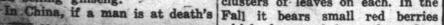
Thursday, October 27, 1949



thar hills-and the moun- | door a little ginseng tea will keep people of Western North him alive for a day or two so he ha are digging it up in the can straighten up his affairs. of wild ginseng roots. Opium smokers use it for "hangbey spend many a Sunday aft-on looking for these roots as overs." It is believed to prolong ans of supplementing the in- life-and even to restore it. tike many of his neighbors J. R. The American men of science think little of the ginseng as a ndy, of Reems Creek, has his medicine—but in China it is a medicine and "secret" spots to "cure-all." Large, old ones like at. His last diggings uncovered Mundy's specimen are often prearea's champion - a root served and worshipped as gods. ghing one and a quarter In fact, Blustein predicts that unds and believed, because of this particular root-for a "fabits size, to be at least 100 years ulous" price-will find its way into some rich man's home, its

Mundy's afternoon search net very presence supposed to ward ted him \$12.50, having sold the off all illness to the household. root to a local herb dealer. The Ginseng is found only in China local dealer sold it for \$40 to a and North America, growing on New York firm and the root is wooded hillsides. About 50,000 now on its way to a Hong Kong, pounds are dug each year, over na, auction. "Once in China half of this being found in Westhere is no telling what price a ern North Carolina, parts of Kennoot of this size will bring," said tucky, Tennessee, and Virginia. art A. Blustein, the New The plant ranges from eight York dealer. It is the largest he inches to two feet in height, conhad seen in 10 years of buying sisting of several stems with three and selling ginseng. clusters of leaves on each. In the





Many users report more than 50% savings in fuel costs, still enjoying safer thermostat d 24-hr, heat, Should ild but one fire per season heating antire homes.



FURNITURE CO. NORTH WILKESBORO, N. C.

How To Grow **Old Gracefully** New York .--- Ten command-

ments for a person to grow old gracefully, as listed by Dr. Herman Seidel of Baltimore: He should continue to work

at his vocation and retain his accustomed position in society as long as possible.

inactivity, continue with what- to young men and women who ever open air activities or hob- meet the qualifications, it was bies he may be accustomed to; announced today by the air force if he has none he should acquire recruiting representative here in some.

Engage in systematic daily cations are: age 21 to 28; eduexercise, designed to prevent or cation: high school graduate overcome physical deformities; plus two years college or be able these should include the practice to pass equivalent examination: of deep breathing. Make full use of helpful gad- as warrant officer or one of the gets such as hearing aids, eye- first three grades in the air force glasses and dentures. Keen face and body free from insightly blemishes.

Always maintain self-respect and dignity, be jealous of his appearance, dress neatly, and retain good manners.

which drop and bury themselves Continue contact with buddles in the ground to produce more ginseng-but it takes at least to make new ones. seven years for the roots to be-

Follow good body hygiene and come large enough for digging. sanitation; eat sensibly-a well-The average root on the market today is two to four inches long and about one-half to one quent intervals, and carry out in C. inch in thickness. It has many branches, often taking shapes full the advice given.

Above all avoid despair and similar to the human figures. There is no judging of the root an outlook of futility, and "fear by the plant. Small, short stem. God and keep His Commandmed plants often have large, old ments, for this is all that is re-

roots and enormous plants often quired of a man." Dr. Seidel, chief of medicine, reveal tiny roots too small for selling. The ones too small for Hebrew Home for the Aged and the market are brewed by the Infirm, Baltimore, is author of mountain women for a "health one chapter in a new book, "Rehabilitation of the Handicapped"

Blustein says ginseng can be edited by William H. Soden. cultivated, although the wild root One reason for a more cheerbrings a higher price. He has of- ful outlook for older people is fered to get the seed for any that the nation has so many of farmer who has the land to try it them, and will have even more

and says the price today, for the cultivated variety, ranges from \$7 to \$16 a pound.

tonic."

Pushbutton Cooking

R. S. Dearstyne, head of the Poultry Department at State College, says North Carolina poultrymen could save thousands of dollars each year if they do a careful and consistent job of culling their laying flocks.

Support the Scouts

IS HERE!

000

THE JOURNAL-PATRIOT, NORTH WILKESBORD, N. C.

in the future. This fact is com- Rev. Watt Cooper In pelling research into the changes and processes of aging, and how to help people age more gracefully, he says.

"It is inaction that is harmful to the aging person and not action," Dr. Seidel writes.

