

Weekly Memory Sketches Of Prominent Men Of Ramseur

By V. C. MARLEY

JOHN WESLEY ALLRED
Brick-Mason, Farmer, Methodist
"John Wes" Allred was one of the plainest men I ever knew.

John Wes Allred was a factor in building up Ramseur in that he was a staunch upright citizen who "Settled" here, built a splendid home, reared a large family and encouraged his children to build homes here.

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.

Reared near Giles Chapel, he was a member there for a long time, later 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.

One of his quaint sayings was: "I like these com-ers & go-ers, but can't stand these com-ers and stay-ers". Mr. Allred didn't brag on his piety, but he had great respect for the right, for honesty and faithfulness.

Yes—John Wes Allred is today a part of Ramseur. Citizens like him become foundation stones in the community structure.

JOHN B. DIXON

Christian, Teacher, Miller
John B. Dixon was my first Sunday School teacher when I enrolled in his class in 1904. Like most young fellows, when we assembled for class we

knew very little about the lesson, but when brother Dixon finished the study we knew some good truth of the Bible.

Although he was not an educated man, he knew his Lord and the Book, and after all that is most important.

Mr. Dixon had lived at Coleridge (or Enterprise then) in the old "Dixon house", but later became miller at Ramseur in the nineties.

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 highly, his first concern was to be a good Christian man.

He was a great church man and loved to sing in the choirs and pray with his brethren. He reared a large family and tried to lead them as a good father should.

From one of our best homes, a son of Christian parents, Mr. and Mrs. Joe Leonard, of whom I will write later, Fitzhugh had the qualities of a good citizen built into his character as he grew from a bright school boy into manhood.

These contacts became friendships, for a sunny, spirited young man like always makes friends. As we part the curtains of the past in our memory 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 assigned him.

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 poorer by his going, but the sunshine he scattered among his fellows still glows in their memory and makes the way brighter for us all.

lic health service. So we appeal to you to use your health department while you may.

Health Dept.

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

The Service And What It Cost The People

Every department of Public Service has its special duties which may be termed the objects and aims of that department. The primary object of a Health Department is to prevent illness and its effects upon the human body.

Your doctors are the most charitable self sacrificing, and for the quality of service rendered, poorest paid public servants of the people. They deserve your full confidence and support.

There is an abundance of work for the health department to do in the prevention and the sanitation. The good we may accomplish depends on the response from the people.

Special bargains in health will be advertised later on. These newspaper talks are to acquaint you with our department and get you to thinking deeply so strongly that you will go to see your doctor at least "twice a year for a check up."

For the first six months of 1935 the people of this county have the services of a trained personnel of health officer, sanitarian, and nurse for not one cent extra cost to the county.

Think a few minutes on what you can get for the cost any where else, and you will be glad to have in your health department. Of course, it is not a free lunch.

Irene Rich Gives Pointers On Eating For Health And Beauty

By Mabel Love

IRENE 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.



Irene shows a professional chef how she makes her bran ginger cake.

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.

Her two underlying principles of eating for health and beauty, Miss 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 well as delicious for the bran supplies the "bulk" which normal people need in order to live up to the second of the two principles which this charming celebrity includes in her dietary credo.

Bran Ginger Cake

1/2 cup shortening 1 1/2 teaspoons ginger
1/2 cup brown sugar 1 teaspoon cinnamon
1 egg (well beaten) 1 teaspoon baking powder
1/2 cup molasses 1/2 teaspoon soda
1 1/2 cups flour 1/2 cup buttermilk or sour milk
1/2 teaspoon salt

Chevrolet Makers 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, have been announced by the Chevrolet Motor Company.

The Chevrolet models for 1935 retain the general characteristics of the previous line in layout and design; mechanically, however, the incorporate many refinements and added features.

Changes in the engines include improved counterweighting and harmonic balancer, selective balancing of rotating parts, high pressure oil stream lubrication to connecting rod bearings, increased oil pump capacity, electro-plated pistons, greater water pump capacity, and improved cylinder-head temperature distribution.

Improvements in manifolding, carburetion, 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 horsepower over last year.

A new system of lubrication serves the crank-pin bearings of the connecting rods. The oil pump forces high-pressure jets of oil to flow constantly from six nozzles, one in each oil trough, directed upward so that the streams are in the paths of the connecting rod dipper as they approach and pass bottom dead center.

The new sedan delivery on the new standard chassis, having a Fisher body of the same size and appearance as the standard sedan, with no-draft ventilation, is announced by Chevrolet as the lowest priced enclosed commercial car on the market.

THIRTY-HOUR WEEK MENACES LABOR

In concluding a recent study of the thirty-hour work week for the Brookings Institute, Harold G. Moulton and Maurice Lavan say: "Analysis of the economic effects of the thirty-hour week clearly leads to the conclusion that the measure would not promote national welfare. It would prove detrimental to the interests of labor.... It would not promote recovery and bids well to intensify the depression."

It is a historical truth that all social reforms must come naturally and gradually through evolution—and that when we attempt to speed natural forces with the spur of legislation, the result is damaging to the welfare of those we seek to aid.

Hunsucker's Column

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.

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.

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.

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

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.

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 found the folks, and if he did not, Carl is behind that thing and the taxes must come.

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."

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

The best way to get ahead is to begin systematic savings now—not tomorrow.

J. S. Lucas, a good farmer who lives about two miles west of Seagrove, says he reads everything in The Courier every week.

We are for every reasonable relief activity but the government can not take care of all the people all the time.

Where attention is given the trees and the fruit is canned or preserved, figs pay well. At least it pays to have enough trees to supply the home demands and even a small town lot furnishes room for that. Every home should have a few fig trees.

"So you go to school now, Billy?" "Yes Uncle," "Let me hear you spell puppy." "I'm too big a boy to spell puppy. Try me on dog."

Even if your job is soft that is no excuse to lay down on it.

You don't really catch cold. You just stand still while an acquaintance infects you with his.

Announcement reaches this column from Randelman that there is no let up in business and the town is now on the map bigger than ever.

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

Spring will soon be here and good garden is the best thing to help out this relief work we read so much about.

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.

Rev. A. F. Nance, of Seagrove, was a business visitor in Asheboro this week.

It will pay you to read the advertisements in The Courier every week. By so doing you will find many bargains.

E. B. Leonard, of Ramseur, transacted business in Asheboro one day last week.

C. E. Kearns, a good farmer of Asheboro, route two, was in Asheboro on business a few days ago.

J. K. Upton, of Richland township, spent a short while in Asheboro on Saturday.

Correct this sentence: "I simply refuse to borrow my neighbor's newspaper; it is my pleasure to pay my own subscription and support the

Cream route stations established in Stanly county several months ago are handling a large volume of cream, reports County Agent William N. Wood.

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

The peanut sign-up campaign is getting results in Gates county, according to R. R. Rich, farm agent.

Some cause happiness wherever they go, others whenever they go.

Advertisement for Benjamin Franklin Savings Association. Text: "A penny saved is a penny earned Benjamin Franklin". Image of a man sitting at a desk. Text: "Ben Franklin wrote that over two hundred years ago. If he were alive today, and could see how many changes have been made in life as he knew it, he would undoubtedly be amazed to find that people are again and again turning to his teachings and studying 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."

Large advertisement for Randolph County Building and Loan Association. Text: "SAVING MONEY Is EASY, If You GET THE HABIT!". "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". "L. F. ROSS, President LEE M. KEARNS, Sec.—Treas". "Phone 305 Asheboro, N. C." "An Association Founded Upon Public Confidence"