

and Clay County Progress

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# **Local Heart Group Gives Cold Weather Suggestions**

MURPHY - Whether you have a heart condition or not, the West Cherokee County Heart Association has a bit of cold-weather advice for 1) Dress warmly - - -but

not so warmly as to perspire - -when you go out. 2) Keep dry, Dampness con-

ducts cold to the body's surface. 3) Dress children in mod-

erately warm, but not very heavy clothing, with hands and feet well covered. Tell them to come in for more clothing if they get cold. Check on them yourself to make sure they

4) Cover up well in the wind. Earmuffs and scarves are sensible protection.

5) Exercise if you have to wait outdoors. Swing your arms, wiggle your fingers, stamp your feet. It helps circulate the blood.

6) Eat a good diet - - -but don't use this as an excuse for eating too much fattening food.

7) Should you become badly chilled, don't rub snow or ice on frostbitten fingers or toes. Get inside as quickly as possible and get into a warm--not hot- - - tub of water. Or lie under warm blankets and take a warm, non - alcoholic drink. Don't use hot water bot-

tles or a heat lamp. 8) If you think you have frostbite, call a doctor. The symptoms are numbness. tingling, a sensation of cold and ashen color in the affected part.

9) And if you have an illness causing poor circulation of the blood, be doubly careful to avoid exposure to cold.

10) Undue exposure to cold places severe burdens on the circulatory system. It can cost you a finger or toe, or in the case of prolonged, un-protected chilling- - -it can

cause death. Humans are warm-blooded animals, and ordinarily conserve their body heat by cutting down the surface exposed to the air. That's why you curl up under the blankets on a cold

In addition, when your body is chilled, you start shivering; this gives your muscles involuntary exercise and helps close down all over your body surface, with their blood one-fifth of normal. Your body is using your skin literally as a blanket, to conserve Speeding, No Chaufieurs Licardent pleads

At the same time, your heart beats faster and your blood pressure rises, all in the effort to mobilize your internal sources of warmth against the external danger. But if exposure is too prolonged, these measures fail.

This is another case where Company of Regal, is placing the ounce of prevention is machinery and equipment in worth the pound of cure.

## Cherokee County Recorder's Court

the Clerk and that the balance

State -vs- Jerry Carringer,

Driving Drunk: The defendant

pleads guilty to operating a

motor vehicle upon the pub-

lic highways under the in-

fluence of intoxicating liq-

uors. It is the judgement of

the Court that the defendant

be confined in the common

period of 90 days and assigned

to do work under the super-

vision of the State Prison

Department as provided by

State -vs- Homer Ledford,

State -vs- Floyd English,

Carrying a concealed wea-

V. P. L.: Defendant pleads

not guilty to possession of

non-tax paid intoxicating

evidence, the court finds the

judgement of the Court that

the defendant be confined in

the common jail of Cherokee

County for a period of 60

days and assigned to do work

under the supervision of the

State Prison Department and

pay a fine of \$25.00 and the cost

of the action. Prison semence

is suspended with the consent

of the defendant given in open

court for a period of one year

State -vs- Frank Baldwin.

Public Drunk, Resisting Ar-

rest: Defendant pleads guilty

to public drunkeness, resist-

ing arrest. It is the judge-

ment of the Court that the de-

fendant pay a fine of \$50.00

and the cost of the action.

Jones, Public Drunk, V. P.

L.: Continued for the de-

fendant until March 8, 1965.

State -vs- Tommy Glad-den, Driving Drunk: The De-

Mrs. E. C. Mallonee spent

Misses Mae Sudderth and

Friday of this week in Can-

Iva Moss were visitors at

30 YEARS AGO

FEBRUARY 28, 1935

several days in Raleigh last

week. While there she was the

guest of Mrs. Evelyn Sears

lin and daughters, Elizabeth,

Virginia and Louise and Margaret Johnson spent last Sun-

day with relatives at Newland, Mr. and Mrs. Peyton G.

Ivie spent the weekend with relatives at Cornelia, Ga. Mr. and Mrs. K. C. Wright

spent the weekend with rela-

been visiting her sister, Mrs.

