

SOCIAL ACTIVITIES and COMINGS AND GOINGS

ITEMS FOR THIS COLUMN PHONE 24

BAPTIST WOMAN'S MISSIONARY MEETING

The Baptist Woman's Missionary Union of Macon Association will meet Saturday, Jan. 10, at the Franklin Baptist Church at 2 p. m. The meeting will plan the work for the new year. The topic of the meeting will be "The Light of the World." Mrs. Ray Kinsland, the superintendent, will preside. Rev. Geo. Davis will conduct the devotional. Mrs. R. A. Elders will discuss the importance of good literature.

U. D. C. TO MEET WITH MRS. RAY

The U. D. C. will meet next Monday afternoon at 3 o'clock at the home of Mrs. Alice Ray on the Murphy Road. All members are urged to be present.

GARDEN CLUB GIVES \$25 TO RED CROSS WAR RELIEF

The Garden Club meeting with Mrs. T. W. Angel, Jr. on Monday afternoon made a gift of \$25.00 from its treasury towards Macon's quota of \$1,500 for the red cross War Relief fund.

DINNER IN HONOR OF SGT. CHAS. L. RABY

Mr. and Mrs. Albert Raby, of West's Mill, invited a number of their close friends and relatives to their home on Sunday to a special dinner in honor of Mr. Raby's son, Sgt. Charles Lyle Raby, who has been in the Army for the past six years. He is now stationed at Edgewood Arsenal, Md. Those present at the dinner were: Mr. and Mrs. Jim Holbrooks, Mr. and Mrs. Claude Raby, Mr. and Mrs. Tom Raby, Mr. and Mrs. John H. Dalton, Sol Leatherman, Theodore and Arthur Raby, Mrs. Geo. Prady, Everett Raby and son, Bobby, Misses Beulah Raby and Eddis Holbrooks and Mrs. Jud Potts.

MISCELLANEOUS SHOWER FOR MRS. VIRGIL WATKINS

Mrs. Virgil Watkins was honored with a miscellaneous shower at the home of Mrs. Brabson Bulgin, Saturday afternoon, January 3, on Bidwell Street. Mrs. Fred Arnold was assistant hostess.

PERSONALS

Miss Eddis Holden, a student of West Georgia College at Genola, Ga., left Monday, January 5, after spending the holidays with her

parents, Rev. and Mrs. N. E. Holden of West's Mill.

Gordon Evitt of Ellijay, who has been a patient at Angel hospital for several weeks, is much improved.

Miss Lolita Baldwin returned to Western North Carolina Teachers College at Cullowhee on Sunday, January 4, after spending the holidays with her parents, Mr. and Mrs. Eugene Baldwin of Franklin.

Miss Dorothy Leigh Morrison and Miss Edith Rickman have returned to school at Womens College University of North Carolina, after spending the holidays with their parents.

Miss Mildred Waldrop of Madison, spent a week with her parents, Mr. and Mrs. Jake Waldrop of Franklin, Route 1.

Sol Sanders spent the holidays with his brother, Milton, who is in the Navy, stationed at Washington, D. C.

Mrs. Carl Howard and Mrs. Robert Norton spent the Christmas holidays in Charleston, S. C., visiting their husbands who are engaged in defense work at the Navy Yard there.

Paul Potts who recently underwent an operation at Angel Hospital, is now at home.

Miss Jessie Ramsey has returned to Asheville, after spending the holidays with her parents, Mr. and Mrs. Robt. Ramsey. She also spent several days visiting friends in Washington, D. C.

Miss Virginia Ramsey spent the holidays with her parents, Mr. and Mrs. Robt. Ramsey. She now has a government position in Washington, D. C.

Mr. and Mrs. Claude Raby, of Greenville, S. C., spent the weekend here visiting friends and relatives.

Mr. and Mrs. Verlon Swafford of Franklin, visited Mr. and Mrs. Ralph Parrish, of Brevard, Sunday, January 4. They were accompanied by little Miss Nancy Calloway.

