

Beware Coughs from common colds That Hang On

Creomulsion relieves promptly because it goes right to the seat of the trouble to loosen germ laden phlegm, increase secretion and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. No matter how many medicines you have tried, tell your druggist to sell you a bottle of Creomulsion with the understanding that you are to like the way it quickly allays the cough or you are to have your money back.

CREOMULSION For Coughs, Chest Colds, Bronchitis

NOTICE

North Carolina, McDowell County, In the Superior Court, E. C. Hawkins, Plaintiff,

-vs- Floyd L. Kelly and wife, Irene Kelly; James A. Padgett and F. M. Bradley, Trustee, Defendants.

The defendant, James A. Padgett, will take notice that an action entitled as above has been commenced in the Superior Court of McDowell County, North Carolina, to determine the title to certain real estate described in said action and located in McDowell County, North Carolina, in which the said defendant is alleged to claim an interest; and the said defendant will further take notice that he is required to appear in the office of the Clerk of the Superior Court of said County in the Court House in Marion, North Carolina, on the 14th day of February, 1940, and answer or demur to the complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said complaint.

This the 13th day of January, 1940. J. F. MOODY, Clerk Superior Court, McDowell County, North Carolina. (Jan. 18, 25; Feb. 1, 8.)

NOTICE OF SALE OF LAND

Take notice, that whereas on the 12th day of January, 1928, C. W. Godfrey executed and delivered to the undersigned C. C. Godfrey a mortgage deed on the lands hereinafter described for the purpose of securing the payment of certain indebtedness in said mortgage deed described, said mortgage deed being registered in the office of the Register of Deeds in Mortgage Book 39 at page 134, and whereas there has been default in the payment of said indebtedness.

Now, therefore, in execution of the power of sale in me vested by the terms of said mortgage deed, and for the purpose of satisfying the said indebtedness, I will offer for sale to the highest bidder, for cash, on Monday, February 12, 1940, at 10 o'clock A. M., at the courthouse door in Marion, N. C., the following described land:

Lying and being on the waters of Toms Creek and Bets Branch, Marion Township and beginning at a stake, government corner of N. A. Riddle line on the top of a high hill, and runs Northwest to Bets Branch, then eastward a short distance, crossing Bets Branch to a road and Harve Godfrey's line, then with his line various courses and distances back to the same road on government line, then Southwest with the road to N. A. Riddle's line, then with said N. A. Riddle's line to the beginning, containing 35 acres, more or less.

This 12th day of January, 1940. C. C. GODFREY, Mortgagee.

NOTICE OF SALE OF LAND

Take notice, that whereas on the 14th day of July, 1939, Eliza Latta and Walter Gardner executed and delivered to the undersigned Paul J. Story, Trustee, a deed of trust on the lands hereinafter described for the purpose of securing the indebtedness described in said deed of trust, which said deed of trust is recorded in the office of the Register of Deeds for McDowell County, N. C., in Deed of Trust Book No. —, at page —, and whereas there has been default in the payment of the indebtedness secured by said deed of trust, according to the terms therein set forth, and demand having been made for the payment of the indebtedness and payment not having been made.

Now, therefore, you will take notice that the undersigned trustee, in exercise of the power of sale in said deed of trust contained, will, on Monday, February 12, 1940, at 10 o'clock, A. M., at the courthouse door in Marion, N. C., offer for sale to the highest bidder, for cash, all of the right, title and interest of the said Eliza Latta and Walter Gardner, whatever the name may be, in and to the following described property:

Being lots Nos. 22, 23, 24 and 25 in Block No. 22, lying and being in the northern part of the Town of Marion in the Augusta Marion Investment Company Addition to the Town of Marion, and according to plat on file in the office of the Register of Deeds for McDowell County, N. C., in Deed Book 18, page 590; said lots are each 25 feet wide and 165 feet in length and front on Fleming Avenue.

Witness my hand this 10th day of January, 1940. PAUL J. STORY, Trustee.

EXECUTRIX' NOTICE

Having qualified as executrix of the estate of E. Brevard Osborne, deceased, late of McDowell County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 22nd day of December 1940, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 14th day of December, 1939. JOSEPHINE A. OSBORNE, Executrix of the Estate of E. Brevard Osborne.

Laughing Around the World With IRVIN S. COBB

Safety Was Not With the Razor

By IRVIN S. COBB

IT SEEMS a colored girl was entertaining a gentleman friend when another suitor for her favor appeared at the locked front door and demanded admittance. There was jealousy in his manner and anger in his voice. Also, there was a justifiable suspicion on the part of the occupants of the house that he might be toting a razor. Anyhow, the newcomer had a reputation for behaving violently at times. His rival within doors was of a more pacific turn of mind.



