

The Alleghany Times

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Sparta, N. C., Thursday, June 4, 1936.

Nancy Hart's HOME NEWS

The woman who selects the correct shade and quality of face powder may gain little from it if she does not use the proper technique in applying it. How often have we all seen women actually smear their own faces? Others rub it in, grinding it deep into the pores. They would be shocked to know how little they accomplish. And they might as well leave the powder off, for all the good it does.

Powder should be dusted on lightly and generously. Then pat it around with an upward and outward motion. Take your time. You cannot do a good job hurriedly. Wipe off the excess gently and carefully, with a second powder puff, or with a special little soft powder brush, sweeping downward on the face.

Always skip the upper lids when powdering around the eyes, for powder on the eyelids gives an aged look. The neck should match the face, and if you do not wish to use powder on your neck, you must take extra pains to see that your cream or lotion matches your powder closely.

Powder a retreating chin first and a prominent nose last. Or, if you are deft, you can blend a slightly darker shade over the nose, or any other feature you wish to make less noticeable.

Chewing gum as an aid to beauty is one of the newer suggestions of the beauty specialists. Chewing, so they say, is helpful in keeping the mouth and jaw muscles firm. This is especially beneficial for those whose mouths are beginning to droop at the corners. And since chewing gum exercise is good, it naturally follows that proper mastication of food is also a good exercise for mouth muscles as well as teeth. Expression is a most important moulder of mouth beauty. A happy expression will keep mouth and jaw muscles up and prevent wrinkles.

It's a cool combination, dark green and white. And it's cooler still in sheer. One nice dress that would help bolster up a summer wardrobe is of green sheer with a trim white design. The top of the dress is all green, and the printed jacket is taffeta, lined as sheer jackets often are these days.

All this vogue for veils has produced gay colored ones to wear with small black dinner hats. Green, violet or red—nothing more than a brief film over the eyes—are being seen on little dark chapeaux in the smart places.

Aluminum sulphate is the stuff to make silk stockings wear like granite, say Uncle Sam's experts at the Bureau of Standards laboratories. They admit it doesn't always work, but if hosiery bills worry you it may be worth a trial. Put the stockings into a hot bath of aluminum sulphate before wearing them. Swish them around a bit, dry them, and in the future wash them carefully.

Household Hint: Put your wilted lettuce, romaine or other salad greens in a pan of water to which has been added one cup of vinegar. Let stand for half an hour and then take out greens, all crisply fresh and ready for the salad bowl.

The stubborn little boy grows up. Recently a man arrested for drunkenness was given his choice by the judge of drinking a glass of castor oil, or spending ten days in jail. He chose jail!

Up To The Standard
Ed Lietzke, Augusta cattleman, described his first grandchild the other day in this manner: "He stands three hands high, smooth-mouthed, weight 5.75."—Augusta (Kansas) Gazette.

Nuts and Kernels

Troy Isaiah Jones

The price of wool will take another rise as the election approaches. The politicians are in need of an extra supply to pull over the public eye.

The density of a fish is the same as that of water. No one so far has been able to measure the density of the poor fish that inhabits the earth.

Talk about density, it takes an election to show just how dense the population is.

The papers think that there will have to be a second run off of the primary election. If they will take the candidates to the Harri-gan, they will run off the first time.

We could hardly expect anything but a tight rave with a Scotchman like McDonald in it.

They talk about the champion of education. That is what it takes now days to get along, a champion.

This age has become so mechanical that parents no longer hand spank their children.

It is a good thing that the hunting season is closed with so many delegates at large.

Some of the politicians are talking of fetching on the millenium. To tell the truth, brother, I ain't quite ready for that.

"By virtue of power vested in me" is a legal term in which a lawyer has something up his sleeve.

An affidavit is one who swears. But the term does not say whether he tells the truth or not.

When a man has a reputation for the truth and veracity. I guess that he has more veracity mixed up in it than truth. Lawyers usually hold out for the veracity side when that suits the case the best.

Senator Dill sued by his nephew. I have heard of a dill pickle. But this is at dill in a picklet.

A woman in New Jersey gave birth to four children. I don't know whether American women are getting to be as overbearing as the Canadians or whether they are trying to carry out that agreement with the Canadians known as reciprocity.

The Family Doctor

by John Joseph Gaines, M. D.

WATCH YOUR STARCHES

Much of our food may be classified as starchy. We could not get along without a certain amount of the carbohydrate. It is only with excess of starch that I attempt to deal here.

