

Mrs. Lyndon B. Johnson studied journalism at the University of Texas.

Farmers will produce a 121-million tons of hay in 1965.

DECORATING TIPS

By GENE TIMMS

REMEMBER THOSE OLD COUNTRY STORES?

Some of you may remember the days of the old-fashioned grocery store where you came in, browsed around, made yourself at home and where you and the owner called each other by first names.

Or, the country store where you could buy anything from fertilizer to calico, and where men sat around on cracker barrels and talked all day.

Of course, with modern progress, most of these stores have gone and are part of pleasant nostalgia — but there was something nice to save from that era, and that was the helpful attitude and the cordial atmosphere of those stores.

They weren't cold, sterilized and automated. They were warm and friendly.

Here at Timms Furniture Co., although our selection of furniture is large and completely up-to-date, we still try to maintain the old-fashioned, relaxed atmosphere where a person may come in, make themselves at home, browse around, discuss their decorating problems and get help in the selection of their furniture without fear of high pressure.

We're very proud of the many customers we've satisfied, and would like the opportunity of adding your name to this group. If you're Christmas shopping for the home, be sure and remember the slogan — "Give A Gift That Keeps On Giving", what better idea than RCA Color T.V. for the whole family at only \$399.95, or how about letting mom out of the kitchen so she can watch the T.V. with you, solution: G. E. automatic portable dishwasher, from only \$109.95, reclining chairs, desks, portable T.V.'s, radios, small appliances, these and hundreds more, and remember, discounts to all time payments or cash.

Q. & A. About Your Heart

Q—Is there any certain relationship between diet and heart disease?

A—Many health authorities believe that factors in the human diet are related to heart disease—and especially to heart attacks. This relationship is not fully proved, but there are some things which are certain: that overweight, under-exercise, over-work are bad for you and your heart.

For a free copy of "What We Know About Diet and Heart Disease," write North Carolina Heart Association, No. 1 Heart Circle, Chapel Hill, North Carolina, 27514.

Q—What does "cardiovascular disease" mean?

A—"Cardiovascular" means "heart and blood vessel." There are many cardiovascular diseases and heart researchers are exploring various means of treatment, cure, and prevention of these diseases. More than 300 thousand living North Carolinians are now afflicted by cardiovascular disease and, at present rates, more than half of all citizens of the state eventually will be afflicted by this leading cause of premature disability and death.

For a list of materials for the public on cardiovascular disease, write North Carolina Heart Association, No. 1 Heart Circle, Chapel Hill, 27514.

Q—What is rheumatic heart disease, and how is it related to rheumatic fever?

A—Rheumatic heart disease is an inflammation and scarring of the heart muscle and heart valves which sometimes results from rheumatic fever. This may interfere with the work of the vital "pump" that supplies the blood our bodies need. Rheumatic fever, however, does not always damage the heart for life. Three out of four patients recover with little disability.

Q—What is a stroke? A—A stroke occurs when the blood supply to a part of the brain is cut off and, as a result, the nerve cells in that part of the brain cannot function. When this happens, the part of the body controlled by these nerve cells cannot function either. The effects of a stroke may be very slight, moderate, or severe.

Children's Home Appeal Launched

Greensboro, N. C. — The Children's Home Society of North Carolina today mailed its traditional Christmas appeal letters to friends and supporters throughout the state.

"Gifts for Children" is the theme of the folder, which reports on the Society's assistance last year to 788 children. These included 247 babies and older children placed in adoptive homes, and 541 others for whom adoption was completed or other services given.

L. P. McLendon, Jr., of Greensboro, Society president, said the "Little Red Stocking" appeal provides an essential supplement to support which the agency receives through United Fund campaigns.

"Approximately 51% of our annual budget comes through Carolinas United, and the Greensboro United Fund. Another 49% comes from direct contributions, memorial gifts, and other sources. It is the Christmas appeal which furnishes the most of this," said McLendon, an attorney and Guilford County state senator.

"Through the years of our association with the United Funds, we have continued our Christmas appeal. In UF communities, we limit ourselves to an expression of thanks for those gifts received through the UF campaign. To do away with the Christmas appeal, we felt, would mean a reduction in service to homeless children which would not be in the interest of our state, or in keeping with the wishes of those public-spirited citizens who have supported the Society through-out its 63 years," McLendon said.

"Sometimes we are asked why we mail our letters at Christmas in United Fund towns all over the state," McLendon continued. "Our reply is that from the beginning of our affiliation with the federated agencies, they have recognized that they could not meet the costs of the services rendered by the Children's Home Society and it has always been anticipated by both agencies that we would approach our friends this way at Christmas. Our solicitations is entirely by mail and no pressure is put upon anyone



TEENS HEALTH Health and Safety Tips from The American Medical Association

Does your son want to study medicine? Or your daughter? For the aspiring student, a medical career offers many opportunities—private practice, research, teaching, administration, occupational health, school or college health, public health, foreign service, or the armed forces. Each opportunity requires different talents and abilities. Four personal traits, however, are musts, no matter what specialty a medical student chooses, says a new leaflet of the American Medical Association.

