



# THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

## MORE ABOUT "COLDS".

"Colds" and "heart disease" seem to be in the vast majority of American ailments, if one keeps his eyes open to complaints at home and watches reports of sudden deaths out-state. And colds are considered not at all serious, though extremely inconvenient to have on hand.

Let me again hammer this truth home: The proper time to "break up a cold," is at its very beginning. When you begin to feel a little "shivery," and begin to sneeze frequently, with vague aching little pains about the different muscles, with a general indolent and incapable feeling, lack of appetite—maybe feverish and apathetic, you are taking a cold; and the time to begin treatment is right then and there.

Bear in mind that, there is no demand for a purgative unless the bowel is positively not functioning; and even then, a non-irritant like cascara or compound licorice powder is best. I am advising those, of course, who have not a physician within easy reach.

I am aware that the patient resents this admonition, but, the thing to do, if you would be correct is—go to bed and cover up warm, no matter what the time of day. If you do this, you can break your cold completely within 24 hours—if you take a simple glass of hot water every hour. Add lemon-juice if you wish; the sinuses need flushing quite as much—often need it more than the bowel.

The principle is, restore the surface circulation; most anything that keeps the skin warm and full of blood will cure a cold in short order, if taken early. If you wait two or three days before beginning to treat, you may as well figure to wear the cold out by your sheer powers of resistance—and you may get a cough that lasts the better part of the winter, simply by your neglect.

Warm, dry feet make a pretty good insurance against colds. It was once said, "keep the head cool, the feet warm and the bowel open." There's a whole volume of health law for you.

### International Sunday School Lesson for May 17

#### CHRIST ENTERS JERUSALEM AS KING

Leke 19:29-42, 45, 48  
Rev. Samuel D. Price, D.D.

This lesson tells the story of Palm Sunday, which was observed on March 29. Then it was April 2, A.D. 30. Jesus had been advancing toward Jerusalem for the past three months. He reached Bethany from Jericho on the eve of the Jewish Sabbath which He observed as was His custom. Crowds were present from all parts of Jewry, for the annual Pass-over season was at hand. On the first day of the week, our Sunday, Jesus went to Jerusalem, and the greatest earthly honor in His life was accorded Him. When the people discerned His purpose a triumphal procession was spontaneously arranged. As by common consent they thronged about Him and advanced as He did. Meanwhile Jesus assumed the position of royalty that He had declared in the previous years. Disciples sent on the errand returned with a colt of an ass and the Teacher was placed thereon. Here was a declaration of the Prince of Peace, quite in contrast with the desire of the people that He become their king in opposing the Roman authority.

Garments caparisoned the ass. Other clothing was laid as a carpet for the beast to walk on. Branches of the palm trees were waved in tribute of praise as the people sang from Old Testament themes. They shouted "Hosanna" and chanted from the Hebrew Hallel, which was used always as they advanced to Jerusalem for the Passover season. There was a minor phrase to the song when Jesus wept as He suddenly beheld the Holy City at a turn in the road. He had in mind the awful destruction of the city 37 years later. The Golden Text declares "He is Lord of Lords and King of Kings," Revelation 17:14.

FINE PRINTING... NO JOB TOO SMALL



## Too Much ACID

MANY people, two hours after eating, suffer indigestion as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy relief.

Get genuine Phillips Milk of Magnesia, the kind that physicians have prescribed for over 50 years in correcting excess acids. 25c and 50c a bottle—any drugstore.

"Milk of Magnesia" has been the U. S. Registered Trade Mark of The Charles H. Phillips Chemical Company and its predecessor Charles H. Phillips since 1875.

# WANTED

We want 50 bushels of Irish Potatoes per week. Price \$1.00 per bushel, delivered at Sylva.

## C. W. Denning Lbr. Co.

SYLVA, N. C.

### POULTRY PRICES

Truck will run every Thursday p. m. and Friday a. m.

#### PRICES NEXT WEEK

Heavy Breed Hens	15c
Light Breed Hens	13c
Heavy Broilers	24c
Light Broilers	22c
Cox	7c
Ducks	9c
Turkeys	15c

**SMOKY MT. MUTUAL EXCHANGE**  
JACKSON COUNTY POULTRY ASSOCIATION

### NOTICE

North Carolina, Jackson County.  
Under and by virtue of the authority contained in a certain deed of trust dated the 4th of June, 1920

from T. G. Hoyle and wife, Nora Hoyle to E. P. Stillwell, trustee for T. P. Blanton, duly recorded in the office of the Register of Deeds for Jackson County, in Book 81, at page 157, reference to which is hereby had, thereby securing the payment

of a note of even date therewith which became due and payable on the 4th of June, 1921; and default having been made in the payment of said note according to the tenor thereof, whereby the power of sale in said deed of trust became operative and demand having been made for payment and payment refused and request having been made upon the undersigned to execute the power of sale contained in said deed of trust, and said default still existing:

