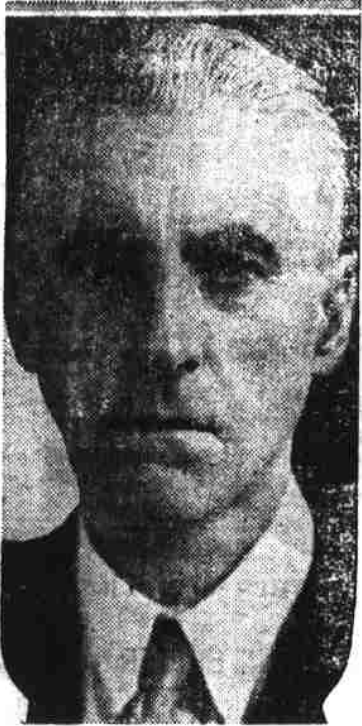


LOST 68 POUNDS DURING TROUBLE

"I honestly believe Sargon saved my life. I had to resign from the Asheville Police Department because I was down and out physically. My weight dropped from 207 pounds to 139."



JOSEPH N. HYDER

I was sent home from duty several times, and spent four weeks in a hospital. My digestion was so bad that absolutely nothing agreed with me. I had to take handfuls of salts every night for constipation. I had awful pains in my head and back. I had my teeth extracted, my eyes examined, and took one treatment after another but never did get better until I got hold of Sargon. Five bottles made me feel like a new man from head to foot. I've gained 13 pounds already and haven't a sign of my former troubles left. My friends are amazed at the change in me, and as long as I live I'll never stop praising this wonderful medicine."—Joseph N. Hyder, 63 Cumberland Ave., Asheville.

MOORE'S PHARMACY, Agents. Advt.

Last Words of Some Distinguished Men

"LET US GO AHEAD," SPOKEN BY MARSHAL FOCH, RECALLS EXPRESSIONS OF OTHERS AS LIVES NEARED END.

The last words of famous sufferers from tuberculosis are included among those appearing in a book by Frederick Rowland Marwin, entitled "The Last Words, Real and Traditional, of Distinguished Men and Women," which was quoted by a recent writer in the New York Times in connection with the last words of Marshal Foch. "Let us go ahead," which he uttered just before his death. Friedrich von Schiller, the German poet, is credited with saying, "Many things are growing clear to my understanding." John Keats, a poet to the end, declared: "I feel the flowers growing over me." Elizabeth Barrett Browning said: "It is beautiful."

Washington Irving is said to have declared: "I must arrange my pillows for another weary night." Among the famous last words of distinguished men and women who did not suffer from tuberculosis are the following: Queen Elizabeth: "All my possessions for a moment of time." Mary, Queen of Scots: "O Lord, into thy hands I commend my spirit." Lord Horatio Nelson: "Thank God, I have done my duty." (He died in battle.) George Washington (whose brother had tuberculosis): "It is well." Benjamin Franklin: "A dying man can do nothing easy." John Quincy Adams: "It is the last of earth." William Pitt: "O, my country, how I love thee." Thomas Jefferson: "I resign my spirit to God; my daughter to my country." Robert E. Lee: "Tell Hill he must come up." (His mind had wandered, and he was reliving one of the important battles of the Civil War.) John Andre (executed as a spy during the Revolutionary War): "It will be but a momentary pang."

Benedict Arnold: "Let me die in the old uniform in which I fought my battles for freedom. May God forgive me for putting on any other." Henry Ward Beecher, famous minister: "Now comes the mystery." Charles Darwin: "I am not in the least afraid to die." Michelangelo, designer of St. Peter's Church in Rome and famous painter: "I resign my soul to God, my body to the earth, and my wealth to the next of kin." Ludwig Beethoven (who was deaf): "I shall hear in heaven." Sir Walter Raleigh, just before he was beheaded: "This is a sharp medicine, but a sure remedy for all evils." Madame Roland, on the scaffold, looking at a statue to liberty: "Oh, Liberty, what crimes are committed in thy name."—From Sanatorium Sun.

More than 200 farm men and women of Pitt County attended the recent live at home banquet held at Greenville.

666 Tablets

Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days. 666 also in Liquid.

