

Mt. Zion

Piney Creek P. O., Sept. 16.—Mr. and Mrs. C. G. Truitt and son, Howard Lee, of Baywood, Va., and Blake Hampton, Piney Creek, were in this community last week. They were dinner guests in the home of S. E. Smith.

Mr. and Mrs. Cicero Richardson, Berwind, W. Va., visited Mr. and Mrs. J. F. Shepherd recently. Mrs. Bessie Critcher and son, Claude, of New Hope, and Mrs. Caroline Taylor, Laurel Springs, visited Mrs. W. R. Jones Sunday afternoon. Mrs. Taylor will spend some time with her daughter, Mrs. W. R. Jones.

Mrs. Will Woodie and son, Bill, are visiting relatives in Hickory.

C. D. Ross has moved to a place near Joe Cox's mill.

Sheriff Walter M. Irwin and two deputies were in this community on business last week.

W. R. Jones is visiting relatives and friends in Maryland.

T. E. Pugh is suffering from tonsillitis.

Will Woodie made a business trip to Wilkesboro last week.

Claude J. Smith, of the CCC camp at Southport, reports killing a rattlesnake recently that measured 3 1/2 feet long, with a bush axe.

Oma Church, Scottville, spent two days last week with Mrs. S. E. Smith.

Several persons from this community attended the decoration and memorial service at Scottville Sunday. Rev. G. A. Martin delivered an interesting sermon.

Mr. and Mrs. J. F. Shepherd had as dinner guests Sunday Mr. and Mrs. George F. Smith and Mrs. W. R. Jones.

R. B. McMillan and Claude Miles and son, of Sparta, were squirrel hunting in this community Saturday.

Mrs. S. E. Smith visited Mrs. John Maines, Scottville, Sunday. Other dinner guests were Miss Minnie Foulks, Dobson, and Oma Church, Scottville.

Mrs. T. E. Pugh visited the home of W. F. Pugh Sunday.

Mrs. Mary Cox, who has been ill, is improving.

SPORT FANS FOLLOW THE AMERICAN BOY

Boys and young men of this city who wish to improve their tennis service, their basket-shooting eyes, their forward passing talent, or their crawl stroke, can enlist the aid of the nation's foremost coaches and players by subscribing to THE AMERICAN BOY magazine and following the sports interviews and fiction stories that appear each month.

"When I was in high school," says a famous decathlon champion, "I read a track article in THE AMERICAN BOY that gave me my first clear-cut idea of the western style of high jumping. At practice I laid the open magazine on the grass and studied it as I worked out. That afternoon I increased the height of my jump three inches."

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"In addition to our fiction, adventure, exploration, hobby counsel, and vocational help, we shall continue to encourage young men to improve their game in every line of sport."

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Ennice

Ennice, Sept. 17.—Miss Cecil Combs, Galax, spent the weekend with her mother, Mrs. Alice Combs.

Mr. and Mrs. G. N. Evans and family spent Friday afternoon at the home of W. C. Higgins.

Mr. and Mrs. Hurley Edwards and family spent Sunday at G. N. Evans' home.

Those visiting at the home of W. C. Higgins Sunday were Mr. and Mrs. Roy Campbell and children, Misses Ilene Hollingsworth, Emma Bowman, Ruth Lowry, Klein Thompson and Lucille and Ellie Reeves, of Mount Airy, Mr. and Mrs. Larrie Cooper and daughter and Mr. and Mrs. Joe Combs.

Miss Annie Combs spent the past week with her aunt, Mrs. Floyd Combs.

A large crowd attended the baptizing at Hooker Sunday.

G. N. Evans made a business trip to Galax Friday.

Miss Ruby Higgins spent the week-end with Mr. and Mrs. Guy Taylor, at Laurel Springs. While she was there the group visited Robert Joines in Wilkesboro hospital.

Miss Gay McMillan, who has been spending some time with her grandparents, Mr. and Mrs. A. M. Greene, has returned home.

Mrs. A. M. Greene and Mrs. Roe Dickens spent Monday afternoon with Mrs. W. C. Higgins.

G. N. Evans and W. C. Higgins made a business trip to Elkin Thursday night.

Mr. and Mrs. Lloyd Chappell, High Point, are spending a few days with relatives and friends.

Mr. and Mrs. Spurgeon Hall and children, of High Point, spent Sunday with Mrs. Hall's parents, Mr. and Mrs. Wiley Greene.

Little Pine

Ennice P. O., Sept. 16.—A large crowd attended the Communion service at Cherry Lane Sunday.

