

HOW TO BE HAPPY AND SUCCESSFUL IN YOUR JOB . . .

Whether you are a farmer, a homemaker, a shop foreman or a school student — whatever your job is — you can't enjoy your work, or get ahead, if you often feel "all worn out".



If poor appetite and sleep-depriving gassy stomach distress are sapping your pep, it may be the turning point of your career to read about the experience of Mr. E. G. Davis, LaFollette, Tenn., insurance man. Mr. Davis, who realizes it takes alertness, a cheerful manner, and plenty of energy to succeed in his profession, writes . . .

"Several years ago I suffered untold agony from smothering, burning, gassy stomach trouble. I was forced to drop many foods from my menu. Then I tried Scalf's Indian River Medicine. Very soon I could eat heartily of any food I wanted with no worry of later suffering. I felt better than in years and regained several pounds of needed weight. I trust my statement will be helpful to others in finding the great relief I have."

If such troubles have you working "in a rut", don't wait a single day. Start taking Scalf's Indian River Medicine immediately and see how quickly this famous blend of 22 herbs, by gently easing stomach distress and perking up appetite, may help you feel like a real "live wire".

Scalf's Indian River Medicine is guaranteed to satisfy on very first bottle or money refunded. Don't accept less assurances than its 48-Year Test of Time. Ask for it by name at any drug store.

Your Child And The School

By Miss Lucille Hunt

A visitor to school exclaimed, "These children do seem to be having such genuine fun!" However, in the next breath she added, "But should first grade children be playing with toys and games during school time?"

The foregoing scene with its attendant question is fairly typical wherever, throughout the country, sincere efforts are being made to provide adequate in-school experiences to develop the play instincts of primary school children. It is rather heartening to note that good teachers everywhere are providing more and more planned play opportunities for children in the kindergarten and the first three grades of elementary school. This is indeed as it should be, for play, when properly implemented in the daily school living of the child, promotes physical growth, motor coordination, emotional integration, and social satisfaction.

The word play itself means to exercise actively. One has only to watch children at play, whether on the street, in the park, or within the home, to note with what dynamic energy early childhood has been endowed. Play is the young child's very life. So characteristic is it of growth that when the normal youngster appears to be inactive for any length of time, it is immediately inferred that he is ill. In effect, the child's pure joy in motor activity is so great that the problem for parents and teachers alike is one of finding ways and means of diverting this free flow of energy into constructive channels.

Energy is identified with grow-

ing. Children who dig up the front lawn, tear the wallpaper away from its plaster, squirt the hose on Monday's wash, or cut figures on the dining room table are not at first sight as mean as they seem. How often have children been labeled problems because they were caught swinging aloft from the neighbors' trees, removing flower pots from the house next door, or snatching hair from the head of some defenseless contemporary! These children may have misbehaved only because they never did get to know the fun of climbing a jungle gym, the thrill of building a bridge, with blocks, the joy of riding a cart with wheels, or the excitement of a fishing trip with Dad. Because children are actively growing organisms, much of their destructive behavior all too frequently results from failure of the home, school, or community to provide adequate play tools for young, healthy, exercising bodies.

In the minds of many, toys and games are mere outlets for physical energy. But they are more than just that. They afford practice in good social living; they stimulate democratic participation; they help children to achieve an appreciation of, and an attitude toward good sportsmanship, unselfishness, and fair play. Through actual experience, and with teacher guidance, children develop a code of conduct and acquire certain desirable social amenities such as; sharing equipment, cooperating with leaders, being good leaders, playing fair, waiting one's turn, holding no



CLOSE-UP OF THE ENEMY—Sullen and subdued, these three stocking-footed 20-year-olds are North Korean Army officers. They were captured, along with 223 enlisted men, in the Umsong area and brought to a schoolhouse in Taegu for questioning by U. S. intelligence officers. Their "men," savage, ruthless warriors on the battlefield, proved to be youths, age 13 and 14. The officer at left appears to have been wounded in the leg during combat.

Lion Hugh Monteith Attends Meeting Of District Governors

Hugh Monteith, Governor of District 31-A Lions International, attended a State Council meeting of District Governors of North Carolina in Winston-Salem on August 19 and 20.

The purpose of the meeting was to make plans for the work of the clubs, the election of a State Secretary of Lions International and to plan for the State Convention which will be held in Winston-Salem next May 20, 21 and 22.

North Carolina is the fifth state in the Union to have a full-time State Secretary of Lions.

North Carolina now has 252 Lions clubs with a membership of 11,400. District 31-A has 22 clubs with 1,384 members.

Good sanitation and lower feed costs are the main advantages of growing turkeys on range.

grudges, accepting defeat without bitterness, and accepting victory without swaggering. It happens frequently too that during play periods little strangers become fast friends. Children, in the magic of playtime, have but one magnetic interest in the foreground — the sport of the game.

As children learn to play and evaluate their own powers, they tend to achieve increased emotional stability. Once youngsters realize that they are accepted in a social group or that they are liked and enjoyed by their playmates, or that they have special skill in performance, they grow in ability, self-reliance, and initiative. On the other hand, the relaxing effects of play tend to help children relieve themselves of certain tensions inherent in their social or psychological patterns. Play, therefore, can and does make a valuable contribution to the psy-

Schuler Cemetery To Be Cleaned And Improved

Announcement has been made that on Monday, September 4, (Labor Day) all persons having relatives and friends buried in the Schuler cemetery are requested to come to the grounds on that date for the purpose of cleaning of all weeds, brairs, brush and rubbish from the cemetery.

A project is also underway to build a wire fence around the burial grounds and those interested are requested to see Messrs. Glenn Blanton and Frank Bumgarner for the plans for carrying out the project.

The number of electric milkers on U. S. farms has increased from 55,000 in 1920 to more than 685,000 at present.

chological area of children's growth.

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