THURSDAY, JAN. 81, 1985.

THE COURIER, ASHEBORO, N. C.

last week.

-H-

C. E. Kearns, a good farmer of

Asheboro, route two, was in Ashe-

boro on business a few days ago.

-H-

Approximately three-fourths of the cotton parity checks for Cumber-land county have been delivered.

The peanut sign-up campaign is

Some cause happiness wherever

they go, others whenever they go.

getting results in Gates county, ac-cording to R. R. Rich, farm agent.

Weekly Memory Sketches Of **Prominent Men Of Ramseur**

JOHN WESLEY ALLRED

Brick-Mason, Farmer, Methodist "John Wes" Allred was one of the plainest men I ever knew. I think that is on reason why I liked him so well. He carried his own burdens, paid and after all that is most important. his own way, spoke his sentiments Mr. Dixon had lived at Coleridge and allowed others to do the same. He was a small man in statue but he did-n't worry about how big the other fellow was to whom' he was talking. He was no respector of persons. His policy was pretty much the same as that of Jim Purvis who said; "No darn man is any better than another, highly, his first concern was to be a and sometimes not as good."

John Wes Allred was a factor in building up Ramseur in that he was a staunch upright citizen who "Set-tled" here, built a splendid home, family and tried to lead them as a reared a large family and encouraged his children to build homes here, three of whom did in north Ramseur. I life spent in trying to do good is never mention this to suggest that any man who helps to establish good homes in the community is a builder indeed.

Many are the monuments built by this good man that will endure time. Stone and brick structures, the old passenger station at Greensboro among them, stone walls, chimneys, concrete work and other masonry here and there over the State, He was a workman who took pride in doing the best work possible. His

masonry had to be right. Reared near Giles Chapel, he was a member there for a long time, later er, Fitzhugh had the qualities of a moving to Ramseur Methodist church. I loved to hear this good man lead in prayer.

As a friend I valued him very highly. He was interesting, cheerful and true. He had little respect for a "dead beat", and didn't want to waste his time with them. He was industrious and wanted others to be.

like these com-ers & go-ers, but can't always makes friends. As we part stand these com-ers and stay-ers". the curtains of the past in our mem-One of his quaint sayings was: "I Mr. Allred didn't brag on his piety, but he had great respect for the right, for honesty and faithfulness. He told me once that he just didn't about a fellow who wouldn't go to church. Yes-John Wes Allred is today a assigned him.

part of Ramseur. Citizens like him become foundation stones in the community structure.

JOHN B. DIXON

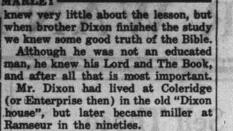
Health Dept.

By A. D. GREGG, M. D., Health Officer

The Service And What It Cost

livery department of runne ser-vice has its special duties which may be termed the objects and aims of that department. The primary ob-ject of a Health Department is to prevent illness and its effects upon By rendering a

The People department of Public Ser-



He held this place I believe until the old mill was discarded, and worked some in the new roller mill. While Mr. Dixon rated his work as a miller good Christian man.

He was a great church man and loved to sing in the choirs and pray good father should. An example like this will bear fruit in others, for a

FITZHUGH LEONARD Young Business Man, A Friendly Fellow

Now a few words about a young man. A short sketch, because this was a brief life, however, he lived great because he lived well.

From one of our best homes, a son of Christian parents, Mr. and Mrs. Joe Leonard, of whom I will write latgood citizen built into his character as he grew from a bright school boy into manhood. After high school

days he entered one of the leading mercantile businesses of the town and in this work he came in contact with a great number of people of this section.

These contacts became friendships, for a sunny, spirited young man like the curtains of the past in our mem-ory we see the smiling face of Fitzhugh Leonard.

Always cheerful, always jovial and smiling as he went about his duties as clerk, he served well in the task

This fine young life was suddenly cut off in the influenza epidemic, leaving his home, the church and Sunday school he faithfully attended, the community and all Ramseur life John B. Dixon was my first Sunday School teacher when I enrolled in his class in 1904. Like most young fel-lows, when we assembled for class we

while you may.

NOTICE TO MID-WIVES OF RANDOLPH COUNTY

Every person who practice midwifery or expects to practice a wifery in Randolph county hereby notified to register their names and address with the names County Health Department at Asheboro, within the next thirty **Irene Rich Gives Pointers On Eating For Health And Beauty**

By Mabel Love

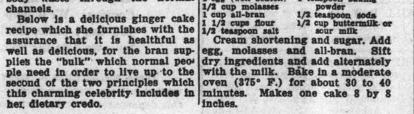
TRENE RICH, the well-known star of the stage and screen, is an actress who is regarded as one of the real marvels of her profession, for although she is the mother of two grown-up daughters she still manages to preserve the face and figure of a girl of twenty.

Much of the credit for this, she says, must be given to the fact that her diet has always been carefully planned-but this does not mean that she subsists on the unappetizing combinations of foods that the diet faddists sometimes prescribe. One of her secrets is that she has One of her secrets is that she has learned to adapt the serving of tasty dishes to the principles of healthful diet. Her two underlying principles of eating for health and beauty, Miss licene shows a professional chef how she makes her bran

Rich says, are to select the foods which provide the system with the

means of creating new cells and supporting life, and those which aid the system in carrying off all body waste through the normal channels.

