

Charles Gillespie
 & Ferril McGurry's
HEALTH NEWS
 from Pollard Drug

Do copper bracelets really work?

Are copper bracelets for arthritic and rheumatoid pain for real? Do they actually work? Stories pro and con abound. Some of my customers swear by them. Others are skeptical. But what's your opinion?

If copper helps to reduce pain from arthritis or rheumatism for you then write a letter to my Clipping Service and tell me about it. For your testimonial I'd like to send you a summary of the most recent theories of how and why copper bracelets work. Send your self-addressed, stamped envelope to Clipping Service, Box 5051, Raleigh, NC 27607, and look for your reply shortly.

As a reminder to take good care of the old ticker, our nation is celebrating American Heart Month this month.

Dial 682-2146
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 Burnsville, N.C.



Photo By Larry Hartis

Deer Released In Deer Stocking
Burnsville Wildlife Technicians
Aid In Deer Stocking Project

BY LARRY HARTIS

Technicians from the N.C. Wildlife Resources Commission who work out of the Burnsville area have assisted in the completion of deer stocking in Ashe County. Sources of the deer to be stocked were private land and other lands not open to public hunting which were known to have excessive deer populations.

Two deer, however, were taken from Flat Top section of Pisgah Game Lands in Yancey County.

The goal set for the number of deer to be released was fifty, but the final total of

the stocking project was sixty-two. This means that sixty of the sixty-two deer released came from private lands. These private lands were the Roaring Gap section of Alleghany County and the Roundabout Farm in Wilkes County.

The release site for the deer was on Bluff Mountain in Ashe County. The site there is on Game Lands with surrounding private farm lands. The deer stocked on Bluff Mountain were taken from over populated deer herds in one area and transported to another where the habitat was more favorable and able to

support them.

Equally important as adequate habitat to the stocking program, is the cooperation and support of the public. These are important requirements as the deer should be given a reasonable chance to become established. The hunting season on these deer is expected to be closed for about five years or a long enough period to allow the new population to expand to a harvestable size.

Folk-Ways and Folk-Speech

The last edition of Folk-Ways—at least the last to emerge from my ancient typewriter—was primarily concerned with Appalachian speech and largely resulted from the research and experience of an Appalachian student, Elizabeth Maxwell.

Her findings are concluded in today's column.

Particularly evocative are the figures of speech the people of the high valleys and hills use when they are emotionally involved—angry, amused, exasperated, proud, frightened. Of an old woman who won't stop talking, they might say, "Her tongue was going like a bell clapper." A burning cabin would be "hot as the hinges of hell." A ludicrous weakling who had been told by the bully of the hollow, "I'll slap you into the middle of next week," or maybe "flat as a summer cow pile," "tuk his foot in his hand and lit out for home."

Animals are an integral part of the highlander's life; it is not surprising that references to both wild and domestic "beastes" have enlivened his speech. Simple similes are common: cross as a bear, grinning like a possum, sick as a pizen'd pup, madder'n a tomcat in a steel trap, drunk as a skunk, prices high as a cat's back, mean as a striped snake, dark as the inside of a cow's stomach, crooked as a dog's hind leg, barefooted as a goose.

More elaborate and perhaps less forceful and more humorous because of the elaboration are other animal comparisons:

The old home place is so grown up a rabbit would have to pack a lunch to cross it.

He chisted out and chuckled to himself pierter than a rooster.

She ain't bigger'n a cricket much.

Churches now ain't no more like they used to be than a playhorse and a cricket.

A little run-rabbit of a feller.

A matter of so little importance 't would be a rat's tail in a metal barrel.

In the metaphors of his

speech is a reflection of the mountain man's way of life. When he says a face is "pale as a half-done biscuit," a girl's hand is "cold as kraut," mining is "rough as a corn cob," or a rock is "flat as a flitter" he talks about his food.

When he says something is "thin as a brier" or "sticky as a burr," or "slick as a rat hole," or "tough as whittle-ther" or "straight as a rifle barrel," he's telling us about things typical of his life in a mountain cabin.

And when he says longingly after a venture into the uncertainties of big-city life, "I want feet with roots to 'em," it becomes clear that



the poetic, picturesque speech of the Appalachian mountain man gives meaning to Lord Bryon's statement: "High mountains are a feeling."

Readers are invited to send folk material to Rogers Whitener, Folk-Ways and Folk-Speech, Box 376, Boone, N.C. 28608.

