

**RECORD FISHING MARK REPORTED FOR TWO DAYS**

In two days of fishing on the Daniel Boone and Mt. Mitchell state-federal wildlife management areas last week, 239 fishermen caught 1,287 trout, C. N. Mease, refuge supervisor, announced Friday.

Mt. Mitchell areas' streams attracted 93 anglers, including a number of women who engaged in fishing at Neal's creek where the sport is provided for the feminine sex only. The total catch in the Mitchell area was 573 fish, which averaged nine inches in length and weighed 101 pounds. The 146 fishermen on Daniel Boone refuge caught 709 fish, which weighed 137 pounds and averaged nine inches in length.

Rome had rigid laws to regulate personal liberty about 200 B. C. The number of guests at parties, funeral costs, and even the color of women's dresses, were fixed by law.

Dick—Did you get on your knees when you proposed to Christy?  
Frank—No, she did.

**NOTICE OF DEMOCRATIC PRECINCT MEETINGS AND COUNTY CONVENTION**

Notice is hereby given that pursuant to the action of the Democratic State Executive Committee of North Carolina, the precinct meetings of the Democratic voters of McDowell County will be held in the several precincts at 2 o'clock P. M. on Saturday, May 4, 1940, for the purpose of electing a precinct committee, composed of five active Democrats, at least one of whom shall be a woman; (The committee so elected shall immediately elect a Chairman and Vice-chairman, one of whom shall be a woman) and for the further purpose of electing delegates to the County Convention. Each precinct shall be entitled to vote for each 25 Democratic votes, and one vote for fractions over 12 Democratic votes east by the precinct for Governor in the election of 1938. Each precinct, therefore, may elect as many delegates to the County Convention as it may see fit not exceeding three delegates and three alternates for each vote to which the precinct may be entitled in the County Convention.

NOTICE is further given that the McDowell County Democratic Convention is hereby called to meet at the courthouse in Marion, N. C., at 11 o'clock A. M. on Saturday, May 11, 1940, for the purpose of electing delegates to the State Convention and for such other business as may come before the convention.

The McDowell County Democratic Executive Committee is hereby called to meet at the courthouse in Marion, N. C., at 12:00 o'clock noon on Saturday, May 11, 1940, for the purpose of electing a Chairman and Vice-chairman, and for the transaction of such other business as may come before the committee.

This the 3rd day of April, 1940.

ROBERT W. PROCTOR,  
Chairman, McDowell County Democratic Executive Committee

**LAND FOR SALE**

Take notice that under and by virtue of the power of sale contained in that certain Deed of Trust executed by B. B. Emory and wife, Annie Emory, to the undersigned Trustee for the benefit of the Home Building Association of Marion, N. C., recorded in Book 45 at page 205 of the Mortgage Deed Records of McDowell County, conveying the lands therein described and securing an indebtedness, therein described, demand having been made upon the undersigned Trustee that he exercise the power of sale, therein given, and for the purpose of satisfying said indebtedness, the undersigned Trustee will offer for sale to the highest bidder, for cash, at the courthouse door in Marion, N. C., at 12 o'clock, noon, on

Monday, May 6, 1940  
the following described property, to-wit:

That certain house and lot near the Clinchfield Mill where the parties of the first part now reside, and being a part of lot No. 15, Block No. 3, of Clinchfield Annex according to map of same, recorded in Map Book 1 at page 59 of McDowell County Map Records, and more specifically described as follows:

Beginning at a stake in the South side of Matilda Avenue, N. E. corner of Lot No. 14, Block B, of said Clinchfield Annex, and runs with said Avenue South 47 West 70 feet to a stake, located 14 feet East of Holler's line; thence South 29 East 140 feet to a stake; thence North 47 East 108 feet to a stake in the Southern line of said lot No. 14; thence with said line of said lot North 43 West 140 feet to the beginning.

And being the same property described in a deed from J. M. Seagle and wife to the parties of the first part, dated August 13, 1931, and recorded in Deed Book 77 at page 530 of McDowell County Deed Records, reference to which deed and map, above referred to, is here made for further description.

The terms of the sale are for cash and subject to confirmation by the court.

This April 3, 1940.

J. W. WINBORNE, Trustee.



Renee Roselli, one of the beautiful girls appearing here with the Hip-Hip-Hooray Musical Revue, under auspices of Marion Fire Department, for one day only, Friday, May 3.

**Health and Beauty . . .**

Dr. Sophia Brunson

**EMOTIONS OFTEN RUIN THE HEALTH**

Fear, hate and anger are destructive emotions. They slowly undermine the character and the health. The cruel murderer steals upon his victim in the shadow of darkness to deprive him of his life, because hate fills his soul. He plunges a dagger into his heart with no feelings of mercy or remorse. He has brooded so long over real or fancied wrongs that kindness and compassion have left him. He has given himself over to the powers of evil and allowed them to take full possession of him.

The Master said, "Love your enemies, bless them that curse you, and pray for them which despitefully use you." A true Christian, with God's help, does not hate. He follows his Master's teachings and returns good for evil. Even a wise man who is not a Christian does not hate; he knows that hate destroys his own soul, wrecks his happiness, and finally his health.

Hate, anger, fear undermines health and brings misery, care and sorrow. Old Nietzsche, a half-crazy German writer, taught hatred as a virtue. Russian Communists teach hate. They say that love indicates weakness, and people must hate enemies. All Christians are enemies because they teach love and believe in a God whom the Communists execrate.

Today we see the fruits of such teachings. They have set the world on fire and men are freezing, starving, killing and being killed because of such doctrines. It is unsafe in dictator countries even to express a thought that is contrary to what the rulers think.

