

—Read Herald Classified Ads For Profits—

LIKE OLD SELF AGAIN THANKS TO RETONGA

Felt So Weakened And Run-Down She Hardly Knew Which Way To Turn. Now Feeling Fine, Mrs. C. A. Hester Praises Retonga.

"Since I started taking Retonga I can go about my housework with plenty of energy and strength," gladly states Mrs. C. A. Hester, respected housewife who lives at 2736 Waughtown St., Winston-Salem, N. C. The mother of four children, Mrs. Hester gratefully continues:

"I had a pretty good appetite, but whatever I ate always seemed to sour and feel heavy in my stomach. The gas pressure was so bad at times I could hardly get my breath and I suffered miserably from muscular aches and pains all through my neck, shoulders and back. I felt so weakened and run-down that sometimes I could hardly do my housework. I

was jittery and on edge lots of times and at night I tossed and tumbled so that I never seemed to get any sleep.

"Retonga certainly brought me relief that I needed. I enjoy my food and everything seems to agree with me and give me the strength and energy I need. I sleep restfully, get up feeling refreshed and can do my housework without trouble. Those muscular aches and pains have let up and I no longer suffer distress from sour stomach. Retonga deserves all the praise I can give it."

The active ingredients of Retonga are purely herbal, combined with Vitamin B-1. Retonga is intended to relieve distress due to insufficient flow of digestive juices in the stomach, loss of appetite, borderline Vitamin B-1 deficiency, and constipation. If the first bottle fails to bring you relief, your money will be cheerfully refunded. You can get Retonga at Sylva Pharmacy.—Adv.

STATE COLLEGE HINTS TO FARM HOMEMAKER

(By Ruth Current)

State Home Demonstration Agent Food prejudices are not only expensive; they may also lead to malnutrition. Anyone who avoids many foods is in danger of not getting all the nutrients needed for health.

Adults in the family should make a special effort to like all foods and to avoid discussions of foods before children. Children are easily influenced against foods by the attitudes and dislikes of their elders and they may carry these prejudices all their lives. Children in nursery schools quickly learn to eat food set before them because child guidance specialists do not indulge their whims by offering alternate foods or by arguing about them.

Fine linen handkerchiefs are precious possessions these days when linen and other line fabrics "come high" in the stores. To make handkerchiefs last longer, textile scientists offer some suggestions about buying and care:

Buying: The more even and compact the weave weight of the handkerchief, the greater its chance of survival. Embroidered initials, open work and hand-hem-stitching add to the appearance and cost and unfortunately also make the handkerchief more fragile. The first break often comes at the hemstitching where the fabric is thinner, or around initials where the embroidery is so much heavier than the surrounding linen. Hand-rolled edges are less sturdy than stitched hems.

Sylva Future Farmers Spend Week In Raleigh

Marvin Allison, Darnel Ward, and William Holden, Future Farmers of the Sylva Chapter spent last week at State College in Raleigh, attending the State Convention of The Future Farmers of America. The boys participated in livestock judging, public speaking, parliamentary procedure, closing the years business, working program for next year, etc. Around 800 teachers and boys were present. Our Sylva boys visited many places of interest as well as worked while there.

Each boy thoroughly enjoyed the trip and come back with a new vision of North Carolina and its educational and agricultural possibilities. The trip was made possible partially as results of cooperative efforts of all the Sylva department of vocational agriculture.

Mary Morris Observed Eleventh Birthday

Mr. and Mrs. John Morris entertained about 35 boys and girls on Saturday evening, June 12, the occasion being the 11th birthday of their daughter, Mary Morris. Games were played on the lawn and then the children were invited into the diningroom where the table had been fixed with the birthday cake and other birthday trimming.

Mary received a number of lovely gifts which she opened.

D.V.B. School To Have Commencement Program At Sylva Church

The Daily Vacation Bible school held for the past two weeks at the Methodist church for the Methodist and Presbyterian children will close Friday and commencement exercises will be held Sunday morning at 10 o'clock at the Methodist church. The program, to be given by the children, will consist of songs and other memory work that has been learned at the school. Handwork done by the children will also be on exhibit. This program will take the place of Church School day and a collection will be taken for the Young People's camp.

Charles Deitz of the U. S. Navy spent last week with his two sons, his sister, Mrs. Ollie Banks and his parents, Rev. and Mrs. T. F. Deitz, before sailing on a mission in connection with his work.

Mrs. W. T. McCollum and daughter, Mildred, of Atlanta were guests last week of her mother, Mrs. Ollie Banks.

Mr. Arch Cowan of Green's Creek is spending this week with his sister, Mrs. T. F. Deitz, and Rev. Deitz.

