

THE FRANKLIN TIMES

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The Family DOCTOR

By JOHN JOSEPH GAINES, M.D.

LAXATIVES

This little conversation is for adults only—not children. And I deem it worth while. Probably three-fourths of our immense population are, at intervals, users of laxative medicines.

After more than forty years' active experience, I believe I may be able to offer some suggestions productive of good, on this subject, by telling you of the kinds of laxatives that accomplish their purpose, doing the minimum of harm.

Of course, correct diet of soft, easily-digested food should require no medicine of "laxative" nature. But, we do not always eat in proper kind or quantity.

Probably the best all-purpose tablet for simple constipation, is the well-known "Albani," Strychnine, Belladonna and Cascara, laxative compound; I believe this tablet may be found in the most of the drug stores of the land. The dose, one to three tablets at bedtime. I recommend "coated" tablets. They retain their strength longer.

Don't acquire the habit of trying every purgative pill that you hear of. A "pill-habit" is indeed bad company for the experimenter in constipation. The tablet above-named is reliable and harmless as any. Ask your doctor.

One class of constipated patients—those with trouble in the rectum, should not take pills of any sort. A diseased rectum should be cared for. But not with pills—remember that.

These people should use only mineral oil, magnesia, or cascara sagrada—all liquids—that contain no aloes. Rectal patients must avoid ALL rectal irritants—and should observe strict diet rules. Eat no tough fibers, no seeds, no tough skins of fruits, but all soft food that is most easily digested. See your doctor.

4-H CLUB NEWS

NEGRO 4-H HAS MEET

Negro boys and girls of Virginia are provided with the same chance to learn vital things of life through 4-H training that whites enjoy, and the results may be seen in the reports and activities of the twelfth annual state short course for Negro members and leaders. Delegates to the number of 368 signed the register, which represented 33 of the state's 100 counties. Boys and girls were almost equally divided. The event was held at the State College at Blacksburg.

The program followed out pretty much that of all annual meets. Outstanding features were the judging contests to create standards and ideals for products and handwork essential to attain the best results. Speaking and "growth work" contests were also on the program. Girls received special instruction in poultry and gardening and dyeing.

The dress parade was the spectacular feature, the girls being costumed in green uniforms, and the boys in white suits with black ties. So well had the outfits been made or worn the judges worked overtime to reach a decision.

A gardening specialist gave the delegates instruction in planning the fall garden, and in grading and storing vegetables. Another specialist of the college told them how to feed poultry for winter egg production and how to judge and select profitable fowls. Every boy had a chance to try his hand at handicraft work. Games and setting-up exercises were a regular part of the program. A historical sketch of Negro land ownership in Virginia was a special feature. Another lecture was on vocational guidance and advice to the boys on how to choose a career and the part education of the right sort plays in making one's life a success.

The efforts of Mr. G. M. Beam in organizing a building and loan association for Louisburg and Franklin County should meet the hearty approval of every citizen, and receive his substantial encouragement by a subscription to its capital. We know of no agency that can be of greater service to this community at this time than a good substantial building and loan association and it is hoped this will be organized and put to work at once.

A person told the TIMES the past week he would be glad to lease the light plant from the Town and would pay them \$12,000 a year for the plant as it stands. This looks like a good proposition for the tax payers. The Town can never enlarge its territory very much at the present rates, which means that the Town's plant will be bottled up in a few years and have to be sold at a disadvantage. We understand a big Company is already making plans to come within a very few miles of Louisburg.

THE RAILROADS' NEW ERA

It seems apparent that a new era in railroading is already well under way. Never in such a short space of time have there been so many innovations in railroad practice as in the past year or two; never have so many new experiments been under way in the effort to speed up railway traffic and meet the competition of the airplane and the automobile.

First came the air-conditioning of passenger cars, so far applied to only a few long-run trains, but so successful and popular that it seems certain that before many years every important train will be equipped with some kind of air-conditioning to insure fresh air, even temperature and no cinders in passengers' eyes, which have been among the principal reasons why folk prefer to ride in motor cars rather than on railroads.

Then came the high-speed, stream-lined trains, in great variety. The first of these, the Burlington's "Zephyr," proved so successful that the road has ordered several more like it. In regular service it has to "loaf" to keep down to a schedule which calls for only 85 miles an hour! Then came the Union Pacific's "caterpillar" with its Diesel-electric locomotive, which amazed the world by crossing the continent in 57 hours. More of these light-weight, high-speed trains are to be put into service as fast as they can be built.

In the East, where population is thicker and traffic heavier, the big trunk lines still pin their faith on electric propulsion, which is feasible wherever there are great electric power plants close enough together. The Pennsylvania, which has been engaged for some time in electrifying its line between New York and Washington, has just placed a \$15,000,000 order for 57 huge electric locomotives, likewise stream-lined, and capable of a sustained speed of 99 miles an hour, which will bring Washington and New York within less than three hours of each other.

We hear of the great locomotive builders experimenting with new types of motive power, the Pullman Company and other car builders doing the same thing, and we look forward to a new and interesting railroad era.

MRS. N. C. GUPTON DEAD

Mrs. N. C. Gupton, devoted wife of Mr. N. C. Gupton, died at her home in Wood, on Tuesday, November 13th, 1934. She had only been ill for a few days and was up doing her housework the day she died.

