

# CHURCHES

**CHURCH OF GOD**  
Hazelwood  
Rev. S. C. Lowery, Pastor  
Sunday school at 10:30 a. m.  
Preaching services at 11:30 a. m.  
Young People's meeting at 8:00 p. m.  
Preaching services at 8:30 p. m.  
Everybody welcome.

**GRACE CHURCH IN THE MOUNTAINS**  
Episcopal  
Rev. Robert G. Tatum, Rector  
Seventh Sunday after Trinity  
Holy Communion, 8 a. m.  
Church school, 10 a. m.  
Morning prayer and sermon, 11 a. m.

**Church Of The Holy Communion**  
Balsam  
Evensong and sermon, 5 p. m.

**St. Mary's Chapel**  
Meadale  
Evening prayer and sermon, 8 p. m.

**CHRISTIAN SCIENCE**  
Church rooms on second floor of Masonic Temple.

Authorized Christian Science Literature available from lending library after Sunday service.  
During the summer months testimonial meetings will be held the first Wednesday evening in each month at 8:00 o'clock.  
Sunday service at 11 a. m. The subject of the lesson-sermon for next Sunday is "Ruth", and the Golden Text will be taken from Psalms, 86:15, "Thou, O Lord, art a God full of compassion and gracious, long suffering and plenteous in mercy and truth."

**FIRST BAPTIST CHURCH**  
H. G. Hammett, Pastor  
"A Needed Prayer" is the pastor's sermon subject for the Sunday worship at 11:00 o'clock. At the evening evangelistic worship the pastor will preach on the theme, "Things Worth Living For."  
The Bible School meets at 9:45 a. m. The Training Union meets at 7 p. m.

**ST. JOHNS CATHOLIC CHURCH**  
Schedule of Masses  
Waynesville, every Sunday 11:00 a. m.  
Andrews, every 1st Sunday, 8:00 a. m.  
Bryson City, every Sunday, 8:00 a. m.  
Canton, every 5th Sunday, 8:00 a. m.  
Cherokee, every 3rd Sunday, 8:00 a. m.  
Franklin, every 2nd and 4th Sunday 8:00 a. m.  
Highlands, every Sunday 11:00 a. m.  
Murphy, every 5th Sunday, 8:00 a. m.  
Sylva, every 1st Sunday 8:00 a. m.  
Welch Cove, every 1st Sunday 11:00 a. m.

**WAYNESVILLE PRESBYTERIAN CHURCH**  
Rev. Malcolm R. Williamson, Pastor  
Whitener Prevoist, Superintendent of Sunday School.  
Sunday School at 10:00 o'clock.  
Morning Worship, 11:15 o'clock.  
Sermon Subject: "WHAT HAS THE CHURCH TO OFFER ME?"  
Pioneer boys and girls meet at 7:00 p. m.  
Young People's League meets at 7:30 p. m.  
Mid-week Prayer and Praise service Wednesday evening at 8:00 o'clock.

## Woman's Part in National Life

HIGHLIGHTS ON THE SUNDAY SCHOOL LESSON

By **NEWMAN CAMPBELL**  
(The International Uniform Lesson on the above topic for July 23 is Judges 4 and 5, the Golden Text being Esther 4:14, "Who knoweth whether thou art not come to the kingdom for such a time as this?")

ONCE MORE we have an account of the unfaithfulness of the Israelites to their God who had so blessed them. It is an ever recurring story.  
For their wickedness they were sold into the hand of Jabin, king of Canaan, that reigned in Hazor. The captain of Jabin's host was Sisera, "which dwelt in Harosheth of the Gentiles." This captain had 900 chariots of iron, and for 20 years he mightily oppressed the children of Israel.  
Now Deborah was a prophetess and the wife of Lapidoth. Her husband doesn't enter much into the picture. It was Deborah who was the strong one and the inspiration of her people. She dwelt, the story says, under a palm tree between Ramah and Bethel in Mount Ephraim: "and the children of Israel came up to her for judgment." For years there were two trees in this vicinity, both named after Deborah, one an oak and the other a palm.

