

(Just Another Day's Labor)



Farming Vs Heart Disease Topic Of Recent Booklet, "Safe Work Load"

CHAPEL HILL — Most of us do not think of sleeping as work. Yet, if we stop and consider, we realize that even while sleeping the body must carry on all of the functions necessary for life. The heart beats and circulates blood, the lungs exchange oxygen for carbon dioxide, and the vital organs continue to function in sleep. Therefore, sleep is considered as a form of light work.

If sleeping is considered light work, then walking to the store on a sidewalk is rated as moderate work, and heavy work is considered to be walking on plowed land. In a booklet entitled "A Safe Work Load for Farmers with Heart Disease" the Heart Association has divided and listed the many types of activities usually performed by farmers in terms of work load.

While statistics tell us that the number of farmers has steadily decreased in North Carolina, the size of the farm has increased, and most farming is done during the summer months. Much of today's farming is aided by the use of equipment; however, every farmer knows that driving a tractor is hard work. Hot, humid weather, heart disease, and hard work can be a fatal combination.

Age is important. An older person cannot work as hard as he did when he was young. Generally speaking, at 50 the capacity, assuming good health, will be about 70% of what it was at 25 and at 70 it will be about 50%.

This is partly because the heart and lungs do not work as efficiently in old age as in youth. In the booklet "A Safe Work Load for Farmers with Heart Disease" the Heart Association lists nine facts that every farmer should take into consideration when planning his activities.

Farmers, or those interested in heart disease and farming may receive a copy of the booklet "A

Safe Work Load for Farmers with Heart Disease" by addressing an inquiry to the North Carolina Heart Association, 1 Heart Circle, Chapel Hill, North Carolina 27514.

Gardner-Webb Night Classes Open Monday

BOILING SPRINGS, N. C. — Registration for evening classes at Gardner-Webb College begins at 7 p.m. Monday in Room 101 of the A. T. Withrow Science Building.

All persons wishing to take courses should come to this meeting. Classes offered from 7-8:25 in the evening on Mondays and Wednesdays are: English 101, Psychology 201, Typing 107 (Monday, Wednesday and Thursday from 6:30-7:55) and Shorthand 105 (Monday, Wednesday and Thursday from 8-9:45.)

Courses offered on Tuesday and Thursday are: Art 193 (7-10 p.m.); Data Processing 221 (7-10 p.m.) and History 101 (7-8:25); Engineering Drawing 101 (6-8 p.m.); Bible 101 (8:30-9:55).

Other art courses are offered by appointment for art majors, each course meeting six studio hours per week.

TO JAPAN

Marine First Lt. Jack Sims left Thursday for Japan for a year's service duty. His wife and four sons will live here with his parents, Mr. and Mrs. Charlie Sims. Parents of Mrs. Sims, the former Juanita Rathbone, are Mr. and Mrs. Dewey Rathbone.

Westover Baptist Homecoming Slated Sunday

Homecoming will be observed Sunday, September 8, at Westover Baptist Church with a special invitation extended to all members, former members and the public to join in the services, it is announced by the Rev. Archie Chapman, pastor.

The observance will get underway with Sunday School at 9:45 a.m. and will be followed by worship services at 11. Lunch will be served at 12 noon in the area just behind the church, weather permitting, and in case of rain will be moved into the fellowship hall.

Following lunch, an old-time hymn sing, led by the church music director, John Ross, will be held with special music to be heard in addition to hymns by the congregation.

G-W Sets Play Try-Outs

BOILING SPRINGS, N. C. — Area persons interested in tryouts for the play, "BAREFOOT IN THE PARK," a Broadway comedy by Neil Simon, are asked to come to the E. B. Hamrick Auditorium on Gardner-Webb College campus at 8:30 p.m. Wednesday.

There are parts for two women and four men and tryouts are open to all students, faculty, administration, and area persons. The production is scheduled Oct. 9, 10, 11, and 12.

A copy of the play is on reserve at the college library prior to tryouts. Those interested in backstage are also invited to the tryouts by C. Robert Jones, director.

Green Finishes Infantry Training

FT. POLK, La. (AHTNC) — Army Private David A. Green, 21 son of Mrs. Willie M. Green, 214 S. Finchback, Bessemer City, N. C., completed nine weeks of advanced infantry training Aug. 2 at Ft. Polk, La. His last week of training was spent in guerrilla warfare exercises.