S. S. Christopher in Atlanta,

returned home last Saturday.

spent Sunday with relatives

at Young Harris, Ga.

friends in Cleveland.

ter, Miss Jane Hill.

**Honored At Shower** 

ored with a miscellaneous

Games were played and

gifts opened and displayed. During the social hour the

stesses served refresh to approximately 15

as co-hostesses.

week.

Mr. and Mrs. W. P. Odom

Miss Evelyn Hagan of Sioux

20 YEARS AGO

FEBRUARY 22, 1945

Mrs. N. J. Lauria, who has

tives at Topton.

Mr. and Mrs. Jim Frank-

Crowder.

Mrs. Emily Davidson spent

Peachtree School Friday.

State -vs- Gerald (Bud)

on conditions.

pon: Probation judgement.

liquors. After hearing the

defendant guilty. It is the

jail of Cherokee County for a

MURPHY - The Cherokee guilty to speeding 55 mph in a County Recorder's Court met 45 mph zone and driving a in regular session Monday, Feb. 15, with His Honor C. E. Hyde, present and presiding, and Honorable F. O. Christopher, Solicitor, present and prosecuting. The following proceedings were had on marters pending before the Court:

State -vs- Bruce Edward Tipton, Speeding, Disobeying Stop Sign: The defendant pleads guilty to speeding at the rate of 65 mph in a 55 mph zone, and failing to heed a stop sign. It is the Judgement of the Court that the defendant be confined in the if any be turned over to the common jail of Cherokee school fund as a fine. County for a period of 60 days and assigned to do work under the supervision of the State Prison Department and pay the cost of this action. The prison sentence is suspended by and with the consent of the defendant given in open court for a period of two years on

State -vs- Fred L. Curtis, Non-Support: Continued one week for the Defendant to February 22, 1965.

State -vs- Jack Denver Crawford, Exceeding a Safe Speed: The defendant pleads guilty to driving a motor vehicle upon the public streets of the town of Murphy at the speed in excess of that reasonable and proper under the circumstances and conditions then and there existing. It is the Judgement of the Court that the defendant pay the cost. State -vs- Robert Thomas

Roach, Speed Too Fast For Road Conditions: The defendant pleads guilty to driving a motor vehicle upon the public highways of this state at a speed and in a manner which was not reasonable and proper under the conditions then and there existing. It is the Judgement of the Court that the defendant be confined in the common jail of Cherokee County for a period of sixty days and assigned to do work under the supervision of the State Priwarm them. If you're still son Department and pay the cold, small blood vessels cost of the action. The prison sentence is suspended by and with the consent of the defendflow rate cut to as little as ant given in open court for a period of one year on con-

> State -vs- Jack Clemmons, ense: The defendant pleads

> > 40 YEARS AGO

FEBRUARY 27, 1925

position and preparing to open

another quarry at Coalville,

The Regal Blue Marble

fendant pleads guilty to operating a motor vehicle upon the public highways of the commercial motor vehicle State while under the in upon the public highways with fluence of intoxicating liquors, an expired chauf eurs license. this being the second of ense. It is the judgement of the Court that the defendant pay a fine Prayer for Judgement is continued until March 8, 1965. of \$25.00 and cost of the action.

State -vs- Ralph Crawford State -vs- Richard Thomas King, Speeding: The defendant Hickerman, Speeding: The deis called and failed. Judge fendant pleads guilty to speedment NiSi Sci Fa and Capias. ing 75 mph in a 55 mph zone State -vs- Harold Frank and improper passing upon a Parks, Expired License: The curve. It is the judgement of the Court that the cost first be paid out of the \$67.50 cash deposit in the hands of

defendant pleads guilty to operating a motor vehicle upon the public highways of the State with an expired operators license. It is the Judgement of the Court that the defendant pay the cost out of the \$32.50 cash deposit in the hands of the Clerk and if there is any balance, that it be turned over to the school fund as

State -vs- James Edward Suit, Speeding: The defendant is called and failed. Judge ment NiSci Sci Fa and Capias.

State -vs- Harry Hoover Hall, N. O. L.: Nol-pros with leave was previously taken in matter and the Solicitor at this time moves to re-instate the case. Motion allowed. The defendant pleads guilty to operating a motor vehicle without a valid operators license. It is the Judgement of the Court that the defendant be confined in the common jail of Cherokee County for 30 days and assigned to work under the supervision of the State Prison Department and to pay costs of this action. Prison sentence is suspended on conditions.