Mr. and Mrs. Andy Wagoner and family spent Saturday night at J. B. Collins' home.

Mr. and Mrs. Homer Wilson and son, Doris, spent Saturday night at the home of J. L. Greene.

Mr. and Mrs. Monroe Holloway, Bull Head, spent a few days last week with relatives.

Miss Bessie Chappell spent Saturday afternoon with Miss Zelma Greene.

Mr. and Mrs. Loyd Chappell, High Point, spent Saturday night with home folks.

Mrs. J. L. Greene visited her sister, Mrs. A. R. Murphy, Thursday.

Mrs. Monroe Holloway spent Wednesday night with her sister, Mrs. J. L. Greene.

Misses Bessie Chappell, Zelma Greene, Oattie and Attie Bedsaul, Worth Meddley and Edward and Lester Brooks motored to Roaring Gap Sunday.

Vox

Vox, Sept. 9.—Mrs. Annie Choate returned home from a week's visit with friends and relatives at Galax.

A large crowd attended the baptismal service at Rutherford's mill Sunday.

Mr. and Mrs. O. M. Caudill announce the birth of a son on September 5.

The school at Vox is progressing nicely under the management of Clair Wyatt.

Misses Gertrude and Dorothy Andrews and Miss Ruby Cook attended the fair at Galax Monday.

Mrs. Everett Fender and daughter, Elaine, are spending a few days at the home of Mr. and Mrs. O. M. Caudill.

Those who visited the home of Mr. and Mrs. M. C. Caudill Sunday were Mr. and Mrs. Joe Ray, Mr. and Mrs. Glenn Fortner, Mr. and Mrs. David Cook, Mr. and Mrs. H. C. Evans, Miss Retha Evans, Page Evans, Miss Ruby Cook, Buford Cook, Gene Spurlin, Raymond Brown and Mr. and Mrs. Woodrow Sexton.

See Castevens Motor Co. for radio batteries, tubes and service.—adv.

THE MENACE OF THE LOBBY

By RAYMOND PITCAIRN National Chairman, Sentinals of the Republic

Congress, as this is written, is plunging into a probe of lobbies and their influence upon national legislation.

Not a bad idea—even though it may prove a two-edged sword, slashing at pressure politics from within as well as from without!

But whomever it may wound, the investigation will serve a worthy purpose if it brings forcibly to the attention of the American people the growing evil of rule by organized groups—whether composed of office-holders or of private citizens. For it is through the power of lobbies and of pressure politics that such forces seek to utilize Congress as a lever to loosen the foundations on which rest our American form of government.

The American people must realize—

That if economic theorists can, by Federal law, prohibit or utterly control the organization of business, big and little . . .

If visionary zealots can, by Federal law, control the birth, the rearing, and the governing of all children . . .

If the educational zealots can, by Federal law, control all education and eliminate the private and the church schools and colleges . . .

If the zealots in the arts and crafts and unions can, by Federal law, control the methods, the technique, and the volume of all production . . .

If every other group devoted to some moral or economic theory can force it on the people through pressure on our national legislature . . .

Then the republican form of government, under which the United States became great and its people free and happy, will be supplanted by a tyranny depriving citizens of liberty of mind, of body and of action.

Only when the system of pressure politics—from within or without—is finally destroyed, will the great body of unorganized, self-reliant American citizens, who constitute the backbone of our nation, come into its own.

The Difference

Henpeck (who has just overheard his wife scolding the maid) —You and I both seem to be in the same unfortunate position, Mary.

Mary—Not likely! I'm giving her a week's notice tomorrow.—Sheffield Telegraph.

Proof Enough

First Burglar—I need eye-glasses.

Second Ditto—What makes you think so?

Well, I was twirling the knobs of a safe and a dance orchestra began to play.—Boston Evening Transcript.

Financier

Husband—How much did you pay for them eggs?

Wife—I had to pay 30 cents a dozen.

Husband—Well, we're too poor to eat eggs when they're as high as that. Put 'em down in the cellar an' keep 'em till eggs gets cheaper.

Twin Oaks

Sparta P. O., Sept. 16.—Elsie and Ruby York, Winston-Salem, visited relatives here Sunday. They were accompanied by Ruth O'Neil, Arthur Shores and Dempsey Clinard.

Sam Williams left today to resume his college work in State College, Raleigh.

Mr. and Mrs. Sidney Gambill were dinner guests at Irwin hotel Sunday.

Leo Irwin left Thursday to enter school at Chapel Hill.

Mr. and Mrs. B. F. Wagoner and family visited Clay Edwards here Sunday.

