

THE DOCTOR Tells the Story

by W.E. AUCHINBAUGH M.D.

Sanity in Eating Cicero, a wise philosopher, who lived about fifty years before the birth of Christ, said, "Just enough food should be eaten to maintain strength and not enough to burden it."

illustration of this truth is the story of Count Luigi Cornaro, who lived in Italy about the same time that Christopher Columbus was making his now famous voyage.

He engaged in numerous occupations and was continually occupied with existing business affairs. And his great ambition was to impress upon others the fact that they could do just as he had done if they made the proper bargain with themselves to do the right thing—to live temperately.

of Jonesville, were the guests of Mr. and Mrs. W. O. Hunter. Mrs. Raif Davis is spending her vacation with relatives and friends at Independence, Va.

One ingenious device for raising money was used by Pastor Cleat Simmons. He donated \$10 in dimes and challenged patrons to take one and add as much to it as possible. In this way \$454 was raised.

Office: The Bank of Elkin Building DR. P. W. GREEN OPTOMETRIST

HANES UNDERWEAR Belk-Doughton Co. ELKIN, N. C.

MY TOP-SHIRT WOULD STICK LIKE A POSTAGE-STAMP! I perspire like an ice-water pitcher. If I didn't have something next to my skin, my top-shirt would stick like a postage-stamp.

BOONVILLE

Mr. and Mrs. E. C. Cockerham, of Concord, were the guests the past week-end of Mrs. Cockerham's parents, Mr. and Mrs. A. C. Stinson.

Modern Oak Ridge Church to be Dedicated Soon Enter into a conversation with any small group of people in the Oak Ridge community three miles south of here and sooner or later you will find yourself discussing with those people the fine newly constructed modern church that graces the place where the original structure stood until it was razed a few months ago to make way for the larger and more modern building.

Fly Hit Note In the midst of a recent rehearsal, Hans Richter, the Viennese conductor, was suddenly startled by a loud and unplanned-for blast from the bass trombone. Richter tapped on his stand indignantly and called the offender forward.

Freezer Fresh ICE CREAM MADE DAILY IN OUR Modern Plant Only the Best Materials Used Ten to 12 Flavors Always On Hand Order Some for Dessert. It Will Be Delivered Promptly Abernethy's A Good Drug Store Phone 42

DROP IN AT OUR FRIENDLY STORE FOR HANES UNDERWEAR SYDNOR-SPAINHOUR ELKIN, N. C.

1st in Value 1st in Performance 1st in Economy 1st in Sales - and now OVER 650,000 NEW 1939 CHEVROLETS HAVE BEEN SOLD! CHEVROLET A GENERAL MOTORS VALUE

The first Sunday school was held in the community a few months before the decision was made to build the church. The building was a small tenant house built on the farm of Daniel Moxley.

AUCTION We Will Sell to the Highest Bidder the Late JACK RAY FARM JONESVILLE, N. C. The Greater Part of This Property Is Located Outside the Jonesville Corporate Limits, Overlooking Elkin SAT., JUNE 17 At 10:30 A. M. BARBECUE and COLD DRINKS ON THE GROUNDS DON'T MISS THIS SALE! The late Jack Ray Farm has been subdivided into home sites and small farms ranging from one to 45 acres.

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