

**Teen-Agers Need Good Breakfast**

It's foolhardy for high school students to trade their breakfast for a little extra morning sleep. It's practically impossible to make up the food missed at breakfast by eating snacks or "overeating" at other meals. Breakfast should provide at least one-fourth of the teen-ager's total daily food intake. That mid-morning hunger feeling among teen-agers can be stopped with a good serving of eggs at breakfast. Because high protein foods are slowly digested, hunger comes less quickly after eating eggs for breakfast. Much of the ground work for health in later life is laid during the teen-age period. It is often impossible to compensate for nutritional damage incurred during the teens.



**SPECIAL COFFEE**  
for that extra flick of flavor

**Exercise And Weight**

Regular exercise can be a big help in controlling weight. More activity in the daily routine can further the cause of a reducing diet, or with no change in diet at all it can bring about a gradual loss of excess fat. Long hours of strenuous exercise are not necessary to keep weight in check and, for many people, are not even recommended. But regular, less strenuous exercise, can be surprisingly effective for people who need to take it easier and at the same time need to either lose or maintain weight while eating the same amount of food as before.

Nutritionists say if an overweight woman, who gets just enough calories to maintain her weight, spends one extra hour every day at housework that keeps her moderately active and moving around instead of sitting, she used 90 more calories a day. In a year, if her diet remains about the same, she can lose nine pounds. Then if she can change a second 'sitting hour' to some type of daily active recreation, without changing diet, she can use an additional 170 calories a day, and in a year shed another 15 pounds, or a total of 24 pounds. Many people, of course, are not as free to get more activity into their daily routines, particularly those with full-time jobs. Thus, leisure time offers the best opportunity for more exercise. Even though the time given to added activity may be short, if established as a regular routine, it can have gradual and lasting effects on weight. The actions of men are the best interpreters of their thoughts.

**Liberty News**

Mr. and Mrs. Roy Price and family visited friends and relatives over the holidays. They were: Mrs. Ida Ledford and family, Mr. and Mrs. Dee Swanson, Mr. and Mrs. Odie Mason, and Mr. and Mrs. E. E. Bruce and family. He returned to Hartwell, Ga., where he is employed.

Mr. and Mrs. Howard Ledford visited Mrs. Lee Garner over the holiday.

We are glad to have one of our former students back with us at Hiwassee Dam. He is David Bailey. He has returned after being in Ohio and different places for the past months.

Mr. and Mrs. J. M. Rice visited Mr. and Mrs. Creed Morrow over the Christmas Holidays. He is working in Atlanta at the present time.

Mildred Bruce, who has been away for the past few weeks, visited her parents and friends over the week-end. Gene Williamson is visiting his parents and friends. His parents are Mr. and Mrs. Beecher Williamson. Sorry to report that Albert Jones is in the hospital. George Reed is still sick. Mr. and Mrs. Eddie Spivia visited Mr. and Mrs. Dee Swanson for the holidays. Mr. and Mrs. Leonard Standridge visited Mr. and Mrs. Clearance Jones and Mrs. O. J. Terrace over the week-end. Mr. and Mrs. R. C. Garrett and family of Hartwell, Ga., visited friends and relatives over the holidays. They were: Mr. and Mrs. Hobart Garrett of Hayesville and Mr. and Mrs. E. E. Bruce of Liberty. Mr. and Mrs. Dean Cardin of Atlanta visited Mr. and Mrs. Arthur Cardin and family, Mr. and Mrs. Creed Morrow and Mr. and Mrs. Leonard Standridge and family.

**Public Records**

William L. Osteen to Mid-Star Home Inc., property in Murphy Township. Grady and Maude Nix to Adas & Helen Nix, property in Noda Township. Henry and Ethel Stoner to James W. and Wanda S. Day, property in Valleytown Township.

Porter and Lucille Oliver to W. H., Jr., and Barbara Z. Hyde, property in Murphy Township.

Will Cook to Arthur B. and Lillian M. Olson, property in Murphy Township. Mary Joe and Grady Powers to Chess A. and Mae Pullum, property in Valleytown Township.

Wayne C. Palmer to Wayne C. and Dorothy Palmer, property in Murphy Township. Chess and Mae Palmer to Blanche Westley and Stella Mae Adams, property in Valleytown Township.

