

LOCALS

Mr. and Mrs. W. R. Wilmoth of Burch spent Sunday in Statesville.

Mrs. J. L. Hall returned today from a months stay in St. Petersburg, Florida.

Be sure to see "Crashing Society" Friday evening, March 5, at the elementary auditorium. Presented by the Junior Class.

Mr. and Mrs. A. W. Glenn of Greenville, Tenn., were the weekend guests of Mrs. Glenn's parents, Mr. and Mrs. E. L. Byrd.

Mrs. J. R. Poindexter attended the Lawrence Tibbett concert in Winston-Salem Tuesday evening. She remained for a brief visit with friends.

Mr. and Mrs. Bruce Lewis of Winston-Salem, were the guests Sunday of Mr. and Mrs. Harold Lewis, the former their son, at their home on West Main Street.

Miss Lucy Gray of Mary's Beauty Shoppe, will leave Saturday for New York City, to attend the annual National Beauty Convention. She will be away a week.

Mr. and Mrs. Thomas Roth attended the concert given by Lawrence Tibbett at Reynold Memorial Auditorium in Winston-Salem Tuesday evening.

Miss Emaline Neaves, a student at W. C. U. N. C., Greensboro, and Sam Neaves, a student at U. N. C., Chapel Hill, spent the weekend here with their parents, Mr. and Mrs. W. A. Neaves.

Mr. and Mrs. Woodrow Park of Clemmons, announce the birth of a son, John Richard, February 20, 1937. Mrs. Park was formerly Miss Marvreen Combs of this city.

Mrs. Harold Messenger and daughter, Betty, of Hartford, Conn., arrived Wednesday for a visit of two weeks to her sisters, Mesdames Raymond and Alex Chatham and her brother, Paul Gwyn.

Dr. and Mrs. John V. Reece of Lenoir, and son, Dr. J. P. Reece of Valdese, and Miss Margaret Smith of Lenoir, were the Sunday guests of Mr. and Mrs. W. F. Reece, at their home on Bridge Street.

Mr. and Mrs. E. W. Zearly and Mr. and Mrs. Robert Bryson of Uniontown, Pa., were the guests Tuesday of Mr. and Mrs. L. G. Meed at their home on West Main Street. They were enroute to Florida for a vacation trip.

Friends of Herbert Graham, Jr., will be glad to know that he is recovering nicely from an attack of pneumonia and influenza at Atlanta Hospital, Atlanta, Georgia. Mr. Graham is a student at Georgia Tech, Atlanta.

Mattie Mae Powell
NOTARY PUBLIC
Building & Loan Office
Main Street

Tailoring — Dress Making
All Kinds of Sewing
Mrs. C. W. Laffoon
West Main St. Phone 101-R

Attorney Wm. M. Allen spent Tuesday and Wednesday in Raleigh, attending the State Supreme Court.

Mrs. J. Mark McAdams spent the latter part of last week in Greensboro, the guest of her mother, Mrs. Z. V. Strader.

The many friends of Mrs. J. G. Abernethy will be glad to know that she is recovering nicely from a major operation at Hugh Chatham Hospital.

Wilbur Carter of the White Swan Laundry, returned Sunday from Chicago, where he spent two months attending a special school teaching modern methods of laundering.

Mrs. W. M. Evans and Mrs. M. W. Evans will return this week from a visit of several days to their brother, Ed R. Carter, in Eustis, Florida. They will be accompanied home by Mr. Carter, who will spend sometime with them and his sons, Wilbur and Roger Carter.

Dr. and Mrs. E. G. Click attended a tea Saturday afternoon at the Woman's College of the University of North Carolina, Greensboro, given by the faculty to honor the honor roll students at the college. Their daughter, Miss Sarah Click, was among the students receiving highest honors for the semester.

Two Elkin girls, Misses Sarah Click and Margaret Abernethy, were among the 156 students at the Woman's College of the University of North Carolina, who made the honor roll for the fall semester. Miss Click, who is a member of the junior class at the college, was one of 14 students in the group of 156 who made straight A's (95-100), the highest grade obtainable. Miss Abernethy is a member of the freshman class at the college, where enrollment now totals 1,829.

POOR PAPA
Willie (at the Zoo): "Gee, Ma, that monkey looks just like papa."
Mother (heatedly): "Why, Willie, aren't you ashamed of yourself?"
Willie: "Aw, gee whiz, he can't understand what I say."

Radio production in American factories has provided one radio to every six persons in this country. In the United Kingdom there is one radio to every seven people; in Russia one to 90; in Bulgaria, one to 354.

The lowest temperature ever recorded was 93 degrees below zero at Verkhoyansk, Siberia. The coldest ever recorded in the United States was 65 degrees below zero at Miles City, Mont., January, 1884.

American industry maintains 35,000 research workers in 1,000 industrial laboratories, spending \$17,875,000 per month, all seeking to raise the American standard of living.

The United States Government bought 8,279,000 head of cattle and 3,608,700 sheep during the 1934 drought.

There is no national legal holiday in the United States. Legal holidays are set by the statutes of the various states.

