

Not Printing Letter May Cause Bad Luck

Mr. Editor: I am enclosing a letter which I hope you will do me the kindness to print. I have had bad luck recently in many ways and I felt that it might do good to print the letter below, as I have had it in my possession a long time.

Yours truly, M. A. WHITTEN.

Newspapers throughout the United States are printing what is alleged to be a letter written by Christ.

In this letter was an injunction that it should be published to the world by whoever found it together with a statement that misfortune and bad luck would follow the person having possession of it in the event that it was not given publicity.

There was likewise a promise that whoever may have a copy of this letter in their possession will prosper and be followed by good fortune.

According to the history of the letter it was written by Christ just after his crucifixion, signed by the Angel Gabriel ninety-nine years after the Saviour's birth and presumably deposited by him under the stone at the foot of the cross.

On this stone appeared the following: "Blessed is he who shall turn me over."

No one knew what the inscription meant, or seemed to have sufficient curiosity to investigate until the stone was turned over by a little child and the letter which follows was discovered:

"Whoever works on the Sabbath shall be cursed. I command you to go to church and keep holy the Lord's day, without any manner of work. You shall not be idle or waste your time in bedecking your self in superfluities of costly apparel and vain dressing, for I have ordered it a day of rest. I will have that day kept holy and your sin may be forgiven you.

"You will not break my commandments, but observe and keep them, they being written by my hand and spoken from my mouth. You shall not only go to church yourself, but also your man servant or maid servant. Observe my words and learn my commandments.

"You shall finish your work every Saturday at six o'clock in the afternoon at which hour the preparation for the Sabbath begins. I advise you to fast five days in the year, beginning on Good Friday and continuing the five days following in remembrance of the five bloody wounds I received for you and mankind.

"You shall love one another and ease them that are not baptised to come to church and take the Holy Sacrament, that is to say baptism, and then the supper of the Lord, and be made a member thereof, and in so doing I will give you long life and many blessings. Your land shall be replenished and bring forth in abundance, and I will comfort you in the greatest temptation and surely he that doeth to the contrary shall be cursed.

"I will also send hardness of the heart on them and especially on hardened and empenitent believers. He that hath given to the poor shall find it profitable. Remember to keep the Sabbath day, for the seventh day

I have taken as a resting day unto myself.

"And he that hath a copy of this letter written by my own hand and spoken by my own mouth and keepeth it without publishing it to others shall not prosper, but he that publisheth it to others shall be blessed by me and if their sins be many as the stars by night and if they truly believe they shall be pardoned, and they that believe not this writing and my commandments will have my plagues upon you and you will be consumed of your children, goods and cattle and all other worldly enjoyments that I have given you. Do but once think of what I have suffered for you, if you do, it will be well for you in this world and in the world which is to come.

"Whoever shall have a copy of this letter in their house, nothing shall hurt them; neither pestilence, thunder nor lightning, and if any woman be in birth and put her trust in me she shall be delivered of her child. You shall hear no more of me except through the Holy Scripture until the day of judgment. All goodness and prosperity shall be in the house where a copy of this letter shall be found. Finished."

The story goes that the little child who found it passed it to one who became converted to the Christian faith. He failed to have it published. He kept it, however, as memento of Christ. And is passed down to different generations of his family for more than one thousand years.

During this period the family suffered repeated misfortunes, moved to different counties until finally one of them came to America bringing the letter with them. They settled in Virginia then moved further south, still by misfortune when finally the last member, a daughter, approached her death bed and called a neighbor, and relating its history for more than a thousand years. The Thompson woman began the attempt to have it published, and it appeared first in the Rome, Ga., Tribune on

October 31st, 1891. It then appeared in the Dalton, Ga., Citizen, and Mrs. Wortman, now living in Marion, Ind., clipped it and kept in her possession for many years without an effort to have it published. She was followed by misfortune which she attributed to her neglect in trying to have the letter published.

Mrs. Ruby Crutchfield, of Trezavent, Tenn., is said to have had a copy of it and failed to have it published for three years and was followed by a varied lot of misfortune which she attributed to the fact of her neglect in this respect.

Governor O. Max Gardner is making no idle gesture in his avowed efforts to serve the North Carolina farmer. His advisory board is already at work on some of the problems to be solved.

Try a Want Ad in the Reporter

Another Still And Outfit Taken

Deputy Sheriffs E. E. Shelton, W. S. George and W. A. Leake brought in another copper outfit Monday. It had a capacity of near 50 gallons, and was found near the Virginia line in the Hall settlement. About 200 gallons of beer and other barrels, boxes, buckets and 5 gallon cans and other equipment was found. A gun shot was heard when officers approached supposed to have been a signal, but no one was at the still. Two barrels were ready for use while the other two were not quite ready for work.

