

HAPPENINGS OF WEEK IN COVE CREEK SECTION

Sugar Grove, May 15.—Mrs. Jas. Mast and Mrs. S. F. Horton are spending the week with friends in Gaffney, S. C.

Miss Winnie Taylor has returned to her home in Wilkes for the summer months.

The survey on the water power project here has been completed. No definite information has been given out but it is thought that a dam will be built on the lower Watauga river.

Friday, May 25, has been set aside for a public working on the school grounds. Friends of the school are urged to bring their teams for at least one day in leveling the grounds. The women are requested to bring lunch so that a full day's work may be had.

The Blowing Rock Band will render a concert in the auditorium of the school here on Saturday night, May 26. A musical program of real merit is being prepared. Twenty-five per cent of the proceeds will go to the local school.

Mrs. W. T. Payne is visiting her parents, Mr. and Mrs. Reeves in Ashe county.

Mrs. Joe Mast, Mrs. J. S. McBride and others are visiting relatives in Washington College, Tenn.

Mr. E. N. Brooks has opened a combination grocery store and restaurant on his property near the school building and is doing a good business.

A strong sermon by Rev. W. E. Poovey, pastor of the Lenoir M. E. church, brought to an end on Sunday afternoon the commencement exercises of the Cove Creek high school. Twenty-one young people were graduated from the high school and twenty-two from the grammar grades. On Saturday morning Dr. B. B. Dougherty delivered a splendid address to the graduating class. He emphasized the need for thorough preparation and of specialization for the duties of life. Senator A. E. Woltz of Gastonia also delivered an address. He spoke of the equalization act passed by the last legislature. On Saturday night the senior class presented a play "Mother Mine" to a large and appreciative audience. The proceeds amounted to \$186.11, which will be used for school purposes. The Boone orchestra furnished music for this program.

The Cove Creek baseball team won three ball games on Friday and Saturday. They won from Boone Friday by the score of 11 to 5, from Mt. City and Hampton on Saturday with respective scores of 5 to 4 and 11 to 2.

The senior class gave its class program on Friday night. It was a gypsy scene in gypsy costume and about the gypsy campfire with the covered wagon in the background. More than 700 people were present for this program.

The school has made notable

progress during the year. The average daily attendance for the year in the high school has been 166 and in the grammar grades 157, a total of 323. The high school building was entered during the year and ample room is now provided for all high school pupils. This building is modern in every respect and is comfortably equipped.

Those graduating from the high school were: Acolphus Adams, Phyllis Bingham, Grace Eastridge, Julie Clay, Raymond Greene, Ruth Greer, Rosa Isaacs, Joe Clay Mast, John B. Sherwood, James Lee Tester, Ruth Thomas, Ruby Mast, Beulah Gryder, Lura Jarvis, Sarah Lee Phillips, Grace Pennell, Hazel Fox, Frances Farthing, Fred Harmon, Don Perry, Esther Osborne.

Those receiving seventh grade diplomas were: Ivan Farthing, Thos. Presnell, Louise Mast, Henry Clay Henson, Susie Banner, Ora Isaacs, Leonard Ward, Fae Beach, Osborne Harmon, Burl Henson, James Me-

Bride, Gladys Mast, Myrtle Palmer, Erin Smith, George Taylor, Mary Emma Phillips, Mary Lizette Banner, Lena Woodring, Robert Dunn, Elizabeth Dunn, Muriel Horton, Cline Walker, Madge Williams.

There were sixty-five certificates of perfect attendance awarded.

Raleigh, May 13.—The old North State reacted to the greatest year in the history of aviation by buying more automobiles proportionately in 1927 than any other state in the union, figures published here reveal. While the nation is becoming "air-minded," North Carolinians purchased 45,452 motor cars, an increase of 11.8 per cent. Florida held the front rank the year previous. Gasoline sales increased correspondingly from 194,682,000 gallons to 219,583,000.

"Strike while the iron is hot," said Bridget, as she left, with the laundry only half done.

About Your Health
THINGS YOU SHOULD KNOW
By John Joseph Gaines, M. D.

PROTEIDS

Proteids are non-crystallizable elements of animal and vegetable tissue, and are absolutely essential to human life; death follows the deprivation of this food element. It abounds in animal and vegetable substances. The "protein balance" in the human system is one of the finest points we have in our maintenance of healthy diet. It seems to me, a good understanding of the uses of proteins would do away with much of the nebulous chatter about hormones and vitamins.

Of course some protein is lower in building power than others. Gelatin is a protein, but enough of it could not be eaten to sustain the body by

itself. Meats are especially rich in protein. If more meats are eaten than needed, the nitrogen is "split off" and rapidly excreted—if the kidneys are equal to the task; if they are not, this element is retained and sends the blood-pressure aloft, sometimes to very dangerous limits. High blood pressures demand kidney examination at once—and, certainly limitation of meat diet. Beans are of high protein content, cooked as they are in many forms with meat seasoning.

