

### Rid Yourself of Kidney Poisons

DO you suffer burning, scanty or too frequent urination; backache, headache, dizziness, loss of energy, leg pains, swellings and puffiness under the eyes? Are you tired, nervous—feel all unstrung and don't know what is wrong?

Then give some thought to your kidneys. Be sure they function properly for functional kidney disorder permits excess waste to stay in the blood, and to poison and upset the whole system.

Use Doan's Pills. Doan's are for the kidneys only. They are recommended the world over. You can get the genuine, time-tested Doan's at any drug store.

### DOANS PILLS



TAYLOR MADE CUSTOM CLOTHES

### We CUT Your Suit To Measure But We Never Cut the Quality

We make only from All Wool Fabrics  
**\$23.75 to \$45.00**

**J. T. Moore & Co.**  
Specializing in Taylor Custom Made Clothes

### Farmers Supply Co. SPECIALS

- Lard, 8 lbs. . . . . 97c
- FLOUR: Superior . . . . . 73c
- Dixie Limited . . . . . 89c
- Hoosier Belle . . . . . 98c
- COFFEE: Peck . . . . . 98c
- "Good-as-the Knob 4-lb. pails . . . . . 69c
- Cornflakes, 3 for . . . . . 25c
- Salt, 100's . . . . . 99c
- Read Proverbs—and learn how to vote:  
"When the wicked rule the people moan; when the righteous rule the people rejoice."
- Brooms, 25c, 35c and . . . . . 49c
- MAKE your old clothes NEW. Putnam's Fadeless Dyes, all colors.
- WANTED: A few more good hams. We pay CASH.
- Toilet Paper 5c, 8c and . . . . . 10c
- "Tater" Plants (while they last) 100 for . . . . . 15c
- Soap and Powders, 10 for . . . . . 25c
- Lemon and Vanilla, pts. . . . . 10c
- When you trade a DIME, we don't ask you to give us a penny extra.
- Read Proverbs and learn how to take an inventory of yourself.

Thank you  
**J. M. MOORE, Mgr.**

# THE FAMILY DOCTOR

By **JOHN JOSEPH GAINES, M.D.**

### PNEUMONIA AND PLEURISY

Counter irritants are agents which produce temporary irritation in another area than the infected part. They are seldom used any more, yet they are worth a bit of study, because of the good they may do in an emergency.

Counter-irritants in common use in the household may be named as, pepper, mustard, turpentine, croton oil, and the like. We base the use of these things on our knowledge of infection and inflammation beneath the surface. In very acute pneumonia, and "pleurisy" we have two deeper seated inflammations which are often benefited by counter-irritants—but always to be used in the early stages, mind you.

A lobar pneumonia may be aborted, or the attack rendered much milder, by the judicious use of mustard-plasters applied vigorously

when the lung is in the stage of "determination." This means just after, or even during the initial chill. Later on in the disease, counter-irritants are wasted effort. I like turpentine, in just strength to redden—which may be used longer, because of the benefits of inhaling its vapor. But we must be sure the kidneys are sound, before we permit any contact of turpentine with the patient.

In a chronic pleurisy, especially when recurrent—in aged persons, with hacking, dry cough, the chest over the pain may be just touched with a cotton-tipped toothpick, wet with croton oil; this old method is just as useful today as it was sixty years ago. I have a neighbor now, who attends to his "pleurisy-pains" satisfactorily himself with this application. It produces vesication, (slight blistering) which he says "draws the poison out." At any rate, it gives him relief—over-night.

### TODAY and TOMORROW

FRANK PARKER STOCKBRIDGE

**SPINACH** . . . . . takes a rap  
Some people eat spinach because they like it, but most children eat it because their parents have been told that it is good for them. Now comes along Dr. Clifford Sweet, a California child specialist, and tells the American Medical Association that spinach isn't any better food for children than any other green vegetable. He also ridicules the common idea that everybody requires a completely balanced diet at every meal.

I think most of the diet faddists have thrown away the most important ingredient, which is common-sense. If all the nonsense that is talked about malnutrition were true, few of us would ever have lived to grow up. But I imagine it will be a long time before mothers generally will get rid of the notion that a fat baby is a healthy baby—or, for that matter, that they can keep themselves slender and well nourished at the same time.

**DOUGHNUTS** . . . . . over there  
They had a celebration in New York the other day in honor of Helen Purviance, the Salvation Army lassie who fried the first doughnuts in France for the boys of the A. E. F. in 1917.

I would hesitate to say that the Salvation Army doughnuts won the war, but they certainly helped a lot in keeping up the morale of the American soldiers "over there." And they put the Salvation Army into first place in the affections of millions of Americans.

I don't know which I admire more, doughnuts or the Salvation Army. I am an enthusiast about both. I have to restrain my appetite for doughnuts as I grow older, but I find it impossible to restrain my admiration for the self-sacrificing labors of the Salvation Army. When I meet, as I often do, young men and young women who have left wealthy homes or good jobs to don the Salvationists uniforms in order to help others, I always feel that these folks have found what Buddhists call "The Way of Life."

**METHODISTS** . . . . . policy  
Through the union of its three great branches, the Methodist Church, is about to become the largest Protestant denomination in America. In its recent general conference the Methodist Episcopal Church went deeply into the question of the attitude which the church should take on economic and political questions.

