

Home Demonstration Club News

BY MRS. T. J. O'NEIL

Macon County Home Demonstration Agent

4-H CLUBS

Boys and girls 4-H clubs have been organized in the following communities: Oak Grove, Highlands, Holly Springs, Iotla. Plans for organization have been made at Stiles, Tellico and West's Mill. Boys and girls club work is one of the most important parts of our county program. Through these clubs our best leadership for the future is developed.

CANNING DEMONSTRATIONS

Canning demonstrations are being given in the various communities in the county. Any community desiring that a demonstration be given, is asked to communicate with Mrs. O'Neil, home demonstration agent. Many women are purchasing pressure cookers, realizing that

they reduce spoilage, save time and save fuel.

Additional home demonstration clubs are to be organized in the county within the next few weeks. The first communities requesting clubs will be the communities where new clubs are organized. Requests are coming in. If your community desires a club, don't delay in getting the information to the home agent.

CHEESE DEMONSTRATIONS

Demonstrations in the making of yellow American cheese will be given at the home demonstration club meetings. Many families have a surplus of milk at certain times and this can be preserved for later use in the form of cheese, which can be kept indefinitely. Let us preserve our milk supply.

Recreation Program

By T. J. O'NEIL
Supervisor of Recreation

TRAINING SCHOOL FOR RECREATION FORKERS

A training school for recreation workers has been conducted one day each week for the past month in order to train the workers for more efficient service. The attendance has increased and the interest doubled as a result of this. Training has been given in games, nature study, paper cutting, singing, the making of puzzles, etc.

COMMUNITY MEETINGS

Community meetings in which old and young have participated are being held in the various communities. One hundred and eight attended a meeting at the Stiles school on Saturday. A meeting was scheduled for

Saturday, July 18.

IMPROVEMENT OF SCHOOL GROUNDS

The school grounds at the colored school and at the Iotla school are being improved. The roads are being graded and playgrounds planned. Dutch ovens and fire places are to be built in several communities for use at community meetings.

Tact

"Doctor," quavered the patient weakly, "how am I?"
"Oh, you're much better," replied the medico breezily, "but if I were you I wouldn't start reading any serial stories!"—London Answers Magazine.

SMILING JIMMIE HENIGAN

ACE OF MARATHON RUNNERS

Been running for 28 years. Has won 704 prizes. A member of 3 U. S. Olympic Teams.



STRAWBERRY SHORTCAKE

JIMMIE'S FAVORITE DISH —

AND HIS FAVORITE CIGARETTE

JIMMIE HENIGAN SAYS:

"I smoke Camels for digestion's sake. They give me a grand feeling of contentment and comfort."

CAMELS
Costlier Tobaccos!



MEN

Now is the time to buy a good hat at reduced prices, as follows:

\$4.00 Hat \$2.95

\$3.00 Hat \$1.95

They are all good values—good colors, and good styles. Come early while you can get your size, and one to suit you.

E. K. Cunningham & Co.

The Shop of Quality



SAFETY . . . dramatized

Next month a great "motorcade" will travel to New York City. It will be composed of drivers from all of the 48 states. Each will have been chosen to represent his or her state because of proven skill as a driver. No one can be selected who has not had ten years of driving experience, covering at least 50,000 miles, and his accident record must show a clean slate.

These 48 motorists, representing the very pick of all the drivers of America, are to converge upon New York in August for a highway safety convention, sponsored by the C. I. T. Safety Foundation and co-operated in by the American Automobile Association and the National Safety Council. Prizes will be given to the drivers who come the longest distance and arrive without a scratch on their fenders.

This seems to me like a mighty useful move toward dramatizing the importance of careful driving. It ought to stimulate public interest in the effort to make motoring safe.

SHIPS . . . our program

The "Gridiron Flag" of our country will float again on the seven seas as it has not been seen since war days, if the purposes of the new ship subsidy bill, passed in the last hour of Congress, are carried out. In this new law a Federal Maritime Authority was set up, with power to subsidize and supervise the construction and operation of American ships for the foreign trade. Two hundred new ships in seven years at a cost of \$350,000,000 is the building program. I would like to see it even bigger.

The new law also provides for subsidies to ship operators to equalize the difference between wages paid to American officers and sailors and the starvation wages paid by ship owners of other nations.

