

CAMELS ARE SO MILD that in a coast-to-coast test of hundreds of men and women who smoked Camels—and only Camels—for 30 days, noted throat specialists, making weekly examinations, reported

Not one single case of throat irritation due to smoking CAMELS

From Foster Creek Red Cross Nutrition Class Held Here

The Rev. Mr. Morgan, pastor of the Baptist church, filled his regular time again Sunday a.m. and night, and delivered two wonderful sermons. His monthly meeting time was changed to the first Sunday in each month. He will be here next Sunday a.m., but not Sunday night. BTU Sunday night had 39 in attendance.

Mrs. Cora Wilde spent the week-end visiting relatives on Foster and attended preaching at the Baptist church Sunday a.m.

Mr. and Mrs. George Peeke and son, Tom, and Miss Carol Ponder and others from Mars Hill were Sunday p.m. visitors.

Mrs. V. E. Peek has been quite sick with flu but is reported some better.

Mrs. C. B. Briggs remains about the same at her home here.

The Rev. Mr. Morgan visited Mrs. Willard Fender, who has been in bad health for sometime, Sunday p.m.

Mrs. Arthur Honeycutt and baby daughter, Christine, visited her mother, Mrs. Arthur Edmonds, Tuesday.

Very sorry to hear of the misfortune of Mr. and Mrs. Clyde Wyatt Monday when they lost their home by fire. Details are yet unknown. Mrs. Wyatt was our own June Fender.

A Red Cross nutrition class held in Marshall Home Economics Department ended March 14, 1950. The following veterans' wives attended the six meetings: Mesdames Mallie Henderson, Evan Payne, John Freeman, Dave Massey, Robert Treadway, Roberta J. Hiffield, Ocy Roberts and Mrs. Ball.

Interest was shown in how to plan well-balanced meals; how to cook to save vitamins; how to encourage children to eat proper food; and how to serve meals correctly and attractively.

At the last meeting the ladies served refreshments to their husbands who are attending Mr. Craig Brigman's Veteran Farmer Training Class each Tuesday night.

We wish to thank Mr. Peeke and Miss Wanda Sams for the use of the school equipment.

Mrs. Ormond Williams was instructor for the class.

Mrs. E. O. Burnette, chairman of the Red Cross Nutrition Committee, wishes to announce that a similar class will be held at Walnut School for the veterans' wives in the Walnut community. The probable opening date is April 5.

Foster Creek Church

There will be an Easter Sunrise Service at Foster Creek Baptist Church Sunday morning, April 9. Everyone who has relatives buried in the church cemetery and everyone else interested in a service like this, are invited to attend.

We expect several preachers and others. If the weather permits, the service will be held in the church yard facing the cemetery. If bad, the service will be inside the church. We have had great services in the past; let's make this one the best yet.

TAKE STEPS TO BUSINESS SUCCESS

Marshall Free Will Baptist Church

REV. JACK HUTCHINS, Pastor
Sunday School—10:00 a. m.
Morning Worship—11:00 a. m.
(1st and 3rd Sundays)
Evening Worship—7:30 p. m.
(1st and 3rd Sundays)

Rural Presbyterian Church News

1st and 3rd SUNDAYS

HOT SPRINGS
Sunday School—10:00 a. m.
Morning Worship—11:00 a. m.

ALLEGHANY
Sunday School—10:00 a. m.
Evening Service—7:30 p. m.
2nd SUNDAY

WHITE ROCK
Sunday School—10:00 a. m.
Morning worship—11:00 a. m.

SPILLCORN
Sunday School—2:30 p. m.

WALNUT
Young People—7:00 p. m.
Evening Service—7:30 p. m.

4th SUNDAY WALNUT
Sunday School—10:00 a. m.
Morning Worship—11:00 a. m.

SPILLCORN
Preaching—2:30 p. m.

WHITE ROCK
Sunday School—10:00 a. m.
Evening Service—7:30 p. m.

MOTHER AND CHILD CARE

Serial 1

DIET OF THE MOTHER AND THE BABY

The goal of every mother is safety for herself and for her baby. There is no more hazardous period than the one before birth and there is no period in a child's life in which he grows so much in so short a period.

Therefore, the nutritional needs of both mother and child are great during this time. We wish to speak today of the diet of the mother in this period. Unless a mother is eating foods suitable for her own and the baby's growth needs, the baby will draw upon her body particularly her bones and teeth. Even then the baby may be somewhat dwarfed in development. For this reason every mother needs a well balanced diet of leafy vegetables including green and yellow, three to four eggs a week, some meat, fruit, and as much milk as she can afford, up to a quart a day. Cheese may help supply some of the bone needs.

It is a good plan for every mother to see her doctor early and follow his instruction in case of special diet.

Next week we will talk of the importance of early medical care.

915,000 Motor Vehicle Licenses Issued

Approximately 915,000 motor vehicle licenses have been issued by the Department of Motor Vehicles since December 1, the Department reports.

The figure represented nearly a 100,000 increase over the same date last year, when 818,000 had been issued.

Motor vehicle officials expect registration to exceed the million mark by the end of June if the present trend continues. Figures did not pass the million mark in 1949 until the latter part of October. The all-time high figure of 1,030,000 set last year is expected to be broken by that time.