Common starches are rice, potatoes, bread, and cereals that are marketed under trade names. The admixture of sugar makes the starchy foods more tempting. We eat five or six times as much starch as we really need. Most any well-set-table has four or five starches, when one would be abundant. The well-living housewife sets on her table two kinds of bread, always potatoes, maybe lima beans, or baked beans, cake, pie with starch crusts, and rice pudding occasionally! If I were permitted to hang a motto above the American dinner-table—one that would do good—I would certainly proclaim, "One starch—not four."

When too much starch is piled into the system, the liver is given more than it can do perfectly—and the liver is the largest gland in the body. It transforms all the starch it can; the overplus is deposited about the body and we become fat, mushy, flabby in muscle and mentality. We are overloaded with ballast. We have all sorts of "liver trouble." To cut

All Aboard for Cleveland

by A. B. Chapin



BRUCE BARTON Saps



Everybody Has Some Vice . . .

Everyone has some secret vice, and mine is buying newspapers. I take three in the morning and three at night, and if you ask how this leaves me time to do any work I will reveal my formula. I do not spend a great deal of time with the long articles at the top of the pages. These deal with the European situation, political speeches and evanescent scandals, to all of which I have developed a certain old-age immunity.

But I read with unflinching joy all the little items. Here one can observe the eternal pageant of human ingenuity, folly, frivolity, and unexpectedness. I note, for instance, that a scientist has grafted the hind legs of a salamander into the front part of his body and put its front legs where its hind legs were before. Another professor has succeeded in causing a rooster to develop the characteristics of a hen, which he thinks is something to crow about; a third servant finds that he can compel tadpoles to become frogs much more rapidly than when they are left to their own inclinations.

Here, also, I make the acquaintance of a poet who is fined one cent for calling a county commissioner a sacred bull, the jury supplying the penny. At one fell swoop 17,000 Kentucky Colonels, myself included, are shorn of their gaudy titles; a judge who fined his wife two dollars for violating parking regulations wak-

down the starch is the only rational way. If we do not—then nature makes us sick—and we are compelled to diet in order to get well—and nine times out of ten, the offender is starch, taken in great excess.

Excess of starch weakens; makes us susceptible to disease. Watch your starches. Use one, not four. We find starches fully as harmful as meats, though highly innocent in appearance.

See Castevens Motor Co. for radio batteries and tubes. tfc.

es up the next morning to discover himself two dollars shy; and a poor citizen shoots himself because he is tired of trying to escape from an instalment-purchase salesman.

The late Mr. Talleyrand said that when he should come to the end of life he wanted to die with a newspaper in his hand. I echo his wish.

Examples Are Best Sermons . . .

Two acquaintances were talking about a man who used to be both rich and opinionated. One said: "Jim is nicer; it must be the depression. He didn't go busted, of course, but he got a good thorough cleaning. I think it has made him more human."

To which the other replied: "There's another factor. In the past five years his children have married and set up their own homes. Back in the years of his big prosperity they were beginning to assert themselves, and he was forever fighting and fuming, trying to run their lives, making himself miserable whenever he discovered he could not. Now, at last, he has surrendered. Somewhat to his astonishment, they have all turned out to be pretty successful."

A third man said: "That story hits the spot with me. I recently made the discovery that I was in danger of alienating my children because I wanted so much to have

them just right. What woke me up was a remark by my nine year old daughter as we were riding to town. After we had traveled about a mile she looked up at me in surprise, and said, "Well, Daddy, where's the sermon?"

The temptation to try to lead our children's lives for them is almost inescapable. We are so conscious of the miseries brought on us by our own shortcomings, so anxious to save them from the same penalties. Yet most of our talk is useless. Example is about the only power that really counts.

If the youngsters knew the quotation they probably would fling it at us often—Emerson's famous remark: "What you are thunders so loud I can't hear what you say."

NOTICE OF SALE

As Commissioner appointed by the Court in the case of G. R. Hendrix, Executor of Rebecca Spurlin, vs. J. L. Hendrix, I will offer for sale at public auction at the Court House door in Sparta on the 10th day of June, 1936, at 11:00 A. M., the following described land:

Containing about 26 acres, situate in Gap Civil Township, said county and state, and bounded and surrounded by the lands of G. R. Hendrix, D. C. Duncan and K. G. Jarvis.

I will also at the same time offer for sale the personal property belonging to the estate of Rebecca Spurlin, consisting of one Cream Separator and other articles of personal property.

Terms of Sale: All of said articles will be sold for cash on day of sale.

