

Rabies Clinics For Rest Of Week Are Announced

The rabies clinic schedule for the remainder of this week is as follows:

TUESDAY—
3:30 P. M.—Harkin's Garage, Pigeon Valley Road, Canton; 4:15 P. M.—Henson's Grocery, Pigeon Valley Road, Canton; 5 P. M.—Ed Blaylock Store, Spring Hill School; 6:15 P. M.—Queen's Grocery, Garden Creek Mill, Canton.

May 3—Rocky Face Baptist Church, North Hominy, 4 P. M.; Woods and McCracken Esso, North Hominy, 5 P. M.; Zeth Woods Grocery, Canton, 6 P. M.;

May 4—N. B. Hipps Grocery, Beaverdam, 4 P. M.; Beaverdam School, 5 P. M.; Banks Grocery, Newfound St., Canton, 6 P. M.;

May 5—Burnette Springs Baptist Church, Lake Logan, 3:30 P. M.; R. J. Messer's Store, Cecil, 4:30 P. M.; Walker Brown Store, Retreat, 5:30 P. M.; Rocky Branch at Lovejoy Road, 6:30 P. M.;

May 6—Hoopers Grocery, above Cruso, 9 A. M.; Ira Cogburn's Store, Cruso, 10 A. M.; Olls Masie's Store, Cruso Section, 11 A. M.; Burnette Grocery, Dick's Creek, 12 noon;

Simple Formula Devised For Physical Fitness

CHAMPAIGN, Ill. (UP)—A University of Illinois professor says he has a two-step formula for getting rid of that tired feeling.

Furthermore, the system will eliminate the spare tire around your middle, according to T. K. Cureton, physical education professor.

Cureton developed the formula over the past 25 years which he has spent "studying healthy people while doctors have been studying sick people." Here are the rules:

1. Walk "rhythmically and briskly" at least two miles every day. (An alternative is to go swimming for a half-hour at least every other day.)

2. Get a proper diet—not too much food, avoiding large quantities of fats and eating more soy beans and green vegetables.

"That's the nub of it," Cureton said.

You'll feel younger and you can practically forget worries about heart trouble and hardening of the arteries, he says.

Americans nowadays are eating less meat than their grandfathers did. According to the University of Illinois, per capita meat consumption in the United States now stands at about 147 pounds, compared to 152 pounds in 1900.

McKimmon Club

By MRS. W. L. AMMONS

The McKimmon Club, originally known as the Morning Star Club was organized in 1938 by a group of twenty women keenly interested in all phases of home making. Mrs. L. L. Smith served as our first president and over this period of 15 years our club has grown under the capable leadership of several good presidents, into one of the most active clubs in Haywood County.

In 1949, we adopted our present name—"The Jane S. McKimmon Club" because of our love and respect for Dr. Jane S. McKimmon, first Home Agent in North Carolina, and founder of the Home Demonstration Club Program for the rural women of North Carolina. To her we extend our sincerest thanks and appreciation for the inspirations and ideals so cherished by our club members. Dr. McKimmon's book, "When We're Green We Grow" has been a constant reminder of a "Full Life" spent for the growth and development of the rural families of our great state as well as an inspiration to each of us to hold high the standards of the person for whom our Club is named.

This year our club with 34 members continues with their many activities under the capable leadership of Mrs. Ed Harkin, president; Mrs. Paul Hyatt, 1st vice president; Mrs. D. E. Morgan, 2nd vice president; Mrs. Logan White, secretary and treasurer and Mrs. H. L. Morgan, assistant secretary and treasurer.

Nine delegates from our club attended Farm and Home week in Raleigh last year and brought back to us much information and inspiration. Three delegates completed their four year short course. From this group was selected our Haywood County Council President for 1950, Mrs. Paul Hyatt and our District No. 2 secretary, Mrs. L. J. Cannon.

We have actively participated in all county and district events such as the Fall Achievement Day, and Spring Federation.

As a Community service project the club sponsored the Sunday Morning Sunday School breakfast at the Champion Y.M.C.A. and served breakfast to 78 boys and girls.

