

**VACATIONS and HEALTH**

By Dr. ERNEST H. LINES  
*Emerging Authority and Chief Medical Director  
 New York Life Insurance Company*

PLANNING YOUR VACATION

VACATIONS and holidays are magic words that conjure up in our minds all the pleasures of travel and change, all the excitements of new places and strange faces, and all the rest and relaxation that come from temporary release from the drudgery and cares that are the lot of all of us in one way or another.

But they should also be planned with an eye towards the fact that they are intended to build us up for the next year's work. Too often people work so hard having a good time that they come home all played out, needing the rest they should have had on their vacation.

Even worse is the idea that we must forget everything but fun and pleasure. Of course banishing business worries and spending your vacation in the proper mental attitude are among the first essentials to getting the most out of your holidays. But it is also wise to use a little forethought to prevent the accidents and illnesses that can so easily spoil a vacation and turn a good time into a tragedy.

**Change and Moderation**  
 In planning your vacation, remember that in many respects "a change is as good as a rest." Don't spend your holidays like the sailor who went to sea, or the mail-carrier who took a long walk. If possible, do just the opposite from your usual round of activities.

For example, if your occupation is a sedentary one demanding great expenditure of mental energy, plan a vacation of mild physical activity free from all strain. Golf, tennis, swimming, baseball, hiking, and similar physical pursuits in moderation are suggested. Don't begin too vigorously. Exercise should leave a feeling of pleasant fatigue, rather than exhaustion, which is dangerous to health.

Or, if you do physical work the year round, then seek a holiday of relaxation, and perhaps study and read a bit to exercise the mental processes. Some men enjoy the quiet solitude that comes from fishing. Travel for those who can afford it provides an excellent means of obtaining cultural and educational advantages.

Get away from home if you can. If you can't, remember that many people can get more good from spending their vacations at home loafing than those who tire themselves out going away.

Whatever your vacation program may be, don't make it too fatiguing or strenuous. You should plan to build up a reserve of mental and physical energy that may be called upon during the ensuing year. Keep in mind that change and moderation are the two essentials of a profitable vacation.

*This is the first of a series of 12 articles on Vacations and Health. The second, on Children in Summer Months, will answer the questions:*

1. How should the child's vacation be planned?
2. What precautions should be taken by children in cities?
3. What should be done before children go to summer camps?

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Packing the baby is one of the progressive features of A Century of Progress—The Chicago World's Fair. Mothers may check their children at the Junior Fair on Enchanted Island in care of trained attendants while they view that part of the huge exposition intended for the seniors. One of the check girls is holding Rudolph Kozlik, while Helen Ermanid is seen placing a tag on Phyllis Chura held by her mother, Mrs. Lottie Chura.

to spend the summer at their cottage in Grimsball Park.

Mr. and Mrs. Paul Seay have moved to Hazelwood from Franklin.

Miss Hazel Arrowood and uncle, Mr. John Martin, visited in Swannanoa over the week-end.

Among those attending the Rhododendron Festival in Asheville's late week were: Misses Berdell Seates and Gladys McElroy, and Mrs. C. S. Benfield. Mrs. Lawrence McElroy, Mrs. E. H. Ensey.

Those who attended the district meeting of the Woman's Missionary Society of the Baptist church which met in Canton Wednesday were: Mrs. T. L. Blalock, Mrs. M. A. Potest, Mrs. Robert Cope, Mrs. B. B. Caldwell, Mrs. Oscar Knight, Mrs. John Blalock, Mrs. Rufus Clark, and Messes Nell Mehaffey and Mary Alice Blalock.

**BOOSTER CLUB MEETS**  
 The Hazelwood Booster Club held its regular meeting at the Presbyterian Hut Thursday night. The meeting was presided over by Whitey Prevost at the request of the president, Sam Knight. The speaker of the evening was County Superintendent Jack Messer, who spoke very interestingly on Education. Music was furnished by the Seco Gap String Band. A delicious supper was served by the ladies of the Presbyterian church.

**CAMPING PARTY**  
 Those composing a camping party to the heights of Lickstone Mountain during the week-end were: Mr. and Mrs. Fern Partis, Mr. and Mrs. Enloe Medford, Mrs. Waddell, Mrs. Jess Curtis, Mrs. Jerry Clarke and Misses Helen Morrow, Berdell Seates, Susie Curtis, Edna Mae Kaykendall and Helen Rogers.

