

## Health and Beauty . . .

Dr. Sophia Brunson

### Slouchiness

When you look out of the window and see a person slouching along the sidewalk, with his back humped, his stomach carried forward and with a sink in his epigastric region, you unconsciously feel that his mental attitude is in keeping with that of his body.

When the World War ended in 1918, the Adjutant General of the United States Army sent a letter to educators in which he set forth some of the reasons why young men failed at the officers' training camps. Slouchiness was mentioned as the most outstanding cause.

He wrote: "I refer to what might be termed a mental and physical indifference. Many otherwise excellent men failed because they had developed the habit in high school and college of being indifferent to accuracy of thinking and acting."

The bearing of an officer should be that of a polished gentleman, and not of an indolent lazy tout, who slouches along as though his body were about to fall to pieces. This very appearance bespeaks loose and inaccurate thinking, or not thinking at all.

Slouchiness is also shown by one's speech. Students, who have been through grammar school, have no excuse for murdering the English language as many of them do. If they are accurate in their thinking and strive for self-expression, they will endeavor not only to acquire good manners, but correct habits of speech. The two go together.

Young men and women who start out to find employment can never expect to advance very far in the business world when they're slovenly in their bearings, thinking and speaking. They do not make favorable impressions on their would-be employers when they slouch into their offices and in awkward and incorrect English request position.

One of the very great charms of President Roosevelt was his pleasing, well-modulated voice, and a well-nigh perfect enunciation that

bespeaks a gentleness of high culture.

When the writer was a student at medical college, one of the medical college professors was a very small man. He entered the classroom one day and announced to the class that he was not responsible for his height, but that he was responsible for his bearing and his posture. He made the best of both, and as is generally the case, he not only strove for physical fitness but for high intellectual attainments. He succeeded in life and became an outstanding, as well as an upstanding, man in his community.

The Greeks strove for sound minds in sound bodies. It is an old fallacy that brains and brawn do not mix, or that the weakling is especially intended for intellectual endeavors and accomplishments.

As a rule, health, physical fitness and intellectual prowess, together with moral strength, fit men and women for leadership; but the mental and physical slouches are left hopelessly in the race.

### DEVELOPED HAM LOAF

Here's an idea for a deviled ham loaf made with leftover meat; grind the ham, mix with an egg; bread crumbs and such spices as prepared mustard, horseradish, diced onion, tabasco and catchup. Serve the slices of the baked loaf with a spoonful of cold sour cream.

Fifty-two per cent of the feldspar production of the United States comes from North Carolina.

In 1880 there were only 211 people living in Gastonia.

## New Model Cars Will Appear At Early Date

Detroit, Jan. 8.—The public will see a lot of new model automobiles in the next few weeks—all emphasizing a new styling trend that began soon after the war.

Shown to dealers and industry writers this week were the new 1949 Chevrolet and Studebaker models. Next week Chrysler will announce details of the new Chrysler, De Soto, Dodge and Plymouth units to be publicly introduced some time in February.

That will leave only Packard and Hudson to disclose what if any design changes are to be made this year.

Most car makers look for a substantial production increase this year. With or without the return of full scale competitive merchandising in motor vehicles, they expect to boost production by at least 10 per cent over last year.

That would mean a 1949 volume of close to 5,798,000 vehicles.

### New Name Needed

A man named Joe Hogbristle appeared in court to have his name legally changed. The judge nodded understandingly and asked, "What name do you want to take?"

"Frank Hogbristle. I'm sick and tired of hearing people say, 'Hi, Jo, whaddya know.'"

### Naturally

"My husband's face dropped a mile when we first visited Grand Canyon." "Disappointed?" "No, he fell over the rim."

## VET'S BONUSES

Nine states are now paying out \$1,540,256,000 to 4,750,000 World War II veterans or their survivors; six other states have approved plans to give about \$452,000,000 to approximately 956,000 ex-GI's but the cash has not yet been distributed and other bonus programs, involving around \$640,000,000 have cleared the first hurdles on the legal tracks of two more states, but they have not become final yet. The nine states already paying bonuses are: Vermont, New Hampshire, Massachusetts, Illinois, Rhode Island, Michigan, New York, Connecticut and Ohio. The total program involves a total of approximately \$2,000,000,000.