Looking over a Christian journal, my eyes fell on an article written by a saintly old man under one of the headings, "Hate in Action." He says: "Germany in the World War sang a 'Hymn of Hate.'" This same Germa-

ny is so blinded by her hate for Jews that in spite of God's warning and history's story she rushes toward destruction." Germany should look at Spain. She persecuted Christians and Jews. Today, she is prostrate torn and bleeding. Once the richest country on the earth, she is one of the poorest now. The writer continues:

"When a youth I served an apprenticeship with a Jew. His name was Abraham Rhineheimer. In all the years since, I have never known a finer man. He was a father to me. So good, so honorable and upright; yet today Germany is robbing and persecuting many an Abraham Rhineheimer, some of their best and choicest—and may God have mercy on the souls of the high command.

Hate is dropping bombs on innocent women and children. Peace has fled from Europe and Asia. Hate, fear and anxiety are causing rapid heart beats, breathlessness, rise in blood pressure and many other functional disturbances. If this goes on long enough many civilians and soldiers will actually die of organic diseases brought on by destructive emotions.

Dr. Walter L. Brown, St. Bartholomew Hospital, London, writes that anxiety may cause at first functional changes in the body if continued long enough, the organs may be permanently diseased.

It is a day of emotional stress and strain. We need to calm our own souls, and above all teach our children that a firm, unflinching faith in God is the only protection that they can have on which to rely.

**MOST NECESSARY FOODS**

"Can you name any foods which are necessary to a balanced diet?" The food which comes first in this respect is milk. Every child should take a quart of milk daily and every adult a pint. Cheese and other milk products are equally valuable. Milk is the most important single food and even at prevailing prices it is a bargain in food values.

Next in importance come eggs. Like milk, eggs are rich in good proteins as well as vitamins and minerals. Of great importance, too, are fruits and green vegetables, particularly the leafy vegetables. Every person who would prevent nutritive failure should partake not only of milk and eggs, but also of fruits and green vegetables in liberal quantities. Meats are important, but the foods first mentioned because of their richness in vitamins are almost essential.—Dr. James S. McLester (former President American Medical Association) in The Progressive Farmer.

**WHO KNOWS?**

1. How close does Denmark come to Sweden?
  2. What was the original membership of the House of Representatives?
  3. Are alien residents counted in distributing Congressional seats?
  4. How old is Chief Justice Hughes?
  5. What is a fjord?
  6. What is meant by the iron gate?
  7. When did Norway declare its independence of Sweden?
  8. What products did Great Britain get from Denmark?
  9. Who invented the typewriter?
  10. How many nations have lost their independence since 1938?
- (See answers on page 7)

**Agonizing HEADACHES RELIEVED IN A HURRY**

**THE 6C WAY**

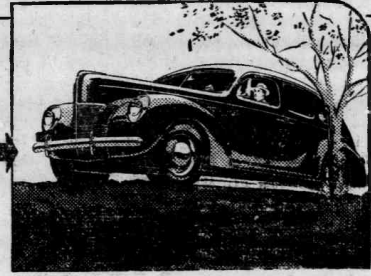
"6C" works fast. Promptly soothes nervous disturbance caused by headache and eases minor aches and pains. Always use as directed on package. Consult a physician when pains persist.

**ADMINISTRATRIX' NOTICE**  
Having qualified as Administratrix of the estate of J. E. Vess, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against said estate to exhibit them to the undersigned on or before the 18th day of April, 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 Administratrix.  
This 17th day of April, 1940.  
MRS. LIZZIE VESS,  
Administratrix of the Estate of J. E. Vess, deceased.

**Who says you can't have EVERYTHING!**

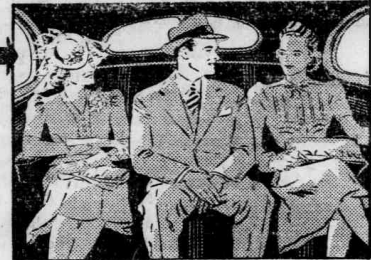
**You can have V-8 performance—and gas economy, too!**

An 85 h.p. Ford gave 24.92 miles per gallon in the annual official Gilmore-Yosemite road test, open to all cars. This was best mileage of all standard-equipped cars in this class!



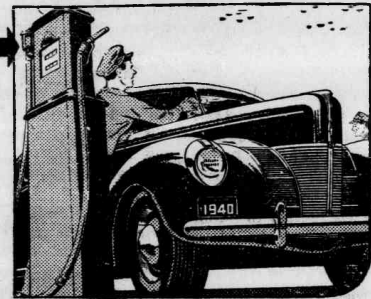
**You can have easy-handling—with big-car room and ride!**

Everyone knows how easy it is to drive a Ford. But no one could know, till he gets inside, how big this Ford is in leg-room, seat-room, knee-room . . . nor what a thrillingly soft, steady, big-car ride it gives!



**You can have low cost upkeep—and enjoy real fine-car features!**

You shift gears on a Ford with the easy-acting type finger-tip shift used on costly cars. You get a semi-centrifugal clutch giving lower pedal pressure at shifting speeds, also typical of costly cars . . . to say nothing of the biggest hydraulic brakes ever used on a low-cost car. Your Ford Dealer's ready and willing to trade . . . See him now!



**YOU CAN HAVE A FORD V-8**

—and that's what you'll want when you try it!

*"Don't forget a carton of Coca-Cola, Dad"*



The six-bottle carton of Coca-Cola is the ideal way to have refreshment at home. The carton is easy to buy and easy to carry. Pure, wholesome, delicious, —Coca-Cola belongs in your refrigerator.

BOTTLED UNDER AUTHORITY OF THE COCA-COLA CO. BY

**COCA-COLA BOTTLING COMPANY**

MARION, N. C.

Don't forget. Trade in Marion.

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