CAST OF

HUNDREDS

GHOULS!

MOSTLY



Sun., Mon., Tues., Wed. August 2, 3, 4, and 5 WILLIAM HOLDEN | SUSANNAH YORK CAPUCINE ...



THE Ith

Two last Showings, Wednes day and Thursday, July 29 and 30-- MUSCLE BEACH

Henn Theatre

PARTY. Friday and Saturday, July 31, August 1, Double Feature STAGE TO THUNDER ROCK plus WALK A TIGHTROPE. Sunday, Monday, Tuesday, Wednesday, August 2,3, 4, and 5 THE 7th DAWN.

Murphy 04

Wednesday, Thursday, Friday, July 29, 30, and 31--ADVANCE TO THE REAR. Saturday, August 1, Double Feature -- THE COMEDY OF TERRORS plus SUMMER HOLIDAY.

Sunday, Monday, and Tues-day, August 2, 3, and 4--LOVE WITH THE PROPER STRANGER.

Beginning Wednesday, August 5--TAMAHINE.

Valley Drive-In

Thursday and Friday, July 30 and 31 - FOR LOVE OR

MONEY. Saturday, August 1 - Double Feature - TARZAN'S THREE CHALLENGES plus LOVE IS A BALL.

Sunday, Monday, August 2, 3 - THE PRIZE.

Tuesday, Wednesday, August 4, 5 - CHARADE.

Dr. Paul Dudley White, famed heart specialist, recalls

When man discovered the ing to Dr. White, doesn't mean wheel, he did so because he violent tennis games or ex-

uous exercise--and he didn't may sometimes do more harm like it! Fighting for his sur- than good. "Bicycling is a

vival, carrying the food he pleasant way to strengthen the

much work. So he took to his recondition muscles long

Americans are taking to their spry septuagenarian states.

heels. unused, feel better, work
Today, more and more better--and live longer," the

hausting bag-punching; these

heart and other internal organs

The latest statistics com-

Doctors say that bicycling

The stimulas of a 15 minute

bike ride can send 25 to 30

arteries every 60 seconds. And this blood will be four

times richer in oxygen than

the blood that pumps sluggish-ly through the veins of an

armchair lounger.
The biking boom can be a

factor in trimming your waist-

line, too. Cycling, says Dr. White, will help to burn of

extra calories; you can get rid

of 600 of them in an hour

happiness and enrichment in

cycling. In Dr. White's words, "It brings us back to earth

and to the enjoyment of nature.

If more of us exercised like

duction in the amount of

Added benefits in America's

There is also a sense of

of moderate pedaling.

can help alleviate chronic

weariness. Too little blood pumped through the body per minute, allowing poisonous waste matter to accumulate in every body cell, clogs channels of energy. Sinking

answer.

Some of the happiest days of my life have been spent riding

a bicycle. It has kept me young in mind and body. As a phy-

sician I have recommended cycling to many of my patients

"HEALTH ON WHEELS"

as a way of keeping fit."

was getting too much stren-

caught and killed, was too

wheels as they combine fun and physical fitness in bicy-

cling. Dr. Paul Dudley White, noted heart specialist and

White House medical con-

yeling as an important aid to

"We have one of the un-

healthiest countries in the

world because of our abuse of our prosperity," Dr. White proclaims. "We are overeating and pampering ourselves. The Life of Riley leads to a lot of early coronary heart disease high

coronary heart disease, high

blood pressure, and diabetes. An antidote to some of these

problems, says the heart ex-

pert, is "the habit of adequate

exercise: just as important for

good health as one's sleep,

ways to accomplish and maintain physical fitness,"

the physician advises. "Bicy-

cling can undoubtedly add

years to life, and health to those years."

his 77 years, and who is now

chairman of American Bike

Month, wants America on wheels. He says, "I would like

to put everyone on bikes...

not once in a while, but re-gularly as a routine."

Medical authorities report

that coronary heart disease this, we'd have a sharp re-is responsible for more than 30% of all deaths in the United duction in the amount of

States. The tragedy of a man tranquilizers and sleeping suffering a heart attack is one pills in use today."

So Dr. White, who has been an avid cyclisht for most of

"Cycling is one of the best

one's work, one's food.

recommends bic-

wheels.

good health.

Wed., Thurs., Fri. July 29, 30, 31 you've heard of the victors.



Sat., August 1 Sun., Mon., Tues. August 2, 3, and 4

Values HOWELL'S

STEAKS BEEF

00 POUND

POUND SLICES

3 POUND JAR J.F.G.

SMALL BROWN

IT-O-SEA GRADED

20 POUND BAG

MEAT Libby's

1/4 Cans 2 for

POTTED

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SCOTTS TISSUE

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ORANGE SLICES 16 oz Brach

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tore

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Valley Drive In

Thurs., Fri.

KIRK DOUGLAS MITZI GAYNOR

TECHNICOLOR VCINEMASCOPE

July 30, 31 for L**o**ve

THELMA RITTER LESLIE PARRISH JULIE NEWMAR-WILLIAM BENDIX-RICHARD SARGENT

Saturday, August 1

TARZAN'S

TECHNICOLOR'

Sunday, Monday, August 2, 3



Tuesday, Wednesday, August 4, 5

Audrey Cary , Grant Hepburn

play a game of danger and delight in ...



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