"Gal," he said to his hostess. "I ain't aimin' to have no rookus wid dat tough nigger outside yonder." "You ain't skeered of him, is you?" demanded the lady. "I ain't skeered—I'se jest careful, that's all. I reckon de best thing fur me to do is jest to climb out of one of dese here back windows and go on 'bout my bizness." "You better not do dat," said the girl. "Dey's a dawg in de back yard." "Honey," queth the departing one as he skinned over the window sill, "de way things is out front it don't make no diff'ence to me ef de back yard is upholstered in dawgs."

(American News Features, Inc.)

Sarah Ann's Cooking Class

Apple Doughnuts

5 medium size ripe apples
2 teaspoons baking powder
4 cups flour
1 egg
1-2 cup milk
2 tablespoons sugar
Salt.

Sift dry ingredients together. Add beaten egg and milk. Beat to a smooth batter. Peel and core apples and slice in rings 1-4 inch thick. Dip each ring in batter until well covered and fry in deep, hot fat, turning rings gently until they are a golden brown. Sprinkle with white sugar and a little cinnamon.

Dried Peach Mousse

1-2 pint heavy cream
1 cup peach pulp
1-2 cup powdered sugar
Juice of 1-2 lemon.
Whip the cream, then fold in the peach pulp, powdered sugar and the lemon juice. Freeze. Serve with lady fingers.

Salad Baskets

Halve small oranges, and remove pulp in pieces; take out the membrane and seeds. Mix lightly with equal parts of canned pineapple. Heap in the shells and just before serving pour French dressing over. Grate a bit of pimiento on top. Serve on lettuce, very cold.

Grapefruit, Cherry and Pecan Salad

Drain a can of white cherries; remove the pits. Fill cavity with pecan nut meats. Separate a large grapefruit into sections. Remove membranes and seeds. Mix with the cherries and serve on lettuce with French dressing.

ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of Anna Mask, deceased, notice is hereby given to all persons having claims against the estate of said deceased to present the same to the undersigned at the office of Robert W. Proctor, in Marion, N. C., on or before the 26th day of January, 1941, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will make immediate payment to the undersigned. This 22nd day of January, 1940. ED MASK, Administrator of Anna Mask, deceased.

ADMINISTRATRIX'S NOTICE TO CREDITORS

Having qualified as administratrix of the estate of A. C. Kanipe, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Old Fort, North Carolina, on or before the 26th day of January, 1941, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This 25th day of January, 1940. CORA KANIPE, Administratrix of the Estate of A. C. Kanipe. (Jan. 25-6w)

EXECUTOR'S NOTICE TO CREDITORS

Having qualified as executor of the estate of L. H. Miller, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Marion, N. C., on or before the 4th day of January, 1941, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to said Executor or to his attorney, Edw. A. Morgan. This 12th day of January, 1940. GEORGE W. MILLER, Executor of the last will and testament of L. H. Miller.

Read the advertisements. It pays.

OLD-AGE AND SURVIVORS INSURANCE PROVISIONS

Part 5

How to Figure Old-Age and Survivors Insurance Benefits

For calculating benefits provided under the new Federal old-age and survivors insurance system, a formula, based on the workers monthly wage, has been adopted.

To find this "average wage," take a commercial or industrial worker's total wages, as reported by his employer, and divide this total by the number of months he could have been in employment since 1936. A monthly benefit is figured as follows: A basic amount equal to 40 percent of the first \$50 of his average monthly wage; to this is added 1 per cent of the basic amount for each year in which the worker earns at least \$200 in covered employment.

Example: Jim Blank, a factory worker, receives \$100 a month in wages from 1936 until the end of 1939. At that time he reaches age 65 and decides to retire to get his monthly old-age insurance benefits, beginning next year. Jim's monthly benefit will amount to \$25.75. Here is how it is figured: 40 percent of the first \$50 of his average monthly wages is \$20. Add 10 per cent of the remaining \$50, or \$5. That makes \$25. The law provides for an additional 1 per cent of this \$25 for each year that he was covered (1937, 1938, 1939). One per cent of \$25 is 25c, and three times 25c is 75c. So Jim's monthly benefit will be \$25.75. (For further information on the above subject call or write the Social Security Board, 204 Flatiron Building, Asheville, North Carolina.) (Next week: When Monthly Benefits Are Payable to Wife of Annuitant.)

RANDOM STATISTICS

On an average eight-hour day the U. S. Government Printing Office prints 8,000,000 stamped penny postal cards for distribution by the Post Office Department. Annual production totals about two billion cards.

Agricultural experts say that insects annually cause tree billion dollars worth of damages to crops in the United States. American farmers spend as much as \$100,000,000 to fight the pests.

According to government figures, one-half of all auto-owning families in the United States have incomes of \$30 a week or less.

Last year, world production of petroleum and related fuels reached a new high of 2,150,000,000 barrels—about 90,000,000 more barrels than in 1938.