The state capitol cost approximately \$500,000 when it was built 100 years ago.

## Girls Forget Fears, Thanks To 2-Way Help

What to do for woman's oldest problem, functional monthly pain? Many a girl and woman has found the answer in CARDUT's 2-way help. You see, CARDUT may make things lots easier for you in either of two ways: (1) started 3 days before "your time" and taken as directed on the label, it should help relieve functional periodic pain; (2) taken throughout the month like a tonic, it should improve your appetite, aid digestion, and thus help build up resistance for the trying days to come. CARDUT is scientifically prepared and scientifically tested. If you suffer "at those certain times", get CARDUT today.

*How MILD can a cigarette be?*

See for yourself... smoke CAMELS with this Money-Back Guarantee!

Try Camels in your "T-Zone" (T for Taste and T for Throat). If, at any time, you are not convinced that Camels are the mildest cigarette you ever smoked, return the package with the unused Camels and we will refund its full purchase price, plus postage. (Signed) R. J. Reynolds Tobacco Co., Winston-Salem, N. C.

Licensed Wiring Contractors

## Johnson Electric Co.

MARION, N. C.

"We Service Everything We Sell"

Old Newspapers for sale at The Progress office at 5c bundle

NOW COMES THE LEADER WITH A 7-YEAR ADVANCE IN ONE!

# Welcome the New CHEVROLET



ON DISPLAY SATURDAY

## The most Beautiful BUY of all

We cordially invite you to see the new Chevrolet for '49—the first completely new car the leader has built in more than seven years—and the most beautiful buy of all!

You'll find it's the most beautiful buy for styling, for driving and riding ease, for performance and safety, and for sturdy endurance born of quality construction throughout . . . because it alone brings you all these advantages of highest-priced cars at the lowest

prices and with the low cost of operation and upkeep for which Chevrolet products have always been famous.

Yes, here's the newest of all new cars—pre-tested and preproved on the great General Motors Proving Ground—and predestined to win even wider preference for Chevrolet as the most beautiful buy of all, from every point of view and on every point of value. Come in and see it!

First for Quality at Lowest Cost

AMERICA'S CHOICE FOR 18 YEARS

## Ballew Motor Company, Inc.

438 East Court

Telephone 225

MARION, N. C.

### NOTICE OF SALE OF LAND

Take notice, that whereas on the twenty-fifth day of January, 1947, Worth Frady and his wife, Rachel Frady, executed and delivered to the undersigned trustee a deed of trust on the lands hereinafter described for the purpose of securing the payment of certain indebtedness in said deed of trust described, which said deed of trust has been duly registered and recorded in the office of the Register of Deeds of McDowell County, North Carolina, in Deed of Trust Book 62, at page 63; and whereas default has been made in the payment of said indebtedness, and demand has been made upon the said Worth Frady and wife, Rachel Frady for the payment of the same and payment has not been made; and whereas the holder of said indebtedness has requested the undersigned to sell the lands described in said deed of trust for the purpose of satisfying and paying said indebtedness,

Now, therefore, in exercise of the power of sale in said deed of trust contained, and in accordance with the terms of the same, and for the purpose of satisfying said indebtedness, I will, on Monday, January 24th, 1949, at eleven o'clock A. M., at the courthouse door in Marion, N. C., offer for sale at public auction to the highest bidder, for cash, the following described tracts of land, to wit:

Lying and being in the Town of Marion, N. C.:

FIRST TRACT: Beginning on an iron stake in Surry Street, W. P. Elliott's beginning corner, and runs South along the East edge of Surry Street 41 feet to a stake and White Oak stump; thence S 61 E 64 feet to a stake; thence S 63 E 80 feet to William Finley's Southwest corner; thence N 20 W with Finley's line 185 feet to his Northwest corner; thence Northwest with W. P. Elliott's line 70 feet to the beginning.

SECOND TRACT: Beginning at a stake in Surry Street, in the east edge, and running N 71 E 120 and 3/4 feet to a stake in Finley's line; thence N 23 W 62 feet to a stake; thence S 71 W 90 feet to a stake on Surry Street at the east edge; thence S 10 W along Surry Street 70 feet to the beginning, let the same contain what it may.

This the 23rd day of December, 1948.

PAUL J. STORY, Trustee

### NOTICE OF ADMINISTRATION

Having qualified as Administrator of the estate of M. W. Gragg, deceased, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at the offices of Proctor & Dameron, Attorneys at Law, Marion, North Carolina, on or before the 7th day of January, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to the estate will please make immediate payment.

This 6th day of January, 1949.

DAN W. WILSON, Administrator of M. W. Gragg, deceased

## CHEVROLET

is the only car bringing you all these fine-car advantages at lowest cost!

### YOU'LL PREFER ITS "LUXURY LOOK"!

Chevrolet's new Leader-Line Styling is lower, wider, racier . . . with new Dyna-Cool radiator grille, Single-Sweep front and rear fender treatment, and fleet-as-a-rocket lines all around . . . by far the most beautiful development of the new "functional form" for motor cars.

### MORE BEAUTIFUL FROM EVERY ANGLE!

The new Beautiful-Leader Bodies by Fisher (with push-button door openers outside) are true masterpieces by the master builder of fine coachcraft . . . with superb lines, extra-fine upholstery and a wide variety of alluring colors . . . much more beautiful from every angle—inside and outside—front, side and rear.

### MORE ROOM AT EVERY POINT!

The new Super-Size Interiors featuring extra-wide "Five-Foot Seats," give you plenty of head, leg and elbowroom as well as extraordinary seating space for six full-grown passengers; and you'll also notice that the giant rear decks have what amounts to "trunk room" capacity.



### SEE ALL! ENJOY ALL!

New Panoramic Visibility, with wider curved windshield, thinner windshield pillars, and 30% more window area all-round, permits you to see all and enjoy all, and to travel in maximum safety.



### THESE ARE CARS THAT "BREATHE"!

Yes, you'll enjoy the additional pleasure of riding in a "car that breathes," for a completely effective heating and ventilating system supplies warm air to every nook and corner of the interior—exhales stale air—and keeps glass clear in all weather. \*(Heater and defroster units optional at extra cost.)

### THE NEW RIDE'S A REVELATION!

A vastly improved Unitized Knee-Action Ride, combined with new direct-acting airplane type shock absorbers, front and rear, and extra low pressure tires, gives the stability, smoothness and road-safety you have always wanted.

### THERE'S ONLY ONE WORLD'S CHAMPION ENGINE

You get the finer results of Chevrolet's sturdy Valve-in-Head Thrift-Master engine in all Chevrolet models . . . together with all of Chevrolet's money-saving economy of operation and upkeep . . . and this is the world's champion engine for miles served, and owners satisfied, and years tested and proved.

### JUST COUNT THE COMFORTS!

Push-Button Starter for simplest, easiest starting; Hand-E Gearshift with Synchro-Mesh Transmission for maximum shifting ease; and Firm Foundation Box-Girder Frame for ride stability and road-steadiness unsurpassed in the Chevrolet price range.



### STOP MORE SWIFTLY AND SAFELY!

The new Carti-Safe Hydraulic Brakes give even faster stops with safety . . . and assure the highest degree of effective braking action for you and your family.

### YOU'LL SAVE MORE MONEY, TOO!

This new Chevrolet is designed, engineered and built to speed your pulse and spare your pocketbook, for it brings you all these and many other important improvements at the lowest prices and with extraordinary economy of operation and upkeep.

### Plus NEW CENTER-POINT DESIGN!

A remarkable 4-way engineering advance exclusive to Chevrolet in its field, and consisting of Center-Point Steering—Center-Point Seating—Lower Center of Gravity and Center-Point Rear Suspension gives the new Chevrolet riding and driving results without precedent or parallel in low-cost motoring. That means a new kind of riding ease and a new kind of driving ease heretofore reserved for owners of more expensive cars. Remember—only new Center-Point Design can give you all these finer motoring results; and only the new Chevrolet brings you Center-Point Design at lowest cost!