Baptist Business Women's Circle met with Mrs. J. B. Pendergrass on Tuesday evening, and an enjoyable meeting was held.

Mrs. Josephine D. Gaines, former Macon county health nurse, will be stationed in Washington, D. C. during the month of January.

Prentiss

By DONA CARPENTER

We are having some cold weather at this writing.

We hope that the New Year will bring peace on earth.

Mr. and Mrs. Earl Dills visited their parents during the holidays, Mr. and Mrs. Robert Carpenter and Mr. and Mrs. Charlie Dills.

Rev. Lester Williamson preached an interesting sermon at the Pleasant Hill Church Christmas night.

Proper Nutrition for Health and Morale Vital Part of National Defense Effort

By ETHEL NORTON, B.S., M.A. Health Director, Central Y. W. C. A., New York



ETHEL NORTON, B.S., M.A.

The success of the defense effort depends not only on increased production but also on improving individual health and morale.

The average worker throughout the country loses ten work days each year because of illness. This is an enormous economic loss to industry as most of this time is lost because of common colds or other ailments which can be prevented by following simple health rules.

Faulty nutrition, lack of daily exercise and fresh air are responsible for many of these ills. The Selective Service has brought to light the high percentage of young men with poor teeth and other physical defects due in great measure to inadequate or faulty diet. The Deputy Director of the Selective Service System reported at the National Nutrition Conference held in May, 1941, that thirty-eight per cent of the young men were found to be unfit for general military service. This means that just as many young women in the same age group are below par physically and unfortunately the percentage of physical disability increases in direct ratio to age.

The United States has the highest standard of living in the world yet the great majority of the people are not getting the proper foods. The result is preventable illness, lowered morale and a low level of community health. The cost of foods has little or no relation to their health-building properties. It is a matter of choice and preparation of foods, yet the average diet is deficient in foods with the correct amount of vitamins and minerals for health. It is a sad commentary that many young men have been introduced to a varied diet in the army for the first time in their lives though they may have come from localities where vegetables and fruits were cheap and

Every individual must have six essential vitamins daily and certain minerals such as calcium, iron and phosphorus. These six vitamins, A, B, C, D, and PP, and the minerals, work hand-in-hand to keep the body in health. The modern way of insuring proper nutrition is a supplementary diet of vitamin and mineral concentrate

tablets taken regularly as a health precaution and body builder. Victims of serious nutrition deficiencies should consult a physician, of course, but the normal adult can keep well and in health with a daily diet which includes one pint of milk, one egg in some form, one serving of meat or cheese, two or three servings of vegetables, two or three servings of fruits, one serving of whole grain cereal, fortified bread, butter, and six to eight glasses of water and other fluids. The supplementary vitamin and mineral diet is by way of additional health insurance.

Good posture and daily exercise to keep the body in condition are possible for every man and woman. Men are learning the advantage of daily exercise in the army. Women can go to their local Y. W. C. A. and not only learn to do simple exercises but also get a physical check-up by Y. W. C. A. physicians. They can learn how to use their bodies properly in doing their household work in order to minimize fatigue and prevent physical defects caused by improper posture. The Civilian Defense program calls for good health, proper nutrition, participation in community games and exercise. Let's all conquer the common cold and preventable illness in the interest of National Defense.

Recent Bride



Mrs. Marshall Cunningham, who, before her marriage in Napoleon, Ohio on November 20, was Miss Virginia Zachary, daughter of Mr. and Mrs. Hal Zachary. Mr. and Mrs. Cunningham reside in Pontiac, Mich.

ANGEL HOSPITAL

Mrs. Jack Hall of Highlands, is doing well following an operation for appendicitis.

Mrs. Frank Phillips of Rainbow Springs, was discharged from the hospital Wednesday following an operation.

Mrs. Bill Swan, who had an operation for appendicitis on Tuesday, is doing nicely.

The condition of Clyde Houston, of Franklin, who had an operation for appendicitis on Sunday, is reported as satisfactory.