One day shortly before Christmas, 17,508,033 pieces of mail passed through the New York City post office. This was said to be the greatest volume of mail ever handled during the same length of time by any post office in the world.

AWAITING THE PROPOSAL

"Why do you call your boy friend 'Pilgrim'?" "Because every time he calls he makes a little progress."

EXECUTRIX' NOTICE TO CREDITORS

Having qualified as Executrix of the estate of W. T. Morgan, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Marion, N. C., on or before the 4th day of January, 1941, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to said Executrix. This 12th day of January, 1940. MARY A. MORGAN, Executrix of the last will and testament of W. T. Morgan.

Health and Beauty . . .

Dr. Sophia Brunson

NEW DISCOVERIES IN MEDICINE

"The moving finger writes; and having writ Moves on; nor all your piety nor wit Shall lure it back to cancel half a line Nor all your tears wash out a word of it."

Thus sang the great Persian poet over a thousand years ago.

Musing by the fire on the last night of the old year, a panorama of disasters unrolled before me. Earthquakes, droughts, floods, dust storms, pestilences, highway deaths, and wars. Surely 1939 has been a year of fear, anguish and calamity. Is there nothing redeemable about it? Yes; while nature and man seemed to conspire to destroy thousands of human beings, the doctors and scientists have been laboring to save them. Early and late they have toiled to find means of curing diseases and to alleviate human suffering.

Let us review some of the things that have been accomplished by medical science last year.

Dr. Fishbein, editor of "The Journal of the American Medical Association," believes that "when the year's statistics are gathered they will show the lowest sickness and death rates ever attained in the United States—with a great reduction in the mortality of mothers during childbirth."

The discovery of sulfanilamide stands out as one of the greatest steps forward in the long march of medicine. It is a wonder drug. We are entering a new era of cures for diseases and infections that were considered incurable.

Pneumonia, once called "the captain of the men of death," is yielding to sulfapyridine, a derivative of sulfanilamide. Many cases are getting well that formerly would have died. As the study of this drug advances we find other maladies yielding to it. Fishbein says, "In 1939 hundreds of lives were saved or prolonged by these drugs." Dr. Garhard Domagk of Germany won the year's Nobel prize for discovering it. It is made from a red dye.

Sulfanilamide is one of the very few specifics known to medicine. Dr. Fishbein lists as specifics, "quinine for malaria, arsphenamine for syphilis, and diphtheria anti-toxin. Sulfanilamide entered this 'hall of fame' by acting as a specific for a strain of streptococcus germs."

Infections that were frequently fatal, such as childbed fever, erysipelas, meningitis, etc., are often cured by sulfanilamide. There are also loathsome venereal infections that are yielding to its use. Even endocarditis, which is an inflammation of the inner heart lining, is sometimes cured by this drug.

During 1939 we have gained new and valuable information in regard to vitamins. Much light has been thrown on B1. There are many foods that are deprived of this vitamin by modern processes of milling, which remove the brown parts of rice and grains of various kinds which contain vitamin B1. The absence of this vitamin causes pellagra in this country and beriberi in the Orient. Many alcoholics suffer from neuritis which is said to be due to a vitamin deficiency.

For many years this writer has been pointing out the dangers of deficiency diets, due to improper selection of foods, devitalized grains, overcooking, etc. Now Dr. Fishbein says in his report, "The vitamin B1 deficiency must be much more widespread in this country than clinicians have believed hitherto," so the council stated. He, continuing the statement, said that "it was once believed that there was plenty of vitamin B1 in the foods we eat. The highly refined diets have resulted in a general deficiency. Refined sugar and flour are very deficient in vitamin B1. Whole wheat flour had about 1.65 units of vitamin B1 per gram, but modern white flour has only about 0.15." (To be continued)

PLEASE SEND IN CHANGE OF YOUR ADDRESS AT ONCE

Progress subscribers are asked to notify us promptly of any change in their address. Under the new postal laws newspapers must pay postage due for notices of any change of address furnished by the postoffice. In addition there is also the problem of delay in delivery or failure to get the paper. The best plan is to send in the change of address direct to publisher in advance.

JUST HUMANS

By GENE CARR



"Taxi." "Really!"

Why BC relieves HEADACHE and NEURALGIA so Quickly

The "BC" formula is a special combination of several quick-acting ingredients widely recognized for their relief-giving effectiveness. These ingredients dissolve promptly and go right after such discomforts as headaches, neuralgia, muscular aches and functional periodic pains. Keep a 10c or 25c package of "BC" handy. When used for the relief of those aches and pains for which it is recommended, and according to directions indicated on each package, we think you'll agree that it works fast and relieves in a hurry. Always consult a physician when pains persist or recur frequently.

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JOHN YANCEY, President

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J. N. MORRIS, Cashier

W. F. GRANT, Assistant Cashier



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