**STRAW RIDE**  
 Among the social events of the week was a straw ride given Friday night composed of the following folks: Misses Helen Morrow, Berdell Seates, Mary Alice Blalock, Hattie Gaddy, Carmen, Platt, Hilda Moody and Messes, June Smathers, George Retha, Carrol Whitener, Vinson McElroy, Earl Byrd, Jack McClure, Edgar Swayngim and Clyde Fisher.

**Timely Questions And Answers On Farm Problems**

**Question:** When is the best time to plant Irish potatoes for the fall crop?  
**Answer:** In eastern North Carolina the seed should be planted during the latter part of July or the first week in August. As the fall crop of potatoes depends to a large extent on the amount of moisture available it is best to take advantage of seasonal conditions rather than the time limits. Plant when the soil is moist even if it is a little early or a little later than the dates mentioned.

**Question:** Is it too late to top dress corn with nitrate of soda and will later applications give increased yields?  
**Answer:** It is not too late but earlier applications would have given greater returns. For best results corn should be top dressed when about knee high. After this time the amount of increase from this top dressing begins to decrease.

**Question:** When should young poultry be wormed?  
**Answer:** Worm the young birds at 12 to 14 weeks old. Due to climatic conditions, especially in North Carolina, worms in poultry are very prevalent and deworming is the only possible insurance. Use range stock size tablets from some reliable biological house and follow directions on the container. The older birds carried over for breeders should be dewormed after they have gone into the summer moult.

**JUNIOR ORDER UNITED AMERICAN MECHANICS**

Meets every Tuesday night at 8 o'clock. All visiting Juniors are welcome to all meetings. Waynesville Council No. 373.

The Junior Order Council No. 373, met in regular session Tuesday 8 p. m. June 27th, in the lodge hall over the First National Bank.

The matter of the revival in the Baptist church was mentioned, and it was resolved that every member of our council should attend as often as possible these revival services, both out of respect for the Baptist pastor who is an honored brother Junior, and more especially because of the great amount to be derived therefrom.

It was noted that the next meeting will be on the 4th of July, at which time the new officers will be installed. A committee was appointed to arrange a special program. Refreshments will be served and the string band will be on hand to furnish some fine music. Let every Junior be present at this next meeting.

The following meeting, July 11th, will be devoted to degree work. Let the degree team take notice. One candidate has promised to be on hand at that time to take the first degree and there will be others. Let us do this degree work in the very best possible way for this depends the success of our lodge.

"What happened when the police searched your house?"

"It was fine! The police found the front door key which my wife had hidden a penny stamp in her heels and my collar studs."—Pearson's.

"They always taught me to save strings."

"A real New England expert. But how can I run true to form when stores now use gummed paper?"—Chicago Daily News.

The following correction appeared in a provincial paper:

"Our paper stated last week that Mr. John Doe is a detective in the police force. This was a typographical error. Mr. Doe is really a detective in the police force."—Tit-Bits.

**APPARENTLY NOT**

Moths observes a London entomologist, are among the least aggressive and assertive of insects. A casual view of the trousers of the old evening suit convinces us also that they are not averse to taking a back seat.

**NOTICE OF SALE OF REAL PROPERTY**

Under and by virtue of the power and authority contained in that certain deed of trust, dated — day of — 19 — and recorded in Book No. 30, page 283, Haywood County Registry, and executed by J. R. Hyatt, to T. N. Massie, Jr., Trustee, default having been made in the payment of the indebtedness secured thereby and demand having been made by the holder or holders of the notes upon

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the Trustee named therein to advertise and sell the property described in said deed of trust, the undersigned will offer for sale for cash or on such terms as to the interested parties may seem proper and equitable at public auction at the courthouse door in Waynesville, Haywood County, North Carolina at 11 o'clock A. M. on 29th day of July, 1933, the following described real estate:

BEING in the Town of Waynesville, N. C. and more particularly described as follows:

BEGINNING on a stake on the West side of Main Street, J. R. Hyatt's and T. N. Massie's corner and runs North 18 degs. W. 16 poles to a stake in Montgomery Avenue; thence in a southerly direction with edge of Montgomery Avenue 33 feet to the Buel E. Hyatt corner; thence with Buel E. Hyatt's line to a stake on the West side of Main Street; thence in a Northerly direction with Main Street 33 feet to the BEGINNING.

This June 28, 1933.  
 T. N. MASSIE, Jr.  
 Trustee.