OUR WANT ADS ARE SMALL but they get RESULTS

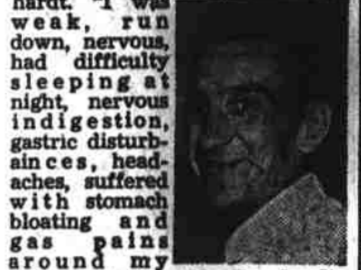


Hadacol Helps You Work Hard, Long Hours

There is plenty of hard work and long hours in the retail grocery business and this is especially true for Paul Earnhardt, 818 South Church St., in Salisbury, N. C. Mr. Earnhardt works long hours at the Earnhardt Super Market in Salisbury, one of the largest and most modern grocery stores in that thriving section of North Carolina.

The grind began to tell on Mr. Earnhardt about three months ago and he wondered for a time whether he would be able to carry on at the same rigid pace. But that was before he heard the blessed news about HADACOL.

"I have been taking HADACOL for three months," said Mr. Earnhardt. "I was weak, run down, nervous, had difficulty sleeping at night, nervous indigestion, gastric disturbances, headaches, suffered with stomach bloating and gas pains around my heart. After the Mr. Earnhardt third bottle, I started gaining weight, had no gastric disturbances, headaches or gas pains. I never felt better and work long hours. I recommend HADACOL."



Mr. Earnhardt, like so many thousands of other suffering people, had tried many preparations without beneficial results before he heard the wonderful news about HADACOL.

Mr. Earnhardt puts in long, hard hours at the Earnhardt Grocery store now but is again his usual cheerful self and when his friends comment on his improvement he advises them to give HADACOL a trial.

Mr. Earnhardt was suffering from a lack of B Vitamins and the Minerals which HADACOL contains. HADACOL comes to you in liquid form, easily assimilated in the blood stream so that it can go to work right away.

A lack of only a small amount of the B Vitamins and Minerals will cause digestive disturbances. Your food will not agree with you. You will suffer from heartburns, gas pains, and your food will sour on your stomach, and you will not be able to eat the things you like for fear of being in misery afterwards. Many people also suffer from constipation. And while these symptoms may be the results of other causes, they are surely and certainly the symptoms and signs of the lack of the B Vitamins and Minerals which HADACOL contains. And if you suffer from such a disorder, there is no known cure except the administration of the Vitamins and the Minerals which your system lacks.

HADACOL contains not only one, but 5 of the B Vitamins. HADACOL contains not only one, but 4 of the necessary Minerals. It comes to you in liquid form, easily assimilated in the blood stream so that it can go to work right away.

It is easy to understand, therefore, why countless thousands have been benefited by this amazing tonic, HADACOL. So it matters not how old you are or who you are... it matters not where you live or if you have tried all the medicines under the sun, give this wonderful preparation, HADACOL, a trial. Don't go on suffering. Don't continue to lead a miserable life. Be fair to yourself. Temporary relief is not enough for you. Give HADACOL a trial. Accept no substitute.

Insist on the genuine HADACOL.

Sold at all the leading drug stores. Trial size only \$1.25, but save money—buy the large family and hospital size—only \$3.50.

We are so firm in our belief that HADACOL will help you that we sell HADACOL on a money-back guarantee. If you don't feel perfectly satisfied after using HADACOL as directed, just return the empty carton and your money will be cheerfully refunded. Nothing could be fairer.

GIVE!

Last year the American Red Cross sent material assistance valued at \$1,817,268 to the International Red Cross and 35 sister societies to help

meet emergency needs and aid in the development of Red Cross services in foreign countries. Your 1950 Red Cross contribution helps prevent misery and suffering throughout the world.

DR. CHARLES G. METCALF OPTOMETRIST WILL BE IN MARS HILL EVERY FRIDAY

TO EXAMINE EYES AND FIT GLASSES
You Are Cordially Invited To Visit This New Office

COMING IN PERSON



Homer Harris

THE 7-FT. SMILIN' COWBOY

And His Educated Horse "STARDUST"

15 Different Tricks

A real live horse on the stage

—also—
PEEWEE WHALEY and His Mandolin
THE KELLY FAMILY QUARTET

—and—
PUDDIN' HEAD JOE, the Funny Man
1 1/2 HOUR RADIO SHOW

SATURDAY, APRIL 1, — 8 P. M.

HOT SPRINGS HIGH SCHOOL AUDITORIUM

Admission — Children 12 years or under, 25c
Adults, 50c, tax included

Special attraction: Homer's Father, D. M. HARRIS

Dollar for Dollar— you can't beat a PONTIAC!



Chieftain DeLuxe 4-Door, Six-Cylinder Sedan (including white sidewall tires and bumper using guards)

All that's Good and Desirable in a Fine Car!

It's no wonder people agree so easily with the idea that dollar for dollar, you can't beat a Pontiac.

Pontiac is the lowest-priced Straight Eight in America. Pontiac is the lowest-priced car offering the wonderful convenience of GM Hydramatic Drive. Pontiac is famous the world over for its record on the road of real economy and long life. And certainly not the least of Pontiac's virtues is its outstanding beauty—Pontiac is certainly the most beautiful thing on wheels! Come in, see how much your new-car dollars can buy!

Chieftain Business Coupe	\$1674
Streamliner Sedan Coupe	\$1776
Chieftain Sedan Coupe	\$1797
Chieftain 8-Door Sedan	\$1797
Streamliner 4-Door Sedan	\$1887
Chieftain 4-Door Sedan	\$1843
Chieftain DeLuxe 4-Dr. Sedan (As Shown)	\$1943

(All models priced include a 30-Cylinder engine. Dealer's Straight Eight is available in any state at 100 c.p.w.

State and local taxes, if any, license, delivery, and optional equipment extra. Pontiac dealers carry a complete line of accessories and service.

Freeman & Ramsey Motor Co.

MARSHALL — NORTH CAROLINA