



# THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

## AT TIRED FEELING—IN SPRINGTIME

"At tired feeling" that we have of for years has been made of ridicule and humorous. It has been called "Spring laziness" by those who regard it as laziness. But there are those who from the tired feeling incident spring-time means a curable disorder that interferes enough with capable functioning; it is this condition that I am now talking about—seeking to

undue tiring of the body in action, should be regarded as a concern. It means that something is wrong—and may lead to something more serious if unattended. The perfectly healthy human body does not tire easily, and almost impossible to wear it in any reasonable form of exertion. Of course the night-er, and the sweat-shop em-

ploye, the toiler in extreme temperatures, often over-time, can hardly expect to keep fit for a very long period of time. These break down prematurely.

If you are tired on rising in the morning, you are warned in advance. You probably ate too much at the last evening's feed; you are poisoned, that's all there is about it. Clean out, clean up, and stop your dissipation in diet. Give attention to your elimination through bowels and kidneys; use fruits and green vegetables; plenty of water. If, after a week of self-regulation, you are no keener of mornings, take your physician a specimen from your kidneys.

People tire on over-feeding—it is auto-intoxication. You ought to feel fresh and vigorous after a night's rest. Then, the day's work goes by like a song. Don't expect vim and vigor with your blood stream carrying an overload of ballast.

## Buildings Built Right Withstand High Winds

Some buildings fail to withstand storms because of poor foundations, insufficient anchorage, or lack of anchorage, of frame to foundation and roof to frame, and inefficient bracing of frames, says the United States Bureau of Agricultural Engineering.

It may not be practicable to build buildings to withstand twisting winds at the center of a tornado, but it is feasible to construct buildings that will stand against the high, straight winds which cause greatest total damage.

A serious weakness in most farm buildings is lack of sufficient bracing in the framework. As a result, heavy wind twists or pushes them off line, even if it does not demolish them. A few more braces add a little to the cost of a house or barn, but may save it and even lives in a severe wind. A safety measure, which adds lit-

tle expense, is nailing all sheathing diagonally across upright timbers. Tests in the Forest Products Laboratory of the Department of Agriculture show diagonally sheathed walls stand about twice as much end thrust as walls sheathed horizontally and braced, and from four to eight times as much as horizontally sheathed walls without bracing.

A study by Iowa State College showed one-half of the wind damage paid by insurance companies was for barns; a little more than 12 per cent for straightening and bracing buildings; a little less than 10 per cent to move buildings back onto foundations. About 7 per cent was to replace roofs.

Instructions and illustrations for installing simple braces and anchors to increase resistance of farm buildings to wind are contained in Wind-Resistant Construction for Farm Buildings leaflet No. 87, of the United States Department of Agriculture.

### LEGAL ADVERTISING

Gap; then with the old line N. 41 E. 63 poles to a white oak; then N. 61 E. 56 poles to a black jack; then S. 45 E. 59 poles to a white oak; then S. 61 E. 34 poles to a spanish oak; then S. 28 E. 28 poles to a black jack; then S. 51 E. 12 poles to a black gum; then S. 43 E. 32 poles to a black jack; then S. 48 poles to a stake; then S. 72 W. 86 poles to the BEGINNING, containing 129 acres.

And they will further take notice that they are required to appear at the Office of the Clerk of the Superior Court of Macon County, at Franklin, North Carolina, within thirty days from the 15th day of May, 1936, and answer or demur to the complaint of the plaintiff, which has been filed at the office of said clerk.

And all other persons claiming any interest in the subject-matter of this action will take notice that they are required to appear and present, set up and defend their respective claims in six months from the 15th day of May, 1936, or at any time before the order to make deed is made; otherwise they shall be forever barred and foreclosed of any and all interest or claims in or to the said property above described or the proceeds received from the sale thereof.

This 15th day of April, 1936.

HARLEY R. CABE,  
Clerk Superior Court,  
Macon County,  
North Carolina.

A23-4tc-J&J-M14

### ADMINISTRATRIX NOTICE

Having qualified as administratrix of Charles Raymond McCarty, deceased, late of Macon

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county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 23rd day of April, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 23rd day of April, 1936.

NANCY JANE McCARTY,  
Administratrix.

A30-6tp-J4

### EXECUTOR'S NOTICE

Having qualified as executor of Dorothy McPherson Farnsworth, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 8th day of April, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 8th day of April, 1936.

Patrick Thomson Farnsworth,  
Executor.

A23-6tp-M28

### EXECUTOR'S NOTICE

Having qualified as executor of Mrs. Anna Jones, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 9th day of May, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 9th day of May, 1936.

L. A. JONES,  
Executor.

M14-6tp-J18

### LEGAL ADVERTISING

#### EXECUTOR'S NOTICE

Having qualified as executor of T. W. Rhodes, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 29th day of April, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 29th day of April, 1936.

H. G. CABE, Executor

A30-6tp-J4

#### ADMINISTRATOR'S NOTICE

Having qualified as administrator of J. R. Guyer, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 9th day of May, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 9th day of May, 1936.

