

NOBODY'S BUSINESS

IT'S THE LITTLE THINGS THAT PESTER

Ever since I had the "flu" a year ago, my temper has been unbalanced. I find it more difficult to be sweet and kind and gentle, but I took stock of myself the other night after retiring and made up my mind that I would begin the following morning, and be good natured, more considerate of others and smile ever afterward.

Everything went along all right till my alarm clock went off at 5:30. (I thought I set it so's it would begin raising sand at 7:30, not 5:30). I crawled out of bed and started toward the fussmaking demon and stepped on a pecan hull, and the next step contacted my left ankle with the right rocker of a chair. I went back to bed, but couldn't sleep any more.

I got up at 7:30. Tried to take a hot bath in cold water. While shaving, I nipped the southern end of my nose off. I started out of the bath-room and stepped on a cake of soap, and came to a few minutes later bleeding at the nose. I pulled my necktie in-two trying to get it to slip in a stiff collar; there were 3 buttons missing from my clean shirt, and I never did find my back collar button.

I pulled a sock so hard, my foot went thru it; I broke a shoe-string while trying to tie a hard knot. I couldn't find the comb and brush. My arm got hung in my coat sleeve and I tore the lining out. But I finally got down to breakfast, and the very first thing I did was squirt grapefruit juice into my eye, and the next thing I spilt gravy on my vest.

The toast was OK, except it was burnt on both sides instead of one side. I knocked over my cup of coffee reaching for the salt shaker to shake over some soft-boiled eggs that I ordered scrambled instead. After a few more mishaps, with my blood-pressure sizzling around 320 (normal for me is 130), I went out to my car to start to my office.

The car looked all right except the left rear was flat. I had it fixed in exactly 45 minutes, NRA time. When I crawled into the seat (of the car), the tail of my overcoat got hung on the door and I tore that off. The battery was so near dead, I had to be pushed off by 3 idle policemen. Then red traffic lights stopped me 3 times while I was being choked down 5 times. I finally got to the office and I had to explode. No fire made, no floor swept up, no orders delivered, and 10 bill collectors. I never intend to try to be abnormal again so long as I live. It simply won't work.

Although he recently celebrated his one hundredth birthday anniversary, John C. Smart, of Oriskany Falls, N. Y., still has most of his teeth.

Thirty-six bananas and five bottles of "pop" was the meal William Walker, of Glade Springs, Va., consumed to win a wager.

Coffee Increases Efficiency If Fresh, Experiments Show



RECENT experiments at Cornell University show that coffee has a very definite effect on steadiness and coordination between a person's hand and eye. Subjects of the experiments tested their accuracy by focusing an electric light on a moving photo-electric cell. After drinking coffee their coordination was appreciably improved.

The same Cornell scientists found that when a subject drank liquor and followed it immediately with coffee his coordination dropped off, due to the effect of the alcohol. But as soon as the coffee took effect his coordination returned nearly to normal. One way to drink liquor and stay sober! Of course people haven't been drinking coffee for the taste alone all these years. Coffee drinkers know the "kick" it gives, but not until now have its benefits been proved scientifically. As little as three cups a day, scientists say, enable the drinker to think faster, clearer and longer at a time. He associates ideas better, remembers more accurately. Fatigue and drowsiness disappear.

But it has not been so well known that fresh coffee also stimulates digestion. A series of experiments at Colgate University have shown serious digestion disorders to be caused by the ordinary noises of modern life, and that they can be corrected by adding fresh coffee to the diet.

In another set of experiments, made in a New York laboratory, thirty medical students and labora-

tory assistants were fed stale and fresh coffee for months. All the equipment of modern science measured the results.

When the subjects drank fresh coffee before meals, it sharpened their appetites. When they drank it during meals, digestion was stimulated. Stale coffee increased the acidity of the stomach abnormally and slowed up digestion. Drinking stale coffee made the students nervous and irritable, subject to headaches and sleeplessness. One subject became so ill after four successive days that he was unable to continue the experiment.

Stale coffee seems to be distinctly unwholesome. Many chemical changes take place in roasted coffee as it ages. Some of these changes take place in the coffee oil. The oil of coffee carries the delicate aroma and flavor. With age, the oil absorbs oxygen; stale coffee oil has a musty, rancid odor.

Scientists found that this delicate flavor-bearing oil evaporates rapidly after roasting, whether the coffee stays in the bean or is finely ground. They learned also that no available method of packing coffee after roasting could preserve it satisfactorily. It is the time that counts — the time lost between roasting and drinking determines the freshness of the coffee.

One well known coffee manufacturer has met this problem by dating its coffee and rushing it from several roasting plants to grocers in all parts of the country within a few hours after roasting.

Miss Josie Chase, who has been a student at Salem College this year has returned home for the summer.

TOWN TALK

Mr. and Mrs. L. G. Harrison spent Sunday in Rocky Mount.

Miss Edna Wafford has been appointed counselor for Presbyterian Camp at Peace College in Raleigh, N. C., for this summer and she will leave the last of June for the term of camp.

Miss Wilimena Branch, of Enfield, N. C., has been visiting here, the guest of her aunt, Mrs. W. C. Williams.

Miss Ann Akers has returned home from school and will spend the summer here with her parents, Mr. and Mrs. A. E. Akers.

Miss Elizabeth Joyner is at home for the summer with her parents, Mr. and Mrs. W. F. Joyner, she has been a student at Greensboro College this year.

MONDAY NIGHT CLUB

Mrs. Howard Pruden was hostess to the Monday Night Bridge Club, entertaining eight guests. The highest score for the evening was made by Miss Winifred Beckwith who was given a handkerchief. A salad course was served at ten-fifteen. The following players made up the tables: Mesdames Hugh Camp, Julian Allsbrook, R. P. Beckwith, Misses Winifred Beckwith, Margaret Clark, Ruth Transou, Lucille Carlon and Mrs. Steve Lipscomb.

Fahey and Daughtrey
Plumbing Contractors
State License No. 283
INSTALLATIONS AND REPAIR WORK
Estimates Cheerfully Furnished
DIAL R-668-6

PENDERS

"The Better Chain Stores"

We Save Others Money—
WHY NOT YOU?

Get the Pender habit for real Values!

VEAL CHOPS 2 lbs. 25c

HAMBURGER 2 lbs. 25c

PIG TAILS 2 lbs. 15c

NECK BONE Pound 5c

BEEF ROAST 2 lbs. 25c

FRESH FISH
3 Lbs.
25c

Assorted COLD MEATS
of all Kinds

CAMAY SOAP 4 for 18c

P & G SOAP 4 large cakes 15c

Phillips Assorted SOUP Can 5c

Salty Flake CRACKERS 2 1-lb. Boxes 25c

SCOTT TISUE 2 Rolls 15c

BANANAS
4 lbs.
22c

LANG'S PICKLES
DILL or SOUR
2 Quarts 25c

Post-Toasties Kelloggs Corn FLAKES 2 for 15c

Blue Fin TUNA FISH 2 cans 25c

No. 2 1/2 Cans LIBBY PEARS 2 for 35c

Fresh TOMATOES 2 lbs. 15c

Red Bliss No. 2 POTATOES 10 lbs. 19c

Announcing—
Kurley Top Beauty Shoppe
Now Under Management
—of—
Miss Jessie Mitchell
Citizens Bank Bldg.,
Nextdoor Western Union
—o—
PERMANENT WAVES
Modern Equipment
Skilled Operators
All Work
GUARANTEED
—o—
DIAL R-365

3 Food Pages - Read Them All