

International Sunday School Lesson
for SEPTEMBER 12, 1965
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GROWING IN SELF-DISCIPLINE
 Memory Selection: "Now no chastening for the present seemeth to be joyous, but grievous; nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby."
 —(Hebrews 12:11)

Lesson Text: 1 Corinthians 9: 24-27; 10: 12-33; 1 Peter 4: 1-5.
 As we study today's lesson we should become more aware of the need for self-discipline in our striving towards the goals of true Christianity, and the personal rewards we gain from practice of self-discipline.
 The Greeks were athletically-minded. They held sports meets, wherein the prize was a wreath of laurels that the victor wore on his head. And, although this wreath was perishable, Greek youth disciplined themselves rigidly to be able to run the race that would bring them the spoils of victory.
 So it is with life. If it were not for each individual disciplining his human desires, the prisons would be full to overflowing, for where self-discipline leaves off, disciplinary laws evolved by mankind take over. Punishment comes from without.
 But punishments also come from within—and in a more far-reaching sense. For if we fail to discipline ourselves to live up to the highest ideals of Christianity... as exemplified by Christ the Savior... we risk the losing of a crown much more lasting than the perishable laurel wreath.
 Being essentially human, it is not easy to discipline ourselves to always be guided by the principles of Christianity. Temptation comes to us in many forms, and we are very weak by nature... especially

Hot Springs High School Football Schedule
 Sept. 10—Open
 Sept. 17—Tryon—Home
 Sept. 24—Open
 Oct. 1—Cranberry—Home
 Oct. 8—Marshall—Away
 Oct. 15—East Yancey—Home
 Oct. 22—Rosman—Home
 Nov. 29—Cane River—Away
 Nov. 5—Mars Hill—Home

Veterans Officer To Be Here Again On September 16
 The Veterans Administration Officer will not be in his Marshall office until September 16. Anyone wishing to contact him may do so at his Asheville office.

where our personal desires are concerned.
 And when beset by these earthly temptations we would do well to pause and consider (1) What will my yielding do to me, as an individual, in the eyes of myself; of God; and of Man? And (2) How will my subservience to my weakness affect those around me — my loved ones; my fellow-man? How much pain and suffering would be spread all round, if man truly faced up to his acts, and the consequences thereof?

If we accept the fact that God sometimes tests us, we are soldiers girded for battle. And if we remember that, as Paul taught, He never tests us beyond our power to endure, we are filled with a resolution and strength that astonishes us. For God never gives us a problem to solve without also giving us a solution. It is our casting around to find the right solution that we grow as individuals and as Christians. And while it is true that the obvious and only solution to our dilemma may be unpalatable to us, if we will but accept the self-discipline its adoption will require of us, we will have taken a giant step forward towards maturity — both as a person and as a Christian.

Self-discipline in God's way, however, covers other areas than the realm of the purely personal. There is room for it in the area of human relationships in regard to the Church.
 Too often, when the Church

Food Preservation
 By **JEWELL BALL**
 Upper Little Pine
 Busy Bees 4-H Club
 How are your methods for preserving food that is available to you? If your foods are not as good as you think they ought to be, maybe you are not using the best preparation methods. For example, if you want good frozen corn, freezing it cannot wait for your convenience. Freeze corn when it is right to eat today. In our southern climate, most of our vegetables stay in their prime for only a short time. Watch them! Freeze them while they are tender and have the best flavor.
 When freezing fresh vegetables, it is almost always necessary to blanch them before freezing. The scientific reason is that scalding or blanching arrests the action of the enzymes. Enzymes help vegetables grow and mature. If you do not stop their action before you freeze the vegetables, they remain active. The vegetables keep changing; they lose color, food value, and tenderness. One can easily realize the importance of correct preparation methods used at the appropriate time. Here's hoping you have success in your food preservation during the remaining part of the summer.