**NOTICE OF SALE OF REAL ESTATE**

NORTH CAROLINA, COUNTY OF HAYWOOD.

Under and by virtue of the power and authority contained in that certain deed of trust executed by C. A. Black and wife, Leila Black to The Raleigh Savings Bank and Trust Company, Trustee, which said deed of trust is dated March 1, 1927, and recorded in Book 20, page 31 of the Haywood County Registry, default having been made in the payment of the indebtedness thereby secured and in the conditions therein secured, the undersigned substituted trustee by instrument recorded in Book 80, page 480 Haywood County Registry, will on Saturday July 29, 1933, at or about twelve o'clock noon, at the courthouse door, at Waynesville, North Carolina, offer for sale and sell to the highest bidder for cash the following described property:

All that certain piece parcel or tract of land containing 93.3 acres more or less situate, lying and being in Waynesville Township, Haywood County, North Carolina, about three miles from the Town of Waynesville, and on the Waynesville-Woodrow Highway, having such shapes, metes, courses and distances as will more fully appear by reference to a plat thereof, made by J. W. Seaver, Surveyor on the 20th day of December, 1920 and attached to the abstract now on file with the Atlantic Joint Stock Land Bank of Raleigh, the same being bounded on the North by the State Highway, on the East by the lands of Miss Martin A. Boggs and C. A. Black; on the South by the lands of Mrs. J. K. Boone and on the West by the lands of A. T. McCracken and Dewey Francis and being the identical tract of land conveyed by deed from G. D. Kilgore and wife, Nannie A. Kilgore to C. A. Black of date, September first, 1924 said deed being duly recorded in Deed Book No. 67, page 306 in the office of the Register of Deeds for Haywood County, State of North Carolina, to which reference is made for a more complete description and location of same.

Terms of sale cash and trustee will require deposit of 10% of the amount of the bid as his evidence of good faith. This the 25th day of June, 1933.

JOSEPH L. COCKERHAM,  
 Substituted Trustee.

Robert Weinstein and Victor W. Thompson, Attorneys, Raleigh, N. C.

No. 70—June 29-July 6-1933

**NOTICE OF SALE UNDER DEED OF TRUST**

NORTH CAROLINA, HAYWOOD COUNTY.

Under and by virtue of the power of sale contained in a certain deed of trust executed by George Hendrix (single) to the undersigned Trustee, I will therefore sell to the highest bidder for cash at the Court House Door in the Town of Waynesville, N. C. on the 17th day of July, 1933, at 10 o'clock, A. M. the following described tract of land: Lying and being in Haywood County and lying in Waynesville Township and bounded as follows: Being Lots Nos. 9 and 10 of Block "A" of the Mrs. W. S. Allen property at Hazelwood as per map and survey made by J. C. Haynes, April 7th, 1925, said map and survey being recorded in the office of the Register of Deeds of Haywood County, N. C. Beginning at a stake at corner of lot No. 7 and runs North 61-10 East 50 feet to a stake; thence South 14-43 East 200 feet to a stake; thence South 69-50 West 50 feet to a stake; thence 14-43 West 200 feet to the beginning.

Said sale being made by the power and authority contained in a deed of trust executed by George Hendrix as recorded in Book 29, page 71, Records of deeds of trust for Haywood County and default having been made in said deed of trust and having been requested by the holder of said deed of trust and note therein described to sell said land. This the 12th day of June, 1933.

GROVER C. DAVIS,  
 Trustee.

No. 74—June 15-22-29-July 6,

**NOTICE OF FORECLOSURE SALE**

UNDER AND BY VIRTUE OF THE POWER OF SALE contained in that certain deed of trust from R. W. Sherrill and wife, Mabel Sherrill, to Carolina Mortgage and Indemnity Company (now Carolina Mortgage Company), Trustee, dated September 1, 1925, and recorded in Book 16 at Page 103 in the Office of the Register of Deeds of Haywood County, North Carolina, default having been made in the payment of the notes thereby secured and the holder thereof having directed that the deed of trust be foreclosed, the undersigned Trustee will

offer for sale at the court house door in the City of Waynesville, North Carolina, at twelve o'clock noon on Monday, the third day of July, 1933, and will sell to the highest bidder for cash, those certain lots or parcels of land in or near the town of Canton, Haywood County, North Carolina, more particularly described as follows:

FIRST TRACT: Beginning at a stake in West margin of the sidewalk on Main or Depot Street and N. E. corner to the Bank of Canton Lot and runs with line of said Lots 83 1/2 West 132 feet to a stake in the center of alley; thence with said alley North 5 1/2 West 25 feet to a stake in alley; thence North 83 1/2 East 42 feet to a stake in the West margin sidewalk of said Street; thence to the West margin of said sidewalk 42 feet to the beginning.

