



# The Franklin Press

## FARM AND HOME DEPARTMENT

### Jarrett Writes On World Peace

Franklin, N. C., Sept. 12, 1930.

In a league of nations now in session at Geneva Switzerland, in their eleventh assembly was heard the views of two statesmen, both of world renown, both enthusiastic for a world's peace. As how to bring it to pass they are wide apart. Mr. Brand of France contending the organization of the European nations into a league is one of the first steps to be taken for a substantial world peace. While Mr. Henderson of Great Britain demanded that disarmament was necessary to bring the ends desired.

The world's peace is a subject of international standing. Upon it rests the salvation of our future civilization.

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R. S. JONES, Mgr.  
FRANKLIN, NORTH CAROLINA

The views of the two gentlemen just mentioned are wide apart. Should either of their standards be adopted or both be adopted, where would the results come in? As to my way of thinking they remind me of an acquaintance of mine who was called on to make a Sunday school talk. He had just imbibed rather freely in the juice of John Barley Corn, nevertheless his patriotism responded to the call. After a few blunders in the Holy land, with one mighty bound he landed on the pyramids of Egypt. After telling of their immensity he straightened himself up, raised his right hand and said: "My friends, it is a historical fact that when these pyramids were built they began at the top and built downward."

Nevertheless, to my backward narrow contracted way of thinking out things, these gentlemen are statesmen of international fame. It does seem that they have begun at the top of this great structure of a world's peace and are building downward. It does seem rather embarrassing for one of so small a caliber as myself to make such assertions as these. Bear with me. The strength of any literal building is never stronger than the weakest place in its foundation. This nation of ours has built a fabric that has stood the test for 150 years under a national head that has stood the test and still stands. We have 48 states in this union tied together in national bonds, with a president, a congress, senate and supreme court. Does not the 48 states live in harmony? Should trouble arise between

### CONCRETE VOLUME FIGURES

A common mistake in figuring the quantities of materials needed for a given volume of concrete is to assume that the volume of concrete produced equals the quantity of sand plus the quantity of gravel, in the mix. For example, a 1:2:4 mixture will not produce 6 cubic yards of concrete, if 2 yards of sand and 4 yards of gravel are used, because the sand will lodge in the spaces between the pebbles. If you want 6 cubic yards of concrete, use 2.7 cubic yards of sand and 5.34 cubic yards of gravel.

states? Are they not all adjusted at the natural head? All our differences have been ironed out for 150 years. Our ties of unionship is stronger than ever before.

In this old world of ours, if my information is right, we have near 60 nations with separate and independent government. With each one striving for supremacy. Is it any wonder we always have conflicts and wars? If 48 states can be held together under a national head, then why not organize the 60 independent governments under an international compact, with a president, senate and a supreme court.

Let every nation stand in the new organization, as a state in the national compact. Each nation will have its court. At this stage we are ready to introduce the question of disarmament to be dealt with through international legislation. With safety we can junk our admirals and brigadiers, our armies and navies, implements and munition factories. Later

### GNEISS

Mr. Roy Stiwinter's many friends and relatives will be glad to hear that he is getting along very well at the Angel Brothers' hospital. Many have flocked to see him. All are wishing for him a speedy recovery.

Owing to unfavorable weather conditions the Highlands basketball team did not come to play ball Friday afternoon, Sept. 19.

### CALORIES AND REDUCING

It is almost impossible to reduce by resolving to eat less, in a vague, general way. The only sure and scientific method is to count your calories and know how much you are eating. This is not as difficult as it seems. Maintenance diet for a man at hard work is 2600 calories daily; for a woman at hard work, 2400; for a woman at light work 2200. If you are a short person about 1700. To reduce, you must eat less than that regular maintenance diet; about 1200 calories or less a day.

