

WASHINGTON, D. C. (PA)—All states except Connecticut, Indiana, Iowa and Tennessee have an "official bird" by virtue of choices by women's clubs or state Audubon societies.

WASHINGTON, D. C. (PA)—Winter is a cold period, not because the sun's rays are colder, but because there are so many fewer hours of sunlight.

NEW SAFETY FOR BABIES

Mother, most hospitals now protect their babies against germs and skin-infection by rubbing Mennen Antiseptic Oil all over the baby's body—every day. This keeps the baby's skin smoother, softer, lovelier and SAFER. So, mother, do as hospitals do, as doctors recommend. Give your baby a safety-rub with Mennen Antiseptic Oil daily thruout his diaper-days. See your druggist.

MENNEN Antiseptic OIL



A CRIME
It's a crime to miss the good shaves of Star Single-edge Blades! Made since 1880 by the inventors of the original safety razor. Keen, long-lasting, uniform.

4 FOR 10c

STAR BLADES
FOR GEM AND EVER READY RAZORS

GENUINE QUICK-ACTING BAYER ASPIRIN 1¢ A TABLET!



Bayer Tablets Dissolve Almost Instantly

In 3 seconds by stop water a genuine BAYER Aspirin tablet dissolves to disintegrate and go to work. Drop a Bayer Aspirin tablet into a glass of water. By the time it hits the bottom of the glass it is disintegrating. What happens in this glass happens in your stomach.

For Amazingly Quick Relief Get Genuine Bayer Aspirin

You can now get Genuine BAYER ASPIRIN for virtually 1¢ a tablet at any drug store.

Two full dozen now, in a flat pocket tin, for 25¢! Try this new package. Enjoy the real Bayer article now without thought of price!

Do this especially if you want quick relief from a bad headache, neuritis or neuralgia pains. Note illustration above, and remember, BAYER ASPIRIN works fast.

And ask for it by its full name—BAYER ASPIRIN—not by the name "aspirin" alone when you buy. Get it next time you want quick relief.

15c FOR A DOZEN 2 FULL DOZEN 25c
Virtually 1¢ a tablet

LOOK FOR THE BAYER CROSS

Doherty Forecasts 5,000 Birthday Parties, Jan. 30

ALL FUNDS TO AFFLICTED

NEW YORK, Jan. 6.—With Colonel Henry L. Doherty serving as chairman for the fourth year, plans for the nation's country-wide series of celebrations on January 30 in honor of President Franklin D. Roosevelt and on behalf of its small sufferers from infantile paralysis are well underway here.

Enthusiastic responses from chairmen in all parts of the country forecast more than 5,000 parties, Colonel Doherty has announced; and the outpouring of the nation's concern for those crippled as a result of infantile paralysis is expected to result in the largest fund yet raised.

Among the nationally prominent men who are taking an active part in plans to make the vast celebration a success are Bishop William T. Manning, General John J. Pershing, William Green, Edsel B. Ford, Will H. Hays, Patrick Cardinal Hayes, Vincent Astor, Ambassador Joseph E. Davies, Charles G. Dawes, Admiral Cary T. Grayson, W. Averell Harriman, William Randolph Hearst, Walter S. Gifford and Colonel Edward M. House.

Announcement from Washington that the inaugural ball will not be held this year owing to the close proximity of the inaugural ceremonies to the President's birthday, has lent added significance to the forthcoming celebrations. George Allen, chairman of the District of Columbia, has announced that the Capital's celebration will be on a gigantic basis.

Many of the nation's foremost radio stars also are taking a leading part in plans for the celebration.

Distribution of Fund

The same plan of distributing the funds raised through the parties used last year will be followed this year, Colonel Doherty has announced. Seventy cents out of every dollar will remain in the community raising the funds to be used for after-treatment in the rehabilitation of children suffering from the disease. The remaining thirty per

Doherty Again Serves



NEW YORK... As national chairman for the fourth year, Colonel Henry L. Doherty (above), is directing organization of the nationwide celebrations, January 30, in honor of President Roosevelt's birthday, to raise funds for the country's fight against infantile paralysis.

cent will be turned over to the President for the Warm Springs Foundation for use in the nationwide battle against infantile paralysis.

Since the movement was first launched in 1933, thousands of children suffering from the effects of infantile paralysis have been helped through funds raised with the birthday balls. Simultaneously scientists, assisted by a portion of the funds, are searching for a method of controlling the disease and so stamping out a menace to childhood that has existed since the earliest records of mankind.

