

# NOBODY'S BUSINESS

BY GEE McGEE

## FLAT ROCK GOES ON THE AIR

The town of flat rock put on a radio program at the county seat radio studio last Friday night between 9 p. m. and 9:15. It was enjoyed by all who were able to tune in, and them that didn't have no radio come over to yore carry spondent's house, Mr. Mike Clark, rfd, and listened. (she stayed at home).

Miss Jennie weeve smith, our affi-cient scholl principle, sung a dust entitled: "when i and you were young maggie." It was deddercated to yore carry spondent, Mr. Mike Clark, rfd, a member of the scholl board and a life-long friend of hers ever since she teached the first year in flat rock in 1926.

scudd, mudd, dudd and tootsie Clark dedder-cated 2 numbers on their string band and mouth organ accompanied by 2 juice harps in the mouths of sudio lou and Jennie sue Clark, to gov, talmadge, tom helifin, and dr. townsend three of our most prominent politticians, also to holsum moore and tom head of flat rock, 3 of their followers.

the rehober quire sung a few songs and dedder-cated the same as follows: "meet me there," to dr. hubbert green who is celler-brating a 54th birthday next fall; "sallie goodin" to art square's mother who lives in georgy in honor of her birthday last month at which time she reached the ripe old age of 84 with the roomy-tism.

about 15 more peaces were played

## "Just What the Doctor Ordered"

FOR MY FAMILY," says T. L. Woolhouse, Cranford, N. J.



The popular phrase "Just what the doctor ordered" fits my big, new Dodge to a "T"—so far as my family is concerned.



My wife demanded safety, and I don't know where I could find a car with more safety provisions. My son was impressed by the quick responsiveness of the new Dodge; and my daughter insisted that we have a good looking car.



I have to foot the bills, and while all these things sold me on Dodge, I know that Dodge owners have reported getting 18 to 24 miles to the gallon of gas... and saving up to 20% on oil. I have averaged over 19 miles to the gallon.

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# GOOD FOOD IS ESSENTIAL TO HEALTHY BODY

## Physical Condition Dependent on More Than Food, However

Every true home-maker is interested in her family keeping in good physical condition; to do this she must know the importance of balance in the day's meals and how to select food so every need of the body will be met. Right food alone does not insure good health. To mak ethe best use of a well selected dietary, the body requires: fresh air, sunshine, exercise, correct posture, happiness and rest.

Fresh Air is essential for the burning of foodstuff in the body, to make new tissues and to aid in the elimination of waste products. One suffers less fatigue, thinks more clearly and can work more rapidly when the air is fresh.

Sunshine is essential for normal growth and development, particularly the boney structure of the body. Daily exposure to the direct rays protects the individual from disease, overcomes fatigue and invigorates the body. The short rays of the sun upon the body have the power of developing within the body the factor known as Vitamin D that is so essential to normal growth. Vitamin D controls the utilization of calcium

and sung on different instruments which was dedder-cated to either somebody who lives in the u. s. or flat rock, as has did in the past and gone on befoar to rest on that beautiful shore over younder. the programy was sponsored by Clark's beef market, \$3; the drug stoar, 2\$; and the ballance was made up by public prescription, 6\$.

it was fine to hear flat rock on the air and a great many addmirers have rote or foamed in to keep it up. it was one of the best entertainments that our station has pulled off for some time. they could of sung more songs if they had of benn able to dedder-cate them to anybody.

## FLAT ROCK SUFFERS A DISASTROUS FIRE

one of the worst fires that flat rock has enjoyed for a large number of years in the past took place last Friday night between sundown and pitch dark on the premises of Mr. John J. Johnson on the outskirts when his corn crib and contents went up in smoke ansforth.

the poleesman saw it on his beat but he said to hisself, pshaw—that ain't nothing but the moon arising and walked on, down to the drug stoar for his usual 4 hours of loafering, a little later, yore carry spondent, Mr. Mike Clark, rfd, heard something a-roaring and smelt something a-smelling, and he roused up his nabors, by hollering, fire, fire, fire, fire!

the 2 vollunteers grabbed their hats and watter buckets and rushed towards where the smoke was biling up at, but when they got there they found out that they had failed to go by the town pump and put some watter in their fire buckets, and when they throwed the watter on the fire they found that their buckets ansforth were empty.

the case was hopeless after the roof ketched and nothing was saved, besides losing his nice corn crib, which was built enduring the late nineties, the following items were totally destroyed, to wit: 2 casings, 3 inner tubes, a nice secont-hand windshield, a radio arial, a hen-nest with 4 eggs therein, a wash tub, and 3 bundles of fodder.

it was a lucky thing that he had just swopped his 4 bushels of corn off last week for a new radiator for his ford, or it would have got burnt allso, his 3 dogs always sleep in the corn crib, and they would of benn burnt to death allso if they had not gone to the county seat in the back-seat with him, so he has a right smart to be thankful for after all is said and done.

the town sees the need of watter works now worse than ever befoar; there sets Mr. Johnson with no corn crib onner count of the p.w.a. goverment not granting flat rock watter and sewedge bonds as applied for. this will hurt Mr. roseyvelt and Mr. farley a great deal in their new race for the president. we all mourn his great loss with him in this sad hour. yores trulie, Mike Clark, rfd, carry spondent.