Commissions Are Now Available In Air Force Reserve

figures in the history of the church. They were: Phillips Rus-Commissions as a second lieusell, a member of the Centennial tenant in the United States air Committee: Rev. Watt Cooper. Avoid sedentary habits and force reserve are now available North Wilkesboro, who took the part of "Parson" W. D. Moss, famous minister of the first World War period here; Mrs. G. North Wilkesboro. The qualifi-A. Harrer, Chapel Hill, who appeared as Cornelia Phillips Spencer, one of the Church's most active workers in the postwar period up until 1894; Dr. Wallace E. Caldwell of the University have served at least six months History 'Department, who took the role of ex-Governor David L. Swain, president of the Univerof the United States, or the air. sity of North Carolina before the corps of the army of the United Civil War; and Henry R. Mo-States, or the army of the United Fadyen, Oak Ridge, who imper-States. sonated Prof. Benjamin S. Hend-

Some men are eligible regardrick, the University professor less of rank held if they are col- who was expelled at the instigalege graduates. Those who have tion of W. W. Holden, Raleigh held or are now holding a comeditor, leader of the successionand lifetime friends, and learn mission in any of the armed ists in 1862. forces are not eligible.

For further information con-Mrs. Sarah A. Tweed, North tact the U.S. Army and U.S. Air Carolina, recently died at the age balanced diet of nourishing food. force recruiting station in the of 107. She was a member of the Seek medical advice at fre- City Hall, North Wilkesboro, N: Little Pine Creek Baptist Church for 90 years.

ENROLL NOW IN THE NORTH Historic Tableau WILKESBORO BEAUTY SCHOOL **Chapel Hill Church** No Appointment Necessary Three days of reminiscense, special ceremonies and feasting YES, A \$20.00 WAVE FOR \$10.00 marked the Centennial of the \$10.00 Permanents Chapel Hill Presbyterian church Coldways Permanents, from last week-end. One of the high-6.00 Permanente lights of the program was a his-5.00 Permanents 2.54 toric tableau in which four nar-4.00 Permanents rators impersonated four min SHAMPOO AND SET 40c UP **Telephone 56** \$20 Worth of Beauty For \$10 North Wilkesboro Beauty School Over City Barber Shop North Wilkesboro, N. C. COMING! TUESDAY, NOVEMBER 1, 1949 Our Representative, RALPH McKINNIS, WILL BE IN NORTH WILKESBORO AND VICINITY AND WILL OFFER THE FOLLOWING SERVICES: Repairs to Sewing Machines (Free estimates gladly given) We also purchase used Singer Machines New Singer Sewing Machines Electric Heater. New Singe- Vacuum Cleaners. Utility Tables Sewing Cabinets Buttonhole Attachments Automatic Irons Singer Machines for Rent by the Month **EISELE CONSTRUCTION CO. Check Any of Above Services You Wish** Name Announcing Change Of Office Location Street City MAPLE STREET - Near Old Tannery -Mail This "Ad" to-See Us For Estimates On Your Building SINGER SEWING MACHINE CO. We Can Give You A Contract Price 1321 11th Avenue Hickory, N. C. North Wilkesboro

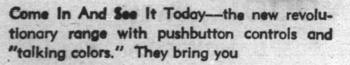
Page Seven



Phone 767-J

MORE POPULAR THAN EVER Preferred by more users

than the next two makes combined!

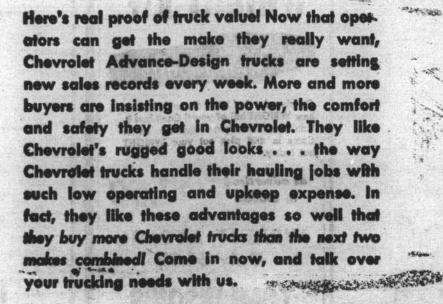


Ease, Speed, Accuracy and Convenience plus Striking New Kitchen Beauty.

Just select the cooking speed you want -then press the button. That's all you have to do. Colored light shows you what units are on, and the exact cooking speeds.

See It On Our Seles Floor

DUKE POWER COMPANY Sorring the Richmont Carolina.



Phone 112

and the second

GADDY MOTOR COMPANY

ADVANCE-DESIGN TRUCKS

CHEVROLET

Featuring VALVE-IN-HEAD ENGINES - Greater power per gallon, lower cost pe e DIAPHRAGM SPRING CLUTCH-Smooth enge TRANSMISSIONS-Quick, smooth shifting e HYPOID REAR AXLES-S times stress spiral bevel type e DOUBLE-ARTICULATED BRAKES-Complete driver eased fire mileage @ ADVANCE-DESIGN STYLING-W the Cab that "Broathes" a BALL-TYPE STREENIG-Basier handling a UNIT-DB

North Wilkesboro