From SANDY MUSH

The weather is very pleasant here now. Mr. Frank Surret has been ill but is reported much better at this writing. Misses Mayme and Florence Surret were visiting friends Friday. Mrs. Meda Ward and daughter, Reva, called at the home of Mr. and Mrs. J. H. King, Monday.

Mr. John Miller who has been staying with Mr. and Mrs. Richard E. Duckett has gone to spend some time with his brother. Little Gladys Hannah called at the home of Mr. and Mrs. Mont Hannah Friday.

Mr. Green was in this section last Monday. Mr. A. P. Bryant called at the home of Mr. R. J. Surret one day last week.

We are glad to report the marriage of Miss Mae Hannah and Mr. William Ray. We extend our heartiest congratulations and wish for them a long and happy wedded life.

Mr. Riley Surret called on Mr. T. T. King, Wednesday.

Mr. and Mrs. R. J. Boyd motored to town Saturday.

Miss Geneva and Julia King called on Mr. and Mrs. J. H. King Saturday.

Miss Bettie Boyd visited her sister Mrs. Wiley King, Sunday.

Mr. George Hannah called at the home of Mr. T. T. King Saturday.

Mr. Orville Surret and Mrs. Gaston Surret and three children were guests of Mr. and Mrs. O. W. Surret Saturday.

There was an interesting play given at the Sandy Mush school Saturday night.

Mr. Oliver King was visiting his uncle and aunt at Canton last week, Mr. and Mrs. W. N. Boyd.

Mrs. M. N. Hannah and Miss Geneva King went to Willow Creek Sunday and while there visited Misses Exie and Elsie Giles and enjoyed nice music on the radio.

Mr. and Mrs. Ammons visited Mr. and Mrs. Raymond Wells Sunday.

Mr. Herbert Garrett and Misses Hilda Duckett and Blanche King were motoring Sunday afternoon.

Mr. and Mrs. R. J. Surret had company Sunday.

A fine Sunday school was had at Chestnut Grove last Sunday morning, 56 present.

We are glad to see the Cross Rock writer back with some news. We like to hear from you.

Well, Shakin' Sam, I'm sorry that nature made your mouth that large. What's wrong with your leg, it looks as if it was knocked out of place, and your hat is most too small, or you have the big head one and your ears are just the right kind for poor dumb animals.

We are glad to report that Mr. C. E. King is able to be out again.

BIG LAUREL

Our Sunday School at Big Laurel is dull at the present time but we hope to have good Sunday School form now on. Mr. N. H. Griffin will preach at the Seminary on the 9th at 11 o'clock. Hope everybody will come out and bring someone with them.

Mrs. Bell Shelton was moving to the Potato Gap last week.

Mr. and Mrs. Grant Shelton were on Lisenbee Creek Sunday.

Mr. and Mrs. Lane Wallin were in town Monday.

Lane Wallin is having trouble with dogs which are bothering his sheep. He and Burcher Cantrell were on Lisenbee Sunday and found two old ewes and one of them was crippled.

I hope Shakin' Sam won't get snowed under and will send out all the news. If you want to dream eat a supper of cold fried trout.

ROUTE 2, GRAPEVINE

We have been having some bad weather at this place, but it is now nice. The roads are very muddy at this writing.

Mrs. Malinda Shelton departed this life on last Friday. She was buried at the Rice cemetery Sunday afternoon. Rev. Jas. R. Lamb conducting the services. The deceased was 80 or 85 years old.

Mr. John Parris is a little better at this writing.

Mrs. Green, who has been on the sick list for several weeks is improving now.

Mr. Ernest Clark is the proud owner of a new Ford roadster.

Mrs. Margaret West is on the sick list.

Mr. Velt Clark has purchased a mule from Mr. E. S. Morgan of Asheville, Route 4.

Messrs Velt Clark, Bill Thomas,

Merritt Ogle and Charlie Anders enjoyed Sunday afternoon very much. Mr. Tom Ogle took dinner with Mr. L. H. Clark Sunday. Say, Mr. Shakin' Sam, where did you get those nice shoes? They sure is beautiful. Hope your leg is improving. Be careful next time or I'll get your hat knocked off. Your shirt is going to have to be sent to the laundry if you wear it much longer. Shakin' Sam, just come on with that good old column every week. Your column is sure worth reading.