Renew Your Subscription To The News-Record
 makes a demand on us for some of our personal time to be devoted to furthering its activities — classes for young people, visiting the sick, rounding up delinquent tithes, or just plain sitting down with a troubled soul striving to solve a personal problem — we find ourselves resentful when this Christian duty conflicts with more pleasurable personal engagements which we had planned. The yardstick here is plain; if we follow our own wishes we will have an enjoyable, relaxing evening on which to look back... OR WILL WE? Will we not be haunted by a kindness left undone — a small service we could have rendered to God and our fellowman? Self-discipline brings its own rewards!

Charlie J. Treadway Passes Sunday; Rites Monday
 Charlie J. Treadway, 81, of Walnut, died early Sunday morning, September 5, 1965 in an Asheville hospital following an extended illness.
 He was a lifelong resident of Madison County, a retired farmer and a son of the late Adolphus and Sallie Harrison Treadway.
 Surviving are the widow, Mrs. Stella Davis Treadway; five sons, Gordon and Kenneth of Walnut, Walter of Lexington, Jerry of Greenville, S. C., David Treadway of Marion; three daughters, Mrs. Junior Lunsford of Spartanburg, S. C., Mrs. Pansey Bailey of Hendersonville and Mrs. Burder Worley of Marion; two sisters, Mrs. May Ledbetter of Asheville and Mrs. Lucinda Davis of Marshall; two brothers, George of Marshall and Curtis Treadway of Asheville; 18 grandchildren and 13 great-grandchildren.
 Services were held at 2 p. m., Monday in Walnut Methodist Church.
 The Rev. Joseph M. Reeves officiated and burial was in the church cemetery. Grandsons were pallbearers.
 Bowman Funeral Home was in charge.

Sleepy Valley H.D. Club Met Sept. 1 At Army Center
 The Sleepy Valley H.D. Club met Wednesday, Sept. 1 at 2 p. m., at the Salvation Army Center. The club repeated the Club Collect for Women for the devotions. The secretary read the minutes of the last meeting; a brief business session was held and due to the resignation of our president, Mrs. Glenn Brooks, Mrs. Manley Holt was elected president. Mrs. Nova Trollinger was elected as secretary.
 Mrs. Wallin discussed Achievement Day for which another tour is being planned. We are looking forward to the tour and meeting our fellow club members again. We plan to tour four places of interest in the county. Mrs. Wallin gave a very interesting demonstration on "Clothing and Accessories." She gave several good points taken from "Alice Belle's Book of Charms." Matching colors of the latest fashions, how to dress to really be well groomed, etc.
 Our next meeting will be at the home of Mrs. Homer Rathbone on the first Wednesday in October. Visitors are welcome.

Singing Saturday At Alexander Church
 Singing will be enjoyed at the Alexander Baptist Church Saturday, September 11, at 7:30 p. m. Claude Parris is president and Rose Green, secretary.

"I used to cry for no reason at all"
 One of the first "change-of-life" danger signals
 No wonder a woman feels like crying! The suffocating surge of hot flashes one minute; cold, clammy perspiration the next can make a woman wonder "What's come over me!" Change-of-life panic sets nerves on edge, fills her with fear!
 Proven help! Woman after woman in doctors' tests got remarkable relief from hot flashes, nervous tensions!
 Some women worry themselves sick; some women do something about awesome change-of-life symptoms. Thousands have found that Lydia E. Pinkham Tablets helped them as dramatically, as quickly as this gentle medication has helped other women. Not a new, Johnny-come-lately remedy, but a tried and trusted "friend"... to relieve functional mid-life complaints... to relieve woman's burden of suffering! Get Lydia E. Pinkham Tablets today.

Mallonee To Visit County September 28
 Tom L. Mallonee, Eleventh Congressional District Assistant to Congressman Roy A. Taylor, is now making scheduled visits to the county seats and other sections of the counties.
 On Tuesday, September 28, he will be at the Madison County Courthouse, Marshall, from 9:30 to 10:30; and at the Yancey County Courthouse, Burnsville, from 1:30 to 2:30.

