

Reduction In Diet Often Augurs Disease

By DR. SOPHIA BRUNSON

At present, the foolish fad among young women of reducing the diet below the requirements of the body, in order to acquire a stylish-like slenderness, predisposes them to wasting diseases such as tuberculosis. Sufficient food provides reserves of energy. If the diet is too poor for the needs of the body, the tissues are attacked and weakened, thus one who is undernourished falls a ready prey to wasting diseases.

One would not try to run an automobile without sufficient oil and gasoline, yet some young girls are not eating enough substantial food to keep their bodies in health, because their favorite feminine movie stars are so thin that you can count all the bones in their necks.

Give your body good fuel in abundance, so that it will be equal to the demands of everyday life without destroying its own tissues, and planting the seeds of tuberculosis.

Vitamin A helps to prevent an infection, and you know that is what tuberculosis is. This vitamin is found in foods such as green beans, the leaves of plants, meats such as liver, eggs, milk and butter.

Our present day educational system accounts for many breakdowns among the students. The pace is not only too rapid in school but continuous social activities do not allow boys and girls sufficient time for much needed rest and relaxation. They have quite enough to keep them busy without belonging to social clubs

and other affairs of a similar nature that keeps them keyed up and deprives them of sleep.

Tuberculosis is acquired by contact with one who has the disease in a communicable form. There are types of the disease that are not dangerous to others. It can be acquired by drinking the milk of tubercular cows, therefore, it is always safer to pasteurize the milk before you drink it.

There is not much excuse today for a boy or a girl to become ill from tuberculosis, without the knowledge that the germs were present in his body long before the breakdown. If he was in contact with a sufferer from the disease, it can be suspected in him. He should be given the tuberculin test, and if he reacts to it, then he should be X-rayed. In many cases the X-ray will show 'up minute tubercular areas that can be detected in no other way. It progresses, it may be five or ten years before he becomes seriously ill. But discovered in time, the disease may be arrested.

About Your Home

By FRANCES DELL

Choosing the right doors for your home is not always as easy as you may first think. Study the various types of doors before you remodel or build. There are three important things a door should fit besides its opening—your budget, the function to be performed and the style of your home.

The raised panel door is available in many types and styles. Georgian and Colonial are in the most common use. A raised-panel door strongly accents the entrance to a large home. For use inside, the panels can be thinner.

Recessed paneling in the opposite of raised paneling. It is used almost exclusively on interior doors. Being simple in design, it costs considerably less than a raised-panel door. The effect lacks the richness of raised paneling, however.

In contemporary design, the trend is toward simplicity. From this trend has come the slab door. This type goes perfectly with the modern and contemporary home.

Dutch doors have long been a great favorite. They are built in two sections—upper and lower. The top can be opened while the bottom half stays closed. They are available in almost any design. Convenient spots for their use are between kitchen and dining terrace, door to children's bedrooms or between kitchen and dining room.

French doors can give a feeling of spaciousness inside the house. They are attractive leading to a porch or terrace.

Louvered doors will provide ventilation and privacy. They help keep clothes fresh when used on closets by providing a change in air. Their one drawback is that they don't shut out any noise.

Accordion doors serve as a temporary partition between living-room and dining areas, etc.

Swinging doors are used almost exclusively between kitchen and dining rooms because of their ease of operation.

Sliding doors are space-savers and are being used widely in new homes.

Beef prices continue to decline as supplies increase.

