

If You Have --

been on a trip
entertained guests
celebrated a birthday
caught a big fish
moved
eloped
had a baby
been in a fight
sold your hogs
had an operation
bought a car
painted your house
had company
been married
cut a new tooth
sold out
been robbed
been shot
stolen anything
lost your hair
been arrested

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LIB DINWIDDIE KEITH

PHONE: NO 9-4101

for Peekin' Through the keyhole

Peekin' Through The KEYHOLE

... With LIB

by Elizabeth Dinwiddie Keith

Miss Beth Livingston and her mother, Mrs. Don Livingston, returned last Wednesday from Westbury, N. Y., where Beth was one of the judges in a dog show. She judged keeshondons, dalmations, and bulldogs. They also visited friends and relatives in Philadelphia.

Mrs. W. C. Howell of the Downess apartments was a pleasantly surprised last Monday when a former pastor and his family, the Rev. and Mrs. J. T. Poe and daughter, Jan stopped for a visit on their way to Tennessee. The Rev. Mr. Poe was pastor of the First Baptist church at Alamo, Tenn., when Mrs. Howell was a member there. They have just returned from Conception, Chile, South America. After a visit in Tennessee the Poes will go on to Texas.

Mr. and Mrs. Jack Clevenger of Knoxville, Tenn., spent the week-end with his mother, Mrs. Charles Clevenger and sister, Miss Carolyn Clevenger.

Mrs. James Glover and daughter Patty, and Mrs. Glover's mother, Mrs. J. V. Grant spent the week-end in Charleston, S. C., visiting Mrs. N. W. Getz.

Mr. and Mrs. E. V. Gouge had as week-end guests Mr. and Mrs. Y. L. Medlin of Chapel Hill, who also visited Mr. Medlin's mother, Mrs. Ruby Medlin at Oteen, Mrs. Jo Ann French and sons, David and Paul of Savannah Beach, Ga., and E. V. Gouge, Jr., of Western Carolina college, Cullowhee.

Twelfth District Congressman Roy A. Taylor and Mrs. Taylor are at home from Washington, D. C., for the holidays. They were joined here by their children, Alan of Gardner-Webb college, Boiling Springs and Toni of Fur-

Mrs. Cora Dula left last Friday to visit her son, Arthur, and his family in Fall Church, Va.

Mr. and Mrs. "Cliff" Meyer and family, Charlene, Melanie, Dianne and Melissa, spent the Easter holidays in Miami, Fla.

Miss Susan Currell of the Fleetwood apartments will leave Saturday to spend a week with missionary friends in Deatur, Ga.

Miss Beth Summey of Richmond Professional Institute, Richmond, Va., spent the Easter holidays with her mother, Mrs. Sarah Summey.

Mrs. Hugh Stevens of Goldsboro, a former resident of Black Mountain was an overnight guest of Mrs. W. B. Kyles last week.

Out-of-town guests for the wedding of Miss Patty Tyson and Roy Murphy Glass last Sunday afternoon at the Presbyterian church were Mr. and Mrs. Charles Bruns of Fayetteville, Miss Lora G. Ammon, Washington, D. C., George Curran and Miss Beverly Stockton, Franklin; Mrs. Leroy Sossamon, Beth, Anne Marie, Jon and James Sossamon, Bryson City; Miss Mary Kirk Jerome and Edward Jerome, Asheville; Mr. and Mrs. Lambert Glass, Linden, Ala., Mr. and Mrs. George N. Aust, Gieger, Ala., Mr. and Mrs. Edward Ledbetter and son, Jim, Demopolis, Ala., Mr. and Mrs. Clyde G. Jeffrey, Jr., and son Gray of Winston-Salem.

Mr. and Mrs. G. C. Carson and family, Johnny and Janet, spent the holidays with Mr. and Mrs. Allen Price and son Buddy of Whiteville. Mrs. Price and Mrs. Carson are sisters.

Mr. and Mrs. Albert Jern have returned from a three weeks' visit with their son and daughter-in-law, Mr. and Mrs. Jerry Jern of Chicago and their other son and his family, Mr. and Mrs. Jean Jern and Elaine of Kansas City, Mo.

Mr. and Mrs. Joe Miller and children, Crystal, Shane and Kelly Joe of Miami, Fla., visited Mr. and Mrs. Carl Bowness and Alex for several days last week.

Mr. and Mrs. William Hickey spent the week-end in Nathalie, Va., with Mrs. Hickey's mother, Mrs. S. S. Wyatt.

Women Marines Wear Uniforms By Mainboche

The Marine Corps today extended to all women from 18 to 31, an invitation to learning. The personal interest of all women, according to Marine recruiter GySgt. C. A. Johnson, is in attractiveness, self-esteem, meeting new friends, and to acquire social grace.

As a Woman Marine she is personally fitted with the most fashionable uniforms designed by Mainboche of New York. She also has the opportunity of being stationed at numerous posts and stations, plus assisting the male Marines in the bitter hard struggle of building a strong and peaceful nation.

Being a member of the world's finest military organization entitles the Woman Marine to undertake specific skills in administration, communication, payroll, motor transport, personnel, supply and the numerous facets of Marine Corps Aviation. In addition to working under the finest conditions, the Woman Marine has at her fingertips the most modern sports facilities for her entertainment and recreation.

If you are a high school graduate—you too can bear the title, Marine.

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Taylor Plans Survey Study to Extend Parkway

Congressman Roy A. Taylor has announced he plans to introduce a bill authorizing funds for a survey study of extending the Blue Ridge Parkway from Tennessee Bald southwest by Cashiers and Highlands into Georgia.

Taylor, representative of North Carolina's 12th District, said his decision to introduce the bill was prompted by "widespread interest" among Western North Carolina people to see the famous scenic highway pushed farther southward.