We have contributed to all the Community Drives such as the Red Cross, Polio and Cancer Funds, as well as the Blood Bank, Silk Screen, Lamp Conversion and Aluminum Workshops have been held by our club and information has been carried to non-club members by our leaders. We have also furnished books to the colored school library. (Reynolds High School.)

We have had good attendance at all of the Special Interest Meetings in the county, such as Family Life, Furniture Refinishing and Handicraft Schools.

We are observing National Home Demonstration week with radio programs, newspaper publicity and a window display featuring the many hand made articles of our club members.

The sap of the coconut palm, called toddy, is a favorite drink in many Pacific Islands, according to the National Geographic Society.

AS NEW AIR FORCE SECRETARY WAS SWORN IN



DURING CEREMONIES in Washington's Pentagon Building, Thomas K. Finletter (left) takes the oath of office as Air Force Secretary. Swearing him in (right) is Secretary of Defense Louis Johnson. In center are the retiring Air Force Secretary, W. Stuart Symington, and Mrs. Finletter. (International Soundphoto)

Lakeside Club

By MRS. JOE LINER

The Lakeside Home Demonstration Club formerly known as the Maple Grove Home Demonstration Club was one of the first clubs organized in Haywood County, with several of the charter members continuing to be active in the leadership of our club.

We feel the Home Demonstration Clubs are doing a wonderful work not only in the county, but throughout the State.

All things to improve our homes and family living are well worth working for especially, learning newer and better ways which save time, expense and solve our many home making problems.

Since our club was organized, we have observed that great improvements have been made in the farm living and the social life of the farm women of our community.

Even though our membership may not be too large, we are striving to participate in all club activities of our community and our county and are happy to have a part in the observation of National Home Demonstration Week.

North Clyde CDP To Be Organized Thursday Night

A meeting will be held at 7:30 P.M. Thursday to organize North Clyde for the Community Development Program.

County Agent Wayne Corpening and Assistant County Agent Turner Cathey, County Community Development supervisor, will attend the session which will be held at Clyde School.

If the residents of that area do organize, North Clyde will become the 26th community to join the county-wide Community Development Program since it was launched in February 1949.

Here's the lineup so far: Iron Duff, Francis Cove, Ratcliffe Cove, Saunook, Allens Creek, Upper Crabtree, Lower Crabtree, Fines Creek, Lake Junaluska, White Oak, South Clyde, Panther Creek, Jonathan Creek, Cove Creek, Dellwood, Thickety, Hominy, Morning Star, Stamey Cove, Center Pigeon, East Pigeon, West Pigeon, Cruso, Cecil, and Beaverdam.

WTHS Student Council Voting Set For Tuesday

The Student Council elections are in full swing at Waynesville High School.

The Candidates and their campaign managers were presented to the student body last Tuesday morning in assembly.

The Candidates were introduced by their campaign managers and then presented their platforms.

The Candidates for President with their campaign managers are: Linton Palmer, and Jimmy Kuykendall; Margaret Reese, and Betty Franklin; Jimmy Swift, and Malcolm Williamson, and; Charlton Davis, and Betty Farmer.

For Vice-President: Danny McClure, and Carolyn Sayer; Mary Michal, and Carman Green; Dibe Early, and Dickie Wilson, and George Dewey Stovall, and J. C. DeWeese.

Secretarial nominees and their campaign managers are: Ann Coleman Crawford, and Sally Stovall; Betty Jo Ray, and Sylvia Camelin; and Joel Burrell, and Jimmy Da-

ARROGANT ANN PASSES ON

NEW ALBANY, Miss. (UP)—This announcement was written on the blackboard of the local high school library: "The D. G. Hall Library mourns the death of its famous goldfish, Arrogant Ann."

For Treasurer: Stanley Williamson, and Linda Welch; Billy Rogers, and Noel Hale; Tommy Cogdill, and "Spud" Furtado, and Elizabeth Watkins, and Doris Muse. The election is to be May 2.