I hope one result of this will be to fill American youth again with the desire to go to sea, and that Old Glory will again become a familiar sight in every seaport of the world.

DROUGHT . . . irrigation

A friend who lives in northern Tennessee wrote me the other day that it had not rained in his part of the country for 77 days. Drought conditions that threaten the wheat crop and the cattle ranchers are reported from many parts of the northwest plains and prairie states. Along the Atlantic Coast the shortage of rain in April and May and early June wrought havoc with the growers of vegetables and small fruits and shot the price of potatoes up to a new high record.

What with floods and droughts, nature has its own way of regulating agricultural production. I don't know how long it took the Egyptians and the ancient Babylonians to develop their systems of irrigation, but sometimes I think that agriculture can only be conducted successfully either in a country where it rains all the time, or in one where it never rains at all—with irrigation.

HOMES . . . right basis

There is more common-sense in what Lewis H. Brown told the New York State Bankers Association about the housing situation, the other day, than in anything I have read or heard on the subject.

Much of the distress caused by mortgage foreclosures on homes, he pointed out, arises from three principal causes. The home owner was high-pressured into buying a home beyond his means; he financed the purchase by a short-term mortgage which fell due at a time when he could neither pay nor renew it; and the house was poorly built and fell into disrepair prematurely.

Mr. Brown is no advocate of government financing of home building. He believes that it is up to the bankers of the nation to finance the home owner on long-term amortizable mortgages, easily within the borrower's means to repay, but first to make sure that he is not buying more of a house than he can afford, and that it is a sound, well-built house to begin with.

I have long thought that that is

the only sound road toward recovery in the building trades.

TAXES . . . end of line

I have been studying the revenue act of 1936, passed in the closing hours of the 74th Congress. It proposes to raise \$800,000,000 a year of new revenue by a new plan of taxation—on corporate reserves. If it does that it will cost every one of us who earns a living a little over four cents a day; for nothing is more certain than this tax, like all

other taxes, will be paid by the ultimate consumer.

We who earn the money pay the taxes. We pay most of the involuntary tax collected by the merchant. Come the price of everything we pay for the taxes paid by the manufacturer and along the line. The taxes on to us. The taxes on to us. The taxes on to us. We are the end of the line.



THE FAMILY DOCTOR

By JOHN JOSEPH GAINE

ABOUT PAIN, HERE AND THERE

Almost every active human being is subject at one time or another to fleeting, shifting twinges varying from slight discomfort to severe, pronounced pain. Such may not be accompanied by any inflammatory signs—heat, redness, or swelling—just transitory pain, often mistakenly called "muscular rheumatism."

Such annoyances almost invariably come from disturbed nerves. Organs adjacent to the locality complained of should be studied. Constipation—an impacted bowel—may cause anything from head neuralgia to sciatic irritation, and even pains in ankles and heels. Unload the bowel and relief comes. All pains in nerves should be investigated as to local injury. Grandma lifted a heavy rocker yesterday; today she has a sharp pain in her wrist. You "turned" your ankle last night on an uneven sidewalk.

Little disturbances due to injuries may be treated by hot fomentations, heat and medicaments rubbed on. Good liniments are very useful if persisted in. It is possible that no cause for a localized pain can be found. In such case the physician is

a timely resort if the pain disappears after rest. A lazy liver may produce a point of shoulder blade where, to disappear, eating fruit. Most of the pains in the lower extremities are produced by trouble within the body, unless a warning that demands a physician.

Singers To Meet Bethel Sunday

The regular all-day singing convention of the vision of Macon county next Sunday, July 1, Methodist church. Singers and near are expected. Jess Keener, president of the convention, has issued a warning that demands a physician.

Too Much Rest

Patient—Do you think I should spend a few days in bed?
Doctor—A few more would do you more good.



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DON'T FLY TOO HIGH Have Money

FLYING too high . . . putting a mortgage on your future with INSTALLMENT debts . . . will lead to a CRASH when your gas . . . gives out.

Yes, Buy and enjoy life . . . but FIRST money and be sure you can AFFORD it. START SAVING REGULARLY NOW. We Welcome Your Banking Business.

The Jackson County Bank



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