



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

THE ORGANS OF YOUR BODY

Proteids are non-crystallizable elements of animal and vegetable tissues, and are absolutely essential to human life; death follows the deprivation of this food element. It abounds in animal and vegetable substances. The "protein balance" in the human system is one of the finest points we have in our maintenance of healthy diet. It seems to me, a good understanding of the uses of proteins would do away with much of the nebulous chatter about hormones and vitamins.

Of course some protein is lower in building power than others. Gelatin is a protein, but enough of it could not be eaten to sustain the body by itself. Meats are especially rich in protein. If more meats are eaten than needed, the nitrogen is "split off" and rapidly excreted—if the kidneys are equal to the task; if they are not, this element is retained, and sends the blood pres-

sure aloft, sometimes to very dangerous limits. High blood-pressures demand kidney examination at once—and, certainly limitation of meat diet. Beans are of high protein content, cooked as they are in many forms with meat seasoning.

Men at hard manual labor can dispose of more heavy proteins than indoor workers; hence the predomination of kidney diseases in the latter class.

When we boil meat in water, we remove much of its flavor and other ingredients in the "extractive" or soup. Soups yield very little, if any, energy. They arouse appetite, however, and as they allay muscular fatigue, they are mild stimulants.

We partake of the carbohydrate to modify and assist the proteins. Carbo-hydrates (starches) are stored in liver and muscles, if taken to excess, produce added weight or "fat." Excess of starch is very hard on the liver, and produces sugar in the urine. Both fat and starch protect the protein and are necessary to food-balance.

FERTILIZER

Use BASIC PULVERIZED FERTILIZER—

Because tests show that when we make it **Basic and Pulverized** the difference in results will more than **pay your fertilizer bill.**

Leading Brands of BASIC PULVERIZED FERTILIZER:

- Use { Basic Ten-O-Four for corn
- Knox Vegetable Special for vegetables
- Knox Potato Grower for potatoes
- Basic Magnesia Phosphate

In the Green Bordered Bag Only

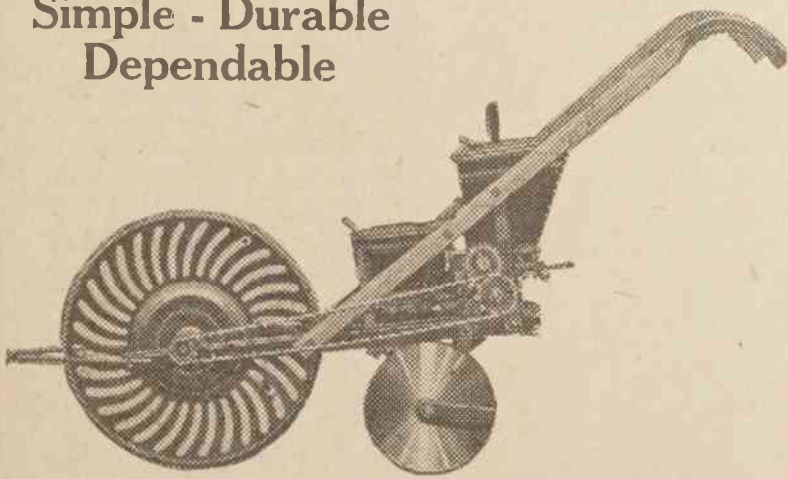
Our dealers carry in stock for your convenience Basic Pulverized Fertilizer. (Process and Product patented).

See our dealer—

E. A. Dowdle, Franklin, N. C.

Knoxville Fertilizer Co.

Simple - Durable Dependable



The McCormick - Deering CORN PLANTER

Will Save You Money

This planter is for the man who wants to make a success of farming. You will be surprised how it will cut down the cost of crop production by saving seed and time.

This store carries the most complete line of farm tools and implements in Macon County. If you want a hoe or a mowing machine, see us.

Macon County Supply Co.

Hardware, Mill Supplies, Farm Implements

LYMAN HIGDON AND HARVE BRYANT, Mgrs.