## Sale of Chestnut Wood And Other Timber

At a Special Meeting of the Board of Aldermen of the Town of Andrews, N. C., on February 5th, 1936, it was ordered, as provided by law, that sealed bids be requested during a period beginning February 6th, and ending at ten o'clock A. M. on March 9th, 1936, for the purchase and removal under contract of the dead and blighted Chestnut timber and certain other fully matured timber from the Watershed area belonging to the Town of Andrews. The cutting and removal of all such timber to be done under supervision of the Board of Aldermen, or its duly appointed representative; and, that operations may be stopped wherever and whenever in the judgment of the Board of Aldermen the Watershed area is not being benefitted by such operation.

No bid will be considered for less than \$1.00 per cord of 160 cubic feet for a cord for chestnut wood. All wood and timber to be cut and removed shall be measured by the contracting parties on the ground before removal from the Watershed, and settlement made on the basis of such measurement.

A Certified or Cashier's Check for \$2,000.00 must accompany each bid, which shall be delivered to the Clerk of the Town of Andrews within the above mentioned period ending at 10:00 o'clock A. M., March 9th, 1936, Eastern Standard Time. Bids to be opened on March 9th, 1936 at the Town Clerk's Office at 10:00 o'clock A. M. The right is reserved by the Board of Aldermen to reject any and all bids. Advertisement to be made through The Junaluska Journal, and The Cherokee Scout, and a copy in the Andrews Post Office.

Done by order of the Board of Aldermen of the Town of Andrews, N. C., this 5th day of February, 1936.

P. M. REAGAN, Mayor.  
C. F. WOODARD, Clerk.

and phosphorus in bone building. Vitamin D is also available in cod liver oil, and for that reason codliver oil is often called "bottled sunshine." Good posture not only has health value, but social, mental and even a spiritual value. A person with erect, straight, forward alert bearing makes a good impression. One who stands straight and tall has a clearer mind, feels more assurance, thinks more logically and is willing to take the initiative.

Happiness is an aid to health. Pleasant thoughts and emotions aid the flow of the secretions of the body. Whereas anger, or fear and anxiety hinder their flow. The mental attitude of an individual has definite effect on health.

Rest is as essential to the body as food. To really rest the individual must be able to put aside, for the time being, all anxiety and responsibility, relax and give the time entirely to sleep and recreation. The tired feeling is caused by an accumulation

## HOTHOUSE

Mrs. Grace Grant delivered an interesting sermon at Harris Chapel Sunday.

Miss Sadie Forster spent Sunday night with Miss Pauline and Ruby Montgomery.

Mr. A. J. Beaver will leave for Gastonia Thursday, where he will make his home for sometime.

The people throughout this section was very glad to have Mrs. Grant, the pastor of the church of God

of waste products from broken down tissues. During work they accumulate faster than the lungs, kidneys, and skin can throw them off, while during the period of rest or sleep the waste products are thrown off and the tissues renewed. Housewives who have a long working day need a rest period during the day.

Food. There are certain needs of the body which must be met with the correct choice of food. No one food will serve the purpose. There are Carbohydrates, fats, proteins, minerals, vitamins, bulk and water to be included in the daily meals. The body needs food:

1. To supply heat and energy.
2. To build new tissue and repair old tissue.
3. To regulate the various processes of the body.
4. To promote health and growth.

If every housewife in planning her meals would use daily the following list of foods she would be assured that she was serving her family balanced meals, because these foods furnish all of the body needs.

For growth and health eat at least: Milk—1 pint to 1 quart daily.

Vegetables—3servings daily.

1. Starchy vegetable as potatoes.

1. leafy vegetable as collards cabbage, turnip greens.

1. other vegetable such as beets, carrots, onions.

Fruits: 2 servings daily, (fresh, canned, or dried). Be sure to use a raw fruit, a raw vegetable, or canned tomatoes daily.

Eggs—1 daily.

Meat (lean)—serving daily (pork, beef, mutton, poultry or fish) Breakfast cereal.

Whole Grains—2 servings daily (bread as cornbread, or whole wheat bread.

Fats—2 tablespoon fulls of butter in addition to other fats in foods.

Sweets—1 serving daily.

Water—6 to 8 glasses daily.

## BRASSTOWN

We are having some bad weather at this writing. The roads are so bad that they are very little traffic.

Mr. Lee Coker made a business trip to Murphy Saturday.

Mr. Boyd Carringer and Miss Dorothy Barnes motored to this section Sunday.

Mr. B. W. Raper was the pleasant caller of Mr. Walter Coker one day last week.

Miss Rhita Kilpatrick is on the sick list at this writing.

Rev. Will Heading filled his regular appointment at this place Sunday.

Mrs. Linda Clayton visited Mr. Ada Coker one day last week.

Mr. Mack Coker and Mr. Boyd Power spent the day with Mr. Clark Coker of Clay county.

Church, with them for the past week. Miss Edith Mull, teacher of Sunday Point school, spent Wednesday night with Misses Pauline and Ruby Montgomery.

Altho the ground was covered with snow and mud was deep a very large crowd attended Sunday school at Harris Chapel.

Mr. Lloyd Wallace spent Wednesday night with Mr. Willard Forster. Misses Pauline and Ruby Montgomery and Miss Luella Jenkins were the Sunday evening guest of Miss Sadie Forster.

Mr. Fred McAfee who has been spending a few days with his brothers and sisters, of Arcadia, South Carolina, has returned home.

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