



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

FOOD FOR THOUGHT

Active mind must have exercise to last long and prove most in efficiency. Nothing long if allowed to rust, decay. I have seen many to whom mental idleness was a bore. You've found it that haven't you? Wholesome activity is one of the best things, very beneficial to the intellectual human being.

The eye is said to require systematic exercise, if the owner preserve good eyesight far into life's arctic regions. More who are fanned up in big cities rarely use the eyes to see over a few feet; they become accustomed to distances and fine print. The army of spectacle-wearers most of them bi-focals. The resident of the great open spaces often does not need glasses. Exercise score-and-ten! Wholesome exercise for the eyes!

The imprisoned muscle of the intellectual is never more than fifty per cent normal—often much lower. We are growing into a race of intellectuals at the price of rugged, vigorous health.

But, be sure to get this: EXERCISE IS NOT TORTURE. No man gives his eyes exercise, reading diminutive, blurred type, with the over-stuffed publication held eight inches from his face, often with a poor light. He inflicts punishment of the most dangerous kind.

It is the same of the mind. To overwork the mental faculties is almost as fatal to them as profound laziness—idleness. I shudder for the fool that races his mind day and night—that gives it no rest in the mad chase for coin. Remember the crash out yonder in front, not so far as you think.

The muscles—those wonderful hinges, pulleys, levers! Exercise them, but stop short of punishment, if you would keep physically fit.

Well Conditioned Hogs Make Best Pork, Expert Advises

Getting hogs in good condition for slaughtering is one of the main points in successful butchering, H. W. Taylor, extension swine specialist at State college.

The best pork, he said, comes from hogs that are neither too young nor too old, too fat nor too

lean. Butcher hogs should be well finished. A well finished hog weighs from 200 to 250 pounds and produces the most satisfactory pork curing on the farm.

Smooth, evenly fleshed animals produce a better meat, and will cut with less waste than coarse, rough, wrinkled, and flabby ones. They also have a more tender, finer textured product with the proper proportion of fat and lean.

Hogs that are gaining in weight are usually the healthiest and will make the best meat. However, the

loss of a few pounds in shipping before butchering will not lower the quality of the meat.

The muscles of a thin hog are tough. They lack the flavor and juiciness found in a well marbled piece of meat.

Extremely fat, heavy hogs cannot be converted into the best quality cured pork.

Although hogs may be slaughtered at any age, meat from young pigs is watery and soft and does not have the flavor and keeping qualities of meat from animals a little older.

Additional information on killing and curing hogs may be obtained from county agents or in extension folder No. 34, "Killing and Curing Meat on the Farm," which will be sent free upon application to the agricultural editor at State college.

Lake Emory

By LUTHER ANDERSON
MORE NEWS WANTED

Residents of Lake Emory Community:

Let us make our news column interesting to our own people and to the readers of The Press generally. Several of the young ladies,

attending school in Franklin are assisting in the work of gathering news. Miss Annie Ray Cloer serves

at Watauga, Miss Virginia Justice, at Rabbit Creek, Miss Mildred Moore acts as general contact reporter, and brings items each Monday afternoon for publication in the Press for that week. Mrs. J. R. Berry and Mrs. A. W. Reid, both former teachers and having good judgment as to what constitutes real news, assist in compiling the news of the community in general.

We have an excellent staff. You are in easy reach of some one of them. Give them the real news. Be explicit, but brief and pointed. If there is no news, don't try to manufacture it out of nothing. Give us happenings of real interest. You know what you appreciate in news from other communities. Let that be your guide. We are now organized. Let's go.

Our column is short this week, due to a combination of circumstances. Mrs. J. R. Berry is visiting relatives in Charlotte, Mrs. A. W. Reid is visiting a brother in South Carolina and Miss Mildred Moore

has been kept at home by an attack of flu.

Kelsie Frady and family, who have occupied the Moore home the past year, are moving to Sugar Fork.

Lon Thompson, who recently spent a few weeks at his home here, is now working at Charleston, S. C. Mr. Thompson specializes in tunnel work.

Mrs. Herman Dean was a visitor in Asheville Tuesday.

Miss Jeanette Harper, of Clayton, Ga., is spending this week with her sister, Mrs. Lon Thompson.

Chas. W. Stewart returned Sunday from Raleigh. He reports that his brother, George Stewart, of the highway patrol, is improving as rapidly as could be expected, considering the serious nature of injuries suffered in the accident reported last week in The Press.

Terrace your rolling lands to prevent soil erosion. Adopt a system of crop rotation that will conserve and build up fertility of the soil. Quit robbing your land of the plant food stored up by nature. Treat your farm honestly and you will find that "honesty is the best policy."

Oak Dale

ROPER-REEVES

Miss Ruby Roper and Mr. Edgar Reeves were quietly married in Clayton, Ga., November 1. The bride is a daughter of Mr. and Mrs. L. P. Roper, of Oak Dale, and

Mr. Reeves is a son of Mr. and Mrs. Jay Reeves, also of Oak Dale. The couple will make their home in this community.