1. Intellectual curiosity. A medical student must expect to be a lifelong student. Modern research and the rapid advances of modern medicine continually challenge a physician's intellectual curiosity. As human horizons stretch into space, medical knowledge must expand accordingly.
2. Concern for people. Concern for people is the dynamic of medicine. A student must possess a compassion for people that includes understanding of human needs and fears.
3. Good health. A medical career, as well as the preparation for it, makes strenuous demands upon a physician. Students must be equipped to withstand the physical and emotional stresses of long working hours and mental pressures. The profession requires good health.
4. Tenacity. A medical student must be prepared to devote ten years or more, with minimal income, to formal education. Only a conscientious, tenacious student can meet these educational demands with high scholastic achievement.

Medical school is the first of many challenges in the medical profession. "Physician" is more than a title that one automatically receives after four years of study and training. The title is earned—by meeting the medical challenges in a community, by serving individual patients, and by discharging obligations to the profession.

Two organizations can give you additional information about preparation for the challenges of a medical career: The American Medical Association, 535 N. Dearborn St., Chicago, Ill. 60610.

FIX-IT TIP

To waterproof and dust-proof cement floors, make a solution of one pint water-glass, obtained from a hardware store, to four pints of cool water. Apply and let dry for 24 hours. Rinse with cool water and apply another coat. Sometimes four coats are needed.

IT'S A WONDERFUL SEASON...

Too wonderful to be marred by destructive fires. Appoint yourself a committee of one to be careful about preventing fires... And be sure you are insured.

THE ARTHUR HAY AGENCY

"ALL KINDS OF INSURANCE"

PHONE 739-4659

recognized that they could not meet the costs of the services rendered by the Children's Home Society and it has always been anticipated by both agencies that we would approach our friends this way at Christmas. Our solicitations is entirely by mail and no pressure is put upon anyone

It was the night before Christmas,
When all through the house,
Not a creature was stirring,
Not even Santa Claus...

Irresistibly comfortable... RECLINA-ROCKER® by LA-Z-BOY®

From the pages of **House & Garden Magazine**

Even a busy Santa can't resist the relaxing comfort of a La-Z-Boy Reclina-Rocker. Its smooth rocking lets him doze off and, when he wants to stretch out to nap, he can raise the selective footrest lever and recline to any comfort position, even to full bed. The Reclina-Rocker is "The Magical All-In-One Chair"... the perfect Christmas gift for Mother or Dad. See us today for your Christmas gift selection.

MAKE THIS A "CHAIRFUL" CHRISTMAS!

BERKLINE
King of Comfort Chairs

In Glove Soft Vinelle Upholstery Material

A Gift Chair for your Own Personal Santa!

The Rock-A-Lounger automatically adapts itself to any position of the body. Lean back gently for TV viewing or reading, fully recline for napping. It's the masculine idea of a perfect gift.

\$98
Christmas Budget Terms

TV Viewing Reclining Rock

To Tell Him That You Love him!

He may not admit it, but way down deep he wants, and will cherish, a comfortable recliner. This "Man-Sized" one will suit him to a "T". Come in, select his today. We'll deliver it Christmas Eve.

on Holiday Budget Terms.

Perfect Position for TV Viewing Lounge Position Fully Reclined Position

\$88
Liberal Holiday Terms

Choose this one! He will be delighted with the comfort, and you'll be delighted with the low, low price. **\$78**

Or Choose this high styled, hi-legged recliner. All this with a small price—the newest and most wanted. **\$78**

RCA VICTOR COLOR TV

The DRUMMOND Mark XI Series GG-583 21" tube (overall diameter) 26 1/2" sq. in. picture

SPECIAL COLOR VALUE!

Mastercrafted Contemporary cabinet houses the finest quality components. Amazing new RCA glare-proof HI-LITE COLOR TUBE. Super-powerful New Vista chassis, ultra-sensitive VHF/UHF tuners. Automatic Color Purifier "cancels" all directions of magnetism. Enjoy it now in time for the World Series action!

47995

SPECIAL!

RCA VICTOR New Vista SOLID STATE STEREO

- Solid State Stereo Amplifier, 120 watts peak power (60 watts EIA Standard)
- 6-speaker sound: two 12" duo-cones, four 3 1/2" tweeters
- Deluxe 9-tube FM-AM-FM Stereo Radio
- Studiomatic 4-speed changer with Feather Action Tone Arm—diamond microgroove stylus

\$36995

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