Mrs. Kate L. Hauser, a member of the nursing staff, who underwent a serious operation last Saturday, is reported to be doing well.

Born to Mr. and Mrs. Horace Mann, a boy, on Tuesday, Jan. 6th. Both are doing well.

Mrs. A. C. Raby, of Franklin Rt. 3, who had an operation on Sunday, is reported to be in a satisfactory condition.

Mrs. Frank Jones and twins, of Nantahala, are all reported to be in a satisfactory condition.

The condition of Harold Cook, son of Mr. and Mrs. Rufus Cook of Route 2, who was operated on for acute appendicitis Wednesday, is satisfactory.

West's Mill

By MRS. B. J. HURST

Mrs. Darrell Queen has been on the sick list but is slowly improving.

Aunt Nannie Allen who has been very sick is much better.

Mr. and Mrs. Claude Raby of Greenville, S. C., and Mr. and Mrs. George Frady of Hazelwood have returned to their homes after a visit with their father, A. L. Raby and Mrs. Raby.

Misses Vonnie and Vallie West were home for the holidays.

Mr. and Mrs. Frank Roper have returned from Asheville after spending Christmas with their son

Paul, who is in a hospital there. While in Asheville, they visited Mr. and Mrs. Joe Rickman.

Mr. and Mrs. A. L. McLean were home for Christmas.

Mrs. Allie Crawley spent the weekend in Franklin visiting friends and relatives.

The Gibson boys of Winston-Salem visited their grandmothers at Christmas.

Master Bryan Hurst went to town Tuesday.

Mrs. Darrell Queen has been very sick but is reported to be improving.

Verlon Bradley stationed in Virginia has been visiting home folks.

Mr. and Mrs. Weaver Sheffield of Canton and Mr. and Mrs. Jess Downs of Ridge Crest visited Mr. and Mrs. Grover Sheffield last Sunday.

Mrs. W. C. Clarke and daughter have been visiting in this section.

Miss Freda Potts has gone to Bryson City.

The Christmas pageant at Snow Hill church was enjoyed by a large crowd, also the music.

Mr. and Mrs. Louie Carter and children of Jackson county spent the holidays with Mr. and Mrs. S. W. Carter of West's Mill.

We are in deep sympathy with Mr. and Mrs. Vernon Sheffield in the loss of their six months old baby.

Mr. and Mrs. Charles Matlock are visiting their parents and relatives here.

Mr. and Mrs. Will Elmore and Miss Mary H. Elmore spent the holidays with their parents.

Cowee school gave an interesting Christmas program under the leadership of E. G. Crawford and Misses McCoy and Brendle.

Mrs. J. West was in town Monday.

Miss Freda Potts is visiting home folks Christmas.

Miss Katherlyn Dalton visited relatives in this section Sunday.

Mrs. Callie Bryson visited her daughter, Mrs. Clyde Downs recently.

Rev. George Cloer was in this community on business last Friday.

Mr. and Mrs. Walton Smith and daughter, Dee Ann, returned to Charlotte, after spending several days here with Mrs. Smith's parents, Mr. and Mrs. S. C. Leatherman.

Mr. and Mrs. Carlyle Sheffield and daughter, Joan, of Clyde, spent the holidays with their parents.

Mr. and Mrs. Floyd Potts and two sons of Skeenah spent last Thursday with Mr. and Mrs. W. M. Jueen.

Mr. and Mrs. Chace Tatham and daughter spent the weekend with Mrs. Tatham's parents.

Mr. and Mrs. Earl Rickman of Brevard, spent the holidays with their parents.

Charles Owens and J. L. West who are attending Brevard college, spent the holidays with their parents.

Mr. and Mrs. John Matlock and O. E. Matlock of Marietta, Ga., spent the weekend with their parents.

Miss Vonnie West who is teach-

ing in Bryson City spent the holidays with her mother.

Roger Rickman of the Marines spent a week with his parents.

Wade Dietz of Fort Bragg, spent the week with his parents.

James Potts, of High Point, spent several days with his cousin Frank Bryson.