A strong element favored advocacy of a planned social economy, but the decision of the conference was for freedom under democracy. I like the language in which the conference report proclaimed that "a free church cannot long survive the death of the free school, the free press, free speech and free assemblage. We will resist dictator-

ship. Economic justice is to be won by extending democracy to the industrial order, not by setting up therein the autocracy of dictatorship."

It seems to me that the Methodists have fully grasped and clearly expressed the essentials of Americanism.

### FREEDOM . . . . . fair chance

The American system is based upon the freedom of the individual to plan his own life. That does not mean that society should not give him every possible aid, through school and church, to help the individual to fit himself for the struggle for existence. It does imply, however, that no child should be taught to believe that life is anything but a struggle, or that society owes him anything but a fair chance to make the best of whatever is in him.

That is a hard doctrine, from the point of view of the sentimentalist. But the hard way, what Theodore Roosevelt called "the strenuous life," is the only way of life in which the individual is really free. It is not too high a price to pay for liberty.

### PURITANS . . . . . standards

My friend, W. J. Cameron, in one of his Sunday night broadcasts, gave me a new thought on the character of the early colonists of New England. As one of the thirty million descendants of those 20,000 Puritans who settled in New England before 1640, I was interested when Mr. Cameron pointed out that in their time, and judged by the standards then prevailing in England, they were regarded as dangerous radicals, they were so far ahead of current ideas in their liberal attitude toward life and human affairs.

That is quite contrary to the current impression of our Puritan forefathers as narrow and hide-bound. The world has moved in 300 years, and we cannot apply today's standards to the people of those times. But they did have one quality which measures up to the highest standards of all time. That was respect for the rights and liberties of individuals and suspicion of everyone who tried to get along without working.

### WHAT TO PLANT THIS WEEK

Courtesy Farmers Federation News

- Garden**
- BEANS: All varieties.
- CROSBY Egyptian, Detroit.
- CABBAGE—Set all varieties.
- CULIFLOWER: Snowball.
- CUCUMBERS:
- CARROTS: Chantenay, Danvers.
- EGG PPLANT—Sow seed or set plants.
- CORN: All varieties.
- LETTUCE—Seed in garden: Grand Rapids (curled).
- MUSTARD: Curly or smooth leaved.
- PEAS: Wrinkle varieties; Tall & Dwarf Telephone, Thomas Laxton, Laxtonia, Gradus.
- ONIONS: Set green plants.
- RADISHES — Cal. Mammoth,

- cycle, Saxon.
- PARSNIPS: Sugar or Hollow Crown.
- POTATOES: Sweet; set slips.
- PEPPER—Seed, all varieties
- SQUASH: Yellow Crookneck, White & Yellow bush.
- SPINACH: New Zeland (summer).
- SWISS CHARD: (For greens).
- TOMATO—Set in open, set plants; all varieties.
- WATERMELON: Kleckley Sweet, Stone Mountain.

### FRANKLIN SHOE SHOP SAYS WE ARE STILL MENDING SHOES

When your heels roll  
And your soles flop,  
We'll save your sole  
Before you drop.

**FRANKLIN SHOE SHOP**  
Opposite Courthouse  
"We Buy and Sell"  
Box 212 Troy F. Horn

**JAPANESE OIL**  
Made in U. S. A.  
**FOR HAIR AND SCALP**  
Different from Ordinary Hair Tonics  
**IT'S A SCALP MEDICINE!**  
40c & \$1. FEEL IT WORK! At All Druggists  
Write for FREE Booklet "The Truth About The Hair." National Remedy Co., New York



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by the Federal Deposit Insurance Corporation up to \$5,000 for Each Depositor.



**Have Money**  
Before and After Marriage  
WHEN a man takes unto himself a wife  
solemn DUTY to do . . . a duty to do  
for her.  
Work, SAVE, prosper. This is the one way to  
Marriage.  
START SAVING REGULARLY NOW  
We Welcome Your Banking Business  
**The Jackson County Bank**  
THINK!  
SYLVA & HIGHLANDS, N. C.  
Make OUR Bank YOUR Bank  
Member Federal Deposit Insurance Corporation  
HAVE MONEY!

**Political Announcements**

**FOR REPRESENTATIVE**  
Subject to the primary on June 6, I hereby announce my candidacy for election as Representative in the General Assembly.  
R. A. (BOB) POU

**FOR SHERIFF**  
I hereby announce my candidacy for sheriff of Macon County, subject to the Democratic primary on June 6th.  
WADE C. ALLEN

**FOR SHERIFF**  
Subject to the primary, I hereby announce my candidacy for re-election to the office of Sheriff of Macon County.  
A. B. SLACK

**FOR REGISTER**  
Subject to the primary on June 6th, I hereby announce my candidacy as Register of Deeds of Macon County. If re-elected, I will render efficient and effective service, as good or better than in the past.  
C. TOM BRADY

**Democratic Primary June 6th**  
For State Auditor  
 George R. Pou  
—A Young Man  
—A Business Man  
—A Reliable Man  
This Advertisement  
Furnished by  
War Veterans who  
led with George  
Pou in the Last