Knowing the caloric value of a few common foods, you can estimate that of similar foods. The following list will help:

- Slice of bread or toast, 100; Cracker, 25;
- Muffin, griddle cake, 150; waffle, cornbread 200.
- Piece of pie, cake, pudding, ice cream, 300 to 500, depending on size and richness.
- Teaspoon sugar, 100 chocolate cream 100.
- Almond, double, 10; half walnut, 15.
- Cup unsweetened gelatin, 50.
- Pat of butter, 100.
- Tablespoon cream, 40; cup skimmed

### Eight People Hurt In Auto Accident

Memphis, Tenn. Sept. 23—Eight tourists from Hillsville, N. C., were injured in an automobile accident today near Somersville, Tenn., but none was believed critically hurt.

Four of the injured were brought here. They were Mrs. Belle Mostiller, 50, believed to have been internally injured, and Henry Mostiller, 16, Ethel Mostiller, 9, and Clifton Parker, 18, lacerated and bruised.

The others were treated at Somersville. They are Miss Emery Mostiller, 20, two children, Bannie and Ernest Mostiller, and Luther Ellison, 23, all cut and bruised.

Ambulance attaches said Ellison was driving their car and lost control as it swerved toward an embankment. They were traveling to Marcola, Ore.—Asheville Citizen.

### LIBERTY SCHOOL

(By Seventh Grade—Miss Selma Henson, Principal of School)

We have a new bulletin board in our school. Every day many interesting news articles are posted.

The seventh grade has been making posters in English.

In Nature study we are studying about birds. We are trying to see how many new birds we can learn.

Mr. and Mrs. P. C. Dalton were in Franklin shopping one day the latter part of last week.

Miss Lela Painter and Mrs. H. D. Painter were in Franklin shopping last Thursday.

Oh man of peace, stop and think. What of the economic conditions of the world? What a saving of finances under a new order of a world peace. Is this all, Nay, the most of human energy, life, blood, tears, broken homes, devastated country, hunger and cold by taxes all followed by pestilence.

Mr. Henderson's idea of disarmament is all right at the proper time. To disarm at this period would possibly be very dangerous.

If war should be declared the surrounding nations would be forced to reconstruct their armies, navies and munition factories in order to be safe from encroachments from those countries in war. But first let us tie the nations of earth together with international bonds. With a president, a congress, senate and a supreme national rights after the order of the state rights. Each nation represented according to its population. Instead of 60 independent governments we have but one. With such an organization in force we have a foundation as solid as the rock of Gibraltar on which to build a world's peace.

Mr. Brand pleads for the utility and necessity of grouping the European nations together. What would be the fruits of such a movement? Strife, hatred, malice, etc., the very seed for a bloody conflict.

Before closing, let us review a few statistics. Our beloved nation from her source of revenue collects over four billion dollars each year. Are you aware that near eighty per cent of this vast sum goes for war purposes in this time of peace. The expense of our government outside of war purposes is run on twenty per cent. It is clear that our nation will save over three billion dollars annually. Think of the immensity of this vast sum. If same was placed on the highways of the nation, how long would it take to hard surface every highway in the nation? And done with money now being spent to, destroy human life, make widows and orphans, reck countries, overthrow governments, followed by famine and pestilence.

Oh thinking man, the remedy is within our grasp. Which side will you take? With such a peace inaugurated, then we can with safety junk our arms, navies, munition factories, brigadiers and admirals, and even our military colleges. Is not this time referred to in Holy writ?

"When the lamb and the lion shall lie down together, we will beat our swords into plow shears, our spears into pruning hooks, and shall know wars no more."

The question of a world's peace is the greatest movement ever set on foot since the advent of our Savior, the Christ.

J. P. JARRETT.

Meat, small helping lean, 100; fat, 300.

One egg, 75.  
Fruits—apple, peach, fig, slice pineapple, dish berries, 50; one banana, large orange, pear, 100.

Vegetables—large helping raw, 15; half cup cooked watery vegetables, 25; starchy vegetables, 50.

