart, Chairman Conventional Awards Committee."



Kenny Sparks, Mrs. Ruth Pope

Thank You

I Would Like To Take This Opportunity To Thank Each And Every Person Who Supported Me In The Past Election.

I Assure You That I Will Continue To Serve Yancey County To The Best Of My Ability. Frank Fox

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA with Rogers Whitener

Modern TV viewers and drug store patrons-enveloped by myriad concoctions to make them more beautiful-must wonder at times just what their pioneer ancestors did to ward off or conceal the ageing process-that is if they did anything at all.

Indeed they did, for the search for beauty has existed since Eve first saw her reflection in a watery mirror in Eden. They simply, like Eve, had to resort to natural products for softening and coloring their skin, shampooing their hair, and perfuming their bodies.

Perhaps they took a cue from the Indians, who rubbed themselves in bear grease to avoid dry skin and enhanced their appearance with the juice from berries and plants.

DIET HELPED!

Probably it should be said that the pioneers may not have had as many beauty problems in the first place since their diet, by necessity, excluded the copious amounts of sweets found in the eating habits of moderns.

If there were skin problems, however, a good cleansing agent was recommended such as lye soap, followed by a corn meal paste. A good astringent of cucumber juice might follow to aid a "sagging" condition. If the individual had aged sufficiently to have acquired liver spots, onion slices, the skin of daffodil bulbs, or buttermilk applications might be employed.

HAIR CARE WAS NATURAL AFFAIR

Care of the hair was a simple matter-lots of brushing and combing, along with occasional shampooing in rainwater or the unpolluted water of a lake or stream. If the individual chose to hide

gray or sun-bleached hair, an application of chamomile tea would provide a lightening effect, henna leaves a reddish sheen, and walnut hulls a dark brown appearance.

Baldness and thinning hair? A diet that included molasses, honey, sunflower seeds and grapes was highly recommended as a restorative. Rubbing the scalp with wine and sage tea and then covering the head with a hot towel was also practiced.

Then there was the matter of smelling good. Sachets to freshen the household were common. Made of crushed flower petals, pungent roots, and dried fruit peels, they could be placed in closets, in drawers or even carried on the person. The latter practice undoubtedly made a lot of sense in that the need for a daily bath did not receive quite the emphasis given in recent times.

NATURE REDISCOVERED! If such beauty treatments seem primitive nowadays, perhaps a closer look at a modern cosmetic counter could be in order. The viewer might come to realize that nature is being rediscovered.

Looking for a good cream or lotion? How about cucumber cold cream, face lotion, night cream, emulsion, or bath oil?

Something different in a shampoo? Why not try chamomile, cherry honey or herbal essence?

Want to feel fresh after your bath? Sample the cherry honey foam bath, the pine essence, the strawberry, carrot, lettuce, tomato, milk and sulphur soap.

Age signs showing a bit. Apply a touch of cornflower water around those puffy eyes, dash on some cosmetic

toilet vinegar, or rub on some virgin beeswax cream.

Remember, accept no substitutes-use only the finest natural ingredients pioneer style!

If readers know of other early beauty secrets, I'd be pleased to mention them in this column.

Please send all materials to Rogers Whitener, Folk-Ways and Folk-Speech, Box 376, Univ. Station, Boone, N.C. 28608.

Farm-City Chairman Named

Ben Floyd has been named Yancey County's Farm City Week Chairman for the 1974 observance of Farm-City Week. The appointment was announced by Mr. Sherrill Williams of Newton Grove, state Farm-City Chairman.

Serving with Mr. Floyd as co-chairman for the county committee is W.C. Bledsoe, County Extension Chairman.

Farm-City Week will be observed across the nation on November 22-28, ending on Thanksgiving Day. The purpose of the event is to help create a better understanding between rural and urban people.

In appointing county Farm City Week chairmen, Mr. Williams stated that North Carolina is fortunate to have a fine relationship between urban and rural citizens. "Farm-City Week can help to maintain and strengthen this relationship," he said.

Mrs. Gilbert English of Trinity is serving with Mr. Williams as the state vice-chairman.

This will be the twentieth annual observance of Farm-City Week. Last year's observance, according to final reports received at national headquarters, involved the active participation of more than 15,000 communities in the U.S. and Canada.

Scholarships From 4-H

BY PATSY FLEMING Ass't. Home Ec Ext. Agent

The North Carolina 4-H Development Fund will award fourteen scholarships of \$500 each to freshmen entering college in the fall of 1975. One boy and one girl from each of the seven Extension Districts will be selected to receive the scholarships. They are also taking applications for another scholarship which will be available to a boy or girl planning to study in the field of agriculture.

The Yancey County Extension Service will take applications for the scholarships and from those, three applicants will be selected by a committee to be considered in the statewide selection. Applicants should be or should have been a 4-H member. Scholarships will be awarded on the basis of 4-H participations, academic achievement, and financial need. Scholarships will be awarded without regard to race, color or national origin. Scholarship applications are due February 1, 1975. Further information and applications may be obtained from the Yancey County Extension Office.

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Thank You
My sincere appreciation to the people of Yancey County who placed their confidence in me to serve another term as county commissioner.
I will fill this position to the very best of my ability.
Thank you,
Earl Young

Bonus Buys

Mennen Photocube Set
Reg. \$2.01 **\$1.80**

Skin Bracer Photo-Display Cube

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