SECOND TRACT: Beginning at a stake in the West margin of the concrete sidewalk on North Main Street in the Town of Canton at the Southeast corner of the J. F. Cabe store building now occupied by Haywood Hardware Company and runs with the South wall of the said building South 83 1/2 West 22 feet to a stake in the South edge of sidewalk in the corner of the stairway location; thence South with the wall 42 feet to a stake at corner of wall thence North 83 1/2 East 22 1/2 feet to a stake at the West margin of sidewalk; thence with the West margin of said concrete sidewalk 3 feet to the beginning; containing a small strip where stairway formerly was to said J. F. Cabe store building.

THIRD TRACT: Also a narrow strip 16 inches wide, beginning at a stake in the southwest corner of said J. F. Cabe brick buildings and runs with the South margin of said sidewalk 42 feet to a stake in the East edge of alley; thence North 5 1/2 West 16 inches to a stake in the edge of alley; thence North 83 1/2 East 42 feet to a stake at J. F. Cabe's brick building; thence South 16 inches to the beginning. Also a one-half undivided interest in the strip of land 16 inches wide occupied by said wall the entire length of said building with the right of said R. W. Sherrill and wife, Mabel Sherrill, to build and connect to said wall.

FOURTH TRACT: One-half undivided interest in the North wall of the Bank of Canton building owned by said R. W. Sherrill and wife, Mabel Sherrill, to build and connect to the adjoining lot of the Party wall, extending the entire length of said wall, Beginning at the West margin of sidewalk and extending to the West end of said building a distance of 60 feet said Bank of Canton building being located in the Town of Canton on the West side of Main Street, also a narrow strip 16 inches wide beginning at a stake in the Northwest corner of the Bank of Canton Building and runs with the North margin of the Bank of Canton Lot 57 feet to a stake in an alley; thence South 12 inches to a stake; thence East in a parallel line to the North margin of the Bank of Canton Lot to a stake at the West wall Bank of Canton Building 12 inches from the corner; thence North 12 inches to a stake at the beginning and being the same as conveyed to R. W. Sherrill and wife from Western Carolina Amusement Company, a corporation organized and existing under and by virtue of the laws of the State of North Carolina, dated April 17, 1925, filed for registration on the 20th day of April, 1925, in the Office of the Register of Deeds of Haywood County, State of North Carolina, and recorded in Book 68, Page 346.

This, the 20th day of May, 1933, Carolina Mortgage Company (now Carolina Mortgage and Indemnity Company), Trustee.

No. 70—June 8-15-22-29

**NOTICE OF EXECUTION SALE**

STATE OF NORTH CAROLINA, COUNTY OF HAYWOOD.

IN THE SUPERIOR COURT

HURST BURGIN and OTIS BURGIN, Trading and Doing Business as BURGIN BROTHERS

VS.

GRADY BURRESS and MRS. GRADY BURRESS.

By virtue of an execution directed to the undersigned from the Superior Court of Haywood County, North Carolina, in the above entitled action, I will on Wednesday the 14th day of July, 1933, at 12 o'clock M. at the Courthouse in Waynesville, Haywood County, North Carolina, sell to the highest bidder for cash to satisfy said execution all the right, title and interest which said Grady Burress and Mrs. Grady Burress, the defendants, have in the following described real estate, to wit:

Lying and being in Haywood County, North Carolina, and BEGINNING by a stake on Frazier Street and runs 378' W. 135 feet to a stake; thence N. 18' 10' E. 400 feet to a stake; thence N. 78' E. 45 feet to a stake, Bolling Hall-Burress corner; thence in a Southerly direction a short line to a stake to the BEGINNING at the street. Containing 3/4 acres, more or less.

BEING the same land conveyed to Grady Burress, by John Burress and wife, Julia Burress, by deed dated October 22, 1915, Book 45, page 400, Record of Deeds of Haywood County, North Carolina.

This the 8th day of June, 1933.

J. A. LOWE,  
 Sheriff of Haywood County, N. C.

No. 73—June 15-22-29-July 6,

**HAZELWOOD NEWS**

News was received Monday by Mr. and Mrs. John R. McClure of the very serious illness of their daughter, Mrs. Olive West of Philadelphia, Penn.