E. C. and Fannie Moore to Edward R. Moore, property in Murphy Township. E. C. and Fannie Moore to Thomas Cloe Moore, property in Murphy Township. E. L. and Hattie Ledford to Bobby M. and Shelby Jean Ledford, property in Hot House Township.

BEAT THIS! Gourd 53 inches around, 37 lbs, green weight, 10 seed for a dollar. Mr. Bus Barnett, Box 44, Englewood, Tenn. 22-3tp



**LOST • RENT • SELL • BUY • HIRE • TRADE**  
**"YOU'LL FIND IT IN THE WANT ADS!"**  
**FOUND • SERVICE • EMPLOYMENT • PERSONAL**

Deadline	FOR SALE	HELP WANTED	SERVICES
<b>DEADLINE FOR CLASSIFIED ADS: 5:00 MONDAY</b> Rate: 50¢ for each insertion 25 words or less three times for \$1.25. More than 25 words two cents per word. Payable in advance.	For sale - Good used type-writers and adding machines. New shipment just arrived. From \$49.95 to \$129.95. See at The Cherokee Scout, 19-4n	HELP WANTED - Rural Ladies... There is earning opportunity for your representation AVON Cosmetics and Toiletries in your community. Openings in Peachtree, Cullerston and Martins Creek, White P. O., Box 1676, Hendersonville, N. C., 19-8n	SINGER SEWING MACHINE Representative, Tom Hunt, will be here every Tuesday, all day, for sales and services. He can be contacted by calling the New Regal Hotel, Phone VE 7-2341, 29-4c
<b>WANTED</b> WANTED - Raw Furs 10,000 Skins. Any kind each week. J. P. Trull, Route 1, Marble, N.C. Phone VE 7-2902, 22-5tp	FOR SALE - Take soil away the Blue Lustre way from carpets and upholstery. It's the finest. Cherokee Furniture Company, 20-3c	SALESMAN WANTED - Be your own boss. Earn more selling Rawleigh Products. Everybody knows and likes them. Work part time at start if you are dubious. See for yourself. Write Rawleigh's, Dept. NCL-200 in, Richmond, Va., 18-5tp	WELL DRILLING: Have your well drilled; modern machinery. Six and eight-inch domestic and commercial wells. Macon Pump and Well Co. Write F. B. Rogers, Franklin, N. C., or Call LA 4-3135, 33-4c
<b>FOR SALE</b> For Sale - 1956 Buick Convertible. Fully Equipped. Excellent Condition. Only \$700. Original owner going overseas. Contact Major Stafford by calling Hayesville, 9471 or c/o M. C. Moore's Store, 22-3tp	FOR SALE - New and Renewal Subscriptions to The Cherokee Scout only \$2.50 per year. This offer expires Jan. 1, 1961, 19-4n	Help Wanted - Do you want work? If so, list your qualifications in Want Ad Section of this newspaper. Also the type of work you desire. It will pay you, 19-7tp	JAMES TV and Radio Service. All work guaranteed. Call VE 7-3238 day or night, 34-4c
<b>FOR SALE</b> For Sale - 1 Young Milk Cow and calf. Contact J. W. O'Dell near Boiling Springs Church, 21-3tp	FOR SALE - House and 4 Lots Known as Sid Piercy Property, Aquone Rd., Andrews. Price, \$4,000. Write George Chambers, Box 124, Shasta, Calif., 20-6c	Apartment For Rent - 2 bedrooms, living room-dining room combination, electrically heated, well insulated. Call VE 7-2122, or call VE 7-2586, 20-3c	For Rent - Large Nicely Furnished, Electrically heated apartment, Hot and cold water. 511 Hiwassee Street. See Mrs. J. W. Dyer, or call VE 7-3167 or VE 7-2592, 20-3c
We wish to thank our many friends for their kindness and help during the passing away of our dear son, Jimmie Garrett, and also the Irie Funeral Home. May God help each of you in our progress. Mr. and Mrs. Wess Garrett	FOR SALE - Six pack Aiding Mail Paper - Only \$1.49. The Cherokee Scout, 14-4n	Men Wanted 17 TO 56	Get Your Watch checked Electronically AT <b>E. C. MOORE Jewelers</b> \$1.00 Lays Away a New Watch for Christmas
The sole meaning of life is to serve humanity. - Tolstol	For sale - 21 Acres Woodland, Hemlock, Poplar, and Hardwood. Some ready for cutting. Stream and road through center. Located 3 mi. east of Andrews. Price, \$750.00. Contact B. A. Rogers, Box #03, Andrews, N. C., Phone 7-R, or Phone VE 7-2324 in Murphy, N. C., 19-3tp	To train as heavy equipment operators. Training now available on bulldozers, Motor graders, all rubber self propelled scrapers and draglines. Must train 3 weeks at own expense. Budget terms arranged. G.I. approved. Train near home. Up to \$3.50 per hr. on satisfactory completion of training. Operators urgently needed as result of vast new 15 year program now getting under way. If mechanically inclined in operating this type of machinery, write, giving name, address, phone and working hours to NATIONAL SCHOOLS OF HEAVY EQUIPMENT, Box 190NS, c/o Cherokee Scout, 22-2tp	<b>ROGERS Electric Service</b> Electrical Contracting and Repairs Day VE 7-2125, Night VE 7-2276

