

Highlands Highlights

EDITED BY MRS. T. C. HARBISON

MRS. FRANCENA PAUL, 87, DIES AFTER LONG ILLNESS

HIGHLANDS, N. C., Nov. 13.—Mrs. Francena Paul, 87, died here at the home of her son, Guy Paul, at 12:30 a. m. Friday, November 8, after a long illness.

Mrs. Paul was born Francena Willey in Craftsburg, Vermont, on September 12, 1848. She became a member of the Seventh Day Adventist church there when she was 17 years of age. In 1866 she was married to Hiram M. Paul, also of Craftsburg, and to this couple were born 13 children, 10 of whom are now living. Mrs. Paul's husband was a soldier in the Grand Army of the Republic during the War between the States. They first came to Highlands about 44 years ago, and made their home here for several years. After being away for some time Mrs. Paul returned to Highlands about nine years ago, and since that time had made her home with her son, Guy Paul.

Funeral services for Mrs. Paul were held at the home Saturday at 11 a. m. with the Rev. J. E. Brown of the Highlands Baptist church officiating. Interment was in the family lot of the Hendersonville cemetery, where her husband was buried.

Surviving Mrs. Paul are six sons and four daughters, Mrs. Clara Woodall, Archdale, N. C.; George Paul, Winterport, Maine; Mrs. Francena Phelps, state of Washington; Mrs. Susan Scott, Alberta, Canada; Frank Paul, Redlands, California; Mrs. Sarah White, New Jersey; and Hiram T. Paul and Guy Warren Paul, Sr., of Highlands. Other survivors include 46 grandchildren and several great-grandchildren, several of whom are living in Highlands.

Pallbearers were grandsons and grandsons-in-law of Mrs. Paul:

Frank Paul, Guy Warren Paul, Jr., Weldon Paul, Waldo Finnermore, Herbert Rice and John Wesley Edwards.

On account of living such a great distance from Highlands, the sons and daughters of Mrs. Paul, with the exception of Hiram Paul and Guy Paul, were unable to be in Highlands for the funeral service. However, most of them had been here during the past summer on a visit to their mother.

MRS. WALTER WATSON HONORED AT TEA SHOWER

Mrs. Helen Thompson, Mrs. Frank Potts, and Mrs. J. E. Potts were joint hostesses at a delightful tea-shower given in honor of their niece, Mrs. Walter Watson, of New York, at the home of Mrs. Thompson on Saturday afternoon. Mrs. Watson will be remembered by her friends here as the former Miss Mary McKinney, daughter of W. W. McKinney. A number of friends and relatives called during the afternoon and showered Mrs. Watson with many beautiful and useful gifts. Delicious refreshments were served.

Mr. and Mrs. W. A. Hays and family left Highlands last Wednesday for Guilford College, N. C., where Mr. Hays has a position as wireless operator connected with an airport.

Bill Angel and family returned to Franklin to live this week after making their home in Highlands for about two years. Mr. Angel formerly held a job as mechanic at Zoellner's garage here.

Mr. and Mrs. Walter Watson have returned to New York City after visiting relatives here for several days.

Mrs. Frank Potts and Mr. and Mrs. Walter Watson visited Betsy and Jack Potts at Cullowhee Wednesday.

Mighty Proud of Her Triplets



IPSWICH, Mass. . . Authorities on the subject say that triplets are born to cows "perhaps once in every million births". Therefore this Guernsey cow on the Argilla Farm here has a right to be extremely proud of these fine triplets of hers.

Proper Way To Kill Hogs Explained

The farmer who uses haphazard methods and trusts to luck at hog-killing time runs a big risk of losing his meat.

The right way to kill hogs is just as easy as the wrong way, suggests R. E. Nance, professor of animal husbandry at State College, and with proper curing, it virtually assures successful preservation of the meat.

Many of the methods employed in "Dad's time" were responsible

for the heavy losses usually experienced. Nance pointed out some of the worst faults, as follows:

Hogs were usually killed on the coldest day of mid-winter, under the impression that the extreme cold helped preserve the meat. Bitter cold weather made the task difficult, and it was rushed through in too big a hurry.

A temperature of 28 to 40 degrees is preferable. The carcasses should be allowed to hang up overnight in the smokehouse so as to let all the animal heat dissipate before the curing is started.

The custom of shooting hogs or knocking them in the head was

prevalent. Then the hogs were dragged to a vat of water that was either too hot or too cold.

Stick the hogs, Nance said; allow them to bleed thoroughly, and scald them in water heated to 150 degrees, no more no less.

Do not feed the hogs within 24 hours of killing time.

Names for Scotland

Sootland is called Sotimaa in the Magyar language, Skotsko in Czechoslovakia, Iskocya in Turkey, and Szkocja in Poland.