The farmers of this community are busy sowing wheat and gathering corn.

Mrs. Ellen Roper Smith, of Hayesville, is visiting friends and relatives here.

The Misses Jessie and Ina Dean Roper, students at Western Carolina Teachers college, Cullowhee, spent the week-end with home folks.

We are sorry to report that Mrs. Ida Ray is very sick.

Mr. and Mrs. Edgar Reeves were the guests of Mr. and Mrs. Roby Roper Sunday.

Several cases of measles have been reported in this section.

Clyde Bateman, member of a CCC camp at Newton, has been spending several days with home folks.

ADDITIONAL FRANKLIN SOCIAL ITEMS

Mrs. Harley Phillips, who has been visiting her parents, Mr. and Mrs. J. B. Matlock, at West's Mill, returned to her home in Marion Tuesday. She was accompanied by her mother, who will spend several days in Marion.

Mrs. W. R. Reece, of Cartoogechaye, who has been sick for several months, was visiting her daughter, Mrs. Fred Arnold, at her home on Bidwell street, Sunday.

Mrs. George A. Jones is spending several days in Asheville with her son, Weimer Jones.

Mrs. and Mrs. W. A. Paddock and two children were called to northern Michigan Friday on account of the sudden death of Mr. Paddock's mother. Mr. Paddock is supervisor of the Nantahala national forest.

Joe Dowdle, who is attending the University of Georgia, at Athens,

is spending several days here with his mother, Mrs. M. L. Dowdle, who has been seriously ill for the past week.

M. D. Billings is able to be out

again after having been confined to his room for several days.

Wade Reece, of Andrews, was among the business visitors here Wednesday.



Tune It Up for Winter

WINTER is a hard season for engines under any circumstances, and definitely injurious unless the engine is tuned and lubricated to take the brunt of it with the utmost facility. Come in today and let us make an estimate on the work that should be done—the oiling and greasing, or possibly cleaning out old carbon and grinding your valves. Minimum prices. Expert service.

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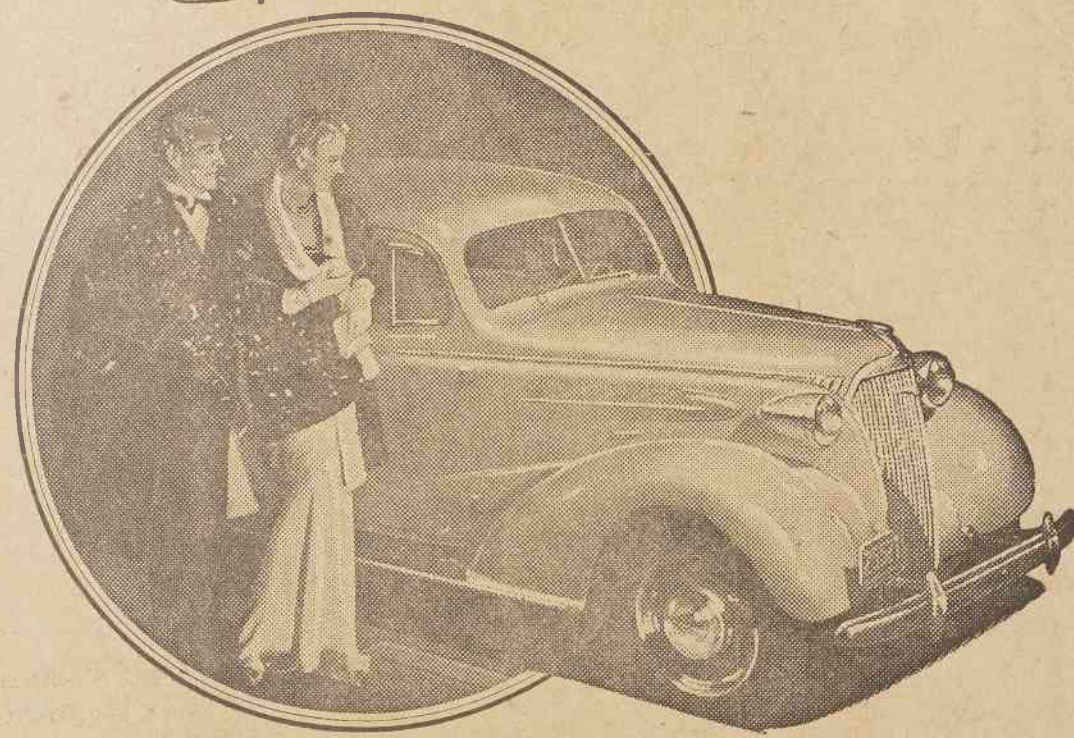
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Franklin, N. C.



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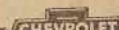
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Wednesday, November 25, 1936

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