**LIST YOUR NOW PROPERTY GIVE IN YOUR POLL**

**NOTICE IS HEREBY GIVEN**

That the List Takers for Cherokee County, will sit at the following places at the times named (and at all other times during the month of January 1961, at places and dates as follows), at which places and in which month all property owners and taxpayers in said township are required to return to the List Takers for taxation, for the year 1961, all the Real Estate, Personal Property, etc., which each one shall own on the first day of January, or shall be required to give in then. All male persons between the ages of 21 and 50 years are to list their polls during the same time. Return of Property and giving in of polls are required, under the law and penalties imposed by law.

All persons who are liable for a poll tax, and fail to give themselves in, and all who own property and fail to list it, will be deemed guilty of a misdemeanor, and upon conviction, fined or imprisoned.

All automobiles and trucks must be listed - these listings will be checked against the State Registration. If you fail to list, and your car is listed from State Registration, you will be charged penalty for late listing. BE SURE TO BRING A LIST OF ALL YOUR CARS, TRUCKS, TRACTORS, ETC., showing make, model, serial numbers, etc.

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| <b>NOTLA TOWNSHIP</b><br>Radcliff's Store - January 2<br>Post Office - Cullerston - January 3-4<br>Shangri La Cafe - January 5<br>Macdonia Church - January 6<br>Fred Kilpatrick's Store - January 7<br>R. H. King's Store - January 9<br>Murphy Courthouse - January 10-11<br>Miss Mary Ann Lance<br>Mr. J. W. Hatchett (Listers)                     | <b>HOT HOUSE TOWNSHIP</b><br>Farrister's Store - January 2<br>Farrister's Store - January 3<br>Charlie McGill's Store - January 4<br>Hilton's Store - January 5<br>Travel to Potato Creek - January 6<br>Wolf Creek School - January 7-9<br>Courthouse in Murphy - January 10<br>Jack Westmorland (Lister) | <b>MURPHY TOWNSHIP</b><br>Tomota School - January 2<br>Peachtree School - January 3<br>Dub Martin's Store - January 4<br>Gene Fairs' Store - January 5<br>Fred Carroll's Store - January 6<br>Murphy Courthouse in Murphy - January 7<br>Mrs. Max Sneed<br>Mr. Pat O'Dell (Listers) |
| <b>SHOAL CREEK TOWNSHIP</b><br>Allen Brendle Store - January 2<br>Sult and Donley Store - January 3<br>Walter Dockery Store - January 4<br>Stanley Wood's Store - January 5<br>Allen's Store (near Hiwassee School) - January 6<br>Courthouse in Murphy - January 9-10<br>Oak Grove Church - January 7<br>Mr. Don Taylor<br>Mr. Frank Sparks (Listers) | <b>BEAVERDAM TOWNSHIP</b><br>Murphy's Store at Violet - January 2<br>Unaka-Crowe Store - January 3-4<br>Ogretta Church - January 5<br>Travel Upper Beaverdam - January 6<br>Murphy Courthouse - January 7-9<br>Mr. Fred Martin (Listers)   | <b>VALLEY TOWN TOWNSHIP</b><br>Topton Drive-In Cafe - January 2<br>Marble Craig's Store - January 3-4<br>City Hall Andrews - January 5<br>City Hall Andrews - January 9-14<br>Mr. Pitt Almond<br>Mr. Clarence Hogan (Listers)   |