HOME ECONOMICS MARSHALL H. S.

INTRODUCTORY

In view of the protracted agricultural depression with its accompanying business depression, from which our State has been suffering, and in view of the fact that the outlook for agriculture in 1930 is no brighter, it is exceedingly important that every farmer and every gardener plan to produce as nearly as possible, all food necessary for his or her family. It is also necessary that every North Carolina family supply its needs, other than food needs as nearly as possible, with North Carolina products. The needs of any family as follows:—(a) Food. (b) Shelter. (c) Clothing. (d) Development and recreation.

Following are other ways in which this may be done in North Carolina.

"Feeding The Family From North Carolina Products."

The situation, soil, and climate of North Carolina is well adapted to raise or grow nearly all the different kinds of foods needed for the people of the State.

The State of North Carolina can meet these needs at home by providing a system of marketing home grown products, which will encourage the production of more and better food stuffs.

The food needs of any family are: 1. Cereals and their products. 2. Succulent vegetables. 3. Starchy vegetables. 4. Fruits, fresh, dried, and canned. 5. Milk and cheese. 6. Eggs. 7. Meats, for those doing muscular labor.

The people of North Carolina do not raise most of their own meat, except perhaps in the Western part of the State, but they could do it if they tried. The hills that are scarcely good for anything else, are good for raising beef cattle and sheep. Milk cows are owned by many people and there are many dairies for those who do not have their own cows, but not nearly enough cows are raised in the State. Poultry is raised in every part of the State for meat, and also for eggs, but not in the quantities which the State is capable of producing. So it should not be necessary to import any kind of meat into North Carolina.

From Eastern to Western North Carolina, there is a great change in the climate and soil, therefore every kind of vegetable that is necessary for the health of the family can be grown in our State.

Much corn, wheat, and oats from which bread and cereals are produced are now grown in North Carolina, and sufficient to meet the needs could be produced if the farmers could be certain of a market. The East Coast of our State produces rice.

Abundance of different kinds of fruits are grown in all parts of the State. Western North Carolina produces apples of a superior quality and if provided with a market could produce apples second to none in the United States. The Sandhill section of North Carolina already produces peaches of the finest type grown in the United States, and could produce them in sufficient quantities to supply the State if the people would demand them, instead of those imported in cans from as far away as California. Eastern Carolina produces the finest type of strawberries, dewberries, melons, of different kinds, and grapes. Here too, are grown peanuts in abundance and more than enough potatoes to supply the State could easily be grown.

There is no reason why a North Carolina family should not be well nourished from North Carolina products alone.

—By Belva Farmer.

"Building And Furnishing a Home With North Carolina Products."

In building a home we have to con-

sider: (1.) Structural material for the home itself. (2.) the furnishing for the interior.

The foundation may be made of cement, brick or stone. The bricks are made all over the State of North Carolina. The cement is manufactured in many places in the State, packed in sacks and sent to different sections.

The house may be built of lumber, brick, cement, or blocks of granite. The brick and cement have already been mentioned. Granite is quarried in many places in the State. North Carolina has some fine forests of oak, maple, pine, cedar, cypress, poplar and walnut from which many kinds of lumber are manufactured.

The hardware such as nails, hinges, locks, lighting fixtures and plumbing may all be gotten in our own State, manufactured from our own deposits of iron ore.

Our State has many factories for the manufacturing of doors and windows.

We now have the house built and North Carolina has furnished most all of the building material. Let us now see if North Carolina furnishes the material for furnishing a home.

The curtains and hangings may be either rayon or cotton, and North Carolina manufactures beautiful materials of both types. The Enka plant out beyond Asheville, N. C., furnishes lots of rayon. In the central part of the State are many factories which produce a variety of cotton material.

Iron and steel stoves and screens which are used in the homes, are manufactured in North Carolina as well as other places.

Rosemary, North Carolina manufactures table damasks and towels of excellent quality. Furniture for the house is manufactured in many places in the State, notably High Point and Hickory. This may be secured in such native woods as oak and walnut if a natural finish is desired, or in pine, poplar and maple if the painted kind is desired.

