



# The Family DOCTOR

by JOHN JOSEPH GAINES, M.D.

## FOR THE MIDDLE-AGED

You get to thinking about what you OUGHT to weigh — I know you do, for I do it myself.

Well, figure your height in inches—you men of five feet ten. You are seventy inches high. Add 100 to the number of inches for the weight, 170, if you are middle-aged or past. This rule does not apply to young adults and children.

Remember, each individual has his peculiarities, which he can by no means escape. It is as "natural" for some men and women to be spare, as it is for others to be a little stout. I had a most refined, intelligent lady of forty-five, who had worked herself almost into a frenzy—because she held a weight of 145 steadily. Her figure was perfect; yet she was continually in anticipation of "obesity!"

The big boy of fifty, with the ponderous "bay-window," must lay the blame to himself alone. He acquired the deformity by overeating and lack of exercise. It will take him a long time to correct the effects of his truancy, if he ever does of his sins — to get out of that swivel-chair — get out of doors at every opportunity — and STOP EATING TOO MUCH.

There's the rub, however. He still lingers with the luscious viands with the heavy sweetening. Well, if you'd rather have that belly, keep on as you've been doing,—I'm no traffic cop, to stop you for travelling on the wrong side of the road! Don't forget though, that the prevention of an evil is many times safer than a belated attempt at cure; be sure your (dietic) sins will track you down.

The Studebaker plant at South Bend, Ind., reached its peak for April with 5,000 men employed.

Gov. Ruby Laffon, of Kentucky, has urged observance of Sunday, April 30th, as President's Day.

18,000 Chicago school teachers recently received their first pay check since before Christmas.

## Black-Draught Clears Up Sluggish Feeling

"I have used Theford's Black-Draught for constipation for a long time," writes Mrs. Frank Champion, of Wynne, Ark.  
"If I get up in the morning feeling dull and sluggish, a dose of Black-Draught taken three times a day will cause the feeling to pass away, and in a day or two I feel like a new person. After many years of use we would not exchange Black-Draught for any medicine."  
P. S.—If you have CHILDREN, give them the new, pleasant-tasting SYRUP of Theford's Black-Draught.

## HINTS!

**EVEN A BROKE MAN**  
Needs good brakes.  
For it is better to be safe than jailed.  
Our brake service is positively the best for Fords.

They don't need it often—but when they do—have them accurate.

**TRI-CITY MOTOR CO.**  
DIAL R-379

## WOMANS CLUB TO MEET

The Womans Club will hold their regular meeting on Monday afternoon at the club building. The club extends a most cordial invitation to the members of the Home Demonstration Clubs under the direction of Mrs. Hazel Irvin Wheeler to be their guest at this meeting. A delightful musical program has been arranged and a full attendance is urged.

50 acres of garden plot near Fairfield, Iowa, will furnish needy residents food this summer.

## 86 To Be Selected From Halifax For Reforestation Work

The following information regarding the Reforestation Program may be of interest to those considering applying. Only unmarried men between their 18th and 25th birthdays are eligible. They must be of good character and physically fit to perform the duties required of them, and should be selected from the most dependent families. The pay will be \$30.00 per month, with no charge for housing, clothing, food, medical care and transportation from point of enrollment to camp.

A major portion of the salary will be sent back home to the dependent members of the family, which may be selected by the applicant.

Applicants from this County

will probably be sent to the western part of the State, where they will be engaged in planting, thinning timber stands, clearing debris, eradication of certain shrubs, building of roads and trails, erecting look-out stations, building shelters, pair duty, and, if necessary, fighting fire.

If accepted at the point of enrollment, which will be for a period of six months, the men will be put through a two weeks routine of physical conditioning, including immunization for small pox and typhoid fever. This will probably be at Fort Bragg. While officers of the army will be in charge of camp administration, there will be no military drill or military discipline, and the men will be free agents, subject only to the requirement of doing an honest day's work.

Halifax County's quota will be eighty-six men, all of whom will be sent to the camp at one time.