"Thousands of new summer visitors from metropolitan Atlanta and points south would utilize the parkway for vacation trips into the mountains," Taylor said.

A member of the National Parks subcommittee of the House Interior Committee, Taylor said he had conferred with National Parks Director Conrad L. Wirth on the proposed extension and said Wirth had been "most encouraging."

Taylor said the bill, if approved, would provide sufficient appropriations to survey and make estimates on what would be involved in extending the Blue Ridge Parkway southward.

Not only would extension of the parkway prove a great economic boost to Western North Carolina, Taylor said, but would open up areas of our state in the Cashiers-Highlands sections which "abound in unsurpassed natural beauty."

Taylor said that virtually all of the original Blue Ridge Parkway has now been programmed for construction and declared that "now is the time to plan ahead on extension programs."

SWANNANOVA NEWS

By JIM BURLESON . . . Phone 686-3205

A Real "Lid" Flinger

Those who planned to take the customary "stroll" on Easter Sunday to show off their new finery were thrown a real curve by the elements. The sun finally managed to break

GARDEN TIME

by M. E. Gardner

Medical science is about to prove that "an apple a day keeps the doctor away." If one-a-day won't do the job, then we should eat two a day.

At a recent American Heart Association meeting Dr. Ancil Keys reported that 15 grams of pectin a day for three weeks can lower the cholesterol and other fatty materials content of the blood, one of the major causes of heart failure. Two ripe luscious apples will approximate the 15-gram-a-day supply of pectin. Can you imagine a more delightful way to take your medicine?

What about high blood pressure? This is another common ailment in this day of fast, furious and devil-may-care living. A Russian scientist has found another important place for an apple diet in the relief of this trouble. Dr. B. S. Levine reports a definite curative effect upon a large percentage of his patients.

Dr. Levine used 180 patients, all suffering from "slow progressive hypertension." In summary, he reports "that blood pressure was reduced in 119 patients" of whom two-thirds were restored to normal. Some improvement was noted in 85% of his patients who ate the apple diet. He further reports that the functional state of the central nervous system was considered to be improved.

Another report tells of the value of fresh apples in reducing influenza attacks, and other illnesses, in the student body of a large mid-western university.

Try this one. Select one of your eight-year-olds and let him eat a piece of cake, a cookie or some candy. After he finishes, take a good look at the residue in the mouth. Now give him an apple to eat and notice how the residue disappears and the teeth glisten.

I saw a color movie last week dealing with the importance of fresh, raw, ripe apples as an aid to oral hygiene in preventing tooth decay. This was one of the most interesting and instructive lessons of its kind I have ever seen. Maybe you should arrange to show it in the school of your choice.

This may be done within a short period of time; sometimes it may take a year or more.

—Know what happens to little boys who whine all the time? They become grown men.

Beacon, Olin Matheson and Champion all have the nucleus of a strong ball club returning this year and there is no doubt in anyone's mind that "Pop" Carter will field an equally strong team at Valley Springs. This crew has all been been tops in the Buncombe County League; so all of the Beacon fans should have some real exciting baseball in store for them this summer.

"Gob" Martin, popular Beacon skipper, told us that spring practice was now in full swing at Nolan Field in preparation for the upcoming 24 game schedule which begins around the first of May.

Visitors

Mr. and Mrs. Harry Leuschke of Racine, Wis., were recent guests of Mr. and Mrs. George Leuschke of Grove-Mont. The Harry Leuschkes stopped by on their way to Florida. George Leuschke who has been ill recently is feeling much better.

Swannanoa Methodist News

The Methodist Men's club met Wednesday night, April 5, at the church for a supper meeting.

First Presbyterian News

Quarterly Communion will be observed Sunday, April 9, at the church.

A revival will begin on Sunday, April 23 and last through Friday the 28th.

Guest minister will be the Rev. J. A. Aldridge, mission pastor of the First Presbyterian church in Johnson City, Tenn.

First Baptist News

In keeping with Easter the church choir and young people presented a program of praise and adoration in the form of a cantata.

I was unable to attend the program and so I would like to thank "Pepper" Martin so very much for bringing his tape recording of the cantata by my home that I might also enjoy it as did the many others at the church.

Much hard work went into this "sermon in song" and we think that special praise should go to Chuck English, choir director and Mrs. C. E. Hunt, organist.

The following is a detailed account of the event.

"Thomas and the Risen Lord" Mrs. C. E. Hunt, Organist.

EASTER CANTATA — Directed by Chas. English; Dialogue, Mrs. N. D. Freeman.

"I Know that My Redeemer Lives," Choir; "Come Back in Memory," Choir; "He Went About Doing Good," Mrs. Joe Rector, Mrs. Don Gregg; "Deep in Our Hearts," Mrs. Margaret Summers; "The Light Still is Shining," Choir.

"He Stood Alone," Solo, Miss Julia Smith; "O Promises Sweet," Women's voices; "The Way to Calvary," choir; "Serving Faithfully," choir; "Morning Comes," Women's voices; "In the Garden," Duet, E. V. Crist, Chas. English and choir; "Cris, Chas. English and choir; "He is Risen," Duet, Mrs. full Easter Morn," duet, Mrs. Chas. English, Miss Dot Ingle, and choir; "I Believe," Mrs. Margaret Summers; "He Gives His Peace," Women's voices;

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For generations, folks have been trying to repair wall-cracks by filling them, but always give up in despair. And no wonder. Walls constantly expand and contract with temperature and humidity changes. Brittle crack-fillers compress or pull apart, and open-up or fall out. Until Tuff-Kote, the only way to make a permanent repair was replacing the entire wall.

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