Below is a delicious ginger cake recipe which she furnishes with the assurance that it is healthful as her, dietary credo.



o shortening i 1/2 teaspoons ginger brown sugar 1 teaspoon cinnamon well beaten) 1 teaspoon baking moiasses powder ill-bran 1/2 teaspoon sods ups flour 1/2 cup buttermilk or sour milk m chortening ond succes Add

how she makes her bran

ginger cake.

Bran Ginger Cake

Chevrolet Makers Hunsucker's Column **Announce Numerous**

1935 Improvements

Changes In Engines And In Bodies Of All Types Of Their Products. Improved commercial car models

having more power, higher torque or pulling ability, greatly increased braking efficiency, and numerous improvements in engine and chassis, ave been announced by the Chevro-

let Motor Company. In addition to the 1/2-ton trucks of 112-inch wheelbase and the 1%-ton trucks of either 131-inch or 157-inch wheelbase, Chevrolet this year features a new unit,

lic health service. So we appeal to dustries and trades, is available. you to use your health department Prices remain at the low levels established last year, when Chevrolet led the industry in truck registrations. The chassis prices, according to the

Chevrolet announcement, are the lowest in the world. The Chevrolet models for 1935 re-

tain the general characteristics of the previous line in layout and design; mechanically, however, the incorpor-ate many refinements and added features.

Changes in the engines include improved counterweighting and harmon-ic balancer, selective balancing of rot-

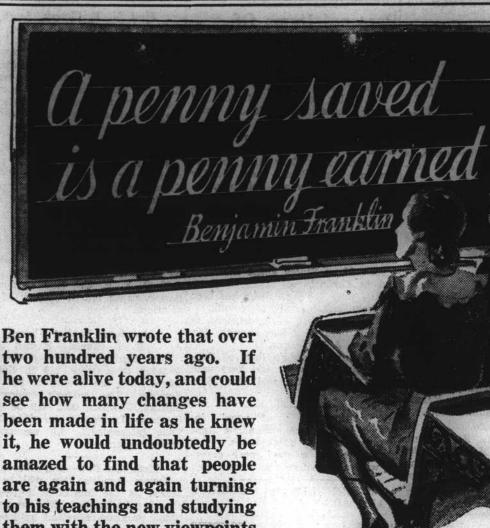
C. C. Cranford has recently made a lot of improvements around his various manufacturing plants in Asheboro. He believes in letting money circulate and has done his part in putting Asheboro on the map.

-H-A man down in the Seagrove section says nothing in the world has put as many men on their feet as the alarm clock. _H_

There is a shortage of horses and mules in Randolph county. If you don't believe this ask John McDowell and Walter Presnell about it.

-H---The talk about old age pensions has brought on a great demand for walking canes.

Sheriff King has completed his first round collecting taxes. Hope he



publisher."

Correct this sentence: "I simply re- in Stanly county several months ago

fuse to borrow my neighbor's news- are handling a large volume of

paper; it is my pleasure to pay my cream, reports County Agent William own subscription and support the N. Wood.

boro on Saturday.

-H-

J. K. Upton, of Richland town

Cream route stations established

ship, spent a short while in Ashe

them with the new viewpoints fostered by adverse conditions. Seeing clearly, as we

do, the wisdom of those words, we should be able to be benefited by them immeasurably.



Yes, times are better, more business is being done, better prices for farm products and the farmers are better off, money is more plentiful and easier to get-prosperity has come. -H-In reading over the good letters of The Courier correspondents last week, we notice that besides being good reporters, in every instance, some of them are real philosophers. _H_

nan body. person immune to certain diseases, we often prevent other diseases, which come as a complication, of the preventable disease. This objective of prevention is mainly accomplished through three channels: vaccination, sanitation and quarantine measures. No one is effective in itself to control communicable diseases in a munity. The Health Department is not an agency for treating the sick. If you are sick, consult a regular practicing physician. They are bet-ter equipped than is the Health Department to treat you when you are ill. Even in contagious diseases the health department prefers that you have your regular physician treat you, and also give you the vaccina-tions. We only treat cases referred to us by a physician, or on order of the county welfare officer.

Your doctors are the most charitable self sacrificing, and for the quality of service rendered, poorest paid public service rendered, poorest paid public servants of the people. They deserve your full confidence and support. If they had the time to do the immunizations, the health officer would have little to do, but your doctors are so busy treating the sick that they do not have time te look up and search out the ones needing vaccines, etc. Some doctors do not keep all the necessary vaccines and materials to do this work, so this part of medicine is the ecialty of the health department. Our personnel have special training, and are equipped to do this work. We will do our best not to divert from specialty.