**Deborah Calls Barak**  
Deborah sent and called Barak, son of Abinoam, out of Kedesh-naphtali and said unto him, Hath not the Lord God of Israel commanded, saying, Go and draw toward mount Tabor, and take with thee ten thousand men. . . . And I will draw unto thee to the river Kishon Sisera, the captain of Jabin's army, with his chariots and his multitude; and I will deliver him into thine hand."  
Deborah had no doubt that the Lord was on the side of the Israelites and that they would win the battle, but Barak had not her faith and answered, "If thou wilt go with me, then I will go; but if thou wilt not go with me, then I will not go." Deborah promised to go with him, but said the battle would not be for his (Barak's) honor, because "the Lord shall sell

Sisera into the hand of a woman."  
There was one traitor in camp, a man named Heber, the Kenite, who informed Sisera where Barak and his forces were. Sisera gathered all his chariots—900 chariots of iron—and all his people to the river of Kishon.  
"And Deborah said unto Barak, Up; for this is the day in which the Lord hath delivered Sisera into thine hand: is not the Lord gone out before thee?" So Barak went down with his men, and utterly defeated Sisera and killed all his men. From Josephus, and from Deborah's song we learn that "the stars in their courses fought against Sisera. The river of Kishon swept them away." A great storm came up and the river overflowed, bogging down the chariots and no man escaped slaughter.

**Sisera Seeks Safety**  
No man, that is, but Sisera, who fled on foot from his chariot and ran to the tent of Heber the Kenite, the traitor. Heber's wife, Jael, was in the tent, and Jael was no traitor. She invited him into the tent, gave him milk when he asked for water, and when he slept soundly from exhaustion, she took a nail of the tent, a peg, and a hammer and, going softly to Sisera, she drove the nail through his temple and hammered it in, and so died Sisera.  
Jael is described as "a true child of the desert." In excuse for her deception and murder of her people's enemy. When Barak came to the tent, seeking Sisera, she showed him the body.  
"So God subdued on that day Jabin the king of Canaan before the children of Israel."

The fifth chapter of Judges, which is part of our lesson, is the song of Deborah in praise of the Lord for avenging His people, and a recital of the events that took place during the battle, concluding with the triumphant cry: "So let all Thine enemies perish, O Lord: "But let them that love Him be as the sun when he goeth forth in his might."

**Birds Were Symbols**  
Ethnologists consider the blue bird and thunder bird of great importance in the life of the Navajo Indians of New Mexico. The blue bird ranks as the symbol of dawn; the thunder bird, of summer rain clouds.  
his morning message will be, "When Great Gifts Go Unmastered." His evening subject will be, "Is Religion An Elective?"  
The Methodist Youth Fellowship meets at 6:30.

**Future Nitrogen Supply**  
American industry is producing reasonably adequate supplies of both superphosphate and potash and most dislocations in the supply of fertilizers is involved largely with nitrogen. In the last 12 months the production of nitrogen in the United States has been greatly increased and nitrogen prices after the war may be lower than formerly. This will enable the farmer to use much larger amounts per acre, especially on the low priced crops which he may want to grow.

**Exercise Brood Sows**  
Many days of rain and snow this winter have induced farmers to permit brood sows to avoid exercise. Animal husbandry experts say the sows should be compelled to get some exercise daily, and this can be done by placing feed at some distance from the shelter.

**Lot of Material**  
The raw materials which each month move into the plants of the Wright Aeronautical corporation for airplane engine making would fill a freight train 160 miles long.

## Says Food Yeasts Add Many Missing Vitamins

"Food Yeast—a newly discovered vegetable food that tastes like meat—may soon play an important part in the health of our country and the feeding of starving European populations," Capt. E. K. Gubin, A. U. S., Washington, D. C., says in Hygeia, the Health Magazine, but admonishes that it will not actually take the place of meat and other staple foods.

Food yeast is a strain of the Torula utilis species of yeast. It should not be confused with baker's yeast, which is fresh and live, with a somewhat unpleasant taste, or with brewer's yeast, which is dry and bitter unless specially treated.