State -vs- John William - V. P. L.: The de-Henry fendant pleads guilty to the offense of operating a motor vehicle without carrying liability insurance and without a North Carolina automobile license. After hearing the evidence the Court finds the defendant not guilty on the charges of failing to have insurance and a North Carolina license plate. It is the Judgement of the Court that the defendant be confined in the common jail of Cherokee County for a period of ninety days and assigned to do work under the supervision of the State Prison Department as provided by law. No action is taken on the solicitor's motion to put the suspended sentence in effect in number R56-64 and

State -vs- Fred White, V. P. S.: The defendant pleads not guilty to the charge of possession of non-tax paid intoxicating liquors for the purpose of sale. After hearing the evidence the Court finds the defendant not guilty on charge of possession for the purpose of sale, but guilty on the charge of possession of non-tax paid intoxicating liquros. Prayer for Judge ment is continued until Monday, February 22, 1965.

State -vs- Daniel W. Roberts, Jr.: Probation Judge -

ment. Court Adjourns.

#### Too Late To Classify

LEGAL NOTICE CHEROKEE COUNTY NORTH CAROLINA NOTICE

The undersigned, having qualified as Administratrix of the estate of John B. Kincaid, deceased, late of Cherokee County, this is to notify all persons having claims against said estate to present them to the undersigned Celia S. Kincaid on or before the 20 day of August, 1965, or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate will please make immediate payment to the undersigned. This the 16th day of

February, 1965. CELIA S. KINCAID

FOR THE BEST BARGAINS IN MOBILE HOMES, see the wide selection at ZELL MIL-LER MOBILE HOME sales lots in Hiawassee and Blue Ridge, Ga. Low down payments, easy terms with bank financing. Don't buy a mobile home until you check the pri-

at ZELL MILLE ces Mobile Homes.

FOR SALE - A '52 Ford 1/2 ton truck for sale. Se W. M. Mosteller, Andrews N. C. Junaluska Road. 31-2tp

### We're Buying Timber!

For A Dependable Market Deal With Dependable People call

#### HIWASSEE LAND COMPANY

Turtletown, Tennessee



Living Color or Black & White

SCOUT STUDIO

#### about two miles above Marble, sometime about April 1, ac-Cherokee Scout & Clay County cording to information brought Progress, Thurs. Feb. 25, 1965 here the other day.

**MEETING OF THE** CHEROKEE COUNTY

**NOTICE TO TAXPAYERS** 

# **Board Of Equalization And Review**

The Cherokee County Board Of Commissioners

WILL SIT AS A **BOARD OF EQUALIZATION** AND REVIEW ON

MONDAY, MARCH 15, 1965

FROM 9:00 A.M. - 4:00 P.M.

The Board Of Equalization and Review will meet at the Commissioners' Office in the Courthouse in Murphy for the purpose of examining and reviewing the tax list of each township for the current year. A Hearing will be Granted to any tax Payer who has a Valid reason why he believes an adjustment is necessary on his new appraisal for 1965. Any person desiring such a hearing is requested to Submit a written application in Person or by mail to the Tax Supervisor of Cherokee County Prior to March 15, 1965. After Submitting the Written Application as above requested the applicant must appear before the Board March 15 for his hearing and for the transaction of any other Business which may come before said Board in Compliance with the Machinery

This is the only time in which the Commissioners have the authority to change the valuation of real estate.

Cherokee County Board of Commissioners AS BOARD OF ECUALIZATION & REVIEW

# ring Garden Salad Cottage Cheese with a hint of OIL SENSATIONAL! A tangy oil-and-vinegar dressing adds new zest to young garden vegetables.

Imagine crisp celery, tender carrots, green peppers, young spring onions . . . all kissed subtly with a hint of oil and vinegar . . . all blended deliciously into and VINEGAR added! fresh, creamy cottage cheese. You've never tasted anything like this Sealtest creation. Get some soon. You'll love it!



W. C. GRAY, Distributor, Andrews, N. C.