Messes, C. V. and Clifton Smith of Elizabethton, Tenn. visited their aunt, Mrs. John Seates, during the week. They were accompanied home by Miss Berdell Seates who will spend some time in Elizabethton.

Mr. and Mrs. George Bischoff and Mr. J. A. Miller were Robinsville visitors Sunday.

The following composed a motor party through the Smoky Mountains Sunday: Misses Mildred Nichols, Kathleen, Braxton and Anna Belle Hyatt and Messes, Carroll Whitener, Boone Miller and Edgar Swayngim.

Mr. and Mrs. Bob Henry were called to Walland, Tenn. on account of the death of the farmer's father.

Mrs. A. L. McElreath, Mrs. Martha Vobes and Mr. Gay Chambers motored to Mountain Monday. They were accompanied by Miss Arthur Knight and son, James, who will remain for a visit.

Miss Florence Riles of Jacksonville Fla. is visiting friends and relatives here and at Waynesville.

Messes, V. M. Rhea and C. N. Allen motored to Winston-Salem Tuesday on business.

The Car Sox Baseball Club of Hazelwood will meet the Hot Springs Club on the home field Saturday at 3:30.

**CELEBRATES BIRTHDAY ANNIVERSARY**

One of the most attractive little parties given was one at the home of Mrs. G. C. Summerow when her niece Joan Yates, celebrated her second birthday anniversary. Little Joan is the daughter of Mr. and Mrs. Herbert Yates of High Point. The color scheme of pink and white was used in the decorations and refreshments. The little hostess received her guests on the lawn where various games were played. After the games the little guests were taken to the dining room where a beautiful white cake decorated in pink with two pink candles adorned the center of the table. Each place at the table was marked by a little pink basket filled with candy. A delicious ice-cream was served. Mrs. Summerow was assisted in serving by Mrs. Grover Crawford of High Point and Miss Ruth Summerow. Those present were: Bobby Jean Anderson, Neil Ann Allen, Mary Alice Crawford, Betty Jo Allen, Olive Joyce Allen, Grace Allen, Doris Ann Green, Toba Nell Allen, and Miss Lou Allen, N. H. Allen, and Miss and John Summers. Little Joan was the recipient of many beautiful gifts.

**LAST WEEK'S NEWS**  
 Mr. and Mrs. Geo. Wall, spent the week-end at Asheville visiting their daughter, Mrs. Carl Swann, and Mr. Swann.

Mrs. Grover Crawford and daughter, Hilda, of High Point are visiting relatives here and at Canton.

Messes, C. S. Benfield and Preston Jenking of Lenoir spent the week-end in town and were accompanied home by Mrs. Benfield and daughter, Barbara, who have been visiting her parents, Mr. and Mrs. J. R. McElroy.

Mr. and Mrs. T. L. Blalock spent Sunday in Marion visiting relatives. They were accompanied by Mrs. W. D. Blalock.

W. W. Clarke of Burlington returned during the week and is an employee of Royle Pilkington Co.

Mr. and Mrs. Ed Byrd have returned to Lenoir after spending the week with relatives.

Mr. and Mrs. Norman Stone of Anderson, S. C. were visitors of Mr. and Mrs. Harry Anderson Sunday.

Mr. Harley Rice and small son of Bryson City were in town Sunday.

Miss Susie Fisher was an Asheville visitor Thursday.

Mrs. Scott Ashe of Whittier visited her parents, Mr. and Mrs. John Miller, Sunday.

Mr. and Mrs. Homer Ward of Asheville were guests of Mr. and Mrs. S. L. McKay Sunday.

Mr. Rodney Shields of Walland, Tenn. is visiting his brother, Mr. J. E. Shields, and Mrs. Shields.

Little Miss Helen Jewel Robinson, small daughter of Mr. and Mrs. Roy Robinson, returned from a two weeks' visit to her grandmother, Mrs. Setzer, in Franklin.

Miss Kate Walls returned Wednesday from Bristol, Tenn. where she attended the Young Peoples' Conference of the Presbyterian church for ten days.

Miss Elene Fisher was a Franklin visitor Wednesday.

Miss Annie Wilds of Sylva is visiting Miss Virginia Whitener.

Mrs. Evelyn Shapter and daughter, Agnes, and sister, Mrs. Ayers, of Washington, D. C., arrived Tuesday

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