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A Newsy Trip Around The World

By Elizabeth Saunders

Eddie Cantor says that Kate Smith, the Song Bird of the South is going to be fired because for six months she has been trying to get the moon to come over the mountain, and the darn thing isn't over yet.

Announcement from Samuel Livingstone, woman's stylist in St. Louis, says that "sun colors" in various combinations will predominate in women's footwear fashions next spring.

In Pittsburg, Federal Judge R. M. Gibson fined Milton G. Myer \$100 for violating song copyright laws. Said the Judge: "I am sentencing the wrong man. I would like to sentence the persons who wrote these songs I have to listen to over the radio."

Believe it or not! A cat that prefers to walk on its hind feet is owned by J. N. Suggs, of Little Rock, Ark

Ripley says that the New Year does not begin on New Year's day, 1932 does not actually begin until exactly nine minutes and 54 seconds past 5 A. M. January 2nd.

In Gate City, Va., Grady Coley is displaying three pears weighing 25, 26 and 27 pounds, respectively.

In Nebraska City, Neb., A. G. Norman did the officers a good turn. He was arrested and put in jail. Investigating the jail he found a hole sawed thru window bars. He crawled out, told police of the escape of four prisoners and then crawled back in jail.

A Chicago doctor says that the average modern girl can best marry at twenty-three. At that age a girl has reached full maturity, he said, and is ready for bearing children.

In London, England, Blanco, the London Zoo's albino monkey, has been fitted with a pair of spectacles, due to his weak eyesight.

Mrs. Sol H. Goldberg, wife of a Chicago millionaire, saw a painting she liked and purchased it for \$460. The painting, according to experts, is in reality a Gainsborough, valued at \$50,000.

The barber shop cocktail has come back. Washington police and prohibition authorities reported a rush business in drug store bay rum, with frequent cases of bay rum imbibers being picked out of the gutter.

Rabbi Moses Shurn, 38, bearded and the father of seven children, has enrolled at the Boston English High School, attending classes with pupils one-third his age.

George Tetrault, of Salem, Mass., only eight years old, but weighing 200 pounds, died recently of pneumonia.

A spat or two a day keeps divorces away, asserts Richard Putt, of Lorain County, O., who with Mrs. Putt recently celebrated their sixty-sixth wedding anniversary. Both are 87, and say that they feel happier after each quarrel.

In Seattle, Ore., near-sighted Alexander Mims, rubbed glue on his head, mistaking it for hair tonic. Then he put on his hat. By the time he discovered his error it was necessary to cut his hat off and shave his head.

When twins were born to Mr. and Mrs. F. H. Simpson of South Sioux City, Neb., the son was born at home and then the mother was hurried in an ambulance to a hospital in Sioux City, Iowa, where the daughter was born an hour later.

"Why should a young fellow taking a pretty girl home drive fast, to say nothing of breaking the speed limit?" asked Everett Willard when arraigned in Judge William Rowe's court, at Brockton, Mass. "I agree with you," said the judge as he found Willard not guilty.

For the second time, Mrs. Mary Strong, 49, of Lorain, Ohio, has been shot by a husband who committed suicide. Seven years ago Mrs. Strong, then the wife of John La Buda, escaped death when he turned a gun on her and then killed their 12-year-old daughter and himself.

The French government has appropriated \$1,400,000 to build a new embassy in Washington.

The President of the new Spanish republic gets \$84,000 salary, \$20,000 for traveling, \$20,000 for entertaining and \$60,000 for household expenses. Wonder what the rest of the Spaniards get!

At McCook, Neb., Judge Fred Hanson made a mistake and asked Ethel Hayes, a bride, if she would promise to support her husband. Before the judge could correct his error the bride consented. Charles Schmidt, bridegroom, said he wouldn't hold his wife to that marriage vow.

When Victor Torock's will was filed for probate at Davenport, Iowa, it was discovered he had provided \$10 for each pallbearer at his funeral.

Mrs. Charles McDonald, of Aberdeen, Wash., claims to have the world's champion lilac hedge. It is 125 feet long, 15 feet high, and 10 feet thick.

Demand for Ambergris Greater Than Supply

Treasure trove was recently thrown up on a Pacific coast beach in the form of a piece of ambergris; at least that was what its finders called it. Ambergris, always scarce and now even scarcer, has been a coveted possession for centuries in view of the high price it commands. It has figured in history and in fiction, and from time to time it has brought a measure of wealth to those who have been fortunate enough to find a piece of it.

This strange substance comes either from the stomach or the intestines of the sperm whale and frequently contains the beaks of cuttlefish, on which the whale feeds. It is a grayish substance, often mottled with darker streaks. Whalers after a kill sometimes found large pieces of it floating in the water. Long ago chemists discovered that ambergris could be melted in boiling alcohol and used in the manufacture of perfume. Hence it became a valuable commodity. It is much rarer than it used to be, because of the scarcity of sperm whales. In the early days of American whaling the sperm whale was plentiful, ranging into the North Atlantic for its food.

Interior Stairs Can Be a Point of Decoration

The stairway is the largest single item of interior woodwork about the average modern home.

Both from utilitarian and decorative aspects it serves probably the most important functions which any feature of the interior is called upon to perform. The architectural style of the house itself is often indicated or reflected in the design of the stairs.

Many builders in past times have apparently regarded beauty in stair work as a matter of size; the larger the newels and balusters the more handsome the work. Modern taste inclines to the smaller, more delicately molded forms which made our early colonial stairs such faithful representatives of individual craftsmanship.

