

have been using starter and growing mash rather than the specific mash for broiler production. "The most economical gains and quick growth cannot be obtained by this practice" Prof. Dearstyne says. "The starting and growing mashes are developed for the specific purpose of carrying the birds from chick size up until they reach sexual maturity. "Broiler mashes are made to give rapid, intensive growth expected in this class of birds. While the feed situation is very tight at the present time, still broiler producers should make every effort to get the right kind of feed needed for their birds. "All small flock owners can have supplemental grazing crops for their pullets at this time of the year. Feed costs must be reduced and one of the best ways of doing this is through green crops. As in providing grazing for dairy cows, beef animals, workstock, and hogs, the grazing crop should be sown about the last of August, with a relatively heavy seeding of grains and legumes and plenty of fertilizer on real, good land."

CONSTIPATION

is the cause of MUCH SUFFERING

Constipation may cause no symptoms for a long time, but unless corrected it finally impairs the health. Constipation associated with advanced age, is a common cause of nervousness, loss of appetite, indigestion, tired feeling, and general depression. Headaches, dizziness, nervousness, and skin disturbances, in some cases, are commonly associated with constipation. Indigestion, flatulence, and colic, and other ailments frequently add to the discomforts of severe chronic constipation.

How many other medicines you may have tried for constipation, we urge you to try B-L PREPARATION, with the understanding that B-L PREPARATION will bring you satisfactory results at your money back. Caution: Use only as directed.

Kings Mountain Drug Co.

HEADACHE

Capudine quickly eases headache and soothes resulting upset nerves because it's liquid—nothing to dissolve. Use only as directed.



Liquid CAPUDINE

MISTLETOE ANCIENT MYTHOLOGY SYMBOL OF DIVINE FAVOR

The custom of kissing under the mistletoe descends from Scandinavian mythology. Frigga, goddess of love and beauty, was so griefed when her son Balder was struck down by an arrow fashioned out of mistletoe that her tears became the white berries of the plant; Balder was restored to life by the concerted efforts of the gods and Frigga, grateful for her son's restoration, legendarily bestows a kiss upon those who pass under the mistletoe.

The mistletoe was sacred to the Druids of ancient Britain and, in Virgil, it is the Golden Bough which enables Aeneas to descend to the underworld and return safely. Considering its heathen associations, the Church has never sanctioned the use of the mistletoe as a decoration appropriate to a religious edifice. However, no restrictions have been strong enough to banish the parasitic plant from the home where it continues to be emblematic of peace, friendship and true love—sealed by a kiss.

Rules for Sending Cards to Personnel Of Armed Forces

With so many of our friends still in service, the code of military etiquette is quite important in signing and addressing Christmas cards again this year.

When sending greeting cards to commissioned officers, the rank must be designated. However, when sending a Christmas card to an enlisted man, the use of the rank is optional. The best thing is to follow the form the serviceman or woman used as a return address.

In sending Christmas greetings when the husband in service is not at home on furlough, a simple note may be added to the greeting, saying, "John's wishes are included with mine and we hope to see you when next he is home on furlough." Be certain both names are on the card.

Whether the card is sent to a person in service or to someone in the immediate circle of friends and relatives, it is always wise to be certain that the card chosen reflects the degree of intimacy that exists.

Using first names, or even affectionate nicknames is permissible on Christmas cards for close friends and relatives. Some married couples still retain the formal "Mr. (or Captain) and Mrs. Jones. Most younger couples, however, prefer the friendlier "John and Alice Jones." It is perfectly proper to include the children's names and even the name of the family Scottie. Or make the signature all-inclusive and simpler by writing "The John Lanes."

Because Christmas cards are the personal expression of your regard for the person to whom they are sent, you should double check to be certain that all cards are correctly signed and addressed. The best etiquette directs that they be mailed with first-class postage. When you use first-class postage on your Christmas cards, you are, in effect, saying to your friends, "I'm not taking any chances that this greeting will be delayed on its way to you."

Bean Winner Rules On Twelfth Night

Epiphany, or the Feast of the Kings, is the great homecoming day in France; servant girls would rather lose their positions than miss the family reunion and expect to receive an extra month's pay to wit.

The elaborate dinner features a cake in which a China bean has been hidden; the cake is cut into as many pieces as there are persons in the party. Whoever finds the bean in his or her piece of cake automatically becomes King or Queen of Twelfth Night and proceeds to choose his or her partner. The King and Queen sign over the evening activities — each member of the party being obliged to obey their whimsical commands.