RUBBER IN LEAF HALTS 'SUPPORT'
 Rubber bands used in tying burley tobacco are considered "foreign matter" a designation which brings a "No-G" (no grade) tag on the burley offered for sale — and no price support.
 The burley industry has renewed its campaign to combat the use of rubber bands for tying leaf by growers. The practice is troublesome to all concerned, but it was pointed out that the grower himself runs the risk of losing money if "foreign matter" is found in his tobacco, industry leaders said.
 The grower may not only find a basket of choice tobacco without a support price, if it's labelled "No-G," but if it is known that the presence of rubber bands, or any other kind of rubber, was the reason for the tag, it is doubtful that the basket would bring a bid at all.
 The reason for the concern in the industry is simple. Rubber and tobacco do not mix, and where they have been mixed, accidentally and undetected, the result has been most unpleasant. Burning rubber in a cigarette, or any other tobacco product, is extremely distasteful.
 Fred A. Serrall, president of the Burley Leaf Tobacco Dealers Association, said "the problem of tobacco hands tied with rubber bands has existed for several years. But this year efforts have been expanded by all phases of the industry to overcome it. Joining in the campaign are the grower associations which administer the price support program, the U. S. Dept. of Agriculture and its grading services, the manufacturers, the dealers and others."
 The federal grading service says that "when put up for sale, any basket found to contain 'rubber bands' when inspected by a federal grader will be graded 'No Grade' and will also carry no price support."
 Paul Goddard, manager of Burley Stabilization Corp., which administers the price support program in Tennessee and North Carolina, said "the problem of rubber bands and other foreign matter in tobacco — mainly because of negligence on the part of the farmer — is a cause for concern for the entire industry." "It is too bad," Goddard said, "when a grower has spent the entire year growing a fine crop of tobacco and then spoil it in handling it so that when it goes to market, it does not bring him the full return which he would otherwise be entitled to if he had handled it properly and carefully."

CAREFUL HANDLING OF LEAF IS URGED
 Careful handling of burley tobacco now, in the housing and curing season, keeps good tobacco from going to market as bad tobacco which nobody wants.
 Burley Stabilization Corporation, which administers the price support program in Tennessee and North Carolina, issued a reminder to growers that baskets of burley which do not meet the standards considered for 'merchantable tobacco' must be rejected. Paul D. Goddard, Secretary-Treasurer of the Association, stressed that before the association can accept a basket of burley for price support, it must be checked for nesting, the presence of any foreign matter, mud, or other dirt, or for anything else which makes it sub-standard.
 "We appreciate the growers' problems in cutting and housing crops, but it is still a fact that dirty, improperly handled tobacco is of little interest to the buyers," he said. "It usually ends up in the no-support grades."
 It was suggested that growers take special precautions to keep from being caught with tobacco, cut and ready for housing, but still out in the field when it rains. Buyers are not interested in muddy tobacco, and it can be sold only at a severe discount.
 Pullers for the Association, as well as for the major buyers operating on the markets, examine the baskets of tobacco before they are formally accepted. The reason for this is simple: Burley unacceptable to certain standards cannot be used by the manufacturers, and cannot be resold by the Association. Pooled burley must be moved eventually through normal trade channels or the important balance of supply and demand will be upset.
 Each year, Association pullers following the buying lines on all markets in the two states served by the Association, are forced to reject thousands of pounds of burley which do not meet the minimum grade standards. This tobacco must be regarded in no-support grades or placed in support grades with lower price support rates. Good handling practices — as well as good production care — are a must for a grower who is looking for a full money return from his crop at the warehouse floor.

With Our Boys In Service
 L/Cpl. Lawrence W. Brady, son of Mr. and Mrs. R. E. Brady, of Marshall Rt. 2, remains stationed in Chuoi, South Viet Nam where he has been since February. Brady, who attended Mars Hill High School, is engineer in air-conditioning and refrigeration in the 3rd Marine MAF.