There is an abundance of work

from specialty. There is an abundance of work for the health department to do in the prevention and the sanitation. The good we may accomplish de-pends on the response from the peo-ple. Will they take advantage of the health program offered than the bealth program offered than be bealth program offered than the department on These news-special bargains in health will be divertised later on. These news-special bargains in health will be divertised later on These news-special bargains in health will be divertised later on These news-special bargains in health will be divertised later on the set with the people of this county have the for not one cant extra cost to the county. The health county have the for not one cant extra cost to the county. The health county have the for not one cant extra cost to the county. The health county have the for not one cant extra cost to the county. The health county have the for not one cant extra cost to the county. The health county have the for not one cant extra cost to the county. It is health count and the to July list, has cost the county in-the people of the county in-the past in your instance on what you can get for nine cants any where

We prefer that you present yourselves personnally to this office and get your permit to work in the county.

BOARD OF HEALTH OF RANDOLPH CO. A. D. Gregg, M. D., County Health Officer.

Mileage Hints

By J. F. Winchester, S.A.E. Supervisor of Motor Vehicle Equipment, Standard Oil Company of New Jersey

<text>

The best way to clean the and The best way to clean the and lam is to us absorbent cotton. Is also to the absorbent cotton work, but has been been the they still light. However, they are institutent and give poor light, and should be

And while light work, hile you're at this head-

ings, increased oil pump capacity, electro-plated pistons, greater water pump capacity, and improved cylinder-head temperature distribution. Brakes and braking have been greatly increased in efficiency and ase of operation. As a result, the new trucks can be stopped in half

the distance formerly required. Improvements in manifolding, car-

ouretion, timing and valves, through the adoption of the Chevrolet blue flame design of the master engine for this year's truck engine has resulted in a horsepower capacity of 70 in the 1935 trucks, a gain of 10

foot pounds torque, at low engine speeds, corresponding to 17 to 24 m. p. h. speed range.

A new system of lubrication serves the crank-pin bearings of the con-necting rods. The oil pump forces high-pressure jets of oil to flow -H-

nstantly from six nozzles, one in

during a prolonged period of each home should have a few fig trees. dipper against the stream of oil, added to the volicity of the oil jets, "Yes Uncle," "Let me hear you builds up a tremendous pressure that spell puppy." "I'm too big a boy to

insures a copious supply of oil to spell puppy. Try me on deg."

The new sedan delivery on the new no excuse to lay down on it. tandard chassis, having a Fisher body of the same size and appear-

draft ventilation, is announced by Chevrolet as the lowest priced en-

ling light merchandise.

HIRTY-HOUR WEEK

MENACES LABOR

In concluding a recent study of the inity-hour work week for the Brook-ings Institute, Harold G. Mositen and Maurice Leven say: "Analysis of the comonic effects of the thicky-hour week clearly leads to the conclusion that the measure would not promote automat withins. It would prove de-thimental to the interact of labor.... It would not promote recovery and bids well to intensify the depression. It is a historical truth that all social organized with the spur of legislation, the result is damaging to the wel-there of those we seek to aid.

Carl is behind that thing and the ating parts, high pressure oil stream es must come. lubrication to connecting rod bear--H---

Why, what in the world is the matter? "Nothing-we just can't hear from the people in Randolph county who claimed that they were kin to Hoover right after he was elected president."

-H-Asheboro merchants are selling merchandise as cheap as you can buy anywhere. Give Asheboro a trial.

-H-The best way to get ahead is to

begin systematic savings now-not tomorrow. _H_

70 in the 1935 trucks, a gain of 10 J. S. Lucas, a good farmer who horsepower over last year. Maximum lives about two miles west of Seapulling power is developed, with 150 grove, says he reads everything in The Courier every week.

-H-We are for every reasonable relief activity but the government can

Where attention is given the trees ach oil trough, directed upward so and the fruit is canned or preserved, that the streams are in the paths of figs pay well. At least it pays to the connecting rod dippers as they have enough trees to supply the approach and pass bottom dead cen- home demands and even a small town ter. These dippers thus receive oil lot furnishes room for that. Every

"So you go to school now, Billy ?"

Even if your job is soft that is

H-You don't really catch cold. You

Chevrolet as the lowest priced chi-closed commercial car on the market. It was designed especially to pro-vide economical fast delivery service for merchants and businesses hand-

Of all sad words a man to Jar; "Another note due on your car."

-H--Spring will som be here and good garden is the best thing to help out this relief work we read so much

-H-We have heard several women say that they were going to keep records on their garden vegetables this year.

L. L. Russell was in Asheboro this week from New Hope township. —H.— Rev. A. F. Nance of Seagrove, was a business visitor in Asheboro this mak reek. NOTE OF STREET

It will pay you to read the adver-mements in The Courier every week. by so doing you will find many bar-

And the building and loan method of saving makes it easy for you to acquire the habit. Hundreds of men and women in Randolph County learned how to save money through this association, and the saving habit has enabled them to build and pay for homes of their own.

The 25th SERIES

Opens

Friday, February 1st

Randolph County Building

and Loan Association

An Association Founded Upon Public Confid

L. F. ROSS, President

Phone 305

LEE M. KEARNS, Sec.-Treas

Asheboro, N. C.