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NOTICE OF SALE

By virtue of power of sale contained in a deed of trust from Jess Thompson and wife, Ethel Thompson, to the undersigned trustee, dated the 12th day of July, 1932, and recorded in Book No. 33, Page 59, office of Register of Deeds, Macon County, and securing the sum of \$174.00 to Joines Motor and Tractor Company, Inc., which note and deed of trust has been transferred to Herman Dean and said note being past due and on the demand of the owner of said note, I will on the 27th day of April, 1936, at 12 o'clock M. at the courthouse door in the Town of Franklin and County of Macon, sell to the highest bidder for cash the following described tract of land lying and being in Millshoal Township, Macon County, North Carolina, and more particularly described as follows:

Being all that tract or parcel of land conveyed by E. R. Nichols and wife Annie B. Nichols to Jesse Thompson by a deed dated November 21, 1927, and recorded in Book O-4, page 328, Office of Register of Deeds, for Macon County, North Carolina, to which deed as so recorded reference is hereby made and had for a more definite description of the lands to be sold.

This the 25th day of March, 1936.
R. D. SISK, Trustee.
A2-4tc-RDS-A23

NOTICE OF SALE

Under and by virtue of the power of sale contained in a deed of trust from J. S. Anderson to the undersigned Trustee, dated November 27, 1931, and recorded in the Office of the Register of Deeds for Macon County, North Carolina, in Book No. 31, of Mortgages and Deeds of Trust, Page 535, and default having been made in the payment of the indebtedness secured by said deed of trust and demand having been made upon the undersigned to sell the property described in said deed of trust, the undersigned Trustee will, on Monday, the 6th day of April, 1936, at 12 o'clock, noon, at the court house door in the Town of Franklin, Macon County, North Carolina, sell at public auction, to the highest bidder for cash, to satisfy said indebtedness, principal, interest and cost, the following described tract or parcel of land:

In Burningtown Township. All that portion of land bounded on the south by R. C. Anderson; James Anderson on the east; on the north by Oscar Martin and Flora Anderson; bounded on the west by Harley Mason and R. M. McGaha.
This March 4, 1936.
C. T. BRYSON, Trustee.
M12-4tp-A2

NOTICE OF SALE

WHEREAS, power of sale was vested in the undersigned Trustee by virtue of a Deed of Trust made, executed and delivered by J. M. Daves, to the undersigned Trustee on the 31st day of December, 1928, said Deed of Trust being registered in the Office of Register of Deeds for Macon County in Record of Mortgages and Deeds of Trust No. 31, page 156, to secure the payment of certain indebtedness in said Deed of Trust set forth; and whereas, default has been made in the payment of said indebtedness, and the owner of the same has made demand upon the undersigned Trustee to exercise the power in him vested by said Deed of Trust;

I will, therefore, by virtue of the power of sale by said Deed of Trust in me vested, on Friday, the 17th day of April, 1936, at 12 o'clock, Noon, at the Courthouse door in Franklin, Macon County, North Carolina, sell at public auction to the highest bidder for cash the following described property:

Adjoining, J. L. Cabe place on N., Luther tract on E., Mitch Brown on the S. and Jim Daves home place on W., containing 160 acres, more or less, known as the Deal Tract.

This 16th day of March, 1936.
R. D. SISK, Trustee.
M26-4tc-J&J-A16

ADMINISTRATOR'S NOTICE
Having qualified as administrator of John W. Cunningham, deceased, late of Macon county, N. C., this is to notify all persons having

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claims against the estate of said deceased to exhibit them to the undersigned on or before the 22nd day of February, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 22nd day of February, 1936.
GRADY CUNNINGHAM,
Administrator

F27-6tp-A2

ADMINISTRATOR'S NOTICE

Having qualified as administrator of John D. McConnell, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 22nd day of February, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 22nd day of February, 1936.

C. L. GARNER,
Administrator
F27-6tp-A2

NOTICE OF EXECUTION SALE

North Carolina
Macon County
IN THE SUPERIOR COURT
Grover Jamison

vs.
M. M. Brendle
and
R. M. Shook
vs.

M. M. Brendle
By virtue of two executions directed to the undersigned from the superior court of Macon County in the above-entitled actions, I will, on Monday, the 6th day of April, 1936, at 12 o'clock M. at the courthouse door of said county, sell to the highest bidder for cash to satisfy said execution, all the right, title and interest which the said M. M. Brendle, the defendant, had in the following described real estate on the 24th day of November, 1928 and on the 31st day of January, 1929, or any time thereafter, to wit:

Deed M. M. Brendle and wife, Mary Brendle, to Mary Lou Brendle and husband, Jule Brendle, dated the 17th day of June, 1929, recorded the 17th day of June, 1929 in book Q-4, page 127, office of Register of Deeds, Macon County, North Carolina. Deed M. M. Brendle and wife, Mary Brendle, to John Sanders, dated the 30th day of December, 1929, recorded the 9th day of January, 1930, in Book Q-4, page 305, office of Register of Deeds, Macon County, North Carolina. Deed M. M. Brendle and wife, Mary Brendle, to J. H. Brendle and Sarah Brendle, dated the 5th day of December, 1930, recorded the 11th of November, 1931, in Book T-4, page 163, office of Register of Deeds, Macon County, North Carolina. Deed M. M. Brendle and wife, Mary C. Brendle, to J. E. Ramey and wife, Floy Ramey, dated the 6th day of May, 1932, recorded the 6th day of May, 1932, in Book U-4, page 265, office of Register of Deeds, Macon County, North Carolina. Deed M. M. Brendle and wife, Mary Brendle, to G. A. Cloer, dated the 25th day of March, 1933, and recorded the 4th day of April, 1933, in Book U-4, page 426, office of Register of Deeds, Macon County, North Carolina, to which deeds as so recorded, reference is hereby made and had for a more definite description of the lands to be sold.
This 25th day of February, 1936.
A. B. SLAGLE,
Sheriff of Macon County,
North Carolina
M12-4tc-RDS-A2

NOTICE OF SALE

North Carolina,
Macon County
G. A. Mashburn
vs.
W. G. Barker and A. B. Slagle
NOTICE OF SALE UNDER EXECUTION
By virtue of an execution direct-

LEGAL ADVERTISING

ed to the undersigned in the Superior Court of County in the above entitled case, I will, on Monday, the 6th day of April, 1936, at 12 o'clock, the Courthouse door in North Carolina, sell to the highest bidder at public outcry, to satisfy said execution, all title and interest which W. G. Barker had in hereinafter described, on of the docketing of the titled judgment or at thereafter. Said judgment docketed in the Office of of the Superior Court, County in Judgment page 72:

BEGINNING on an (formerly a S. Oak); M. er's beginning corner; the E. 12 poles to a stake in Branch; then in an East 104 poles to a locust on Mountain; then S. 32 W. to a Black Jack (Henry corner); then N. 82 W. ridge with its meanders to a S. Oak in the M. old line; then S. 83 near west 12 poles to a White then S. 84 W. 25 1/2 pole stake in Miller Creek; the creek with its meanders mouth of Pole Cat branch N. 67 1/2 W. 7 1/2 poles to a stake in Creek; then the poles to a Maple; then creek with its meanders Oak; then S. 77 E. 18 stake; then S. 40 W. 10 the **BEGINNING**; containing 65 acres, more or less.

This being the same described in a deed from Barker and wife to Jim wife, said deed bearing date August, 1935, and registered in the Office of Register of Deeds, Macon County in Book X-4, page 398.

This 27th day of February, 1936.
C. M. MOORE,
Coroner of Macon
M12-4tc-I&J-A2

NOTICE OF PUBLIC

North Carolina,
Macon County.

IN THE SUPERIOR COURT
THE FEDERAL LAND BANK
COLUMBIA, Plaintiff

against
J. D. Stiles and Ella Stiles, I. Murray, T. W. Stiles, E. hook, Annie Vanhook, and the Estate of R. A. Vanhook, Jim Gray, Harve Jerry Franklin, Adms. of the of C. L. Ingram, deceased, Stiles and wife, Rhoda Stiles

The defendants, Claude wife, Rhoda Stiles will take that an action as above entered been commenced in the Court of Macon County, Carolina, to the end that the tiff may foreclose a mortgage lands in which the named defendants have an and the above named ad will further take notice are required to appear within days in the Office of the the Superior Court of County, North Carolina, and or demur to the Complaint action, or the plaintiff will to the Court for the remanded in said Complaint.

This 18th day of March, 1936.
HARLEY R. Clerk of Superior Macon County, North Carolina.
M26-4tc-J&J-A16

FRANKLIN SHOE SHOP

WE ARE STILL MENDING SHOES

When you get confused And need a rest Let us mend your shoes And end the test.

FRANKLIN SHOE SHOP
Opposite Courthouse
"We Buy and Sell"
Box 212 Troy



... Successful aid PREVENTING COLDS

At the first nasal irritation or sneeze apply Vicks Vapo-Rol—just a few drops. Used in time, it helps to avoid many colds entirely. (Two sizes: 30¢, 50¢)

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