This May 11, 1936.
G. R. HENDRIX,
Commissioner and Executor

4tc-4AT



When the worries, noise, confusion, high-tension work, or hectic pleasures of your waking hours "get on your nerves," here is a simple time-tested preparation that will bring a feeling of calm and relaxation and allow you to get a good night's sleep. Dr. Miles Nervine quiets your nerves. It is not habit-forming and does not depress the heart. Why take chances with dangerous habit-forming drugs? Why use narcotics that make you dull and depressed?

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Nervous
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We Can Learn A Lot From England About Honor In Public Office

The most sensational political event in many years has just occurred in England. A member of the British Cabinet has resigned because his personal honor had been besmirched by the actions of his son.

Somebody "tipped off" a speculator that the new British budget would provide for an increase in taxes. The speculator took out insurance to protect himself in case that were true. The news of his action leaked out, and it developed that the insurance broker had played golf with the son of a Cabinet minister the day before the speculator had applied for insurance.

Nobody made any charges against J. H. Thomas, the Colonial secretary, whose son had happened to be a friend of an insurance man. Nobody furnished any proof that the son had even said a word about the budget to his friend. Nobody charged that Mr. Thomas had ever even discussed the budget with his son. But so high is the standard of political honor in England that the incident stirred the nation as nothing else in recent political history has stirred it.

There was no alternative for the Colonial secretary, under the British code of honor, but to resign his office. "Wherever Britions gathered," wrote one newspaper correspondent, "there was much sadness and some bitterness at the spectacle of a Cabinet minister becoming involved in a scandal." According to one dispatch, Mr. Thomas is "crushed by the humiliating end that has come to his official career."

We are so used to public officials using the power of their office to enrich themselves and their friends and families that it is difficult for the American mind to appreciate the enormity of this situation in England. True, we have on occasion dismissed from office and even sent to prison high officials, even of Cabinet rank. But it takes very flagrant malfeasance in office to stir up any deep resentment in this country. The prevailing attitude is that a man is a sucker if he doesn't take "honest graft" when he has a chance.

In the matter of standards of honor for public officials we can learn a lot from England.

One Practical Way To Cut Relief Costs

The state of New Jersey turned the burden of relief back to the state's municipalities a few weeks ago. One of the first results has been to cut down the burden upon the taxpayers, in some instances to a degree that is positively amazing.

In the city of Hoboken, for example, there were 2,145 cases on the relief rolls, representing 7,344 persons, before the city took the relief job from the state. Within a month, this number was reduced to about 90 cases, representing fewer than 360 individuals. And there have been no food riots or public disturbances of any kind as a result.

Harry L. Barck, Hoboken's Overseer of the poor, reports that all he did was to cut the "chiselers" off the relief rolls, by returning to old and tried principles in making the poor show convincing proof of their inability to get work and their need of aid. "Under the free-handed system," he says, "they didn't have any incentive to get out and scratch for a living."

Of course, there are many folks who think that to limit relief to the actual necessities of those who are really in need is a hard-hearted and inhuman procedure. But Mr. Barck, who has been forty years on his job in Hoboken, takes a different view.

"I'm in favor of giving the old American pioneer spirit a chance to assert itself, and it looks to me as if it were working now," he says. "These people must have gone out and found enough work to keep themselves from starving or they'd be back here asking for relief."

There Is No Room In This Country For An Organization Like "The Black Legion"

Recent revelation of the existence of a terrorist organization in Detroit, usually referred to as the Black Legion, is an amazing disclosure to many Americans who have assured themselves that there is no room in this Democratic country for such an association.

The only thing that we know about the Detroit secret society is what has been printed in the newspapers of the country, but, as a general rule, the people of the United States will do well to condemn any secret society which attempts to dabble in politics or to right the wrongs of the country. That the Black Legion has been able to attract thousands of members is unmistakable evidence that there are many citizens in this country who need a course of instructions in the principles of Americanism.

In England the King can make a common man great. Over here it takes a majority of the delegates.—St. Louis Star-Times.

Rip Van Winkle slept for 20 years, but, of course, his neighbors didn't have a radio.—Atlanta Constitution.

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A Statement from Rev. E. D. Dobb

(Pastor of the Methodist Church at Creedmoor and a brother of W. E. Dodd, United States Ambassador to Germany.):

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The nomination of George Ross Pou will assure a business administration of the affairs of the State Auditor's office.

This advertisement furnished by world war veterans who served with George Ross Pou in the last war.