

It's fun to grow your own fruit on world-famous Stark Bro's fruit trees.



When you plant world-famous Stark Bro's fruit trees, you'll be enjoying the results of what you've grown in no time at all. Because Stark Bro's dwarf fruit trees usually bear within 2 to 3 years after planting. And your trees will continue to bring you beauty and pleasure, year after year.



Stark Trees Bear Fruit. Since 1816.

Get your Stark Bro's fruit trees from:

Boiling Springs Nursery & Garden Center

Located on Hwy. No. 9
 BOILING SPRINGS, S.C.
 (803) 578-3569
 Open 8:30 — 6:00
 Mon. — Sat.

BPW Paper Drive

The Thermal Belt Business and Professional Women's Club paper drive is Feb. 18 — 26. A trailer will be parked in the Community Cash parking lot in Landrum to collect magazines, brown bags, cardboard, newspapers, catalogs, books, corrugated boxes. (Books must have covers removed; corrugated boxes must be knocked down; newspaper must be tied together with no other items included.)

Prices Going Up 75 Percent

The price of phototypesetting papers used by the Tryon Daily Bulletin and many other newspapers will rise by 75 percent due to an increase in silver prices, Eastman Kodak Company reported recently.

The increase comes on top of one imposed in October and replaces one announced in December 1979, before the latest jump in silver prices.

FOR SALE: GE refrigerator in good condition. Mary Searcy, 863-4394. adv. 29, 30, 31, 1,c.



PUBLIC HEARING

The Polk County Board of Commissioners will hold a public hearing on the proposed building code ordinance. The Commissioners will receive public comments on the proposed building code ordinance at a public hearing to be held Monday, Feb. 11, 1980 at 3 p.m. at the Polk County Courthouse.

FOR SALE BY OWNER

New mountain home hideaway near the top of Tryon Peak with breathtaking view and 5.9 acres of trees combined with large granite outcroppings. 1800 sq. ft, 2 story house on flat ground with large covered and uncovered porch, 3 bedrooms, 2 baths, thermostatically controlled electric wall heaters in each room plus heatalator fireplace and brick deck for woodstove. Attic area houses large exhaust fan, and floors covered with wall to wall carpet. Separate garage and/or storage building with lights. Lockable iron gate at entrance to private road leading to house from State road, illuminated by 2 Duke Power mercury lamps. Tel. 704-859-6753 in Tryon before 9 a.m. or after 9 p.m. (Price and showings on request)

WHAT EVERYONE SHOULD KNOW ABOUT ... HEALTH THRU CHIROPRACTIC



Gary W. Rowland, D.C.



Are You "Run Down?"

When you feel tired, or not quite up to par, you doubtlessly very often compare your own body mechanism to that of a watch. "I'm run down", you say.

Not a bad comparison. Why not carry it one step further? When a watch is run down and doesn't work properly, we have it adjusted. You can do the same for your body—through chiropractic adjustments.

The result in both cases is the same. The watch and the body are both made up of hundreds of tiny parts, all of which must be meshed together in perfect coordination and balance, and with nothing to impede the flow of vital energy. The mainspring of the watch is its "brain." With human beings the brain is the mainspring of all our actions — conscious and unconscious. Our system of interlocking gears, to transmit vital impulses from the brain, is our spinal cord.

Shock, fatigue, a fall — any one of a hundred causes can throw the spine off balance, interfere with proper channeling of nerve impulses from the brain to the other organs of the body. When we're "run down", it's a symptom that, like our watches, we need "adjusting". The doctor of chiropractic corrects the distortion that has altered or obstructed the proper channeling of nerve impulses, restores the body to the desired equilibrium.

At The Kale Clinics Results Are What Count.



HWY. 176 S.

TRYON, N. C.

859-5852

The Kale Chiropractic Day Clinics are the first and largest complex of Chiropractic Clinics in the Carolinas. Here patients from the entire southeast receive the most modern chiropractic care available in an atmosphere conducive to better health