

Friendly Tips From Blue Ridge Electric

By ED SWARTZ

Keep Cool And Live Longer
Air Conditioning is more than comfort and luxury. Air Conditioning is your protector as well. Air Conditioning protects against heat-induced heart strain. Air Conditioning prevents heat prostration, heat cramps. Air Conditioning provides rest for heat-worn hearts. Air Conditioning restores vitality.

Air Conditioning filters lung irritants from air you breathe. Air Conditioning filters out hay fever pollen, allergy proteins.

Aside from fevers, the body's temperature is carefully regulated by a system of glands that act as a thermostat for the heart,

which acts as a power plant for your personal "air conditioner". When the thermometer rises, the body's thermostat causes the heart to pump faster in order to force blood to the skin surface in greater vol-

ume so that body heat can be dissipated at a faster rate. Ordinary activity in 90 degrees weather puts as great a strain on the heart as hard physical labor in normal weather. In New York, a study of the effects of high heat and humidity proved that death is often caused by severe circulatory strain and shock.

One of the ways the body dissipates heat is through the process of evaporation. But this uses up the body's supply of sodium chloride. In hot, humid weather, the loss of sodium chloride frequently causes "heat cramps" and heat prostration. That is why laws in many states requires employers to supply salt tablets in factories when the temperature rises to 90 degrees. The body's "air conditioner" can not cope with excessive heat. Air Conditioning can help prevent heat prostration.

The body has remarkable recuperative powers. The effects of heat-induced heart strain can be overcome by a few hours of sound sleep in a cool room during which heart action can slow down. In the man killing Boulder Dam Construction Project under the cruel, boiling sun of the Colorado Desert, 15 deaths from heat were recorded the first summer. After workers dormitories were air conditioned there were no more deaths.

Norman Kaye Has Party For Guest

Norman Kaye honored his house-guest, Eddie Miller of New York City at a party Tuesday evening, July 22, in the game room of his home. Dancing and games were enjoyed by the 35 guests.

Houts Entertain Methodist Youths

Rev. and Mrs. R. T. Houts entertained for the young people of the First Methodist Church at an open house Sunday night July 20, at the parsonage. The open house followed the evening service at the church.

In real hot weather the supply of the blood to the brain is severely curtailed with immediately noticeable effect. It's hard to concentrate, even simple jobs seem complicated. Mental efficiency drops markedly—tests among university students and office workers indicate that it may fall off by 30 to 50 per cent. Work errors increase; accidents occur with greater frequency. Air Conditioning will prevent this, and you will be able to breeze through the days work without being under such a strain.

We live in a sea of air inhabited by hosts of minute, invisible dust particles, all year 'round. It is the dust that never comes to rest, that floats through the air—until it comes to rest in your lungs—that represents the real danger. There is fly ash, industrial dust and fumes, incompletely combusted gasoline from millions of automobiles. There is that invisible sub microscopic protein that makes millions suffer from a large number of allergies. Hay fever, rose fever, dust allergies are a few of the ailments they cause.

With Air Conditioning much of the trouble can be eliminated for sufferers of Hay-Fever, Rose-Fever, and many other allergies when the air is so full of pollen. There is no doubt in the world that Air Conditioning is a great benefit to the health of man. If Scientific Laboratories employ the best known methods today in order to use air 100 per cent clean, how much more would our health benefit if we all had some kind of Air Conditioning to work in and to live in?

Legal Notices

NOTICE
NORTH CAROLINA
CHEROKEE COUNTY

The undersigned having qualified as Administratrix of the estate of Goldman E. Lall, deceased, late of Cherokee County, this is to notify all persons having claims against said estate to present them to the undersigned, Mrs. Fannie Lall, at Andrews, North Carolina, on or before the

31st day of July, 1958, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned at her address, Andrews, North Carolina.

This the 31st day of July, 1958.
Mrs. Fannie Lall
Administratrix

NOTICE
NORTH CAROLINA
CHEROKEE COUNTY

The undersigned, having qual-



SUMMER HOME PROTECTION CALLS FOR SUMMER FUEL OIL SERVICE

Warm weather ends certain problems...creates other ones. Surprisingly, certain fuel oil problems start at this time of year and require immediate attention.

These problems include summer rust in your fuel oil tank... dust in your heating system... adequate fuel oil to meet an early cold snap.

By ordering Phillips 66 Fuel Oil now you solve these problems. Phillips 66 Fuel Oil protects against rust that attacks an empty or near empty tank. Also, you give us the chance to check your heating system for cleanliness and needed repairs. What's more, you assure yourself against freakish weather catching you short.

Order now and save. Buy at our off-season price. Use our convenient credit terms. Call today for our Phillips 66 Summer Fuel Oil Service.

CALL....



ALLISON-DUNCAN OIL COMPANY
Ranger Road VE 7-2666
Murphy, N. C.

"We've found the easy way to pay for Fuel Oil"



"Instead of making big seasonal payments for fuel oil, we've spread the expense out over the year. We're using the Phillips 66 Even Payment Plan."

The Phillips 66 Even Payment Plan is a favorite with many budget-minded homemakers. They like this new way of paying for fuel oil because it has all these advantages.

- It means smaller monthly payments spread out over a year's time.
- It eases the strain on a bulging winter budget when so many other expenses occur.
- The plan is easy and practical to use... it involves no carrying charge or service fee.



FOR FULL INFORMATION ON LOWERING YOUR FUEL OIL PAYMENTS—

4-H CLUB ACTIVITIES

By

L. B. MARSHALL, JR., Assistant County Farm Agent

MARY HENSLEY, Assistant Home Demonstration Agent

COUNTY COUNCIL MEETING

The Cherokee County 4-H Council will meet Saturday at 9:30 a. m. in the home agents office at the Courthouse. All club officers, adult leaders, fair booth committees and other interested are urged attend.

The main items of business to be discussed are fair booth ideas and decide on county-wide projects for the coming year.

We urge everyone to attend his very important meeting.

An interesting feature will be the delegates who attended 4-H Club Week will give a brief talk

on their experiences which will be of interest to all.

POULTRY FIELD DAY

Several members of the 4-H Chick Chain accompanied a group of poultry raisers to the Mountain Research Farm in Waynesville Wednesday to take part in a poultry field day. Included in the program were suggestions concerning the poultry situation, egg cooling rooms, poultry diseases, activities going on at the Station, Restricted feeding program being used, and the overall situation of poultry production in North Carolina.

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REGULAR 2.25
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Stove Pipes
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No. 12
Horse Pads
Reg. 75c Now 49c

PADLOCKS
REGULAR 1.35
Now 98c

Stove Mats
REGULAR 1.29
Now 98c

Sponge Mop Refill
REGULAR 1.49
Now 98c

Sprinkling Can
REGULAR 2.65
Now 1.99

6-3 Entrance Cable
REGULAR 45c Foot
Now 30c ft.

MEN'S SHOE SOLES
with cement 25c

DUST MOPS
Reg. 98c Now 74c

SPRED SATIN
Reg. 6.19 gal. Now 3.50

SPRED LUSTRE
Reg. 2.45 qt. Now 1.42

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