Average American Uses Lots of Milk and Butter

Mr. Average American uses a little over a pint of milk a day in one form or another. To be more specific, according to statistics the average American uses 53.3 gallons of milk a year. In addition to the milk he eats 17.8 pounds of butter, 4.3 pounds of cheese, and 2.77 gallons of ice cream in the course of a year. There are other nations which have a higher consumption when it comes to ice cream. Other nations don't even report on their ice cream consumption, while in this country it is quite an item.

The great dairying countries of Europe use more milk and cheese per person than the United States, although there is little difference in butter consumption. Sweden heads the list in milk consumption, with 69.7 gallons per person for the year; Denmark, with 68.5; Switzerland, 67; and Germany with a consumption of 61 gallons per person are all ahead of the United States.

When it comes to cheese consumption, the American just isn't in it with his four pounds, for the average Swiss eats over 23 pounds, the average Frenchman or Dane 13 pounds; the German eats more than nine pounds, and the Englishman about the same.

Many Giants Mentioned Through Ancient History

Stories are common among the lower civilized peoples, as well as among savage tribes, to the effect that men have lived who have measured 15 feet in height. Og, king of Bashan, is said in Deuteronomy (3: 11) to have been the last of the giants. His bedstead of iron was nine cubits, or between 11 and 13½ feet in length. Pliny mentions the name of an Arabian giant who measured 9½ feet, and also speaks of two others who were 10 feet in stature. The following list of men whose real height is well known shows that it is possible for individuals to go far beyond the average height of the human species, which is 65 inches.

Magrath, bishop Berkeley's giant, 92 inches; Patrick Cotter (1761-1804), or O'Brien, 99 inches; Charles Byrne, Irish giant, 100 inches; Topinard's Kalmuck, 100 inches; Winkelmaier, Austrian (died 1887) 103 inches; Topinard's Finlander, 112 inches.

Ancient Advertisement

"To be sold. The sloop King Solomon, Burthen about 100 Tons (more or less), with all her Guns, Tackle and Apparel, now lying at Stephen Maynard's Wharf, in New York; Also a House and a Lot of Ground in New York formerly known by the Name of the Anabaptist Meeting house; Also a Negro Woman that understands all sorts of House Work, and a Negro Boy; a Marble Chimney Piece, three Marble Tables, three Riding Chairs and a single Horse Chaise; 16,000 two-foot shingles, 150 Elephant's Teeth; three Desks, two Cases of drawers, a Mahogany Book Case, six Dozen of Boston Axes, 360 Gallons of Spirits, sundry sorts; Whoever inclines to buy any of the above, may apply to Thomas Noble and Joseph Scott, in New York."—From the New York Post-Boy, May 28, 1744.

Columbus Cathedral

The Columbus cathedral, Havana, is situated in Cathedral square at the foot of Empedrado street. Columbus cathedral was the center of religious ceremonies held under the Spanish domination. It maintains as its most valuable tradition the fact that it held within its walls the remains of Christopher Columbus—removed to Seville when Spanish rule ended in Cuba. There is a contention, of course, that the real Columbus relics are buried in Santo Domingo and that those that were once interred here were the relics of Diego Columbus, brother of the great navigator.

Rare Luther Bible

A Bible illustrated by pictures painted by Martin Luther, the great German reformer, and bearing many notes in his handwriting, was discovered by a Danish bookseller. He purchased a collection of books from a German family. Among them was the precious Bible. Besides notes in Luther's writing, the Bible bears notes written by other leading figures in the German Reformation movement. These include Melancthon, the reformer who was acknowledged to be the movement's leading scholar.

Just Enough for One

A famous wit once excused himself from walking with an elderly lady on account of the bad weather. A little later, however, she met him walking alone. "So," she said, "it cleared up pretty quickly for you, it seems!" "Just a little," he quickly replied, "just enough for one, but not quite enough for two!"

Bucharest a Gay City

Bucharest is notable as an eastern replica of Paris, elegant and gay. It is an outpost of a Latin civilization which extended far into the East, and it dates from the early Christian era, when Roman legions established a Dacian fortress there.

World's Finest Roads Carry World's Worst Drivers



MIAMI, Fla. . . . Lucius B. Conolly (above), of Melbourne, Australian Highway Commissioner, is here on a motor trip around the world. After 18,000 miles across countries circling the globe, he says, "America is a country with the world's finest roads and the world's worst drivers."

A Cherry Pie Champ



DETROIT . . . Michigan is proud of her cherries . . . and her cherry-pie bakers. That's the reason Norma Longnecker (above), of Traverse City, state cherry-pie baking champion, is being sent to Chicago, there to compete against pie-making champs from 8 other states.

The FAMILY DOCTOR

(By John Joseph Gaines, M. D.)

GENUINE HEART DISEASE

If ever a fellow needed medical skill advice it is when the heart becomes really diseased. My object in this talk is to try to make the layman understand his heart better so he may seek competent counsel at once if he suspects trouble with this vital organ.

Remember, it is not the blood in the big caverns of the heart that sustains the heart-muscle itself. The heart-muscle has its separate arteries and veins just the same as your legs has. The coronary arteries of the heart-muscle supply it with blood, and these are probably the most responsible vessels within the human being.