Charcoal burners expect a bonfire and treacherous anticlimax Christmas home on Epiphany and Christmas Eve are set up in stores and public places around which parties are held and gifts to be distributed to hospitals and among the poor.

Nebo News

H. Y. Bell

I am using this method to express my sincere thanks and appreciation to those who assisted in collecting money for the Orphanage at Oxford.

More grateful than I to the Ladies and gentlemen who made this report so worthwhile. The contributing persons or institutions and the amounts contributed follows: Vestibule A. M. E. Zion church, \$6.80; Mt Olive Baptist church \$2.40; Ebenezer Baptist church \$2.60; Long Branch school \$5.55; Adams Chapel A. M. E. Zion church \$5.00; Compact school (not including N. F. A.) \$21.05; N. F. A. Chapter Compact school \$12.33; Mr. P. M. Neisler, \$1.00; Collected by Mr. S. M. Brown \$2.33; Mr. L. L. Adams \$1.00. Total \$67.06.

M. L. Campbell
Committeeman of the Kings Moun.

Small Grains Show Fertilizer Response

Ten field experiments of the Agricultural Experiment Station show that the response of wheat and other small grains to fertilizer is related to the previous cropping systems and their associated fertilizer practices, says the 67th report of the Station, recently released by Director L. D.

BOWEL CLEANING POWER OF INNER-AID MEDICINE

One man recently took INNER-AID three days and said afterward that he never would have believed his body contained so much filthy substance. He says his stomach, in testines, bowels and whole system were so thoroughly cleansed that his constant headaches came to an end several pimply skin eruptions on his face dried up overnight, and even the rheumatic pains in his knee disappeared. At present he is an altogether different man, feeling fine in every way.

INNER-AID contains 12 Great Herbs; they cleanse bowels, clear gas from stomach, act on sluggish liver and kidneys. Miserable people soon feel different all over. So don't go on suffering! Get INNER-AID. Sold by All Drug Stores in Cleveland County. —adv.

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION

For Coughs, Chest Colds, Bronchitis

Since much of the small grain acreage is lightly fertilized, the station report reminds farmers that they should be careful in planning their fertilizer requirements for small grains. Under these conditions small grains respond to both a complete fertilizer at seeding and a topdressing of nitrogen in early July.

IN NORTH CAROLINA

More people drink Atlantic Ale and Beer than any other.

It must be...

Good Taste!



ATLANTIC ALE and BEER

MADE BY GOOD BREWERS

Atlantic Company—Breweries in Atlanta, Charlotte, Charlotte, Memphis, Orlando



1945 SPIRIT OF CHRISTMAS 1945

OUR FOREFATHERS

celebrated Christmas sometimes under the greatest of difficulties, to say nothing of danger. Today, in warm, lighted homes we welcome the arrival of Yuletide, without thought of those early hardships. It might make our Christmas a little happier, our hearts a little more thankful, to take thought of these things.

In the reverent spirit of this glorious season we now wish each and every one of you the deep joys which only Christmas can bring.

Center Service

"Everything For The Car"

Phone 62



Greetings FROM ST. NICHOLAS

A BLANKET of snow on the roof, a peace and stillness and warmth and firelight, the lovely litter of Christmas on the living room floor. Certainly there's a Santa Claus, and as we wish you a Merry Christmas we add this wish for good measure: May good old St. Nicholas come laden, this Christmas of 1945, with more of the good things of life for you than you have ever before enjoyed.

P. D. Herndon

COTTON - REAL ESTATE - INSURANCE

200 E. King St. Phone 140



MERRY CHRISTMAS

FOR CHRISTMAS COMES BUT ONCE A YEAR

The long awaited occasion is here—CHRISTMAS—and with it the opportunity of renewing friendships. We cannot tell you how much these friendships have meant to us. We treasure them, every one.

Let us celebrate the Yuletide with rejoicing and good cheer. Let us celebrate it with a genuine thankfulness in our hearts for the blessings that have been ours to enjoy.

Kings Mountain Laundry

Phone 870

Harrill Paul Manney



HOLY-NIGHT-SILENT-NIGHT

CHRISTMAS Greetings

AS the light of Christmas again brightens our faces and lightens our hearts, we turn our thoughts from ourselves to help others. For this is the spirit that first saw the light of day in a stable at Bethlehem, two thousand years ago, and which has endured ever since.

May God bless and protect you and your dear ones and bring happiness to your home this Christmas season.

Kings Mountain Drug Co.

We Fill Any Doctors' Prescription

Phones 41 and 81