



GARDEN TIME
M. E. Gardner
N. C. State College

During the war I wrote all of my students in the service a new letter about once a month... In order to conserve space, I used no paragraphs... Only a series of sentences... Thought I would try it this time to send you some timely hints... Spray your peach trees with winter strength lime sulphur to control scale insects and peach leaf curl... It's especially important in the Piedmont and Mountains where curl does considerable damage unless controlled... Pick a warm calm day and do a thorough job of spraying... Prune peaches, apples, and grape vines... Remember that grapes will be produced on shoots that come from buds on canes that grew last year... Peaches are produced on wood that grew last year and on spurs... Now is a good time to prune and renovate that muscadine arbor you have been neglecting... You should have removed the old bearing canes from your red raspberry planting after they fruited in 1957... If you neglected to do this, clean them out now and get ready for your 1958 crop... Mulch your strawberry plants with pine needles... If you are planning to set some new plants it can be done anytime now that the soil is in condition in Eastern Carolina... In the mountains late March or April is better... Place the base of the crown even with the soil line, spread the roots and firm the soil around them... Depth of planting is very important... Plant broccoli seed now for Eastern Carolina and set the plants as soon as they are large enough... For Western Carolina plant seed in March and set in April... Transplant lettuce in Eastern Carolina or seed in row... In the Mountains, sow seed in February and transplant as soon as ready... Hope you have decided to plan your vegetable garden more carefully so that you can enjoy maximum yields of quality vegetables over a long season.

"I REMEMBER"
BY THE OLD TIMERS

From Mollie Malvern La Mar, Elmo, Missouri: I was born March 16, 1869 and I wonder how many can remember the yoke—a piece of timber hollowed to fit two draught oxen together. I can remember the yoke that hung on the side of the first house my parents lived in when they came to Green township in 1860.

After they sold or traded the oxen, the yoke still hung on the side of the log house. Later they built a bigger house. When I grew older, I loved to hear my parents tell of the hardships they had endured in bringing all their belongings in that one covered wagon. And, I remember my father riding up to the house and calling to mother to come and see what he had brought. Of course, we all went, discovering he had a young deer across the saddle of his horse.

I remember when my older brothers went to school and our maternal grandfather was their teacher. He lived to be 82 years old and taught for 40 years. He also taught music, both vocal and instrumental, and how we loved for him to come and see us. I was the 6th child and only girl in a family of eight children and am the only one living now.

Could You See Them In Time To Stop?



POORLY AIMED HEADLIGHTS make night driving even more dangerous for yourself and young pedestrians like these. Because the headlights on half the nation's cars have been jarred out of aim by normal traffic bumps and rough roads, General Motors and its dealers are spearheading a national "Aim to Live" safety campaign. They urge headlights be checked for aim twice a year. It's worth the few extra minutes — three times as many fatal accidents happen at night as during the day.

Spotlight on HEALTH
Science Features

With cardiovascular disease now taking 800,000 lives a year, many Americans are asking what they can do to prevent heart attacks. Physicians are making great efforts to predict heart trouble before it starts. The victim who, like President Eisenhower, has already suffered a coronary blood clot, is usually placed on a low-fat diet, is advised to take life easier and may also receive drugs which make an arterial blood clot less likely.

But all researchers agree that the most important goal is to prevent the clogging of arteries before trouble begins.

Recently a research team at Johns Hopkins Medical School decided to test the still unproven reliability of high blood-cholesterol levels as an advance warning of heart trouble. Cholesterol is the fatty substance which narrows the channel when deposited on the inner walls of arteries, a condition known as atherosclerosis. Atherosclerosis is responsible for some 600,000 deaths a year in the U.S., or three quarters of all deaths from cardiovascular disease.

The physicians cross-checked the blood cholesterol levels of 561 medical students with health records of their fathers. They found that heart disease or high blood pressure was almost three times as common among sons of parents who had suffered from these two conditions. But even more important, they found that three times as many fathers of students with high blood cholesterol content had had heart trouble, as compared with fathers of students with normal cholesterol levels.

Such statistical data cannot be considered final proof of the significance of cholesterol levels, but it is encouraging that drugs are now available which, in combination with sensible eating habits, can bring such levels down toward normal.



