VOL. XXIX

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NEXT WEEK

MARSHALL, N.C., TUESDAY, NOVEMBER 18, 1930

4 Pages This Issue

## MARSHALL CAR STOLEN






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velt, bring glamor to that | hilly state |
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| hit it posible that some tay |


hemieal and gecosgical clements that abound in the
neixhbo hood of Kimbertes,
quality of African diamonds. The million year old seeret of molten rocks and parafifin which have made Pennsylvania crude oil superior to all other lubricants for man's machines may be solved in time so that baser oils may be refined to match it.
The something that makes South Sea Island pearls and French champagne supreme may eventually be known to the laboratory worker and passed on to the industrial world.
But none of these things is likely to happen. The thoroughbred is still one of the mysteries of nature and prob ably will be always.
HOME ECONOMICS CLUB MEETING

Marshall High Economics Club of monthly meeting in the department. This meeting opened with the tered around a very worthy subject, Health. To the roll call, each member answered with a health rule. Afterwards the topic, "How a Girl a ${ }^{\text {a }}$ Day,"" was diseussed by Belva Farmer, Elizabeth Ramsey, Jeanne Sprinkle, and Kate Gwal by Mary Rudisill, Lillian Worley, Ruby Smith,
Elizabeth Shelton, Frances Payne, Elizabeth Shelton, Mary Faulkner Lastly, the club formulated the following health rules to be observed for two weeks.

1. Drink six or eight glasses of
water a day. water a day.
fore breakfast.
ay.
2. Brush teeth twice a day.
3. Eat two vegetables each day.
week.
4. Eat fruit at least once a day. 9. Exercise in fresh air.
day. Each member of the club made an
individual chart consisting of these individual chart consisting oeks each
rules. For the next two weer rales. For the nex should have carried out
member
tese rules. these rules. It is desired that these rules will
be observed not only by the Home Economics Club, but by eye
terested in his own health.