NOW THEREFORE, the undersigned trustee will on Saturday, May 23, 1931 at 12 o'clock noon at front door of the court house, in the town of Sylva, Jackson county, North Carolina, offer for sale and sell, to the highest bidder for cash at public auction, the following described real estate covered by said deed of trust, to wit:

FIRST TRACT: Beginning on the northwest corner of my home lands or tract and runs westwardly course to H. R. Fisher's line, to a stake in his line; thence with Fisher's line to the top of the ridge to Ensley's line; thence with Ensley's line to Norman's line, thence with Norman's line back to the old road; thence to the beginning.

SECOND TRACT: Beginning at a least below the spring running up the Spring Branch including the branch to top of hill, Abe Norman's line thence with Abe Norman's line to the public road; thence with the meanderings of the Public road to a locust; thence a straight line to the beginning, containing 4 acres, more or less, and being the same two tracts of land embraced and described in a deed from A. I. Keener and wife, M. E. Keener, to Gold. man Hoyle and wife, Nora Hoyle, of date June 4, 1920.

To satisfy said note and debt, principal, interests and costs.  
This the 28th day of April, 1931.  
E. P. STILLWELL,  
5 1 4t Trustee.

for ANY BABY

WE can never be sure just what makes an infant restless, but the remedy can always be the same. Good old Castoria There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as Baby has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy and give it promptly. Relief will follow very promptly; if it doesn't you should call a physician.



**BAYER ASPIRIN**  
is always **SAFE**  
BEWARE OF IMITATIONS

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Headaches	Neuritis
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White House Coffee, 1 lb. can	35c
White House Coffee, 3 lb. can	90c
Maxwell House Coffee, 1 lb. can	35c
Maxwell House Coffee, 3 lb. can	90c
Lord Calvert Coffee, 1 lb. can	35c
Sugar, per 100 lbs.	5.00
Sorghum, per gal.	75c to \$1.00

(according to quality)

Honey, 5 lb. bkt.	90c
Dried Apples, 2 lbs.	25c
Dried Peaches, 2 lbs.	25c
Hart Fancy Crosby Corn No. 2	15c
California Yellow Cling Peaches, No. 2 1-2	20c
Apricots, No. 2 1-2	20c
No. 2 Sweet Wrinkled Peas	15c
Pure Apple Butter 2 1-2 lb. jar	25c

We have just the kind of flour that will please you, hard and soft, plain and self rising.

## J. B. Ensley

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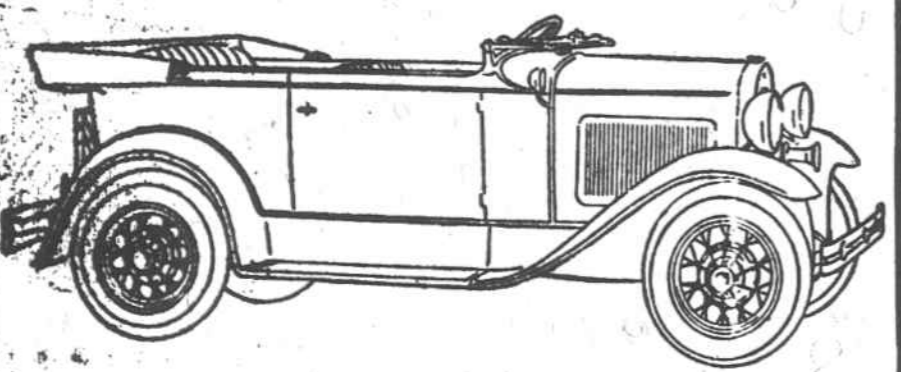
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Calotabs purify the blood by activating the liver, kidneys, stomach and bowels. Trial package, 10 cts. Family package, 35 cts. All dealers. (Adv.)

**Just Like An Ostrich**  
A medical authority says that a person who tries to cover up skin blemishes and pimples with toilet creams and powders is just as foolish as an ostrich that buries its head in the sand to avoid danger. Skin eruptions are nature's warning that constipation is throwing poisons into your blood stream and weakening your whole constitution. Remove the constipated condition and you will strengthen your system against disease and clear up your disfigured skin. The best way to do this is with a course of Herbine, the vegetable medicine that acts naturally and easily, which you can get at

SYLVA PHARMACY

Remembering the demand for fine, boxed candies on Mother's Day last year, we have made special effort this year to surpass all previous offerings by offering the most tempting packages of sweetmeats for Mother's Day giving. Nunnally's and Art-style Mother's Day Candies in one, three and five pound packages.

## MOTHER'S DAY CANDY FOR MOTHER

Mother's Day  
May 10  
Sylva Pharmacy