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See W. A. STEELE, Franklin, N. C.

**Pfc. Potts Is Member  
Of Corps Rifle Team  
Shooting In Germany**

Pfc. Jerry Potts is a member  
of the V Corps rifle team, which  
is now touring camps in Ger-

many for shooting matches.  
Son of Mrs. G. B. Woodward,  
Pfc. Potts is stationed at Ham-  
melburg.

The 1955 commercial North  
Carolina apple crop was reduc-  
ed by 98 per cent by a late  
freeze.

## This Week With Macon County Agents

By Mrs. Florence S. Sherrill  
(County Home Agent)

Since the beginning of time, mankind has been gullible, easily misled, and frequently disillusioned. This fact is a glaring visibility in the field of nutrition, according to Adella M. Beeuwkes, associate professor of public health nutrition, of the University of Michigan.

In years past, the quack was limited in his appeals to audiences he could gather on a village street corner. Today he is a big business operator. He presses the public through radio, television, circulars, and neighborhood suppers. "Cure-all" medications in the field of nutrition frequently are promoted on the erroneous premises that agriculture cannot produce foods of adequate nutrient content. Naturally these people tell the public that they must rely on the ingredients of a pill or capsule if they would have good nutrition. By wise selection from the great variety of foods available, our nutritional needs can be met with pleasure and safety. A person should use the "basic seven" group as a guide for the daily food pattern. Every meal is important — breakfast, lunch or supper, and dinner. Slight any one of these meals and you are robbed of the foods needed for energy, muscle-building and repair of health protection.

Be sure to include in your three meals every day: Five servings of fruits and vegetables. One of these vegetables should be yellow, one should be green, leafy, and one should be rich in vitamin C, as tomatoes, raw cabbage, green peppers, or cantaloupe. One fruit should be uncooked, as the citrus fruits. One fruit may be cooked or the versatile tomato which serves as a fruit or vegetable, the "poor man's orange"; one pint to one quart of milk.

Two servings of protein food, which includes meat, fish, poultry, eggs, cheese or dried beans or peas. Peas and beans are incomplete protein and can be used once or twice a week as meat substitutes; enriched or whole grain breads or cereals; butter or margarine. We speak of fortified margarine, meaning that vitamin A has been added.

Invest time in meal planning. Follow meal patterns for a good breakfast, lunch, or supper and dinner.

Breakfast — Fruit or juice,

The Franklin Press and The Highlands Maconian  
THURSDAY, SEPT. 8, 1955

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## Wanderin' In West's Mill

After spending several days here at their summer home, Mr. and Mrs. Terrel Bryson returned to Detroit, Mich., Monday.

Mr. and Mrs. Sammy Downs, of Chicago, Ill., visited friends and relatives here recently.

Mrs. Wade Calloway, of Utah, spent a week here with her parents, Mr. and Mrs. Will Holbrook, and other relatives. She returned home by plane last Tuesday.

Mr. and Mrs. Curt Lynn and small son, George, of Raleigh, spent last week-end with their grandparents, Mr. and Mrs. Edd Parrish. They left Monday for Detroit, Mich., to visit Mrs. Lynn's father, Jewel Parrish, before returning to Raleigh.

Mr. and Mrs. Gus Shuford, of Lincolnton, spent the week-

end with Mr. and Mrs. Frank Blanton and family.

Miss Judy Parrish visited her aunt, Mrs. Harold Dillard, over the week-end in Sylva.

Bill Gregory, of Pontiac, Mich., is spending his vacation with his parents, Mr. and Mrs. Sherman Gregory, and other relatives here.

Mr. and Mrs. Bill Hall, of Marion, are visiting Mr. and Mrs. J. C. Sorrells and other relatives here.

Mrs. Clara Owens is visiting her son, Johnny Owens, and family in Asheville this week.

## Announcement!

THE Macon County Building & Loan Association has amended its charter so that in the future only **direct reduction** loans will be made, as it feels that this type of loan best meets the needs of its borrowers. Under the direct reduction loan plan, a loan may be granted for any length of time desired by the borrower and approved by the directors, and is repayable, principal and interest, in **equal** monthly installments. The borrower is not required to take any stock as in the past.