ARVIL GUYER,  
Administrator.

M14-6tp-J18

#### EXECUTOR'S NOTICE

Having qualified as executor of Alice H. Gilbert, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 28th day of April, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 28th day of April, 1936.

J. H. STOCKTON, Executor.

A30-6tc-J4

### LEGAL ADVERTISING

#### NOTICE OF PUBLICATION

North Carolina,  
Macon County.

THE SUPERIOR COURT  
Federal Land Bank of Columbia, Plaintiff,

against  
J. Brown, Annie Brown, McCowan Mahoney Company, Perry Jones Chev. Co., Haynes Henson Co., L. B. Phillips, W. C. Letter, William Garland, Trustee of The Bank of Franklin, Elizabeth Slagle, C. G. Stamey, O. C. Stant, Defendants.

McCowan Mahoney Company, Perry Jones Chev. Co., Haynes Henson Co., William Garland, Trustee, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County, North Carolina, and that the plaintiff may close a mortgage covering lands which the above named defendants have an interest, and the named defendants will further take notice that they are required to appear within thirty days of the Office of the Clerk of the Superior Court of Macon County, North Carolina, and answer or demur to the complaint in said action, and the plaintiff will apply to the court for the relief demanded in the complaint.

This 9th day of May, 1936.

HARLEY R. CABE,  
Clerk Superior Court,  
Macon County,  
North Carolina.

A23-4tc-J&J-J4

#### NOTICE OF SALE

North Carolina,  
Macon County

Under and by virtue of the power of sale contained in a deed of trust from John P. Rickman and Nellie Rickman, to the undersigned Trustee, dated November 6, 1930, and recorded in office of Register of Deeds for Macon County, Book No. 31, of Mortgages and Deeds of Trust, page 526, and default having been made in the payment of the indebtedness secured by said Deed of Trust and demand made on the undersigned Trustee to exercise the power of sale conferred therein, said undersigned Trustee will, therefore, on Thurs-

### LEGAL ADVERTISING

day, the 11th day of June, 1936, at 12 o'clock, noon, at the court house door in the Town of Franklin, Macon County, North Carolina, sell to the highest bidder for cash, to satisfy said indebtedness, the following described tract or parcel of land:

Being all the lands described in a deed from D. C. Stockton and Noma Stockton to John P. Rickman, dated September 26, 1922, and registered in 1-4, Page 29, on the 12th day of October, 1922, for a more complete description, adjoining the lands of C. W. Dowdle and others.

This 9th day of May, 1936.  
J. FRANK RAY, Trustee.  
M14-4tp-J4

#### NOTICE OF PUBLICATION

North Carolina,  
Macon County.  
M. D. Billings

vs.  
R. L. Telford and wife, Anna Telford, W. E. R. Byrne and wife, Amanda Byrne, E. B. Dyer and wife, Lucy Mc Dyer, Baird Mica and Clay Company, a Corporation and all other persons, Firms and Corporations Claiming any Interest in the Subject-Matter of this action.

The defendants, R. L. Telford and wife, Anna Telford, W. E. R. Byrne and wife, Amanda Byrne, E. B. Dyer and wife, Lucy Mc Dyer, Baird Mica and Clay Company, and all other persons owning or claiming any interest in the subject-matter of this action will take notice that an action as entitled above has been commenced in the Superior Court of Macon county, North Carolina, for the purpose of foreclosing tax liens upon, and to subject to the payment of the certificate of sale for unpaid taxes thereon for the years 1928, 1929 and 1930, the following described real estate:

All the mineral interest, minerals and mining privileges in and upon on and under the following tract or parcel of land to-wit: In Macon County, BEGINNING at a chestnut on the East side of a hill in the edge of an old field, runs N. 22 W. 59 poles to a chestnut; then N. 57 W. 122 poles to a stake in the line of an old tract on top of the mountain near the Lee Siler

# AUCTION SALE

OF THE

## Lee Crawford Lot

AT THE

Corner of Main Street and Harrison Avenue

### 2 P. M. SATURDAY, MAY 16

This property has been subdivided into small lots and will be sold regardless of cost or loss. This is your chance to invest in real business property in the biggest little town in Western North Carolina.

Real estate has been the safest investment to be found ever since Manhattan Island was sold by the Indians—the first piece of real estate ever sold in America.

## EVERYBODY INVITED

We invite everybody to attend this sale and help boost our town. We will entertain you with the noted Peck's Bad Boys Brass Band. We will also have a big surprise in store for some one in the way of a Cash Prize. Don't miss this sale. It will be the biggest event of its kind that has taken place in Macon County in many a year!

## TERMS OF SALE

One-Third Cash and Balance in  
6-12 & 18 Months

SALE CONDUCTED BY

# Home Realty & Auction Co.

R. A. PATTON, Mgr.

FRANKLIN, N. C.

IF YOU HAVE REAL ESTATE FOR SALE SEE US

We Will Explain Our Latest Methods of Work Planned By Our Experienced Organization to Avoid the Pitfalls and Convert Your Properties Into Cash at One Big Auction Sale