CAREFUL HANDLING OF LEAF IS URGED

Shrinks Hemorrhoids Without Surgery Stops Itch—Relieves Pain
 For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain — without surgery. In case after case, while gently relieving pain, actual reduction (shrinkage) took place. Most amazing of all — results were so thorough that sufferers made astonishing statements like "Piles have ceased to be a problem!" The secret is a new healing substance (Bio-Dyne®) — discovery of a world-famous research institute. This substance is now available in suppository or ointment form called Preparation H®. At all drug counters.

Sleepy Valley C. D. Club Met Last Thursday

The Sleepy Valley Community Development Club held its regular monthly meeting Thursday, Sept. 2 at the Salvation Army Center at 7:30 p. m. The meeting was opened by a congregation song, led by Carter Parks.
 Rev. Fred Benfield gave the devotions, after which the secretary read the minutes of the last meeting, and the treasurer gave the treasurer's report.
 A music program was given by various groups, namely: The Parks Family, the Salvation Army Choir, the O'Steen Quartet, Emma Kate O'Steen, the Foster Twins, Karen and Sharon, and Mrs. Gillespie. Everyone enjoyed the singing very much.
 Our meeting was combined with a welcome service for Captain Glenn Mae West, our new officer for the Sleepy Valley Salvation Army Corps. We welcome Capt. West in our community and to our CD Club.
 A meeting date for all the committees of our CD Club was set for Wednesday, Sept. 13 at 7:30 p. m., at the SA Center.
 Capt. West gave the benediction.
 Mrs. Max O'Steen and Emma Kate served delicious refreshments to those present.
 MRS. MANLY HOLT, Secretary

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 Marshall High School Football Schedule
 Sept. 10 — at Spruce Pine
 Sept. 17 — at Cane River
 Sept. 24 — East Yancey
 Oct. 1 — Bakersville
 Oct. 8 — Hot Springs
 Oct. 15 — at Crossnore
 Oct. 22 — Mars Hill
 Oct. 29 — at Rosman
 Nov. 5 — at North Buncombe

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"I used to cry for no reason at all"
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 No wonder a woman feels like crying! The suffocating surge of hot flashes one minute; cold, clammy perspiration the next can make a woman wonder "What's come over me!" Change-of-life panic sets nerves on edge, fills her with fear!
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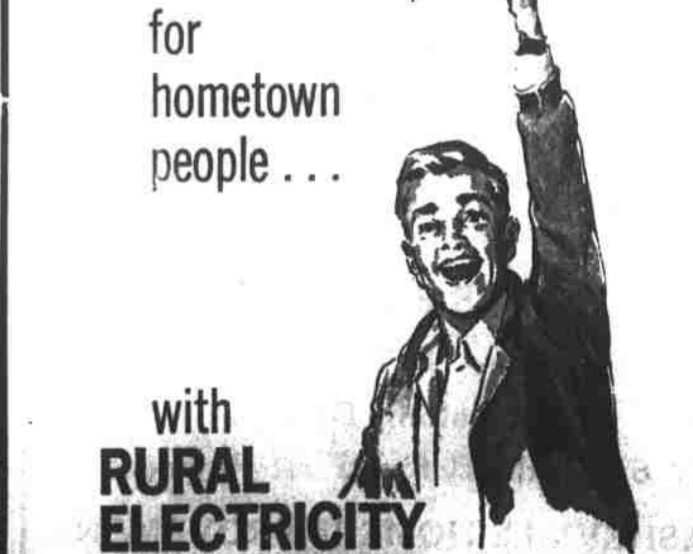
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French Broad Electric Membership Co-Op
 All over America today, officials and members of consumer-owned rural electric systems such as ours, are working with local businessmen and civic leaders to help develop new industry. New industry means new jobs—hometown jobs... for hometown people. These jobs mean payrolls which help keep the wheels of commerce turning in our towns... and help check the economic erosion that threatens our rural communities. We are proud to be part of America's rural electrification program, serving our members and our communities, and helping to keep this nation economically strong.

HOMETOWN JOBS
 for hometown people...



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