Both white and colored are eligible.

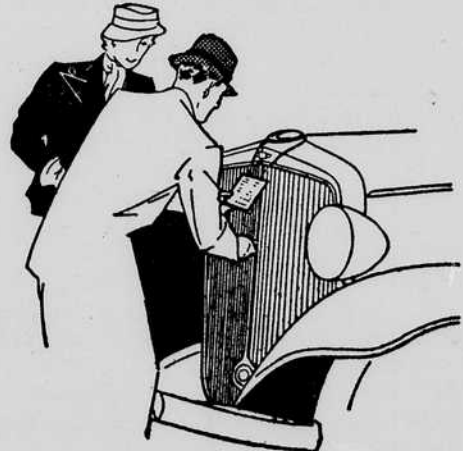
Those wishing to apply for work are instructed to see representatives of the Halifax County Welfare Department at their office in Halifax on Tuesdays and Saturdays.

## TEACHERS BRIDGE CLUB

On Friday evening, Misses Hart Sheridan and Martha Craddock were joint hostesses to the Teachers Bridge Club at the home of Mrs. Howard Pruden. Miss Mary Traynham Wyche was winner of prize. A sweet course was served. Those making up the tables were: Misses Traynham Wych, Ruth Chapman, Omara Daniel, Ada Edwards, Virginia Blount, Elizabeth Tait, Margaret Clark, Lucille Carlon, Eunice Hoyle, Vernie Eddins, Mrs. Crawford Hoyle and Mrs. Howard Pruden.

# SAVE WITH A NEW CHEVROLET

Save on purchase price • Save on gas and oil  
Save on upkeep



"I see this Chevrolet Standard Six is advertised as the world's lowest-priced six-cylinder closed car."

"Well, at \$445, it certainly is a great buy."



"Remember—in the old car, you always wanted the front window open, and I wanted it closed!"

"Yes—thank goodness for this Fisher Ventilation. Now everybody's satisfied."

**CHEVROLET** You'll pay less for a Chevrolet than for any other six-cylinder closed car on the market. You'll spend less on it for gasoline and oil than you would on any other full-size automobile. You'll also spend less to keep a Chevrolet in first-class mechanical condition.

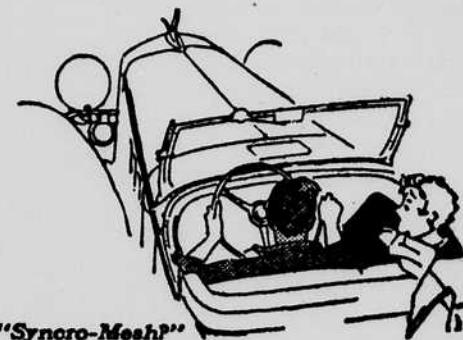
Then, in addition to saving all this money, think how much better off you'll be in every other way. You'll own a big, comfortable Fisher Body car—a fast, dependable, smooth-running six—one of the smartest, most attractive cars on the road today—and the most advanced car ever to appear in the low-price field. **SAVE**—with a NEW Chevrolet!  
CHEVROLET MOTOR CO., DETROIT, MICH.

## \$445 TO \$565

All prices f. o. b. Flint, Mich. Special equipment extra. Low delivered prices and easy G. M. A. C. terms. A General Motors Value.

## ANNOUNCING THE NEW TOWN SEDAN

Greet another brilliant newcomer to the Chevrolet ranks: the Master Six Town Sedan, smartest, most colorful car ever to brighten the low-price field—priced at only \$545, f. o. b. Flint, Michigan.



"Synoro-Mesh!"

"Oh, sure—and a silent second, too! Listen to how nice and quietly we hit 40—without even shifting into high gear."



"Which make of car in your fleet uses the least amount of gasoline and oil?"

"Chevrolet! Our cost records always show that."

# JOYNER MOTOR CO.

DIAL R-382

ROANOKE RAPIDS, N. C.