Notice of Sale of Land North Carolina WATAUGA COUNTY

Under and by virtue of an order of the Clerk of the Superior Court of Watauga County in the matter of the estate of Margaret Caldonia Henson by H. H. Johnson, Petitioner, and where-in S. C. Eggers has been appointed as Commissioner to sell the lands described in the petition filed in said matter, the said lands will be offered for sale to the highest bidder for cash at the location of the lands in Beaver Dam Township, Watauga County, at 10:00 a. m. March 5, 1953. Said lands being described as follows:

TRACT ONE: Dona Johnson's Lot No. 4. Begins on a line corner to Stansberry and Johnson tract and runs with the creek 9 poles to the mouth of the ditch. Then up said ditch north 11 west to the southwest corner of J. M. Johnson's house lot; thence east with his line 4 poles to his corner; thence north 17 poles to an apple tree, J. M. Johnson's corner; thence west 3 poles to a rock in the branch; thence up the branch with Kendra's line to an apple tree his corner; thence west 4 poles to Cinda Eggers' corner; thence north 68 poles to a stake in Storje's line; thence east 28 poles to a chestnut, Stansberry's corner; thence south east 40 poles to an apple tree, Stansberry's corner; thence south 25 poles to the BEGINNING, containing 28 acres, more or less.

TRACT TWO: BEGINNING on a stake in the branch in old Johnson line (sd. branch runs out of H. C. Phillips' field and down by J. M. Johnson's) runs north 18 east 7 poles to a stake near the branch; thence north 31 west 25 poles to a stake on top of a ridge, H. C. Phillips and Hugh Henson's corner; thence with right of said ridge to the Johnson line; thence with said Johnson's line to the BEGINNING, containing five acres, more or less.

TRACT THREE: BEGINNING on a stake in the forks of the public and Hilliard road E. E. Eggers' corner, runs an East direction with the public road about 8 poles to a stake, Millard Hagaman's corner; thence east 10 poles to a white oak Hagaman's corner; thence north 62 1/2 east 35 poles to a stake in Hagaman's line; thence east with Hagaman's line 43 poles to a dogwood, Hagaman's corner; thence north 11 poles to a hickory, Thompson's corner; thence west with Thompson's and Williams' line, 54 poles to a stake in Williams' line, corner to old meeting house tract, thence south 48 west, 17 poles to a chestnut sprout, corner to said meeting house tract; thence south 3 west 2 1/2 poles to a dogwood; thence south 28 west 4 poles to a stake, corner to church house tract; thence north 78 west 10 poles to a stake in the public road; thence a north direction with said road as it now runs about 20 poles to a stake in said road, William's line; thence west with said line 28 poles to a rock at the old Hilliard road; thence a south direction with old Hilliard Road 40 poles to the BEGINNING, containing 12 acres, more or less.

TRACT FOUR: BEGINNING on a stake at the beginning corner of tract No. 1 runs an east direction with the public road so as to intersect with Millard Hagaman line near ford of creek; thence down said creek with Hagaman's line about 13 poles to a small birch on south side of the creek, Eggers' corner in Hagaman line; thence north 70 west 3 1/2 poles to a stake in the public road; thence a north direction with the public road to the BEGINNING, containing one-half acre more, or less.

Provided, this conveyance shall apply to one-half interest only in tract No. 2, which is known as the Bradley Mill property, including one-half mill and fixtures thereto belonging.

TRACT FIVE: BEGINNING on a white oak, Williams' corner, runs north with Williams' line 11 poles to a stake in said line on top of a ridge; thence north 26 east 25 poles to a dogwood; thence north 74 1/2 east 5 poles to a chestnut oak stump; thence north 87 east 26 poles to a stake in E. Gragg's line; thence with said line south 43 poles to a stake in M. Hagaman's corner; thence west with Hagaman's line 18 1/2 poles to a stake, Hagaman's corner; thence north 22 1/2 poles to a hickory, Henson's corner; thence west with Henson's line 26 poles to the BEGINNING, containing seven and one-half acres, more or less.

This is the 3rd day of February, 1953. S. C. EGGERS, Commissioner

Save More Pigs, Says Farm Agent

Farmers can greatly improve their 1953 pork profit outlook if they will follow five proven steps to save more pigs, L. E. Tuckwiler, Watauga county farm agent for the State College Extension Service, asserts.