One such drug, a capsule called Lenic, has been tested for over a year and has been found to bring about sharp drops in blood-cholesterol levels, which can be maintained indefinitely on reduced dosage.

Extensive studies now under way with such cholesterol-reducing drugs should soon give medical science a good idea of how effective lowered cholesterol levels are in reducing the present high rate of deaths from heart attacks.

Perhaps the most expensive playing card ever sold was a five of diamonds, reportedly, that brought \$13,750 at a public auction in 1880. It bore a miniature painting by Hans Holbein, German artist.

Water from the Amazon river freshens the Atlantic ocean as far as 100 miles out to sea. The Amazon's discharge is greater than that of the world's three next largest rivers combined.



EXECUTOR'S NOTICE
NORTH CAROLINA
YANCEY COUNTY

Having qualified as Executor of the Estate of Turner M. Randolph, deceased, late of Yancey County, this is to notify all persons having claims against the Decedent to exhibit the same to the undersigned Executor at his home at 27 Hare Road, Hampton, N. C., on or before the 28th day of December, 1958, or this notice will be pleaded in bar of their recovery. All persons owing the Estate will please make immediate payment.

This 20th day of Dec. 1957.
Turner Randolph, Executor of the Estate of Turner M. Randolph, Deceased.
Jan. 2-9-16-23-30, Feb. 6

ADMINISTRATRIX'S NOTICE

NORTH CAROLINA
YANCEY COUNTY

Having qualified as Administratrix of the Estate of William R. Howell, deceased, late of Yancey County, this is to notify all persons having claims against the Decedent to exhibit the same to the undersigned Administratrix at her home at R.R. 1, N. C., on or before the 19th day of December, 1958, or this notice will be pleaded in bar of their recovery.

All persons owing the Estate will please make immediate payment.

This 19th day of Dec. 1957.
Ida J. Howell, Administratrix of the Estate of William R. Howell, Deceased.

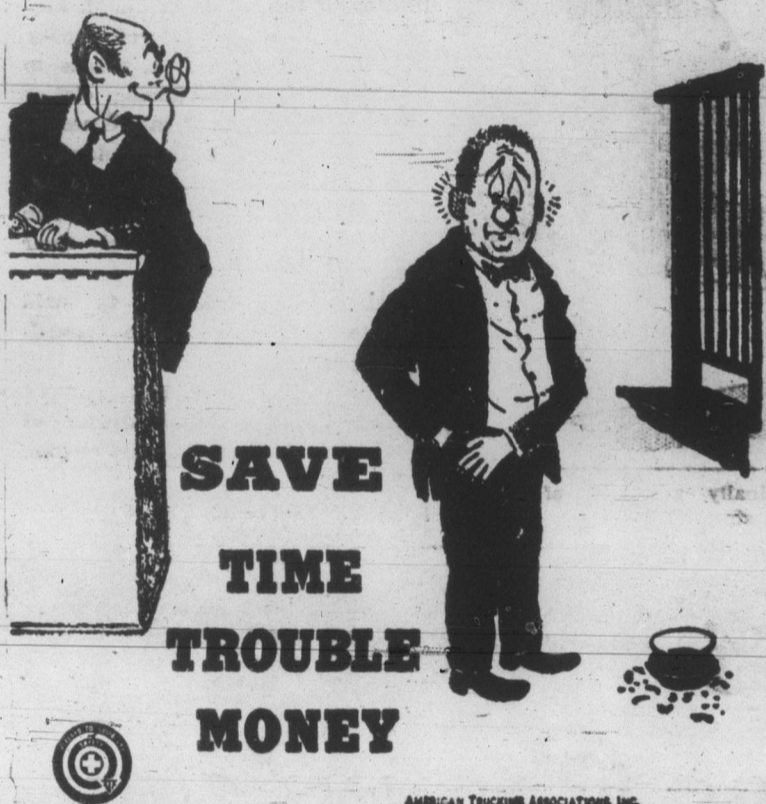
ADMINISTRATRIX'S NOTICE
TO CREDITORS
NORTH CAROLINA
YANCEY COUNTY

Having qualified as Administratrix of the Estate of Amanda Chandler Ingle, deceased, late of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before January 1, 1958, or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate will make immediate payment.