WASHINGTON, D. C. (PA)—Bird Day is a holiday observance which is spreading and is linked with Arbor Day in many places.

Potatoes are sold singly, in halves, and even in quarters, in some shops in Canton, China.

RED ROCK LAKES, MONT. (PA)—The trumpeter swan, largest and handsomest of American native waterfowl, has been saved from extinction by the establishment of a refuge near here.

Bloodhounds are docile.

CASH FOR POULTRY AND EGGS

Our Truck Will Be Located at
Roy F. Cunningham's Store
FRANKLIN, N. C.
NEXT MONDAY—10 A. M. TO 2 P. M.

The following prices will be paid:

Colored Hens	12 cents
Light Hens	10 cents
Stags	10 cents
Roosters	6 cents
Eggs	Market Price

DO NOT FEED POULTRY DAY OF SALE
B. & B. Feed and Seed Co.
BREVARD, N. C.



May 1937 Be Your Best New Year.

We take this opportunity to extend to all our friends and customers our sincere thanks and appreciation for their most generous patronage during the past twelve months, and also to assure you that we shall always strive to serve you to the best of our ability.

Wishing You a Prosperous and Happy New Year
E. K. Cunningham & Co.
The Shop Of Quality



THE FAMILY DOCTOR

By **JOHN JOSEPH GAINES, M.D.**

FOR THE THOUGHTFUL READERS

Within the last week I have had quite a patronage in "blood pressure cases." In this particular interval, all the subjects were ladies. I could not help noticing similarity that was almost uniform. All were women past middle age—60 and beyond. All were of stout build—170 pounds or over, in weight. All except one—a Jewess—were farm dwellers. All except the Jewish lady were of fair complexion. Most all were of German extraction, liberal feeders. All except the city woman had reared large families of children. And all of them, without exception, carried their high tension without kidney disease.

It is very common these days to encounter cases of high blood-pressure, the kind that produces hemorrhage in the brain, and, paralysis, if not sudden life ending. Hence the subject is of rather keen importance, both to patient and physician. First of all in the treatment the cause must be sought for.

My habit is, first, to test for kidney disease, that being in many cases co-incident with high arterial tension. If not, "kidney trouble," what then? Well are the arteries hardened? Or, is there evidence of a chronic liver derangement? How about the spleen, the largest of the ductless glands? Is there any focus of infection by harmless germs? What of the elimination by bowels and kidneys? Is the colon functioning? The heart? The voluntary and sympathetic nervous system? Lastly, the blood-condition as to viscosity, and its power to properly feed the muscular system, which includes the heart itself. Diet? Regulate it according to need, not routine.

We are progressing—slowly, it may be—and thoughtful patients

certainly aid the physician That's the "why" of this letter.

SOME SIMPLE RULES ABOUT EATING

There are some opints—I must call them rules—that I feel pretty safe in abiding by, subject to very moderate amending for special cases. I will mention a few.

I have learned that the adult man needs at least one meat ration a day, cooked in the manner he likes it best. The working man needs more meat than the housed man. I do not permit heavy meats for the evening meal.

The adult human body needs one or two eggs daily, cooked as the individual prefers.

I prefer cooked fruits to raw fruits, as a rule. From the producer to the consumer these days, may pass the viand through a dozen pairs of more or less dirty hands. It takes more than a casual rinsing to remove germs; cooking does the work. Stewed dried fruits are my absolute favorites for winter eating.

The fruit portion of a meal, roughly speaking, may furnish from one-third to one-half the volume of the ration. We, as a nation, eat too little of well-selected fruits.

We do not give enough attention to the volume of water taken. A patient weighing 150 pounds should drink a total of a half-gallon of water daily. Don't await thirst, if you are sedentary. Get the habit of drinking methodically.

I am asked often, "Shall I drink milk?" This by people who are merely run-down from over-strain of affairs, I ask, "do you like it?" "Yes." "Then drink it." But is the answer is, "No, I can't say I like it, but have been told it's good for me." Then I say, "take a glass now and then, but abandon it if it causes distress."

To Our Friends and Customers

On or about January 10th we expect to move into our new quarters on the Public Square, formerly occupied by the Joines Motor Company.

We have remodeled the interior of this building, which we recently purchased, and our furniture department will provide ample room for the complete line of Furniture, Stoves and Ranges, Radios and House Furnishings which we expect to carry at all times.

Our Funeral Home will also be more commodious and better equipped than ever.

We thank you for the splendid business given us during the past twelve years and invite you to call and inspect our new home.

Bryant Furniture Co.
FRANKLIN, N. C.