SLEEP TONIGHT!

Do something when sleepless nights... restless tossing and turning... leave you exhausted in the morning. **NORMALIN TABLETS** can help bring calm, refreshing rest when nervous tension threatens normal sleep. **NORMALIN TABLETS** are non-habit forming... safe to use. Take as directed. Medically approved ingredients. Guaranteed satisfaction or money refunded. **NO PRESCRIPTION NEEDED.** Clip this message to insure getting genuine **NORMALIN TABLETS** on sale today at...

SMITH'S DRUG STORE

See Our Want Ads For

You need a lot of... when fire breaks



... and a MYERS Water... meets your need—delivers water right to any part of your home. This is the best protection, a vital extra many daily benefits from a MYERS. Step in now.

Haywood Electric Serv... Phone 45-J

For Sale or Trade 285 Acres

South West Georgia farm land. This is exceptionally good level land. 150 acres in cultivation, 135 acres in carpet grass. Ideal place for livestock, all under new American wire fence. Plenty of water. REA line. 2 miles County Court house. Bus and best of schools and churches. City of 5000. Within 30 miles of Swift and Cudahy packing house, also Ga. Packing Co. This is general farming land... cotton corn, and peanuts. In Georgia's best section. Will sell for cash or trade for good business property in Western North Carolina. Groceries or General Store preferred.

Write 208 Hazel Street Waynesville, N. C.

For Commissioner



JAMES E. HENDERSON

—candidate for member of the Board of Commissioners; a man with experience on the board; a man qualified for the place, and a man who will appreciate your vote on May 27th. (adv.)

VOTE FOR ORAL L. YATES FOR Representative



VOTE FOR DAVID UNDERWOOD, JR. The Champion of The Working Man Candidate For Chairman Board Of Commissioners



Vote For R. L. JUSTICE FOR COMMISSIONER A qualified man who will appreciate your support



VOTE FOR E. R. COGDILL For Constable (Waynesville Township) DEMOCRATIC PRIMARY, MAY 27

WANTED FRESH DEAD STOCK— A New FREE SERVICE For Your Community Call **E. J. SCHULHOFER - 704-J** We pay collect calls and our special equipped truck will remove your cows—horses and hogs without any cost to you—if called at once. **CONSOLIDATED HIDE AND METAL COMPANY**

VOTE FOR M. E. "TONY" DAVIS for TAX COLLECTOR



FOR COMMISSIONER I am a candidate for the Democratic nomination for the board of commissioners, a place I have previously held. It is on my past record in this office, and my understanding of the needs of Haywood county that I am a candidate. I will appreciate your support.

Jarvis H. Allison

FOR COMMISSIONER I wish to announce that I am a candidate for the nomination as a member of the Haywood County Board of Commissioners, subject to the will of the voters in the approaching Democratic primary, May 27.

Gaston Burnette

Yes, Mr. Smith is going to Washington But He's Coming To Haywood County First



Plan Now To Attend The B

SMITH RALLY

At the Haywood County Courthouse WAYNESVILLE

SATURDAY, May 6, At 11:00 A.

Come out and bring your family and neighbors hear Mr. Smith, one of the State's most able and forceful speakers, discuss the issues of the U. S. Senator Campaign.

WILLIS SMITH OFFERS YOU A PROGRAM TO KEEP AMERICA LIBERAL-PROGRESSIVE-SANE

WILLIS SMITH Favors:

- High Wages For The Working Man
- State's Rights And Local Control
- Relief From High Taxes
- A Balanced Budget
- A Sound And Prosperous Agricultural Program

HE OPPOSES SOCIALISM, COMMUNISM, THE FEPC IN ANY AND EVERY FORM THE BRANNON PLAN AND OTHER SUCH FANTASTIC SCHEMES WHICH WOULD REGIMENT THE FREEDOM-LOVING CITIZENS OF AMERICA.

SUPPORT WILLIS SMITH for U. S. SENATOR

This speech will be Broadcast over WHCC

POLITICAL ADVERTISING