Mr. and Mrs. W. T. Fouts and children of Iotla visited Mrs. Fouts' parents, Mr. and Mrs. R. R. Rickman recently.

Mr. and Mrs. Claude Leatherman and small daughter, of Detroit, spent the holidays with Mr. Leatherman's parents, Mr. and Mrs. S. C. Leatherman.

Mr. and Mrs. Charles Matlock of Winston-Salem, returned to their home after a week's visit with their parents, Mr. and Mrs. J. B. Matlock and Mrs. J. M. Morrison.

Mr. and Mrs. W. C. Sheffield and Mr. and Mrs. Grover Sheffield, attended the funeral of Mr. and Mrs. Vernon Sheffield's small daughter in Haywood county last week.

Mr. and Mrs. John Davis of Brevard, spent the weekend with Mrs. Davis' parents, Mr. and Mrs. J. R. Holbrooks.

Freda Potts, who is attending school in Bryson City, spent the holidays with her parents, Mr. and Mrs. Geo. Potts.

Mrs. Carr Rickman, of Ohio, is spending a month visiting her grandmother, Mrs. J. M. Morgan, and other relatives.

Oak Dale

By LOUISE ROPER

The Oak Dale young people gave a Christmas Program at the Oak Dale Baptist church, Wednesday night, December 24. At the end of the program Santa Claus entered and took the presents off the Christmas tree. Lillie Roper, Louise Roper and Ruth Rickman delivered the gifts. The pastor, Rev. R. W. Williams made a short talk. A large crowd attended.

Mr. and Mrs. Boyd Starnes,

Harvey Roper, Lee Bryant and Cora Roper, all of Kannapolis, spent the Christmas holidays here with home folks.

Marvin Roper returned to his work in Georgia Monday.

Kermit Bateman returned to Mt. Holly Sunday.

Prellia Crawford who is staying at Franklin spent a few days with home folks.

Frank Ledford of Fort Bragg CCC camp spent several days at home.

Miss Ruth Pickman has gone to spend some time with her sister in Georgia.

Clarence Crawford spent the weekend at home, then returned to Mt. Holly where he is employed.

Mrs. Moses' son Howard is in the U. S. Army at Honolulu.

Farmers, "Plow deep while sluggards sleep, and you'll have corn to sell and keep."

The Party Line

WHAT MAKES YOUR CAKES SO TEXTURE-RIGHT?

WHAT GIVES THEM SUCH GOOD FLAVOR?

WHAT MAKES THEM RISE INFALLIBLY?

RUMFORD'S MY FAILURE-SAVER!

FREE: Write for Rumford's new booklet, full of ideas to make your baking better. Address: Rumford Baking Powder Co., Box A, Rumford, Rhode Island.

Clearance Sale OF Women's Shoes

Group No. 1 \$2.00

Group No. 2 \$3.00

Suedes, Leather and Gaberdines Ties and Pumps Suedes, Leather and Gebardines

E. K. Cunningham & Co. "The Shop of Quality"

Smashing VALUES in USED CARS

Equipped With Good Tires

1-1941 Ford Super Deluxe Fordor Sedan, with heater \$850

1-1931 Chevrolet Special Deluxe Two Door Sedan, 16,000 Actual Miles - \$850

1-1940 Ford Deluxe Tudor, Radio and Heater \$775

1-1940 Ford 1/2-Ton Pickup \$450

1-1936 Chevrolet 4-Door Sedan \$275

DUNCAN MOTOR CO.

YOUR Ford DEALER Franklin, N. C.

NOTICE!

Bring Your Car to Us for GULFLEX LUBRICATION

WE HAVE RECENTLY INSTALLED A MODERN UP-TO-DATE GREASING SYSTEM

Now that our country is at war it is necessary that we make our present cars last for the duration . . . with the proper care in lubrication and the right grade and kind of motor oils will help make this possible. We are also ready to help you in any way we can in servicing your tires, so that you may get all the mileage possible.

Franklin Service Station Erwin Patton, Mgr. Phone 111