In addition to the **types of saving stock** formerly issued, another form has been added, which is designated as **optional** or **running** shares.

The **installment**, or thrift share, is retained. Under this plan, a depositor pays a stipulated amount per week, either on the 3½, 6½ or 11½ year plan and participates in the earnings of the Association, which in the past have been not less than six per cent.

The Association also will continue to issue **full paid stock** in denominations of \$100.00 per share, which is now paying 3½ per cent per annum, payable semi-annually. In this form of stock, the depositor is mailed a check on the first of July and the first of January of each year.

Under the new type of stock, or **optional shares**, the depositor may deposit any amount at any time in denominations of not less than \$10. The same earnings that are paid on full paid stock, which is now 3½ per cent, are added to the value of the stock semi-annually on the first of July and the first of January of each year. The depositor may withdraw from this account at any time any amounts, but not less than \$10.

And **remember**, that in whatever form your stock may be, it is invested in first mortgages on Macon County real estate; that the depositors are the stockholders and all have a voice in the operation of the Association.

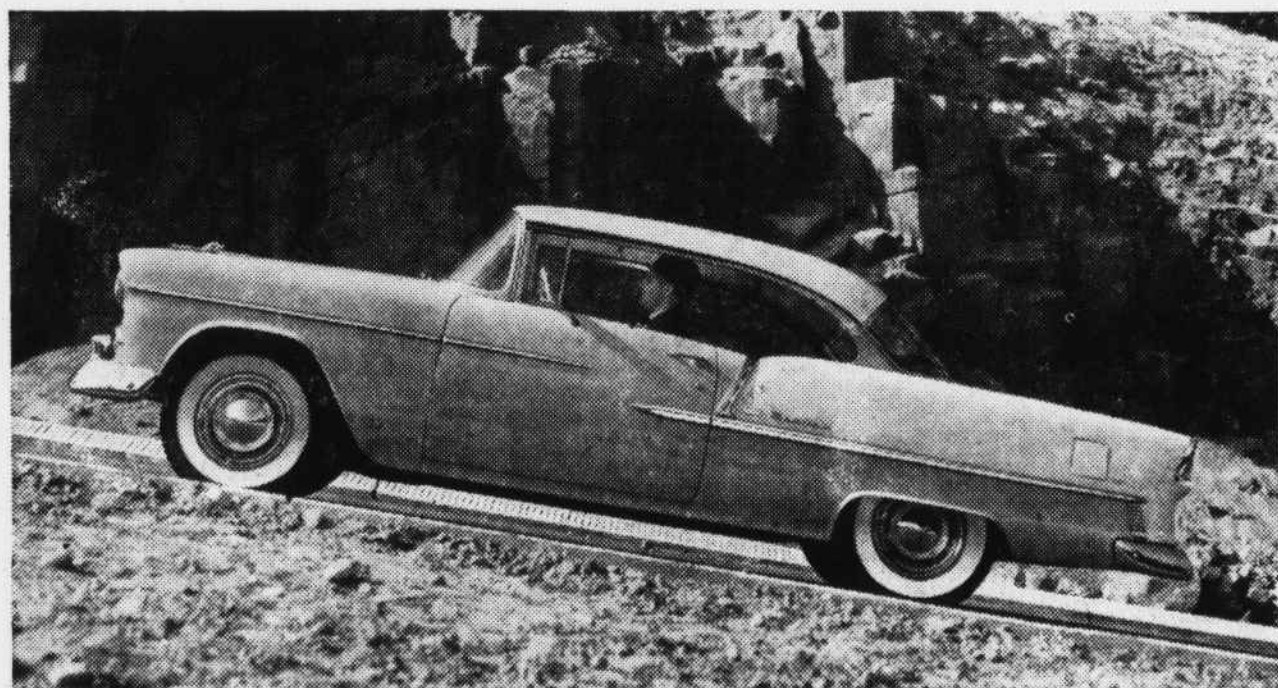
No account is too small for us to handle, and we strive to give prompt and courteous service to everyone.

