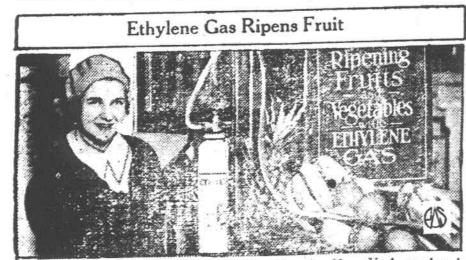


Pete, the constant companion of Thomas Herlihy, New York policeman, meld the chief mourner's place at his master's funeral.



Fruit arriving in an unripe condition for the New York market is rendered fit for the table in 24 hours by this chemical method.





We hear it, read it, sense it in the very air, "roughage." It's the slogan of the swivel-chair patriot, whose colon has been on a strike for the last twenty rubber-tired years. Treat 'em rough, these tired, lazy-stuffed colons; just got to have roughage! -

Well, the prodigal son ate the husks which the swine didn't take-and repented of his sins right away,-the first victory for roughage, so to speak. Then he lost no time getting back to the fatted calf-the smdoth diet.

Let's talk about bran-shorts, "tailings," husks of wheat, or what have you? The sort recommended by solemn physicians, smug dietitians and artful manufacturers; and, let's talk sense.

I have not found one in twenty-five routine investigations, upon whom bran had the least effect in obstinate constipation. I have tested carefully in my own case; I might as well have taken that much Portland cement, so far as laxative effect was noticeable.

Sometimes I wonder how many pecks of bran one would have to eat, to acquire a single grain of iron? And what form of iron? Possibly a trace of ferrous oxide-rust! There is as much iron in a single Blaud pill as there is in a bushel of wheat bran,-so there.

One of the latest and best books I have found, condemns "roughage" as a routine procedure in lazy colons-a practice that may actually do serious harm,, and I agree most emphatically. The "smooth diet" is far more rational to coax the weary organ back to normal function; I do not believe in whipping the tired horse to restore his vigor.

If commercialism were taken out of this country, and our people used real food and exercise instead of substitutes, we'd live longer.

International Sunday School Lesson for May 31 JESUS IN GETHSEMANE Luke 22:39-54

Rev. Samuel D. Price, D.D. It is recorded by Mark, following the narration of the events in the upper room in Jerusalem when the Passover was celebrated and the Lord's Supper instituted, "And when they had sung a hymn, they went out unto the Mount of Olives. Jesus knew about all that impended and He would be ready for those terrible events through strengthening prayer. For this purpose He led His beloved disciples to the

Garden of Gethsemane. Prayer is the great recourse when there are problems to face and spiritual strength to be obtained. Though Jesus would pray alone he wanted Peter, James and John to be near Him and invited them to come further into the Garden. The scene is best depicted by Hofmann's great painting of "Christ in Geth-semane." What was the "cup" that lesus prayed might pass from Him? Surely He did not want to quit the mission for which He came from heaven to earth. Many think that He was afraid that His strength, both physical and spiritual, might not hold out until all had been accomplished. We know at least this for a certainty: He prayed that the will of the Father, not His personal will might prevail.

The three close friends failed Him These men slept, and returned to sleep though Jesus came thrice to awaken them. The contest had been won, however, by Jesus in His solitude as He faced the throne of God. It is in such quiet places that we win the big battles of life, rather than in the open and when we cannot do otherwise as the crowd looks on. The greatest decisions are made when we are thus alone with God. Then Judas comes to the place where He knew Jesus had an altar of prayer and gives the signal for arrest as he betrays the Con ai Mon with a kiss.



THE FOREIDDEN By Fannie Stearn: Lure of the sun at day Lure of a wind-paced Lure of the stars withde. Lure of the brave old single Brave perished minstrelle Of dreams like sea-tog city To boughs the night

"Leave all and follow The sun goes up the day. Flickering wing of swill-Blossoms that How as What would you, luring the When I must lide at her My heart will break her m And die in a reci-fluit

Oh, I must never listen Call not outside my duer Green leaves, y u must h Like water, any m re Oh, Beauty, wandering Beaut Pass by: speak mat. By bed and board stands Days, To snatch my dreams from the

## HUMORETTES

Dumnutt-I was on the beaut this past summer alone with ny thoughts.