EASTER SEALS CHAIRMAN—Brandon Hodges, State treasurer, who is appealing for generous support of the Easter Seal campaign to be conducted throughout the state March 5-April 5. He is state chairman of this year's campaign.

Noting that about 75 per cent of all baby pig losses occur before the weaning age, Mr. Tuckwiler stresses that precautionary steps in the first few weeks after farrowing will pay big dividends.

The five points suggested for swine producers are:

1. Balanced rations for the sow while she is building her unborn litter. The proper rations will mean stronger baby pigs and a better pig survival rate.
2. Clean hog lots, and good sanitation around farrowing pens. The sow and litter should be moved to clean ground as soon as weather permits. This will reduce the danger from parasites and disease germs.
3. Keep quarters warm, dry, and well ventilated. Keep some clean sods in the pens to prevent baby pig anemia.
4. Watch the sow's diet after farrowing. Few solids should be fed in the 36 hours after farrowing, and the sow should be returned to the regular ration slowly.
5. Keep a sharp lookout for sickly pigs and any disease symptoms. If disease appears, get a prompt diagnosis to prevent its spread through the herd. Have pigs vaccinated against cholera and also against erysipelas in areas where that disease is a threat.

WRONG FERTILIZER

Waco, Texas.—Anticipating her spring garden, Mrs. Burman Black bought a sack of commercial fertilizer and stored it in the garage. At the first opportunity, she carefully mixed the fertilizer with the soil in her garden, planted her seed and gave it all a good soaking. The next morning, her garden had the permanency of an airport runway—she had used cement, which her husband had put in the garage instead of fertilizer.

NEW NAME NEEDED

Providence, R. I. — The City Council, at the request of the Imperial Knife Company, changed the name of Blunt Street to Imperial Place. The head of the knife company said too many people listed his knife company as being located on "Blunt" street.

Moisture Cited As Home Menace

Did you know that doing the laundry for a family of four can create over four pounds of moisture vapor in the air? What's more, drying this wash inside the house can cause the moisture vapor content of the air to increase by more than 26 pounds. Other daily chores around the house add to this moisture load. Shower baths, dish washing and cooking all throw more and more moisture into the air in varying amounts.

In the winter time, when windows are closed, this moisture seeks to escape through the walls and ceiling of your house and may have a destructive effect on the wall materials. It encourages the growth of organisms which cause dry rot and mold. Naturally, the value of the house depreciates as the deadly moisture goes on its destructive way. The simplest answer to the problem of internal moisture is ventilation. An exhaust fan in the kitchen or attic can work wonders.

Ventilating louvers in the attic will allow the moisture vapor to escape, and the slight opening of a window in the bathroom after bathing or taking a shower will do away with the heavy load of vapor which is created in the bathroom.

TRADE AT HOME

Opening Friday

FEBRUARY 20

HORN CAFE

FORMERLY GULF CAFE

Corner E. Main Street and Blowing Rock Road

Under New Management

CHIEF G. D. RICHARDSON AND JOHN PARLIER

—Owners—

Steaks — Chops — Seafood

SHORT ORDERS

Notice Of Stockholders Meeting

Watauga Building and Loan Association

The annual meeting of the stockholders of the Watauga Building and Loan Association will be held in the offices of the Association in Boone, N. C., on

Friday, February 20, 2 p. m.

for the purpose of electing a board of directors for the ensuing year and for the transaction of such other business as may properly come before the meeting.

A full attendance is requested. Those who cannot attend are requested to be represented by proxy.

W. H. GRAGG, Secretary-Treasurer

General News Brevities

Bomb is tossed into Soviet embassy in Israel, injuring five, as retaliation for persecution of Jews by Communists.

Izvestia reports liquidation of a nest of U. S. spies.

Italian press hails Mrs. Luce as new Ambassador from U. S.

Senator Robert Taft says country already has "full war" with China.

India's foreign aid is set at \$1,310,000,000.