No woman was more loved and thought of more highly by her many neighbors and friends than Mrs. Gupton. She was a devout Christian in community life, and a kind and loving mother, and will be greatly missed. She was courageous both in thought and action, to her, hypocrisy was the greatest human fault. Her convictions were the product of an exhaustive and sincere search for the truth. Life, her convictions, her friendships and loyalties were broad, deep and unchangeable. She possessed a magnanimity and breadth of a spirit which left no room for pettiness. She was always kind, generous, sympathetic, forgiving, and loved humanity.

Mrs. Gupton was born in Virginia, October 12 1858, but moved to North Carolina in her early childhood.

She made a profession in "Sapientia" church at Centerville, and afterwards joined Red Bud Baptist church for several years. She then moved her membership to old Mt. Hebron where she remained a member until her death.

Before her marriage to Mr. N. C. Gupton in the year of 1877 she was Miss Elizabeth Raynor, and reared by her grandfather the Rev. Marion DeBridges.

Mrs. Gupton leaves to mourn their loss, besides her husband, ten children: Tommy Gupton, Harrie Gupton, Thurman Gupton, Mrs. Saint Leonard, Mrs. R. E. Turner, Cleveland, Mrs. E. E. Wood, N. C., Robert Gupton, of Halifax, Mrs. W. E. Harris, of Youngville, Mrs. George Hedgepeth, of Nashville, and Miss Pearl Gupton, a teacher in the Red Oak School at Red Oak, N. C. Also twenty-nine grandchildren, fifteen great-grandchildren, and two sisters, Mrs. J. J. Lanier, Centerville, and Mrs. W. W. Tucker, Wood.

The funeral was held from the home on Wednesday afternoon, conducted by Revs. E. C. Sexton and J. H. Harper and the interment was made in the Wood cemetery. The services were largely attended and the floral tribute was especially large and beautiful. The pallbearers were grand-sons of the deceased and those in charge of the flowers were grand-daughters.

The bereaved family have the sympathy of the entire community.

FERTILIZING VALUE OF COTTONSEED MEAL

A ton of cotton seed has approximately the same fertilizer ingredients as 1,653 pounds of cottonseed meal, says C. B. Williams, head of the agronomy department at State College.

But when meal is used as a source of nitrogen in applying a complete fertilizer to a crop, the

yield is usually 10 per cent higher, he says, than when the nitrogen is obtained from cotton seed. Therefore, Williams says, growers will usually find it profitable to fertilize with meal rather than with seed, though seed can be used when applied properly.

On an average, the meal will contain 5.8 per cent nitrogen, 2.8 per cent phosphoric acid, and 1.5 per cent potash, while the seed will contain 3 per cent nitrogen, 1.4 per cent phosphoric acid, and 1.2 per cent potash.

When exchanging seed for meal at a cottonseed oil mill, the farmers should get enough meal to equal the fertilizer value of their seed, plus an extra amount to pay them for hauling the seed to mill and the meal back home, Williams points out. Otherwise, they may make a better trade by selling their seed and buying meal.

In case the grower wishes to use seed for fertilizer purposes, Williams suggests that they make a compost of the seed with manure rich dirt, or wood's mould in the fall rather than put the seed directly under the crop in the spring.

Corn-Husking Champ



FAIRMONT, Minn. ... Ted Blake (above), of Redwood Falls, Minn., is the new national corn husking champion of the United States. He won the 1934 title at the eleventh Annual Championship Meet just concluded here.

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Young Housewife (to Peddler):
"No. Thank you, there's not a thing in the world we want."
Peddler: "Very good, madam. Shall I call again when the honey-moon is over?"

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HUSKY THROATS

Overtaxed by speaking, singing, smoking



"Another Victim of The Snatch Racket" — by A. B. Chapin



Junior Police Daddy



CANTON, O. ... Harry A. Staley (above), local business man, originated the idea of junior schoolboy police patrol in 1922. His idea became the model in 1800 communities in which 200,000 boys are now active so he has been awarded a "constructive service" medal.

HINTS FOR THE HOME

By NANCY HART

Remove rust from any utensil by soaking in kerosene until the rust is soft. Then wipe and polish with a sand soap or bath brick.

Brighten copper or brass by washing in water to which a little salt and vinegar have been added.

Use denatured alcohol to remove tobacco stains from copper or brass ash trays.

Zinc is easily cleaned with a bit of lemon left standing on any stain for an hour or so. Wash with hot water. The zinc will look like new.

To remove paint spots from hardwood floors, rub them briskly with kerosene and follow with a cloth moistened in lukewarm water.

When you are boiling potatoes, add salt to them when they are nearly done and you'll prevent them from going to pieces and make them lighter and fluffier.

A good furniture polish is made of equal parts of kerosene, turpentine and vinegar.

Sandwiches will keep many hours if placed in a covered earthen jar which in turn is set in a pan of cold water.

Put wax paper over watermelon that has been cut. It will keep fresh and moist for a long time.

Fresh berries keep much longer if they are turned out of their boxes onto a plate so that the air may circulate about them freely.

Lemons will not decay if they are kept in cold water that is regularly changed every day.

Cake may be kept fresh after cutting by sticking a slice of fresh bread to the freshly cut sides of the cake, using toothpicks to hold the bread and cake together.

Beef, especially steaks, should be chosen by tests of elastic red meat and firm, white fat.

You can prevent eggs from cracking by pricking with a pin before you boil them.

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