

PERSONALS

Mrs. A. E. Hampton left Tuesday morning for Raleigh to attend the Baptist W. M. U. in session there this week. While there she will be entertained by Mrs. M. L. Shipman.

Mr. C. B. Deaver's sister, Mrs. John B. Orr, and brother, W. K. Deaver, of Asheville, and sister, Mrs. W. P. Whitmire, of Hendersonville, were his guests Sunday.

Mrs. J. S. Silverstein left Tuesday for Raleigh to attend this week the State conference of the Daughters of the American Revolution.

J. N. Siniard and family and Mrs. C. M. Siniard have returned from a visit of two weeks with relatives in Ocala, Fla.

Mrs. Phillip Sitton is visiting in Asheville a few days this week.

Mr. and Mrs. C. B. Wilson, of Abbeville, S. C., were week-end guests of T. T. Loftis.

Miss Nell Aiken spent the week-end in Asheville with her brother, Charles Aiken.

Mr. and Mrs. R. E. Lyon and family moved last week into their new home on Probarie avenue.

Mr. W. E. Breese is in Raleigh this week on legal business.

Mrs. W. W. Hanaman received severe bruises and a nervous shock Monday when she accidentally fell into a hole while crossing the school athletic field. She was unable to meet her classes for several days.

Mr. and Mrs. J. C. Wike and daughter, Miss Flora, spent Sunday at Lake Toxaway.

Mrs. J. S. Nicholson, Miss Bertie Ballard and Mrs. Harry Patton spent Saturday in Hendersonville.

J. W. Cobble was in Knoxville the past week-end.

Mrs. Luther Pushell and small son spent Tuesday in Asheville.

Mrs. Wallace Hartzell, who is visiting in the eastern part of the state, will attend the W. M. U. conference in Raleigh this week and be the guest of Mrs. M. L. Shipman.

Miss Cammie Glaesener returned recently from a visit of two weeks with relatives in Houston, State and other points in Texas.

Mr. and Mrs. E. L. Gash and daughter, Peggy Lou, are visiting Mr. Gash's mother, Mrs. T. S. Gash, in Richmond, N. C.

Mr. W. H. Alexander returned Friday from Stubetsville, Ohio, where he was called on account of the death of his youngest daughter.

Mr. John McShee, son of Mr. and Mrs. J. T. McShee of Macos, Ga., who, with the family, has spent several summers in Brevard, sailed Thursday, February 25, with his schoolmate, Douglas Feagin, for ports of England and Belgium, on board the United States trade boat, "Aninous." They will be away several months.

Mrs. Thos. Ward and Mrs. Perry Galloway left Tuesday for Raleigh to attend the W. M. U. State convention in session there this week. They will be the guests of Mrs. M. L. Shipman.

Rev. and Mrs. Vernon A. Crawford returned the first of the week from a two weeks' vacation in South Carolina. Mr. Thornwell Haynes filled Mr. Crawford's pulpit at the Presbyterian church during the two Sundays of his absence.

Dr. and Mrs. G. B. Lynch spent several days last week in Asheville and Fairview, the latter place being the former home of Dr. Lynch.

Mrs. H. A. Plummer, Mrs. F. A. Starrette, Miss Nell Miller and Jimmie Sledge motored to Charlotte Monday to attend the State Sunday School conference, of the Methodist church, in session in that city this week.

Mr. and Mrs. C. B. Deaver, accompanied by Dr. R. L. Stokes, will leave the latter part of the week for Baltimore, where Mr. Deaver will enter a hospital for medical examination and diagnosis.

Mr. and Mrs. Hale Siniard announce the birth of a twelve-pound son, Thursday, February 18.

Mr. and Mrs. W. M. Henry and Mrs. W. E. Bishop spent Sunday in Black Mountain.

Mr. and Mrs. J. C. Hendricks and Mr. and Mrs. Harry Loftis attended the K. K. K. parade in Hendersonville Monday of last week.

Mr. and Mrs. J. W. Smith returned Friday from Apopka, Fla., where they have been visiting Mrs. Smith's parents, Mr. and Mrs. J. W. Puetter.

Mr. John Lawrence, of New Berg, is connected with the firm of Lawrence-Mallory Realty Co.

Mrs. Mary Johnstone has been quite ill, but is reported as somewhat improved.

Mrs. C. C. Hodges returned Friday from a visit of two months with relatives in Atlanta and Birmingham.

Mrs. T. W. Whitmire will accompany Mr. and Mrs. Deaver to Baltimore the latter part of the week.

Mrs. Harry Loftis has been confined to her home the past week on account of illness.

Miss Sherril Bromfield, of Fassifern school, spent the week-end with her parents, Mr. and Mrs. J. S. Bromfield.

Mr. and Mrs. H. E. Stowers returned the first of the week from Florida, where they have been for several months past.

BUGS AND HUMBUGS.
NERVOUSNESS

In this strenuous age when always there appears to be something waiting to be done and with never time to do it, we hear more and more of nervousness. With the ever-increasing competition in business and in social life, and the competition in social life may be keener and more disastrous than in business, there results an increasing number of victims of "nervousness."

The medical director of a sanitarium for nervous patients once explained that very often patients, more often women, come in for rest, or for the treatment of various complaints when the only need is rest, and when ordered to bed they all but refuse. Such persons, after being compelled to remain in bed for three or four days, often say at the end of that time that they feel much worse than when they first entered. And this indeed is true. They had lived in high tension so long they could not relax and "let go" of themselves. There was an actual physical exhaustion which they had not realized until a forced rest broke this high nervous tension. When they did relax the real exhaustion was felt. After once securing relaxation, then, this doctor explained, it is easy to build up the wasted strength and recovery is rapid.

Let's take this doctor's statement as a valuable tip. If relaxation will cure nervousness, relaxation will prevent nervousness.

But, the busy housewife replies with almost scorn in her laugh, "when can I relax? There is never a moment for rest at my house." The reply should be, "But there is always time to do the things that must be done, and sufficient relaxation and rest are things that must be done if health and usefulness are preserved."

Let the nervous woman sit down

to be completed by another and follow it with a period of rest.

Perhaps nine out of ten will ridicule this suggestion and say it is impossible, and it is impossible if you will not try. But those who try it

soon develop a attitude of poise and self command which removes all probability of the need of a rest in a sanitarium.

TOWN ITS OWN DAIRYMAN

Tarboro, N. C., a town with 4,500 inhabitants, has been in the retail milk business since 1917. The city has bought the milk from the farmers, pasteurized it, bottled it, and

distributed it. In fact, it is in the milk business much as most cities and towns are in the water business. This is how Tarboro became a milkman.

Because Louis Morgan, a barber, showed him much courtesy some years ago, D. R. McAlpin set him up with a shop in his New York hotel. Now Morgan is a millionaire owning shops employing more than 100 barbers.



MISS MARION EUGENE YONGUE, OF BREVARD, DAUGHTER OF MR. AND MRS. C. C. YONGUE, WHO IS SPENDING THE WINTER IN FLORIDA WITH RELATIVES.

Who Owns The House The Renters "Jack" Built?

THE answer, of course, is always the same: The landlord. He builds it and the renter foots the bill. By a little more careful planning, the average renter could convert his rent payments into payments on a home of his own.

On March 20th.

We open our 35th Series of Building & Loan. If you're a renter, you owe it to your family and yourself to investigate this plan that so many are now benefiting from.

Brevard Building & Loan Association

TINSLEY BUILDING

BREVARD, N. C.