During his guerrilla training, he lived under simulated Vietnam conditions for five days, fighting off night attacks and conducting raids on "enemy" villages. He was taught methods of removing booby traps, setting ambushes and avoiding enemy ambushes.

Other specialized training included small unit tactics, map reading, land mine warfare, communications, and firing the M-16 rifle, M-60 machine gun and the 3.5-inch rocket launcher.

Sgt. Reynolds Is Advanced

ALBUQUERQUE, N. M. — Technical Sergeant Richard D. Reynolds son of Mr. and Mrs. W. H. Reynolds of 608 Gantt St., Kings Mountain, N. C., has been graduated from the U.S. Air Force Noncommissioned Officer Academy at Kirtland AFB, N. M.

Sergeant Reynolds, who received advanced military leadership and management training, is a food service supervisor at the USAF Academy, Colo.

He is a graduate of Central High School.

His wife, Ginette, is the daughter of Mrs. Anna Quizeman of 26 Carmel Drive, Novato, Calif.

Cotton lintners are used in making shatterproof glass.

Cotton can be warm or cool depending on its weave.



MISS NORTH CAROLINA BELIEVES IN GOOD NUTRITION — Elisa Annette Johnson — better known as Anita — is serving as Honorary Chairman for September as Better Breakfast Month. Anita is supporting the N. C. Egg Marketing Association, N. C. Pork Producers Association, N. C. Dairy Products Association, N. C. Apple Growers Association, and the American Dairy Association of North Carolina in their efforts to encourage school children — as well as mom and dad — to start each day with a Better Breakfast.

DISTAFF DEEDS

(News items this week from Sampson, Durham, Graham and Alamance counties).

PLEASANT CONVERSATION WINS

In a recent survey made in Sampson County Extension Homemakers Clubs, 91 per cent of the members believed that pleasant conversation provides the best atmosphere at family meals.

Eight per cent of the women indicated they preferred to listen to music during meals.

Less than one per cent of the homemakers believed that watching television provided the best atmosphere during meal time, Frances Temple, home economics Extension agent, believes.

NO TIME WASTED

Finding a leisure time activity may be a problem for some senior citizens, but not for Mrs. Parthenia Harrington of the Merri-k Moore Extension Homemakers Club, Durham County.

Mrs. Harrington believes in using her spare time constructively. To prove this she proudly displays a bedspread she made with crocheted blocks of the popcorn stitch.

The double bedspread, made entirely from discarded tobacco twine, is now a family treasure that will be passed from generation to generation.

When asked how long it took her to complete the bedspread, Mrs. Harrington replied, "I didn't keep an account of the exact time; but, certainly, there was no time wasted."

Mrs. Mary J. Whitmore, assistant home economics Extension agent, notes that many other senior homemakers have become interested in creative leisure time activities after seeing Mrs. Harrington's handiwork.

CANNING TIP

Canning methods have changed from great-grandmother's time, not only because of new equipment, but also because of the new varieties of vegetables and fruits on the market today.

"Instead of using the old recipes handed down for generations,

Noteworthy
The personal attention our Pharmacist gives your prescription...
The professional skill with which he prepares your medicine — ALL are worthy of note when selecting a Pharmacist.



GRIFFIN'S DRUG
YOUR PRESCRIPTION STORE
FREE PICKUP & DELIVERY
PHONE 739-4721 - 129 MOUNTAIN ST.

2:00 O'CLOCK

In The Morning



That Special Time when a Family Man Plans for The Future

In the quiet hours when all the house is asleep (except for you and baby) you get to planning for the future and wondering what it will bring. That's when it's good to remember we're here to help so you don't go it alone. Save with us and get extra earnings through our liberal interest rate!!

Invest in Full-Paid Shares or Optional Shares and Receive Quarterly Dividends at 4 1/2% Per Year. Invest in Six-Month Shares (Minimum \$5,000, Increments of \$1,000 Thereafter) and Earn at 5% Per Year. Join Our Growing Group of Well-Paid Investors. Yes, You Can Earn While You Sleep!

Home Savings & Loan Association

106 E. Mountain

FREE Parking

Drive-In Window Service

Summer Clearance and Anniversary Sale
Up To 50 Percent Off All Our Summer Items

We have just received new shipment of wool, in beautiful patterns and colors.

\$1.98 yard and up

Also just received new shipment of bonded knits

\$1.49 yard

Big-Little Fabric Shop

Located on Oak Grove Road in Oak Grove Community

If you need directions to find us call 739-5536