

**CAGLE'S CAFE**

FRANKLIN SYLVA

HOME OF FINE FOODS  
COURTEOUS SERVICE

Let us help you plan  
your picnic lunches . . .  
specials on short notice.  
We Appreciate Your Patronage

A. G. CAGLE, Prop.

**Sentinels  
of Health**

Don't Neglect Them!

Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure. When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out.

Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance. The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval. Are endorsed the country over. Insist on Doan's. Sold at all drug stores.

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Get trustworthy time in a smart Ingersoll watch. Yankee is the smallest and thinnest pocket watch at \$1.50. Chrome-plated case, clear numerals, unbreakable crystal.

use the **BABY POWDER** that  
**FIGHTS OFF  
GERMS**

Don't let germs infect your baby's delicate skin. Instead of using ordinary baby powders, use Mennen Antiseptic Powder. It's definitely antiseptic and fights off germs. This famous powder is as soft, as smooth and fine as a baby powder can be. But, in addition—it keeps your baby safer—pro-

ected against his worst enemies, germs and infection. It costs no more. See your druggist today.

**MENNEN Antiseptic POWDER**

**Notice to  
Taxpayers**

The Macon County Board of Equalization and Review will meet at the Courthouse in Franklin on Monday, June 20, for the purpose of hearing any and all taxpayers who own or control taxable property assessed for taxation in the county in respect to the valuation of such property or the property of others.

**C. T. Bryson,**  
Tax Supervisor

**Summer-Time Is Salad-Time**

By **BEULAH V. GILLASPIE**  
Director, Sealtest Laboratory Kitchen



Courtesy Sealtest Laboratory Kitchen

YOUR salad can be practically a "meal in itself," yet refreshing, light and nourishing. And, now is the season to give the family or guests salads at practically every luncheon, dinner or supper. Cottage cheese is such a perfect ally to vegetables, fruits, lettuce or greens. Here's a combination your guests will adore!

**LUNCHEON SALAD WITH  
COTTAGE CHEESE CRISPS**

6 tomatoes 1 cup cottage  
Lettuce or other greens cheese  
Mayonnaisse

Peel tomatoes and cut through the centers in fifths, leaving an uncut portion at the base so that the sections may be spread apart but will remain attached. Place tomatoes on lettuce arranged on a large platter and fill the centers with cottage cheese. Serve with mayonnaisse

or French dressing and Cheese Crisps made as follows:

1 cup flour 6 tablespoons  
1/4 teaspoon salt butter  
1/2 teaspoon baking powder 1/2 cup cottage  
1 teaspoon celery seed 1 tablespoon milk  
Paprika

Mix and sift the flour, salt and baking powder and stir in the celery seed. Work in the butter with the fingertips or cut in with 2 knives. Combine the cottage cheese and milk and add to the first mixture, stirring in quickly. Turn out on floured board and roll out to 1/4 inch thickness. Cut with a floured knife into strips 1/2 inch wide and 4 inches long. Place on a baking sheet, brush with milk or cream and sprinkle with paprika. Bake in a hot oven (425° F.) for 10 to 12 minutes or until a delicate brown. This recipe will make 35 to 40 crisps.

**Sets Last Date  
For Work Sheets**

E. Y. Floyd, of State college, has announced that June 18 will be the last day North Carolina farmers can submit work sheets for participation in the conservation phase of the 1938 farm program.

Floyd pointed out that filing a work sheet with the county office obligates a farmer in no way. It merely supplies information about the farm which serves as a basis for participation in the program.

**Farm Youths Meet  
At State College**

"Community Building" was the theme of the second annual Older Youth conference at State college, June 7-11, attended by 113 boys and girls from 30 North Carolina counties.

In urging the young people to prepare themselves for their life's work, L. R. Harrill, 4-H club leader in charge of the conference, also asked them to do what they can to build up their home communities and to make this world a better place.

Col. John W. Harrelson, dean of administration at the college, counseled the young people to take stock of their physical and mental abilities before choosing their vocation, then do everything possible to prepare themselves for that work.

"Go to college if you can," he said, "but if you can't, don't be discouraged. You can do much to overcome this handicap if you will use your own initiative."

Gov. Clyde R. Hoey appealed to the young people to drive more carefully on the highways, then lauded the school bus drivers for their record last year of more than 90,000,000 passenger miles without a fatality.

Dr. Frank P. Graham, president of the University of North Carolina, discussed the possibilities of providing better schools for rural children.

Dr. K. C. Garrison, professor of psychology at State college, advised that to succeed, one must do more than is required of him, and said that success is not measured in terms of money or social position.

Dean I. O. Schaub, director of the extension service, stated that families who farm to make a good living will get ahead faster than those who farm money crops to get rich.

**Hot Months Require  
Extra Poultry Care**

Poultry authorities agree that adequate range, shade, and green feed are three essentials for well-managed flocks during the hot summer months, says C. F. Parrish, extension poultryman at State college.

When growers are ready to market their birds, those who have been careful to observe these essentials will find they have been well paid for their efforts.

Where home-mixed rations for

pullets are used, Parrish recommends the following growing mash: 35 pounds No. 2 yellow corn meal, 20 pounds standard wheat middlings, 20 pounds No. 2 heavy oats finely pulverized, 12 pounds standard wheat bran, 4 pounds fish meal (55 per cent protein), 2 pounds meat meal (55 per cent protein), 2 pounds dried skim milk, 2 pounds ground limestone or oyster shell, 2 pounds bone meal, and one pound iodized table salt.

Farmers having an adequate supply of milk may omit the dried milk recommended in the above ration. Because it is a valuable food, milk should be given to poultry in some form.

However, when fed as a liquid, it should be placed in clean, easily accessible containers. Surplus milk should not be allowed to remain in the containers since it attracts flies.

Plenty of water should be available at all times. If possible, it should be kept in a shady place.

Along with the mash, birds should have all the grain they will eat each morning.

**Compliance Checking  
Two Times As Great**

Approximately 2,000 local supervisors will be required to check compliance on 240,000 North Carolina farms under the 1938 AAA program, according to H. A. Patten, AAA compliance officer at State college.

Because of the complexity of the new program, the job of measuring farms this year will be about twice as great as in any past year.

North Carolina cotton gins start opening about August 15, so all cotton farms will have to be mea-

sured before that date. Therefore, as fast as local supervisors are trained, they are dispatched immediately into cotton counties.

Farm acreage will determine the number of local checkers placed in a particular county but enough men will be provided to do a thorough and accurate job.

To check up the accuracy of the local supervisors, district supervisors will "spot check" the work. This is accomplished by picking out any one farm which has been checked in a community and re-measuring it. If the original measurement fails to agree with that of the district supervisor's, the entire community has to be rechecked.

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of Moose**

Franklin Lodge, No. 452

Meets

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Every Friday Night  
8:00 O'Clock

Billy Bryson, Secretary

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Correspondence is invited from groups and individuals everywhere who are interested in the brewing industry and its social responsibilities.