Experts Lay Down Rules for Correct Breathing

If you are curious as to whether or not you breathe correctly, unbuckle your belt and slip it up a few inches, halfway between waistline and bust line. Exhale and pull your belt in as tight as you can until you're empty as a pricked balloon. Now, take a whopper of a breath and see how many notches you can expand. It is here that chest expansion should be measured, instead of under the armpits, as your old gym teacher believed.

"Ordinarily breathing should be unconscious," says Dr. Eugene Lyman Fisk, in Collier's Weekly, "but everyday deep-breathing exercises should be employed. People who are shut in all day may partly compensate for the evils of indoor living by stepping out of doors and taking a dozen deep breaths whenever the opportunity presents itself."

"Do your heavy breathing in the morning when you first wake up," says Helen Hayes. "Repeat it whenever you feel fatigue or nervousness creeping over you. It will also cure the insomnia that may attack you at night."

Men as a rule breathe more deeply than women. A man's diaphragm is placed lower than a woman's, which gives his chest more room; and his more active habits of life have made this muscle stronger. Women, with a few glowing exceptions such as athletes, actresses and singers, are shallow breathers. In the bustle and bustle of life in general, they are apt to neglect their diaphragms.

Two demonstrations in killing and curing pork for a home supply were well attended in Bertie County during the past week.

Johnston County farmers are increasing their acreage to wheat this season with the expectation of raising a home supply of bread.

A group of Chatham County farmers sold 12,000 pounds of turkeys for 19 cents a pound during December.



(© 1931, Western Newspaper Union.)
How sweet and gracious even in common speech,
Is that fine sense which men call courtesy!
Wholesome as air and genial as light,
Welcome in every clime as breath of flowers—
It transmutes aliens into trusting friends,
And gives its owner passport round the globe.
—James T. Fields.

BUILDING THE BODY

We may liken the growing of the body of a boy or girl to the building of a house. First we must have a good foundation, which comes from healthy ancestry, then comes the choosing of the materials to build the bony structure and the muscular system which must develop at the same time.

During the early years the bones need lime and other minerals to stiffen them and make them strong to carry on the work of the body. In the teen age the diet must furnish adequate amounts of building types of foods.

A diet which supplies daily one pint to a quart of milk taken in various ways, two eggs, one-fourth head of lettuce or its equivalent in cabbage, from one-half to one pint of orange juice daily, with the juice of a lemon. Using the juice of the lemon to add to the drinking water without sugar gives the water life and adds the required vitamins needed. This gives a diet which will furnish good firm bones and teeth.

For fuel foods which are the carbohydrates (sugars and starches) we need not be exercised about them, as the youth usually eats enough of sweets, which he needs to supply energy, and starches are eaten in fairly good amounts. The fats consumed, which is taken in oils, nuts, butter and yolk of egg, should be in proportion of one to four in carbohydrates. In athletics candy gives a quick energy food. For children, if given after a meal or long enough before it not to dull the appetite for the proper food, it is now considered quite a part of the daily food. A growing boy needs twice as much food as his father. Overweight is better than underweight, since it gives a reserve to draw upon in time of illness or strain.

Miss M...

EMPLOYMENT CONDITIONS IN STATE ARE IMPROVING

RALEIGH, Jan. 4.—Unemployment conditions were better in the State January 1 than on last September 1, although 13 per cent, or 148,547 persons out of the 1,141,129 normally employed were out of work at the start of the year an estimate made by the State Department of Labor shows. An estimate September 1 placed the number of unemployed at 178,016. Another January 1, placed the number at 70,596, and U. S. Census figures for April 1, 1930, showed 44,122 unemployed.

Of eight classifications, agricultural wage earners showed a greater increase in unemployment, partly seasonal, from 7 to 24.7 per cent; factory workers had increased from 13 to 19.5 per cent unemployed, while building and construction, common laborers and domestics decreased in number; unemployed; mechanical trades about held their own and business, clerical and professional, and all other unclassified trades showed considerable improvement. Of the unemployed, 32 per cent are women, who comprise 40 per cent of the unemployed factory workers, 44 per cent of business, clerical and professional workers, and 90 per cent of the domestic servants.

J. G. Staton of Martin County killed 190 hogs that dressed out over 34,000 pounds of pork in middle December. The hogs were grown and fed on home grown feed largely.

Five Point Value In Dairy Farming

By F. E. Jeter
RALEIGH, Jan. 4.—More attention

to the dairy cow in North Carolina offers five opportunities to the North Carolina farmer.

"While we realize the value of milk as a food and know that there should be at least one cow for every five persons in the State, we should not overlook the opportunities provided in increasing the number of cows in all sections of the State," suggests John A. Arey, dairy extension specialist at State College. "In nearly every part of the State there is the opportunity to increase the number of cows so that the cream and milk may be sold. Farm dairying offers first a sure monthly cash income; second, profitable employment for farm labor throughout the year; third, a good market for home grown feeds; fourth, a system of farming that will check erosion and build up the fertility of the land, and, fifth, cash returns from pasture land that would otherwise be idle."

These five points were also recommended by committees of farmers at the regional agricultural meetings which have been held in the State during the past month, says Mr. Arey. For a person to engage in the selling of cream or milk, he should have a unit of not less than five cows for the expense of collecting either milk or cream from smaller herds is rather heavy.

To further develop the dairy industry, Mr. Arey says the committees recommend feeding liberally of a balanced ration made up almost entirely of home-grown feeds. Plenty of grazing in the form of permanent pasture and cover crops to last thru-out the year where possible, was suggested. A good cow will need from 1,800 to 2,000 pounds of grain for one year.

Then finally good pure bred dairy sires should be used to gradually build up the herd to a higher point of production and profit.

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The Beaufort News