"GET THE IDEA"

Beauty
Elegance
Culture
Refinement

Everything You Wish
PRICES YOU WILL
APPRECIATE AT THE

MIMOSA STORE

Just a Breath from the Square
LEE BARNARD, MGR.

MONUMENT

\$9.00 up

WORLD'S BEST MARBLE AND GRANITE--Direct Factory Prices. 30% savings guaranteed. Freight Paid. Erected if desired. Thousands sold every year. Send for Big FREE Catalog. U. S. MARBLE & GRANITE CO. Dept. A-31, ONECO, FLORIDA.

Statement of Condition

At Close of Business on November 1, 1935

RESOURCES

Bonds:

Federal Bonds fully guaranteed	\$ 25,225.00
North Carolina State Bonds.....	124,413.13
S. C. and Tenn. State Bonds.....	12,428.89
N. C. Political subdivisions Bonds.....	24,984.92
Other Bonds	50.00

Total Bonds	\$187,101.94
Loans and Discounts	196,068.31
Cash on Hand and Due From Banks.....	152,089.12
Banking House	11,720.00
Furniture and Fixtures	3,039.00
Other Real Estate	33,040.46
Other Assets	1,150.08
Total	\$584,208.91

LIABILITIES

Capital:

Preferred Capital Stock.....	\$ 1,419.00
Common Capital Stock.....	31,800.00
Surplus	18,500.00
Undivided Profits	21,764.70
Reserves for Contingencies	11,820.36

Total Capital	\$ 85,304.06
Reserves for Taxes, Interest and Expenses	2,976.50
Other Liabilities	482.88
TOTAL DEPOSITS	495,445.47

TOTAL \$584,208.91

Member of the Federal Deposit Insurance Corporation

\$5,000.00 Maximum Insurance for Each Depositor

The Jackson County Bank

Sylva and Highlands, N. C.

Depository United States
Postal Savings Funds

Depository State of
North Carolina Funds



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

ALONG OUR WAY

I live under the very eaves of a large city, a noted medical center. An inter-state Clinic is being held here this week. Eminent men of our profession from all over the country are giving the people the best that they have, and, right up to the minute.

They note a vast increase in the number of deaths from heart failure—not of germ-origin. Men are dropping down everywhere, in ordinary middle life. This should not be. Is the situation preventable? We are studying—studying—and it is high time . . .

The eminent observers say that heart-failures are due in a large part to the terrific strain of the times. Men are falling in the struggle to make a living—to make ends meet.

Well, it will do it, this thing of putting on the body more than it can stand. I ask: is life worth so little that we sacrifice it for the mere bauble of worldly gain? Is not life more than gold and fine raiment?

In my humble way I have fought against worry, against taxing these bodies and brains of ours for more than they will stand. We can always overdo. The worst of overdoing is the wearing out of vital organs in mad flight from imaginary terrors or in mortal conflict to outdo our fellow-man! There is no doubt that we do these things in utter disregard of the deadly consequences.

Deaths from "heart-failure" are in remarkable increase, due to the depression, they say. The pity is they are right. Can you prevent your own heart-failure? I believe you can. Make up your mind right now to CEASE WORRY. Let matters go hang that are not worth a human life. Ask your family physician about it.

"CAFFEINE"

Most important vegetables contain "active principles" which dis-

tinguish the particular plant from others. In medicinal plants, leaves, roots, flowers or seeds, the active principle thing is called an "alkaloid." That means, likeness of a salt, or alkali. Nicotine is the ultimate principle of tobacco. Morphine, the alkaloid of opium; theine the alkaloid of tea, and so on.

Caffeine is the active principle of coffee. I have said in these columns that, caffeine is one of the most valuable of heart tonics. It is virtually harmless, if used in moderation. Immoderate use is harmful in anything. I have been criticized, even berated, for telling this sort of truth. I pay no attention to the senseless carping of shallow, ignorant faddists.

Let me give you some opinions of eminent authors on caffeine:

Hare says, "Caffeine is a valuable cardiac stimulant and tonic, as well as a renal (kidney) stimulant . . . so useful in cases of cardiac disease, that it has largely supplanted digitalis in the hands of some practitioners. . . . A cup of strong black coffee is often useful in relieving a paroxysm of asthma. . . . In headache, due to nerve-strain, it is often of the greatest service."

We give two to four grains of caffeine in disease; the average cup of coffee contains about half a grain.

Caffeine gently raises lowered blood-pressure by its tonic action. It may slightly increase high blood-pressure by stimulating the entire nervous system. But that is only temporary.

Don't rely on coffee to offset the effects of overwork. If you are overworking, rest . . . And, do it right now.

CARD OF THANKS

We wish to thank our friends for their kindness and sympathy during the illness and death of our dear mother and grandmother. We also wish to sincerely thank them for the beautiful floral offerings.

Guy Paul and family.