Mrs. Ida Grantham of West Point, Miss., and Mrs. Belle Am-

Shelton Completes Specialist Course

CHANUTE AIR FORCE BASE, Rantoul, Ill.—Brig. Gen. Fay R. Upthegrove, commanding general of Chanutte air base announced today the Pfc. John N. Shelton has successfully completed the ten-week Airplane Jet-engine Specialist Course.

Son of Mr. Frank Shelton, Cullowhee, North Carolina, Pfc. Shelton will depart from Chanutte air base soon for a new assignment. At his new station, he will take his place among the skilled technicians who are essential in maintaining a first-line air force.

The Tar Heel State produced nearly 10,000 acres of watermelons in 1947.

mon of Murphy visited Mrs. Ollie Banks last week.

Dr. W. Kermit Chapman

Dentist
Office in
BOYD BUILDING
Waynesville, N. C. Phone 363

SAVE USED FATS!

HELP YOUR COUNTRY... HELP YOURSELF!


There is still a very real need for every ounce of used fats we can salvage. The world-wide shortage is greater today than ever before. Please... keep saving and turning in your used kitchen fats. P. S. Yes! you do get paid for them... and you know how ready cash counts today.

Keep Turning in Used Fats!
American Fat Salvage Committee, Inc.

**Is Your Home Like An Oven In The Summer?
No Need To Be You Know, If You Insulate
The Baldwin-Hill Black Rockwool Way**

- WINTER FUEL SAVINGS PAY FOR IT
- REDUCES YOUR FIRE HAZARD 75%

PHONE OR WRITE FOR FREE ESTIMATE
ROCK WOOL INSULATING CO.
20 Technical Building — Phone 2949
Asheville, North Carolina



ZENITH WASHING MACHINES

- 1-2 Inch Insulation Board
- 16 x 32 Inch Tile Board
- White Asbestos Siding
- Windows and Doors
- Pee-Gee Paints and Varnishes
- Cold Water Paint That Stays On
- \$1.50 per gallon
- Garden Tools
- SEEDS — FISHING TACKLE OF ALL KINDS

SYLVA COAL & LUMBER CO.

A Complete Hardware Store
Phone 71 Sylva, N. C.

KEEP COOL SAVE FUEL

JOHNS-MANVILLE INSULATION

Our Crew Working in Sylva This Week
For Information And Free Survey of Your Home
Call Mrs. Nicholson
SYLVA DAY 92-J — NIGHT 153

CITIZENS TRANSFER & COAL CO.

Dial 2-2461 ASHEVILLE, N. C.

The
WHISPERING PINES
Dining Room
in
CASHIERS
serves
DELICIOUS FRIED CHICKEN, STEAKS,
Refreshments

SAVE MONEY ON SEEDS

SOY BEANS
MILLET
CANE
AS GROW
GARDEN SEEDS

FARMERS FEDERATION



WATCH TROUBLES?

Corrected At
LILIUS JEWELRY CO.
Diamonds - Watches - Jewelry
Watch and Jewelry Repairing
Ritz Theatre Bldg.
Phone 229 Sylva, N. C.

Ask Your Grocer For...

"The Best Part Of The Meal"



Don't be surprised when soon you find your JFG Coffee in this new, more beautiful Package.

Watch for it at your Grocer's!

How to keep a Champ in Trim!



YES sir, there's a championship caliber all through that Buick of yours.

It's caliber that calls for mighty little "conditioning"—if the attention it gets adds up to really knowing and understanding care.

For instance, these Fireball cylinders will keep on packing all the wallop they should, if you let us compression-check them in the Buick way. Steering will stay easy and light, tire wear will stay at the minimum, if you keep your wheels lined up on our special tracking gauges.

And when wear does take its inescapable toll, we have the parts—Buick-engineered for their job—that restore factory-new standards of performance.

Even our tools are specially designed to do a typical Buick job—and for the personal, interested, specialized attention that tops off genuine Buick care, you simply can't beat the Buick specialists in our shop.

Yes, give your champ real Buick care—Buick know-how, Buick parts, Buick interest in keeping your car at its peak. Costs no more than ordinary attentions—but what a whale of a difference it makes!

Lubricare Matched-to-mileage maintenance for Buicks

- ★ Lubricare is specified for your Buick by the engineers who built the car—with the right kind and the right amount of lubricants carefully chosen for just one reason: they are best for your Buick.
- ★ Lubricare is matched to the mileage your Buick has traveled—including a thorough inspection, a report of anything needing attention and a record of the service for future reference.
- ★ Lubricare adds thoughtful care to complete lubrication. For protection and smooth performance, your Buick deserves Lubricare regularly.

★ SEE YOUR BUICK DEALER EVERY 1000 MILES FOR LUBRICARE



Skilled service men—Buick to their finger tips—know how to bring out all the Fireball zip and go.

BUICK CARE KEEPS BUICKS BEST



HOOPER MOTOR COMPANY

Main Street Sylva, N. C.