For touches of beauty in our homes we may secure some of the most beautiful pottery in the country. This is manufactured from the West to the East end of the State. Much of it is in great demand in our largest cities in the North.

Beautiful hooked rugs, bed spreads and table runners are woven by our mountain women.

Shrubbery for our home grounds grow wild in abundance, and may be had for the asking, or we may secure it from any one of the many nurseries in the State.

—By Geneva Wilson.

"Clothing The Family From North Carolina Products."

The problem of clothing the family form North Carolina products has three very important factors. They are as follows:

1. It keeps our money that is invested in clothing in our own State.

2. It is cheaper to use North Carolina products than to import them from other States and countries.

3. It furnishes a market for home produced textiles and relieves the cotton farmers condition somewhat.

Our outer garments, underwear, and miscellaneous articles may be made from cotton, woolsens, and rayon.

North Carolina is a regular sheep growing State. The climate is mild, the foothills rich enough to furnish plenty of grass, and the brooks and streams furnish plenty of water for them.

There are several woolen mills in North Carolina to manufacture its raw material into clothing.

Cotton is also adapted to North Carolina soil in such a way that we could clothe the whole State with our own cotton.

The manufacturing plants located in our State to manufacture our raw cotton material are well equipped to meet the needs of our people. There are cotton mills established all over the State, some being located at Gastonia and some at Belmont and various other parts of the State.

From Winston-Salem comes much of our men's and ladies' underwear which is made from cotton and rayon produced right in our own State.

Our rayon material is made from wood pulp. This grows in the most mountainous part of the State.

In our own town of Marshall we have a factory that makes ladies' rayon underwear and men's outer clothing. Located in Asheville is the Enka rayon manufacturing plant. This is one among the largest rayon plants located in the South.

Both Elkin and Winston-Salem have large shoe factories.

Durham and Winston-Salem both have large hosiery mills.

Miscellaneous articles of clothing, of various kinds such as belts, gloves, ties and scarfs are manufactured in North Carolina.

From cotton and wood fibers, the hides from our cattle and wool from the sheep we can cloth our families from products grown and manufactured in our own great State of North Carolina.

—By Inez Fisher.

"Providing Recreation And Development For North Carolina Families."

Recreation and development are two important parts of every person's life, and are two items that are most often neglected. Recreation means to recreate, or make over, and development means to improve oneself mentally, morally and physically.

North Carolina is well fitted to provide all of these needs. In the field of winter sports we have Pinehurst and Southern Pines with some of the finest golf courses in the U. S. There, too, one may hunt anything from a deer to a fox, engage in archery contests, polo, races or horse racing. For fishing we have an East coast bordering on waters swarming with fish, and rivers, and creeks in the Western part of our State where trout are plentiful. For scenery our State is famous, whether you take a bus or a rail trip down the beautiful French Broad river to Asheville, a boat trip along the coast or a drive

Advertisement for A&P Food Stores featuring products like Beans, Spaghetti, Flour, Milk, Coffee, Salad Dressing, Catsup, Prunes, Rinso, Sugar, and Soap. Includes A&P logo and 'WHERE ECONOMY RULES' slogan.

FROM BEAR CREEK: The three months old baby girl of Mr. and Mrs. Woodard Treadway was found dead in bed last Saturday morning and was buried in the Wilson cemetery Sunday. Mrs. Ben Payne, better known as "Aunt" Hettie is not very well at this writing. She fell and hurt her leg and it is causing her much suffering. We are glad to report that Mrs. James Wilson is able to be out again after a recent illness. Mr. Joe Payne and family have moved to Sandy Mush. They will be missed in this settlement. Rev. Bergen Roberson filled his appointment at Bear Creek Saturday night and Sunday. Our Sunday service was changed from 2:30 to 11:00 o'clock in the morning. Rev. W. F. Pegg has an appointment to preach at Bear Creek school house Sunday the 16th at 2:30 p. m. Mr. and Mrs. Wayne Fisher of Bunc Camp spent Sunday with Mr. and Mrs. R. P. Ball and family. Blinks—"I see it is predicted disease will be abolished in the next fifty years. What will doctors do then for a living?" Jinks—"O, they'll still be kept busy putting pedestrians together again."—Cincinnati Enquirer.

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