If a coronary artery becomes plugged up, the heart-wall beyond the obstruction begins to weaken, because it is deprived of food. It may be "plugged" by bacterial process—the infected heart. This may occur in a rheumatic subject, or in cases of influenza, or a chronic infected heart—hence the rush to remove tonsils, teeth, etc.

Probably obstruction in the coronary arteries is next to valvular disease in frequency; but diseased valves make loud heart murmurs—easily diagnosed. I have had many patients who knew they had "leaky hearts." But there is not much, if any, noise about a plugged artery in the heart, and there is much more danger—much more.

The principal symptom, WEAKNESS AND SHORTNESS OF BREATH. One fails markedly in coronary disease, and, it takes a physician to diagnose and treat it. Don't depend on home treatment until it becomes forever too late; and don't depend on physical exercise or manipulation-treatments. I'm advising you right.

TRY AND BE CONVINCED

I am not prone to giving recipes in my newspaper work. Rarely do I actually prescribe in front of your physician. But, here is a recipe for a physical exercise that should have free publicity, because of its genuine worth in practice.

I am not the originator of this sort of self-treatment. I do not know who is. And the advice here-

is in not copyrighted—it's yours for the using.

I believe the "laziest" muscles of the human body are those of the abdomen and colon. Especially so in cases of corpulency, very common in middle-age and beyond—those "bay-windows," if you get what I mean. Those unwelcome hammocks, hanging-baskets which make us look and feel ponderous, as if we were carrying dead weight, too much ballast for the ship; not actual disease—just laziness in bellies.

Try it when in bed. On retiring and on awakening in morning. Lie flat on back. Place a hand on the abdomen. See how high you can lift the hand with the abdominal muscles, then, how low you can let the hand settle by the same muscles. Up—down, up, down, twelve times; that's all for each treatment. Continue a month, night and morning in bed. The lungs need not enter into this exercise.

You will note beneficial results

in constipation and in the increased activity of these sagging muscles, which leads to a better feeling all over; your waist-band will actually become too loose in due time—if you keep up your treatment faithfully. You get a nice degree of voluntary control of muscles in this old hanging-baskets of yours that may have caused you backaches in the past from only moderate use. Learn the benefits of "belly-breathing."

IN REVIEW

Ho-hum! The millennial dawn approaches, thanks to our medical columnists. Every man his own dietitian, his own self-culturist, his own psychiatrist. The family doctor is headed for the long vacation when he shall have talked himself out of a job for all time to come.

Among my contemporaries I read that tobacco does not shorten life; that the snifter of corn whiskey is not guilty, nine times out of ten. That meat and salt don't have a blame thing to do with one's blood pressure—that both are actually essential to hitting on all six. That health exercises are often indulged up to a fatal point in many cases. That diet, rest and sleep are to be

taken at the dictation of appetite.

Which knocks most of the medical theories and speculative hypotheses into cocked hats—almost. Every man his own doctor. He can go on living, and die in his turn—so—he passes on.

All of which is so much piffle, written for the price, yet pregnant with horse-sense deductions.

No two men or women are exactly alike. Hence, there can be very few set rules governing the conduct of many. Here are some, however, that I may say I use myself:

Be temperate IN ALL THINGS. No human ever uttered better advice than that. Temperance in eating, drinking, working, thinking, sleeping, laughing, sighing, living, dying—temperate in all things. Observe that simple rule—and cut the doctor's bill to near zero.

Then, you will catch the "flu" or break your leg—or your wife will receive a visit from the stork—just any old thing will happen; then call the doctor; as you have always done.

A recent telephone call reached Akron, Ohio, the day before it was made in Batavia, Java. The reason: It crossed the international date line in its 8,500-mile course.

WHAT IF YOU DO BUY FROM US?

You get the best products obtainable along with clean courteous service.

ELKIN LUMBER & MFG. CO.

"Everything to Build Anything"

Phone 68

Elkin, N. C.



Snow King Baking Powder Lg. Can **20c**
BOWL FREE

PRUNES 4 LBS. **25c**

LARD SWIFTS JEWEL 8 LB. Pkg. **\$1.09**

Apple Sauce WHITE HOUSE NO. 2 CAN **10c**

Hot Cake Syrup QT. JAR **15c**

Coffee ALL STAR Lb. **20c**

Pickles Green Beauty Sour or Dill 1 QT. JAR **18c**

SALAD BOWL PINT JAR **19c**

Salad Dressing QT. JAR **35c**

IN OUR MARKETS Fancy Western and Native Meats, Dressed Chickens, Fresh Fish and Oysters.

FRESH VEGETABLES OF ALL KINDS. ALL FRUITS IN SEASON

No. 1—ELKIN No. 2—JONESVILLE

The BASKETERIA Inc.

Joe Bivins

Foley Norman

Never Before A Chance like This!

Special Combination Offer
Dorothy Perkins
CREAM OF ROSES
CLEANSING CREAM (75c Size)
and **FACE POWDER (50c Size)**

BOTH for \$1.00

For limited time only



TURNER DRUG CO. INC.

Phone 64

Elkin, N. C.