"Some have become overly optimistic over food yeast," Captain Gubin explains. "Several national publications have recently carried rather sensational articles on the subject—so sensational that scientific facts have been distorted to make it appear that food yeast will actually take the place of meat and other staple foods. Such is not the case; too much yeast taken at one time may actually be harmful to the digestive processes.

"Food yeast will never replace staple items of diet. Instead, food yeast effectively supplements other foods in two important ways. First, even in small amounts it will provide much vitamin B complex so essential to human life—thiamine, riboflavin and niacin—the vitamins that increase stamina, promote nerve health and stimulate appetite and digestion. Second, it will provide protein that is high in quality, with many of the important amino acids not found in ordinary cereal proteins. People forced to exist on diets of bread, mush and other cereals, without enough meat, milk or eggs, will find that food yeast provides the missing vitamins and amino acids so necessary to health."

## Soak Dishes in Cool Suds, Then Wash Later

Baking day brings a lot of extra dishes to wash. Put bowls, mixing spoons, egg beaters, and other implements to soak in cool suds the moment they have been used. The slightest amount of soap will do just enough to make a light suds. Then, while the cake and bread is in the oven, all the utensils can be thoroughly washed very quickly because there has been no chance for the eggs or the dough to harden on them.  
The dishwasher will stay nice and clean, too, because the preliminary soaking has removed most of the food particles. The same soapy dishwasher, with perhaps a kettleful of added hot water and a small additional amount of soap, will do for washing the cake pans later on when they come out of the oven.  
If pans are very greasy or have dough adhering to the bottom, they can be wiped out first with a piece of paper. If this is done as soon as cakes are taken from the pan, the pans are much easier to wash.

## Fly Fish

Half a million fertilized "flying" fish eggs, a Good Neighbor gift from the Great Lakes of the United States to famous Lake Titicaca, highest navigable lake in the world in southern Peru in the heart of South America's Andes mountains, were recently flown in one of the most unusual shipments in air history.  
Shipment of the eggs by air was the only way to insure their safe arrival during the brief time period during which they had to be kept under special conditions. It is more than 4,000 miles from the Great Lakes to Arequipa, Peru, most convenient Panagra airport to Lake Titicaca, where the eggs were deposited, but it took only four days for the shipment to cover that distance. Even by the fastest steamer—of which none would have been available due to war conditions—the trip would in all probability have required nearly three weeks.

## Paint Landing Mats

Army engineers have a double reason for keeping steel landing mats for airplanes meticulously painted. First of all, these mats, which are made in sections and can be laid down so fast by a landing party that under some conditions it is said that it has been possible for planes to make use of them within 30 minutes, would be quickly destroyed by rust in hot, humid climates if they were not protected by paint. Secondly, a coating of red rust would look like a signal flag in a green jungle and could draw bombing from enemy aviators. The colors used on the landing mats varies according to the color of the ground on which the mats are laid.

## Color Reactions

The attraction of passengers to one airline is reported to have been measurably increased by attention to the color scheme. It is stated that when the company experimented by painting one of its planes all white, some passengers shied away from it because it seemed to them to be suggestive of a hospital. When the color was changed, business improved. Preferred colors for passenger airline interiors are pastel greens, blue-grays or blue. The theory is that such colors render passengers less likely to have air sickness, while browns and yellows have a tendency to encourage nausea.

## Mrs. Fred Plott Gives Party For Children Wednesday Afternoon

Mrs. Fred Plott entertained a group of children on Wednesday afternoon on the occasion of the birthday anniversary of her young daughter, Marietta Ann and Mont Plott. The party was held on the lawn of the Hazelwood Presbyterian church. Games featured the afternoon, following which the guests were served from a long table placed on the lawn. The color motif was in pink and green.  
The guests included the following: Thresa Sue Wright, Eileen Gerringier, Patsy Winchester, Mary Joe Connard, Barbara Ann McClure, Mary Frances Lane, May Lou Gerringier, Nancy Hyatt, Jean Hodges, of Lenoir City, Tenn., guest of her aunt, Mrs. R. R. Campbell, David Boone, Mile Lane, Bruce Davis, Billy Conner, Gene Davis, Charles Dean, and Jonnie Penland Plott.

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