This December 26, 1957.
Mrs. Lydia Hensley, Administratrix.
Jan. 2-9-16-23-30, Feb. 6

OBEY TRAFFIC LAWS



AMERICAN TRUCKING ASSOCIATION, INC.

SCIENCE IN YOUR LIFE

Now It's Space Sickness

That queasy feeling called motion sickness, which often creeps up on car, air and sea travelers with upsetting results, may soon have a 20th Century counterpart: space sickness.

One important reason Soviet scientists sent a dog aloft with Sputnik II was to test her reactions to living without weight—a condition which will affect humans during most of any flight in space.

Recent tests conducted by the U.S. Navy School of Aviation Medicine indicate that "weightless" people may find themselves dizzy, sick and disoriented.

About 25 per cent of the test subjects had this reaction, another 50 per cent reported themselves exhilarated—but again, disoriented—by the sensation. Only 25 per cent seemed indifferent to it. But since the longest of the tests lasted only 45 seconds, U.S. scientists do not know whether a rocket passenger would remain indifferent in a longer space flight.

Scientists would also like to know whether the most effective Earthly motion sickness remedies, such as Bonadettes, would offer the same protection against space sickness as they do against car, sea and air sickness. It's even possible that some such experiment was conducted aboard the Soviet satellite, Sputnik II.

However the little dog Laika felt about weightlessness, it seems likely that human beings will soon be finding out about it themselves—25,000 miles out.

ADMINISTRATRIX'S NOTICE
NORTH CAROLINA
YANCEY COUNTY

Having qualified as Administratrix of the Estate of M. H. Proffitt, deceased, late of Yancey County, this is to notify all persons having claims against the Decedent to exhibit the same to the undersigned Administratrix at her home at Rt. 4, Box 49, Burnsville, N. C., on or before the 31st day of December, 1958, or this notice will be pleaded in bar of their recovery.

All persons owing the Estate will please make immediate payment.

This 31st day of December, 1957
Rhoda Proffitt, Administratrix of the Estate of M. H. Proffitt, Deceased.
Jan. 2-9-16-23-30, Feb. 6

Attention Hemorrhoid "Pile" Sufferers

Wonderful New Discovery Just Put On The Market

An ointment that has been used for the past two years by a prominent Mt. Holly, N. C. doctor who states: "During the past thirty-seven years of general practice I have used all the well known and accepted remedies for the relief of Hemorrhoids—without a doubt the formula known as SUTHERINE gives the most satisfactory relief that I have ever used." SUTHERINE is especially recommended for the soothing relief of pain and itching in Hemorrhoid (piles). In many cases bleeding has been stopped. Ask for SUTHERINE at all drug stores.

Here's new hustle for your door-to-door hauling...

NEW CHEVROLET Step-Vans



Model 3445 Step-Van with 8-foot body

For the first time Chevrolet offers forward control delivery trucks equipped with handsome, spacious walk-in bodies—the new Step-Vans! You'll find new hustle, new muscle and new style throughout Chevy's light-duty lineup for '58!

Whatever kind of deliveries your business calls for, there's a fast-working Task-Force 58 Chevrolet truck ready to show

you the short cuts. To take the delays out of door-to-door hauling, Chevy introduces the versatile Step-Vans—with a choice of three spacious, spanking-new walk-in bodies 8, 10 and 12 feet long. Insulated weather-tight cargo space goes up to nearly 400 cubic feet. Yet sturdy all-steel welded and bolted body construction remains lightweight and economical. Your Chevrolet dealer will be glad to fill you in on all the facts.

NEW HUSTLE...NEW MUSCLE...NEW STYLE

NEW CHEVROLET TASK-FORCE 58

Only franchised Chevrolet dealers display this famous trademark. See Your Local Authorized Chevrolet Dealer

Manufacturer's License No. 116

Announcement

To All Voters of Yancey County: After careful thought I have decided to be a candidate for Sheriff of Yancey County. Subject to the Primary to be held in 1958.

If elected I will give you, the people of Yancey County, my full time as sheriff. I will be available at all times to serve you in any way a sheriff can.

Your vote will be appreciated in the Democratic Primary.

LOVE FOX

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JFG SPECIAL COFFEE