Mrs. Minnie Wagoner and small son spent last week with her sister, Mrs. Odus Mabe.

Mr. and Mrs. W. E. Horton visited relatives at Fries last week.

Mrs. George Petty has been ill for a few days.

Sparta P. O., Sept. 10.—Curtis Moxley and family, of Bridgeport, Pa., returned home Friday after visiting for a month in Alleghany. They were accompanied by Marie Joines, who will spend the winter in Pennsylvania.

Mrs. L. C. Tucker returned to Winston-Salem Tuesday after a few days spent visiting relatives here.

Mrs. R. H. Joines visited relatives in Winston-Salem last week.

Clay Edwards and family spent Sunday with relatives at Elk Creek, Va.

A reunion of the Absher family and relatives of Alleghany and adjoining counties, was held in the grove at the home of Mrs. Martha Absher, near Sparta, Sunday. About seventy-five or eighty assembled about twelve o'clock with well filled baskets.

A long table was soon loaded with delicious things to eat. Mrs. Absher is reported to be the oldest member of the Absher family now living.

Stratford

Stratford, Sept. 9.—Mrs. F. W. Cheek is visiting her daughter, Mrs. R. M. Fletcher, in Baptist hospital, Winston-Salem.

A. O. Joines spent part of the week in East Bend prior to the opening of the high school, where he is principal.

Miss Ida Poteat, who is head of the art department in Meredith college, returned to Raleigh Monday after visiting Mrs. J. T. Fender for the past few weeks.

Dr. J. Arch McMillan, editor of Charity and Children, and other outstanding speakers spoke at the Baptist association meeting held at Mt. Carmel church recently.

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND Director, Physical and Health Education New Jersey State Department of Public Instruction

Minerals in Food

To anyone who has not studied chemistry, it must be baffling to read about iron in the blood, lime in the bones, and phosphorus in the nerves. Indeed, it does sound spooky. Nevertheless, it is true. More than that, the presence of minerals in the right quantity is very important, not only to general health but in the prevention of certain diseases.

Of course, the source of minerals is the food we eat. Perhaps the best known source is milk and milk products. From these we get most of the lime or calcium and phosphorus we use. In children, these minerals furnish the building material for bones and teeth. When they are insufficient in amount, the well-known disease called "rickets" results.

Iron has long been a stand-by among home remedies. Adults will remember the days when "iron tonics" were popular. Today, we know that iron is easier and pleasanter to take in food. The best sources are cabbage, lettuce, spinach, milk, egg yolk, liver, peas, string beans, and beef.

Iodine is familiar to residents of the so-called goiter belt in this country. Its great contribution is to the very important thyroid gland. We find it in many foods, but most abundant in fish and other seafood, onions, and lettuce.

Perhaps you have noted this fact while reading. The mineral-rich foods are also the vitamin foods. This fact makes everything simple. Just build meals around the essentials—green vegetables, fruit, milk, bread, and butter—and stop worrying.



Baptist Missionary Meeting Held Sept. 12 at Scottville

The meeting of the Women's Missionary union of the Sparta Baptist church, which was held at the home of Mrs. Jones Waddell, at Scottville, on Thursday, September 12, was very interesting.

Those present were: Mrs. B. E. Reeves, Mrs. Tulbert, Mrs. Katherine Duncan and Mrs. James Gambill and daughter,

Lucille, all of West Jefferson; Mrs. Josie Fields, Rev. and Mrs. J. F. Fletcher and Mrs. Mont Cox, Mouth of Wilson, Va.; Mrs. B. C. Waddell, Grassy Creek, and Mrs. C. A. Reeves, Mrs. Will Reeves, Mrs. Amos Wagoner, Mrs. C. A. Miles, Mrs. R. L. Hickerson, Mrs. Will Pugh, Mrs. C. A. Thompson, Mrs. T. R. Burgess, Mrs. Clete Choate, Dr. and Mrs. G. A. Martin, Mrs. Crutchfield and daughter, Mrs. E. D. Jones, Ruth W. Hackler and Mrs. Bain Doughton. Sparta.

Advertisement for Galax Beauty Shop featuring a woman's portrait and text about beauty products and services.

Large advertisement for 'Crazy Cut-ups' featuring Zeb, Zeke, Eddie and Elmer, appearing in person at West Jefferson High School Gym.

Advertisement for Robertson's 'Proven' Fertilizers, highlighting better ingredients and availability at Farmers Supply Co.

KEEPING UP WITH THE JONESES

Comic strip titled 'Too Many Cooks Spoil The Broth' by Pop Momand, showing a kitchen scene with humorous dialogue about cooking.