Rebutt-What periect sel Mrs. Chatterer: Good-bye Mank

you for the interesting new Mrs. Idle-Gossip: Be sure

everybody not to tell and I total group

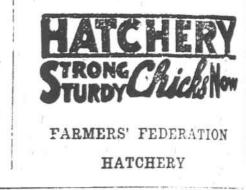
Beginning on a spruce pine in line; then with said line to the begin- for Jackson County. Ned's Creek and runs up said Creek, ning, containing 25 acres more or . A. Brown's line to his corner; then less, and being a part of Grant No. ith J. A. Brown's southwest line to \$533, entered by and granted to J. C. a white oak corner on top of a Wood which said Grant is duly reridge; then with J. A. Brown's line conded in Book No. 58 at page 330, in a southeast course to A. L. Brown's Jackson county; and the deed to the white oak corner on the side of defendant, Gaither Mathis, is record-Nedy's Mountain; then with the line ed in Book No. 105, at page 39, in of Grant No. 833 to A. L. Brown's the office of the Register of Deeds

LUCKIES are clways

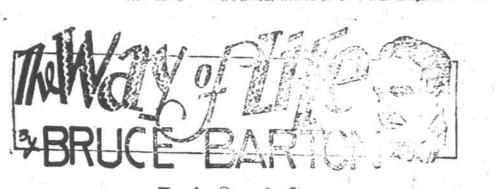
kind to your throat

NEW YORK, N.Y.

This the 4th day of May, 1931. JOHN J. MANEY, Sheriff Jackson County. 5 7 Ht. DR. W. KERMIT CHAPMAN DENTIST Office with Drs. Nichols over Sylva Pharmaev



Shenandoah Valley apple festival, 150th anniversary of the New York Winchester, Va. Grand Lodge.



Dou't Spend It

OME years ago I met a man who speke as follows: "The boss issued a memorandum today with a lot of new instructions. Some of them were all wet, and I didn't hesitate to tell him so. I shot a memo right back at him, and, believe me, it was a hot one."

Said another man:

"I received my first business training under a wise old bank official. One day a letter came in from a customer who made unreasonable complaints and asked for an unwarranted favor.

"I sat up almost all night drafting an answer to that letter." It was a beauty, and I took it in to the old man next morning with pride. His head nodded approvingly as he read it.

"'You've put the case just right,' he said. 'The position you have taken is based on sound banking principles; it states our attitude with dignity and force.' All in all, it's a very fine letter, and I congratulate you on it. Only, for Heaven's sake, don't send it.""

Afterwards, I learned that the man I first quoted was paid \$4,000 a year; the other is paid \$40,000.

Like every other man in business, I receive a certain number of communications which are both unkind and unfair. Having red hair and a naturally quick temper, I used to let such letters hoist my temperature considerably. Sometimes I carried them around in my mind for several days, forming red hot phrases in reply.

Now I play a much meaner trick on the writers. I do not answer them at all. I can imagine one of my critics going down to the front gate every morning to meet the postman, looking eagerly for my answer, thinking up what he will say in his next outburst.

Day after day goes by, and no answer comes. The fire that was to burn me up, burns him up instead.

This method of dealing with one's enemies is certainly not spectacular and maybe it is unmanly. If so, I can reply only that as I grow older the glory of being spectacular appeals to me less and less in comparison with the comfortable joys of peace.

Life seems somehow too short for controversy, and much of my income in these days is received not so much for what I do as for what I have learned not to do.

Patience, I have learned, is almost as important as work; while judgment uniformly commands a much higher rate than . well intentioned activity.

What is judgment? you ask. Well, it's the little voice that whispers: "That would be brilliant, but don't do it." Or, "That's a smart one; very smart indeed." But, for Heaven's sake, don't send it.'

NOTICE OF SALE UNDER EXE- | Court of Jackson county in the above fentitled action, I will, on Monday, the

## Don't Rasp Your Throat With Harsh Irritants

Consider your adam's apple !!\*

## "Reach for a LUCKY instead"

Now! Please!-Actually put your finger on your Adam's Apple. Touch it-your Adam's Apple-Do you know you are actually touch ing your larynx? This is your voice box-it contains your vocal cherds. When you consider your Adam's Apple, you are considering your throat—your vocal chords. Don't rasp your throat with harsh irritants - Reach for a LUCKY instead—Remember, LUCKY STRIKE is the only cigarette in America that through its exclusive "TOASTING" process expels certain harsh irritants present in all raw to baccos. These expelled irritants are sold to manufacturers of chemical compounds. They are not present in your LUCKY STRIKE, and so we say "Consider your Adam's Apple."



North Carolina, Jackson County. In the Superior Court. Candler-Nicholas Hospital, Inc. vs. Gaither Mathis.

1st day of June, 1931, at 12:00 o'clock Noon, at the court house door in the town of Sylva, Jackson County, N. C. offer for sale and sell to the highest bidder for cash to satisfy said execution, all the right, title and interest which the said Gaither Mathis, de-By virtue of an execution directed fendant, has in the following describto the undersigned from the Superior ed lands, towit:

