

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

"Don't People Take The Darndest Chances?"



Yes, we do. But oddly, risks taken by the other fellow always look more perilous. That's why the man who fails to insure his property doesn't realize his danger until it's too late. How about you? Do you have proper insurance protection . . . at lowest possible cost?



J. H. TATE

Phone 120-X Marion, N. C.



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ADMINISTRATRIX NOTICE TO CREDITORS

The undersigned having qualified as Administratrix of the Estate of Ernest Gibson Dysart, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the estate of said decedent to exhibit the same to the undersigned at the offices of Messrs. Proctor & Dameron, Marion Theatre Building, Marion, North Carolina, on or before May 12, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 10th day of May, 1949.
HANNIE BIDDIX DYSART, Administratrix.

ADMINISTRATOR'S NOTICE

The undersigned, having qualified as Administrator of the Estate of Mary Hardy Cantrell, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against said estate to present them to the undersigned, at Marion, N. C., on or before the 13th day of May, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 12th day of May, 1949.
C. R. McCALL, Administrator of the Estate of Mary Hardy Cantrell, deceased.

Health and Beauty . . .

Dr. Sophia Brunson

Part II

Banting Worked Out The Answer

Mankind is naturally curious. This trait has been the means of great advancement of the human race. Keen minds observe and study with great interest what they see and hear about them. Most of the discoveries in medicine have been made by patient men and women who wanted to know so badly that they were willing to work long hours and burn the midnight oil to find their queries.

People were dying of diabetes and no one knew how to save them. A poor young doctor wanted to know so badly how to help these sufferers that he begged for a cubby hole in the medical school of the University of Toronto where he could work. A place in the basement was grudgingly assigned him. Here he and his young associate sweated out the days in the oppressive heat, while working on his problem. He was supplied with ten dogs with which to carry on experiments, as he had requested.

The young doctor removed the pancreas, which manufactures insulin, from one of the dogs and thereafter fed him on bread and sweet coffee. A large number of human beings try to live on such diet. They gave the dog all the bread that he could possibly eat. Poor doggie grew thin and was hungry and thirsty all the time. He was getting no insulin for the pancreas that manufactured it was gone.

The dog seemed hardly able to live when Banting took a syringe containing insulin and injected it into the abdominal muscles. The dog seemed to feel better at once. Now the age-old problem of the survival of the diabetic victim was about to be solved. The treatment was continued. The dog grew stronger and again manifested an interest in his surroundings, even treated Banting with affection.

Banting did not give publicity to his experiments because he wanted undisputable proof of his success before he published his findings to the world.

A famous doctor who was near death from diabetes, learned of Banting's experiments with diabetic dogs, begged that insulin be administered to him, as he was going to die anyway. This doctor lived. The news spread like wild fire. Thousands came and pleaded pitifully that Banting would not let them die.

The dogs had enabled these two young men to learn the secret of treating diabetes, and of saving human lives.

At first insulin was very expensive and hard to obtain. Now it has been greatly improved in quality

NOTICE OF DISSOLUTION OF SNIPES MOTOR COMPANY A PARTNERSHIP

Notice is hereby given that the partnership of R. J. Morris and J. F. Snipes as partners, conducting the business of automobile dealers and general garage, including sales, repairs and service under the firm name and style of Snipes Motor Company, Marion, North Carolina, was on the first day of April, 1949, dissolved by mutual consent.

R. J. Morris will collect all debts owing to the firm and pay all debts due by the firm.

This 1st day of April, 1949.

R. J. Morris and J. F. Snipes formerly doing business as Snipes Motor Company.

ADMINISTRATOR'S NOTICE

North Carolina, McDowell County

The undersigned having qualified as Administrator of the Estate of Mary Pressley Roberts, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against said estate to present them to the undersigned at Marion, N. C., on or before the 13th day of May, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 12th day of May, 1949.

C. R. McCALL, Administrator of the Estate of Mary Pressley Roberts, deceased.

NOTICE

North Carolina, McDowell County

The undersigned, having qualified as executrix of the estate of H. A. Westermann, deceased, late of Sarasota County, Florida, this is to notify all persons having claims against the said estate to present them to the undersigned on or before the 15th day of April, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 14th day of April, 1949.

MRS. ELLA WESTERMANN, Executrix c-o Dula Hawkins Marion, N. C.

and is cheap enough for all diabetic sufferers to get as much as they need.

Due to the dogs and Banting, the diabetic sufferer may live his normal span of life on this planet.

ed. Keep hot in double boiler. Just before serving add the cream cheese and butter. Beat thoroughly with a rotary beater and serve immediately on hot cooked asparagus. The sauce is also good with broccoli or cauliflower.

Sarah Ann's Cooking Class

Did you know in a cross-section of one large American city it was revealed that only 37 per cent of the families surveyed were eating cheese at all? Cheese gives good returns for your money; serve it often. Buy different kinds and experiment with them; your family will like it.

Asparagus with Cream Cheese Sauce

4 tablespoons shortening
 4 tablespoons flour
 2 cups milk
 Few grains pepper
 2 pkgs cream cheese (3-oz. size)
 1 teaspoon butter

Melt the shortening, blend with the flour, add the milk gradually, stirring until smooth. Add salt and pepper, stir and cook until thickened.

Pineapple Cheese Cake

3 egg yolks slightly beaten
 1-2 cup sugar
 1-4 teaspoon salt
 1-2 cup syrup from can of pineapples
 Cook the egg yolks, sugar, salt and syrup over hot water until the mixture thickens.

2 tablespoons gelatin
 1-2 cup cold water
 3 slices of canned pineapple
 1 pound cottage cheese
 1 large lemon
 3 egg whites beaten stiff
 1 cup cream whipped

Soften the gelatin in the cold water and add to the first mixture, together with the pineapple cut fine, the cheese pressed through a sieve and the juice and rind of the lemon. Fold in the beaten egg whites and cream. Place the mixture in a 7x11 inch pan lined with a crumb mixture. Sprinkle 3-4 cup of the mixture over the top. Chill in the refrigerator.

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