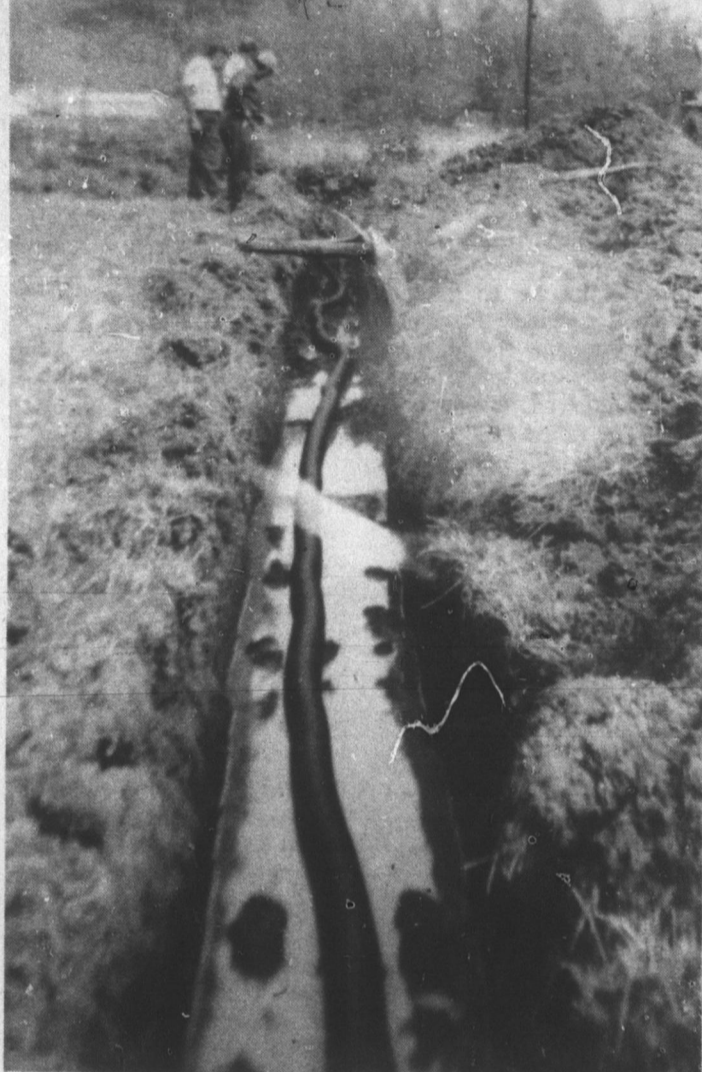


Photo By W.R. Dorsett

Four-Inch Plastic Drainline In Ditch

ASCS Assistance In Drainage Work

BY RAY DORSETT
 Soil Conservationist

With the break in cold and wet weather we have had in the past few days, farmers are getting the fever to begin plowing and other field preparations for spring planting. Also, with the early beginning date of February 17 on sign-ups for cost-assistance through the ASCS office, more landowners are beginning to get started on field work—such as installation of drainage lines and open ditches.

In order for these lines to function properly they must be installed correctly. This involves proper location, efficient depth and a good grade. Proper backfilling is also important. Too many times we see these lines put in at depths too shallow for good drainage. Also, several short laterals are put in leading from each wet spot within a field to an open ditch or nearby stream. Many times just one line along the base of a hill or through the upper edge of the field could eliminate the wetness and reduce the amount of plastic drainline installed.

We of the Soil Conservation Service would be glad to come out and assist you solving a wet problem within

your fields. We can assist in the layout and location of the lines as well as give you an estimate of plastic pipe and gravel needed. We can also assist you or the contractor in cutting the ditch bottom so it will be on grade for the water to flow smoothly. Proper installation under our assistance will also make you eligible for cost-share assistance.

If you are a landowner wanting some assistance in drainage work done, or a ditching contractor who would like assistance in layout and sloping of the ditch for proper drainage, feel free to call us for an appointment so that we may come out and help you. As usual our services are free. You may call 682-2466 Monday through Friday from 8:00 a.m. through 4:00 p.m., or you may come by Room 12 of the county courthouse.

Tobacco Production Meeting Set

A Tobacco Production meeting for Yancey County farmers will be held Thursday night of this week, February 19, at 7:00 p.m. in the courthouse. Many topics of interest to Burley Growers will be on the program according to W.C. Bledsoe, County Extension Chairman. Some of them are: planted tips, variety choices, fertilization tips and ideas for labor saving.

Included also will be the latest information on diseases and insects. The program will include a review of Yancey's On-Farm-Test results produced over the past 4-5 years, Bledsoe continued. One planted cover will be given free as a door prize.

Burley growing is a multi-million dollar crop in Yancey. All growers are urged to attend.

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THE YANCEY JOURNAL
 Box 667
 Burnsville, N.C. 28714
 Phone (704) 682-2120

Edward Yuziuk, Publisher
 Carolyn Yuziuk-Editor
 Pat Randolph-Manager
 Brenda Webb-Staff

Published Every Thursday By

Twin Cities Publishing Co.
 2nd Class Postage Paid
 At Burnsville, N.C.

Thursday, Feb. 19, 1976
 Vol. 5, Number 8

Subscription Rates By Mail:
 In Yancey County
 One Year \$5.00
 Six Months \$4.00

Out of County or State
 One Year \$7.00
 Six Months \$6.00

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 When using whipped butter in place of regular butter in recipes, use 1/3 to 1/2 more than the recipe calls for.