Save while you can and you'll not need when you can't.

Praising the town ladies for having the cemetery cleaned up, an exchange declares that "the grave-yard looks most inviting."

WANTED—A cook, white or black, address H., care Danbury Reporter. 1w 4dec4w

NOTICE For Sale—Cash tobacco seed Treated seed \$1.00 per ounce. Untreated seed 60 cents per ounce. The best kind of tobacco grown in this section for a long time. Send all orders to J. R. BENNETT, Danbury, N. C.

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I have one fifty acre farm near High Point, in high state of cultivation, very best tobacco land with good house and out-buildings, also two new tobacco barns and pack house which I will either sell or rent.

I also have two farms situated near Ashboro near the hard surface road leading to Pinehurst, N. C., which are also good tobacco farms, one of which is in a good state of cultivation. The other has been lying out for a few years. I will give the right man all he can make on this farm for a period of two years if he will put it in a good state of cultivation and fix up the buildings. There are over two hundred acres in this farm, and one hundred and thirty-five in the other.

There is a sawmill situated on this property and therefore is plenty of wood and slabs already cut for all fuel purposes and curing tobacco.

All the above property is for rent or sale.

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TRAINER OF GIRL GYMNASTS SCOFFS AT FADDISTS' DIETS



G. H. Heineman, Physical Director of the Philadelphia Turngemeinde.

By MADALIN MILLER WHEN a girl starts life as an unusually frail child and then develops into a champion gymnast there must be something in her story to interest every girl and woman. On this theory, I went to the gymnasium of the Philadelphia Turngemeinde, the largest gymnastic club in the United States, and sought out Roberta Ranck who has had just such a remarkable history. The first question I asked was how she had managed the physical transformation that had enabled her to capture every major woman's gymnastic championship at Churchill Downs, Kentucky, in 1926, and to follow that up by acquitting herself with distinction at the International Gymnastic Festival at Cologne, Germany, last summer. In reply she pointed to G. H. Heineman, the Turngemeinde's Physical Director. "There's the man who built up my health and strength," she said. "He'll tell you how he did it."

A Sound Prescription Mr. Heineman was coaching one of his classes of girl gymnasts, but he took time off to tell me what he wanted to know. "Plenty of sleep, plenty of exercise and plenty of good, wholesome food—that was my prescription," he assured me. "I suppose you made her stick to one of those terrible training diets," I said with a shudder. "Boiled potatoes and spinach and other things like that." Mr. Heineman smiled at my vehement disgust and shook his head in denial. "Roberta and all those girls you see out there," he said, pointing to his class, "eat just such foods as every normal person craves. They don't gorge them



These are not Follies girls, but a few of the members of one of the Turngemeinde gymnastic classes.

selves, but they certainly aren't victims of any freak diet. "It's my firm conviction," Mr. Heineman continued, "that you can't build a strong and healthy body on any diet that eliminates or appreciably reduces the essential energizing foods. The physical condition of a great majority of the girls who are struggling to attain a boyish figure at any price is proof enough of that. Their lack of stamina makes them susceptible to sickness and fatigue, and it's a handicap to them in everything they do. "They deprive themselves of sugar or some of the other carbohydrates in an effort to cut down on their daily consumption of calories and what's the result? Take sugar as an example. When they eliminate sugar and sweets they rob themselves of one of the most valuable of all the sources of human energy, and the joke of it is that sugar and sweets are no more fattening than any one of a score of other foods.

A Mere Man Speaks "If women would forget their dieting fads they'd not only be healthier and stronger, but a whole lot more attractive to look at. I don't know what's responsible for the present vogue of the excessively slender feminine figure, but speaking as a mere man, my platform is more curves and fewer angles, and if you polled my own sex, I think you'd find that the great majority agree with me." Mr. Heineman is outspoken and positive in his condemnation of the fads that govern the diets of a large proportion of women, but then he has a right to be. He graduated from the Normal Col-



Roberta Ranck, America's premier woman gymnast.

lege of the American Gymnastic Union at Indianapolis where he majored in physiological chemistry, and his long experience in the human laboratory work afforded by his athletic charges has enabled him to speak with authority on health building and diet.

As living evidence of the soundness of his views, he has 1,200 members in his classes in addition to Roberta Ranck, the girl whose life, when she was six years old, was despaired of by her parents, and who today is America's premier woman gymnast.

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