Army hints end near in shell scarcity.

Cobalt-60, latest weapon to be used in fight on cancer, goes into action on full scale for first time.

Activities of terrorists show decrease in Malay States.

C. I. O. criticizes Taft proposals for labor law changes.

Japan said to be skeptical of regaining islands lost in 'World War II.

Governor Dewey high in praise of Boy Scout training.

Nine career foreign service men set to receive high diplomatic posts.

Senate inquiry group reported startled over amount of waste by U. S. abroad.

Secretary Benson consults cotton men on price situation.

COW HAS QUINTS

Fairview, Mont.—Veterinarian D. C. Baker recently reported that a short-horn cow gave birth to five calves—a feat as which he described as "one in a million." Three of the calves were heifers and two were bulls. One of the calves died.

SCREWDRIVER OUTS FIRE

Los Angeles.—Six fire companies roared to the Los Angeles County Hall of Records and firemen climbed up to the eleventh floor. There they found the fire—a smoking fluorescent lamp. One screwdriver was all that was needed to dismanle the fixture and put out the "fire."

SOCIAL SECURITY

Moves to extend social-security benefits to more than a million aged persons now barred because they earn wages of more than \$75 a month, have been started by Rep. Ostertag (R-NY) and Rep. Forand (D-RI). Rep. Williams (D-Miss.) also agrees that the law should be changed so that persons over 65 may be allowed to earn money without having to give up their social-security income.

In 1952 over 5,000,000 persons visited the Blue Ridge Parkway and the Great Smoky Mountains National Park, which converge in Western North Carolina.

Soviet Union said to be heavily fortifying Baltic Sea.

PROTECT YOUR FAMILY

by becoming a member of
REINS - STURDIVANT BURIAL ASSOCIATION

TELEPHONE 24 — BOONE, N. C.
A 25 cent fee is charged upon joining after which the following dues are in effect:

	Quarterly	Yearly	Benefit
One to Ten Years	.10	.40	\$50.00
Ten to Twenty-Nine Years	.20	.80	100.00
Thirty to Fifty Years	.40	1.60	100.00
Fifty to Sixty-five Years	.60	2.40	100.00

REAL ESTATE

We Have Calls for Small Farms, Also for Small Homes In Town

See Us Before You Buy Or Sell

USE OUR 25 YEAR'S EXPERIENCE IN HELPING YOU BUY OR SELL YOUR REAL ESTATE

S. C. Eggers & Co.

PHONE 126

P. O. BOX 248, BOONE

\$\$ Make Your Extra Dollar Count \$\$
At Newton's Week End SPECIAL SALE

2 FOR 1 PLUS \$1.00

ONE GROUP
MEN'S AND BOYS' JACKETS

Buy One at Regular Price

GET ONE EXTRA

For \$1.00

1 GROUP MEN'S AND BOYS' LONG SLEEVE SPORT SHIRTS

Buy One at Regular Price—

GET ONE EXTRA SAME PRICE

For \$1.00

ONE LOT
CHILDREN'S DRESSES

Buy One at Regular Price—

GET ONE EXTRA SAME PRICE

For \$1.00

GIRLS' AND BOYS' HEAVY ALL WOOL COAT SWEATERS

Buy One at Regular Price—

GET ONE EXTRA SAME PRICE

For \$1.00

BASEMENT

One Table Shoes \$2.00

One Table Shoes \$3.00

ONE LOT
Ladies' and Children's DRESSES

Buy One at Regular Price—

GET ONE EXTRA SAME PRICE

For \$1.00

DON'T FORGET TO LOOK OVER OUR SPECIAL \$1 TABLE

LADIES' READY-TO-WEAR

ONE LOT DRESSES

Buy One at Regular Price—Get Same Price Dress

For Only \$1.00 Extra

Many Other Storewide Specials This Weekend at

NEWTON'S DEPT. STORE

W. King St.

Boone, N. C.