TAX BOOKS FOR ALL TOWNSHIPS WILL BE OPEN FOR TAX LISTING THROUGH THE BALANCE OF THE MONTH OF JANUARY IN THE TAX OFFICE AT THE COURTHOUSE. H. W. Hughes, Tax Supervisor

**FARM CENSUS NOTE**

FARM CENSUS Each farm owner shall prepare a list of the acreages of each crop grown, including tenths of acres of truck. The list should show the total acres cultivated by the owner, also the acres cultivated by all tenants on each separately recognized farm, the acres in improved pasture, woodland, idle and other lands. He shall be prepared to report the numbers of bearing fruit trees, the numbers of livestock of breeding age, number of hogs sold or slaughtered during past 12 months and tons of fertilizers to be used during this crop year. This information is kept confidential and has no relation to taxes. Its purpose is for agricultural education, economical analysis and safer guidance of county agents and farmers generally.

**COMMUNITY MOTORS**

TWO 1954 DODGES ranging from \$200-495.

1959 FORD Galaxie 4 door with automatic transmission - Power Braker - power steering - Tutone paint - radio - heater - white wall tires - local one owner. As nice as they come.

1958 CHEVROLET 4 door station wagon - factory air conditioning - White wall tires, V-8 Radio - Heater, Tutone Paint - real nice wagon.

1960 VOLKSWAGON - Low Mileage.

1957 CHEVROLET 210 4 Door Sedan, Standard Drive - Heater - Good Tires, Clean car.

1958 Country Squire FORD 9 Passenger Station Wagon - Like New - Automatic Transmission, Radio - Heater. One owner. Like new. - Power Steering, White Wall Tires.

1960 BUICK 4-door Sedan - Power Steering, Power Brakes - Radio - Heater - Automatic Transmission, White Wall Tires. 60 actual miles.

1956 CHEVROLET 4 door station wagon with radio-heater - V-8 - automatic transmission. A local car.

1958 PLYMOUTH straight shift V-8 with white wall tires - radio - heater 4 Door.

1955 MERCURY 2 door hardtop with radio - heater.

1955 CHEVROLET straight six 4 door sedan with radio heater.

1955 CHEVROLET 4 door Sedan, Automatic Transmission - V-8 - Radio and Heater. Good Clean Used Car.

TWO WILLYS JEEPS - One with metal top.

1953 OLDSMOBILE plus several other good transportation cars.

1952 MERCURY 4 Door Sedan Heater Radio - White Wall Tires. Automatic Transmission, Nice Car.

1953 PLYMOUTH 4 Door Sedan - Heater - Good Transportation.

TRUCKS

1961 FORD 1/2 ton pickup Model F-100 Solid Green - Driven less than 100 miles - heater - defroster - turn signals - ready to roll and a real good buy.

1956 FORD 1/2 ton stake body.

1956 FORD 3/4 Ton Stake body.

1953 DODGE pick-up with reconditioned motor.

1952 DODGE 1/2 ton pickup. This truck is real sharp.

SEE ZEB CHASTAIN AT **Community Motors** VE 7-2001 - Murphy, N.C.

**FLASH**

**HY ROCKET**

Regular Gas 27.9¢

Ethyl 30.9¢

SAVE

**Hy - Rocket SERVICE STATION**  
H. E. Stiles  
Andrews Rd.  
MURPHY

**Cherokee Motors** VE 7-2185 - Murphy, N.C.

**We're proud of our Car Values**

1958 Buick 4-Door Sedan - Automatic Transmission - Radio - Heater. One Local Owner.

1956 - Buick 4-Door Special Sedan - Automatic Transmission - Radio-Heater.

1956 Chevrolet 3/4 Pick-up Truck - Good Body, Good Tires, Good Truck Local Owner.

**SEE US FOR THE BEST USED CAR BUYS IN TOWN**