### That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—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

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 ly. this is not necessarily true. At being frozen. any rate, it would not affect the inimal's future production.

QUESTION — How much aging frozen locker storage?

the natural tenderness of the meat. Free Film On Cancer Longer aging is often used, but it Control To Be Shown 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 poison-

ous 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 slow-But they won't keep after

QUESTION - What foods will be plentiful during June?

ANSWER - Irish potatoes does beef need before it goes into cauliflower, spinach, and celery lewhee Baptist church lawn and top the monthly U. S. Department entrance to the cemetery have ANSWER — Aging the freshly of Agriculture "plentiful list" for been made under the supervision slaughtered carcass for a week or June. The best fruit buy for the

At Qualla School

A moving picture on ways of cancer control will be shown at the Qualla school house on Jure 25 at 2 p. m. This picture is sponsored by the local Health Depart- Considerable grading entered into ment, Mrs. Walter Jones, Cancer son county chairman of Cancer drive for funds, and the Qualla Home Demontsration Club. The picture is for everyone in the community and no admission will be charged.

### **Improvements Made At Cullowhee Church**

Many improvements on the Cula special committee appointed 10 days in a chill room increases month is citrus, with oranges. to do this work. Gravel walks

> grapefruit, and lemons dominating he list of fresh Luits. Plentiful canned foods offer housewives a wide choice, including canned peas, pumpkin, sweet potatoes, tomat products, apple products, prunes. grapefruit segments, and citrus juices. The list also includes honey, peanut butter, fresh and frozen fish, and eggs.

Cullowhee Area To Have Free Movie On Cancer Control

and parking area have been made. the project, providing more ceme- W. T. Brown has offered to optery and improving the appearance great deal.

A number of boxwoods have and also a decorative wire fence this apportunity of learning more at the front of the parking lot. and grass has been sown.

Funds to make these improvemen's were contributed by triends

with the help of the Jackson county Health Department and Mrs. Walter Jones, county chairman of The Cullownee and Pressley the Cancer drive, are sponsoring Creek Home Demonstration clubs, 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. erate his movie machine for the

including the Tuckaseigee Jarea,

It is noped that a large numbe. been placed bordering the walks of people will take advantage of

at Cullowhee and from triends pected to continue strong tarough-

TRULY FINE MONUMENTS

For Truly Fine Monuments See Our Many Designs

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Any Quantity—Immediate Delivery

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Delicious—

*NUTRITIOUS*—

RICHER WITH MEATS!

**WONDERFUL IN DESSERTS!** 

FINER in Moulded SALADS !

You'll discover hidden flavor in

BAKED HAM when you place

slices of FRESH Pineapple over the scored fat surface about 10

min. before taking from oven.

CUDAHY PURITAN SKINNED SMOKED

14 to 18 POUNDS WHOLE or HALF

Tender, Juicy

I POUND FOR

HEALTHFUL-

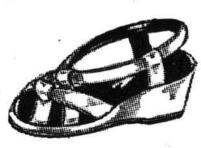
# BOWER'S Week-End SPECIALS



BIRD'S EYE-BABY DIAPERS

Keep the little fellows smiling by using our Diapers. Regular \$2.98 value for

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HOSE 51 guage, first quality. Regular \$1.89 for only . . .



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for only . . .



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Produce Values

You'll find garden produce at its prime right now and DIXIE - HOME STORES offers always the Cream of the crop.

"CHOCK FULL OF GOLDEN COODNESS CARROTS

FRESH GREEN CROWDER PEAS

LIMES

DONALD DUCK

ORANGES

**BEANS** Carton 27c 2 doz. 49c 2 Lbs. 27c

FANCY, TENDER, GREEN

"ADD THIS BRILLIANT SPLASH OF COLOR TO YOUR MENU"

LONG GRAIN RICE . 17°

Bright Red Radishes

Golden Heart Celery PRESHLY HARVE TER FESH TASTING GOOD"

New White Potatoes

"PENNY-WISE"

12 OUNCE PACKAGE FOR

2 POUND PAGKAGE FOR

FLOUR 2.33

2 LARGE BUNCHES FOR

POUND BAG FOR

POUND BAG FOR

2 LARGE BUNCHES FOR

19c

25c

FINE CANDIES

BALLS ... 29°

**BRACHS** 

SHOULDER CHOPS . SWIMMING WITH

PORK CHOPS

COD

Whiting 15c STEAK 37c STEAK

DRESSED OCEAN CATFISH lb. 39c FRESH WATER CATFISH Lb. 49c FILLETS of HADDOCK Pound 39c

SWIFT'S PREM 12 oz can Apple Keg Apple Juice Hershey Choc. Syrup 16 OZ.

Ball Mason Fruit Jars

24 OZ FOR

PICKLES . 28° STUFFED 3 OZ BOTTLE FOR

WAFERS . 29°

DIXIE HOME SUPER MARKET

CUT ASPARAGUS NO 2 CAN FOR NO. 21/2 CAN FOR Y. C. PEACHES



OCTAGON SOAP, 2 Cakes For ... 17c Octagon Sowder 2 Pg. Med. 17c

Octagon Soap Flakes, Lange Pkg. 340

OCTAGON CLEANSER, 2 Cans ... 13c Silver Dust Powder, Lge. Pkg. ... 36c

Staleys Liquid Starch, Qt. .... 24c

Large 31c

TEA . . 33°

CHERRIES