

That Nagging Backache

May Warn of Disordered Kidney Action
 Modern life with its hurly and worry, irregular habits, improper eating and drinking—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.
 You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.
 Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!



STATE COLLEGE ANSWERS TIMELY FARM QUESTIONS

QUESTION—Is it advisable to raise the first calf of a heifer?
ANSWER—It makes absolutely no difference in the quality of the heifer calf whether she is the first calf or a later one. Sometimes the first calf may be slightly smaller than calves born later but even this is not necessarily true. At any rate, it would not affect the animal's future production.
QUESTION—How much aging does beef need before it goes into frozen locker storage?
ANSWER—Aging the freshly slaughtered carcass for a week or 10 days in a chill room increases

the natural tenderness of the meat. Longer aging is often used, but it allows for the development of stale odors from the growth of mold on the surface of the meat. Aging longer than 10 days appears unnecessary for beef which is to be further tenderized by freezing.
QUESTION—Are onions poisonous after they are frozen?
ANSWER—The answer is no. In fact, onions, which have been frozen may even be used successfully if they are thawed out slowly. But they won't keep after being frozen.
QUESTION—What foods will be plentiful during June?
ANSWER—Irish potatoes, cauliflower, spinach, and celery top the monthly U. S. Department of Agriculture "plentiful list" for June. The best fruit buy for the month is citrus, with oranges,

Free Film On Cancer Control To Be Shown At Qualla School
 A moving picture on ways of cancer control will be shown at the Qualla school house on June 25 at 2 p. m. This picture is sponsored by the local Health Department. Mrs. Walter Jones, Cancer control chairman of Qualla school drive for funds, and the Qualla Home Demonstration Club. The picture is for everyone in the community and no admission will be charged.
Improvements Made At Cullowhee Church
 Many improvements on the Cullowhee Baptist church lawn and entrance to the cemetery have been made under the supervision of a special committee appointed to do this work. Gravel walks

Cullowhee Area To Have Free Movie On Cancer Control
 The Cullowhee and Pressley Creek Home Demonstration clubs, and parking area have been made. Considerable grading entered into the project, providing more cemetery and improving the appearance a great deal.
 A number of boxwoods have been placed bordering the walks and also a decorative wire fence at the front of the parking lot, and grass has been sown.
 Funds to make these improvements were contributed by friends at Cullowhee and from friends and relatives living elsewhere.

including the Tuckaseegee area, with the help of the Jackson county Health Department and Mrs. Walter Jones, county chairman of the Cancer drive, are sponsoring a free moving picture show for the people of this section of the county on Thursday, June 24, at 2:30 p. m. at the Cullowhee auditorium. Mr. W. T. Brown has offered to operate his movie machine for the public use.
 It is hoped that a large number of people will take advantage of this opportunity of learning more about the symptoms of cancer, and how best to control it.
 Demand for vegetables is expected to continue strong throughout the year.

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 "The exotic tropical fruit of many uses."
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CARROTS 2 LARGE BUNCHES FOR **29c**
 "THE ANSWER TO A HEALTHY APPETITE"

FRESH GREEN CROWDER PEAS 2 POUNDS FOR **27c**

LIMES ADD JEST TO BEVERAGES **27c** **ORANGES** FOR THE GLOW OF HEALTH **2 doz. 49c** **BEANS** FANCY, TENDER, GREEN **2 Lbs. 27c**

Bright Red Radishes 2 LARGE BUNCHES FOR **15c**
 "CRISP, CRUNCHY, WONDERFULLY DELICIOUS"

Golden Heart Celery 2 LARGE BUNCHES FOR **19c**
 "FRESHLY HARVESTED, FRESH TASTING, GOOD"

New White Potatoes 5 POUNDS FOR **25c**

SUGAR 5 POUND BAG **43c** FOR PENNY-WISE HOUSEWIVES

LONG GRAIN RICE DONALD DUCK 12 OUNCE PACKAGE FOR **17c**
LIMA BEANS BABY 2 POUND PACKAGE FOR **37c**
DANDY GRITS JIM 2 POUND PACKAGE FOR **21c**
RED BAND FLOUR PLAIN OR SELF-RISING 25 POUND BAG FOR **2.33**
MEDIUM PRUNES DEL MONTE 1 POUND PACKAGE FOR **20c**
CUT ASPARAGUS CAROLINA NO. 2 CAN 2 FOR **19c**
TOMATO JUICE HEARTS DELIGHT NO. 2 CAN FOR **10c**
Y. C. PEACHES HUNT'S NO. 2 1/2 CAN FOR **25c**

BRACHS FINE CANDIES J'LLY POUND BAG FOR **36c**
BEANS CHOC MINT POUND BAG FOR **29c**
CREAM STARS NUT POUND BAG FOR **43c**
GOODIES COCONUT BOX FOR **40c**
BON BONS BUTTERSCOTCH CELLO BAG **29c**
BALLS

SWIMMING WITH FISH VALUES

SLICED BACON PINKY PIG 1 POUND FOR **69c**
PORK CHOPS ECONOMY CUT 1 POUND FOR **55c**
SHOULDER CHOPS U. S. GOOD VEAL 1 POUND FOR **69c**

Whiting DRESSED POUND **15c** **STEAK** SKINLESS POUND **53c**
COD 37c **STEAK** HALIBUT POUND **43c**
DRESSED OCEAN CATFISH lb. **39c**
FRESH WATER CATFISH Lb. **49c**
FILLETS of HADDOCK Pound **39c**

SWIFT'S PREM 12 oz can **49c**
Apple Keg Apple Juice 46 OZ. CAN **27c**
Hershey Choc. Syrup 16 OZ. CAN **15c**
Ball Mason Fruit Jars QUARTS DOZEN **81c**

OIL PINT BOTTLE FOR **46c** **PICKLES** SWEET MIXED 22 OZ FOR **28c** **DESSERTS** MY T FINE 2 FOR **15c**
KARO BLUE LABEL 24 OZ FOR **22c** **OLIVES** STUFFED 3 OZ BOTTLE FOR **31c** **STICKS** O. & C PEPPY No. 300 Can 2 For **23c**
TEA 16 LB. Pkg FOR **33c** **CHERRIES** 5 OZ JAR FOR **29c** **WAFERS** WHEAT VANILLA 12 OZ FOR **29c**

COOK-IT VEL Large **31c**
OCTAGON SOAP, 2 Cakes For ... **17c**
Octagon Soap Powder 2 Pg. Med. **17c**
Octagon Soap Flakes, Large Pkg. **24c**
OCTAGON CLEANSER, 2 Cans ... **13c**
Silver Dust Powder, Lge. Pkg. ... **36c**
Staleys Liquid Starch, Qt. ... **24c**

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