Lima beans, baked beans, dried peas, half cup, 400.

Cereals—half cup cooked to mush, 150. Prepared all-bran, half cup, 25.

In estimating fried or sweetened foods, the fat and sugar added must be counted.

In reducing, eat a variety, but COUNT YOUR CALORIES and keep as near 1000 or 1200 a day as possible. It will make you more comfortable if you eat generously of vegetables and fruits and filling foods of low caloric value.

### YOUR GROCER

Do you know your grocer and do you co-operate with him in trying to save his time and your money? We are familiar with the housewife who comes into the store, not knowing what she wants, and wastes valuable time of the clerk's and keeps other customers waiting while she tries to make up her mind.

A shopping list prepared at home would have avoided this. One cannot always know what attractive things will be in the market, but these can be promptly picked up as extras. The woman without a shopping list is likely to phone to the grocer, after she gets home, and order something she forgot, requiring an extra delivery. We all have to pay the overhead in the upkeep of the grocery, and many such customers demand extra clerk hire and delivery service.

If possible do your marketing outside of the regular daily rush hours, which are from eleven to one and five to six o'clock. You will get better attention and save the grocer much and annoyance. It helps if you know the location of the various goods in the store and make your order accordingly, not expecting the clerk to chase from one end of the store to the other to show you a cheese or a box of prunes.

Some customers will pinch every peach and feel of the food carelessly, increasing its tendency to spoil. If you do this, you should purchase it yourself and not leave it for the grocer to sell to another.

Consider the size of packages. The larger size is cheaper, in proportion to its contents and is economy if you can use it to advantage.

Paint and varnish spatters on glass may be dissolved with turpentine or alcohol, or rubbed off with a dull knife.

humming;  
Leaves are turning yellow and apples are getting mellow;  
The butterflies are flying and the flowers are all dying;  
The creek goes winding along,  
And the birds sing a little song;  
Corn will soon be ready to gather,  
And we are ready for bright, blue weather.

### THE FALL OF THE YEAR

The leaves are turning red and yellow, The apples are getting ripe and mellow.

The apple trees are bending down;  
The grass is turning golden brown,  
Autumn is here and winter is coming,  
The birds are singing and the bees are humming.

### PORTLAND OREGON

Mr. and Mrs. B. C. Munday who resided in Portland several weeks left for San Francisco where they hope to locate.

Mr. Robert Curtis who has been employed in this city since February returned to Franklin last Saturday. He was accompanied by Spokane, Washington by Mr. O. W. Ashe, it being Mr. Ashe's regular run on the S. P. and S. railroad.

Mrs. Clifton Moody and daughter, Louise, of Waynesville, visited Mr. and Mrs. Gaston Curtis enroute to their home. While in Portland they enjoyed a drive up the Columbia river highway which is a scenic wonderland of the West.

Mr. Mimms Crawford arrived in Salem recently after being in California on business.

Mr. and Mrs. George Ray and son, Will, of Prairie City, Oregon, have been visiting relatives in Portland.

Mr. and Mrs. O. W. Ashe left Monday for Eastern Oregon on a deer hunt. Oscar hopes to bring back all the law allows.

Mr. and Mrs. W. G. Curtis of Portland, spent the week end with their aunt, Mrs. J. Allen in Cottage Grove, Oregon.

### HIGDONVILLE

We are sorry to report that Mrs. Furman Corbin had to undergo an operation at the hospital. We are glad to hear that she will soon be out again.

Mrs. T. P. Moses gave a birthday dinner Sunday, Sept. 21 for Mr. B. M. Angel and invited a few guests. All who were there spent a few hours pleasantly.

Mr. Monroe Strain of Detroit, Mich., is visiting his sister, Mrs. J. L. Higdon at Higdonville.

Dr. Caleb A. Ridley preached an interesting sermon at Higdonville Sunday, Sept. 21.

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