## Macon County Building & Loan Association

(Established 1922)

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that makes your driving safer!  
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Chevrolet's winning stock car  
record—but it's not the  
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The sizzling acceleration of Chevrolet's new "Turbo-Fire V8" is half the story; but it takes a lot more besides. Cornering and handling qualities really count on the NASCAR® Short Track circuit where Chevrolet's king—just as they count for safer and more pleasant highway driving. And even the high-priced cars don't slice through a tight turn as neatly—or handle as sweetly—as this beauty. The record proves it!

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\*National Association for Stock Car Auto Racing

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FRANKLIN, N. C.

## Community Working Is Saturday

A working to clean the grounds of the community building and the parsonage has been called for Saturday at 1 p. m. in the Holly Springs community, according to the community reporter, Miss Mildred Corbin.

Picnic tables will be painted by the 4-H boys and girls. All who can work an hour or two are urged to turn out.

At the community's regular meeting Monday night, H. A. Wilhide and his dancing dolls, "Dan and Dinah," entertained. Refreshments were served by Mrs. Ruby Ammons, Mrs. Jack Cabe, Mrs. Rita Ferguson, and Mrs. Mary B. Justice.

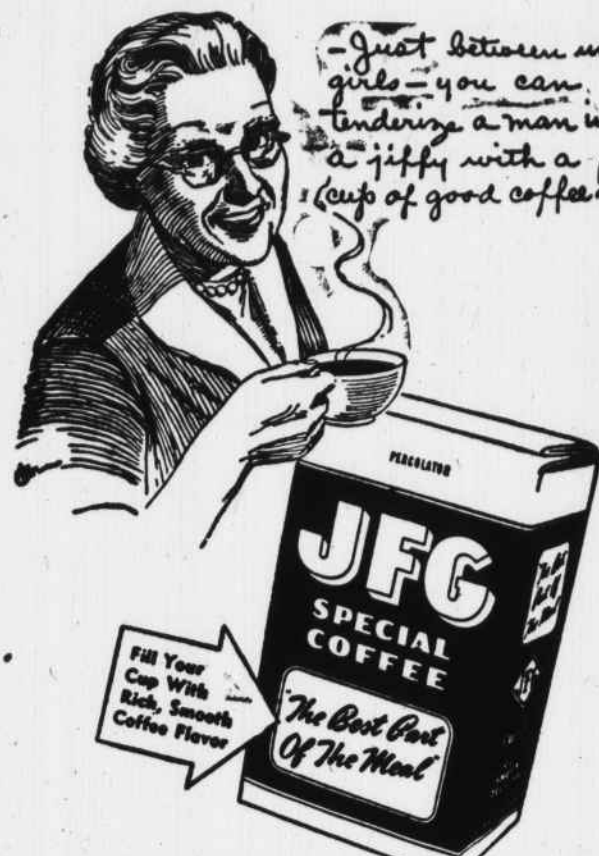
cereal and/or main dish, bread, butter, beverage.

Lunch or supper — Main dish, one vegetable and/or salad, bread, butter, simple dessert, beverage.

Dinner — Main dish, one starchy vegetable, one green or yellow vegetable, bread, butter, salad and/or dessert, beverage.



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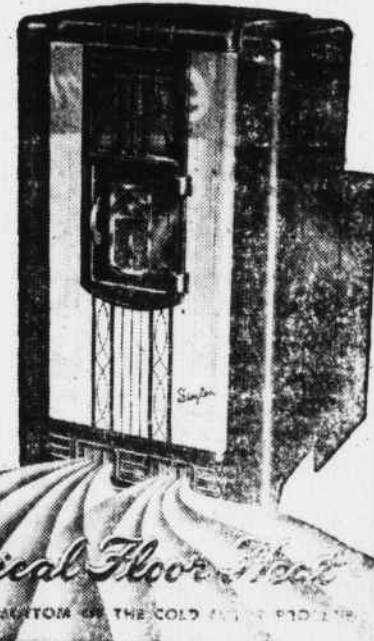
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