Men at hard manual labor can dispose of more heavy proteins than indoor workers; hence the predominance of kidney diseases in the latter class.

When we boil meat in water, we remove much of its flavor and other ingredients in the "extractive" or soup. Soups yield very little, if any energy. They arouse appetite, however, and, as they allay muscular fatigue, they are mild stimulants.

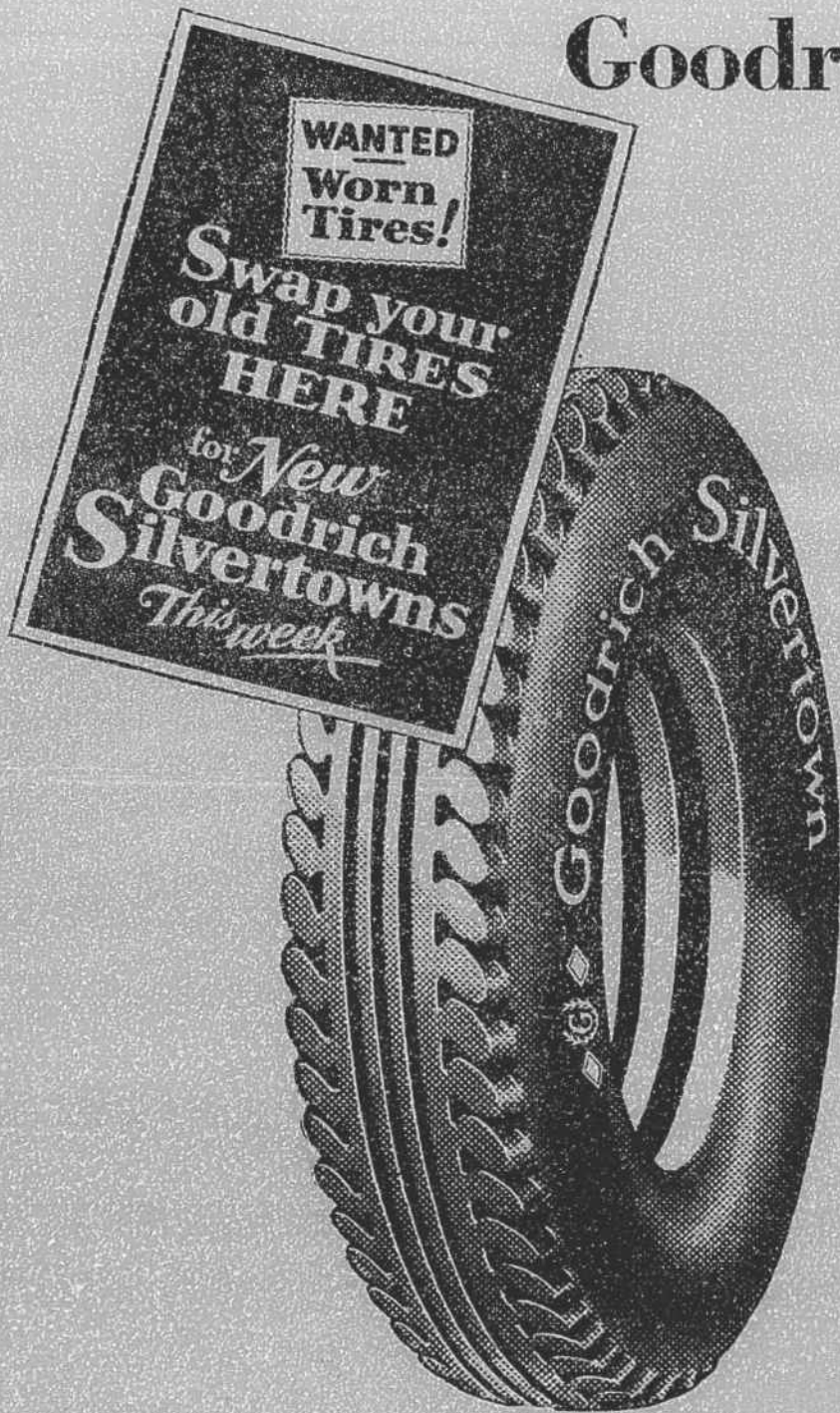
We partake of the carbo-hydrate

to modify and assist the proteins. Carbo-hydrates (starches) are stored in liver and muscles, if taken in excess, producing added weight of "fat." Excess of starch is very hard on the liver and produces sugar in the urine often. Both fat and starch protect the protein, and are necessary to food-balance.

According to reports given out by Dr. Charles E. Madry, general secretary of the North Carolina Baptist state convention, the Baptist of the state gave for missions and benevolences from May 1, 1927, to May 1, 1928, \$693,197.03, which is nearly \$11,000 more than for the same period last year. This does not include any of the \$900,000 in cash and pledges that have been raised during the year in the Baptist centennial campaign for the liquidation of debts on the seven Baptist colleges in the state.

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