

SOCIAL and Personal News

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Miss Mitchell Honored Tuesday

Mrs. C. R. Mingleford and Mrs. A. C. Wester were co-hostesses on Tuesday afternoon to the members of the Methodist Missionary Society at the parsonage, at a joint meeting of the two circles honoring Miss Laura Mitchell, daughter of the late Mr. Mitchell, who is leaving in the near future to resume her work there.

Mrs. Wester presided at the short business session and Mrs. C. H. Harris led the opening prayer. Following the business meeting, a social hour was enjoyed. During the social hour Miss Mitchell was presented with a shower bouquet made of dainty colored handkerchiefs to which streamers with messages of love and appreciation were attached.

Lovely seasonal flowers were used for decorating the party room. Delicious refreshments of angel food cake and punch were served to the following present: Mrs. Harry Jackson, Mrs. S. E. Booth, Mrs. J. D. Raab, Mrs. J. P. Turner, Mrs. C. H. Parnes, Mrs. Ben Stewart, Mrs. C. H. Harris, Mrs. L. Kessler, Mrs. A. C. Wester, Mrs. Oscar Bridges, Miss Laura Mitchell, Mrs. Raymond Gerard, Mrs. J. Brooks, Mrs. M. E. Powell, Mrs. C. R. Mingleford and Imogene Mingleford.

Epworth League Poverty Party

A poverty party will be given by the Epworth League of the Methodist Church tonight at the Methodist annex.

About fifty members and friends have been invited to take part in this unique affair. Those attending will be required to wear old and ragged clothes to help carry out the theme of the occasion.

Prof. Mierhoff, poultry specialist at the University of Florida and son Dick were visitors here Monday and called on Alfred Englemann at the hatchery.

PARK THEATRE

CHILDREN 10c ALWAYS A GOOD SHOW ADULTS 25c

Friday & Saturday, July 22-23
The THREE MESQUITEERS
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"RIDERS OF THE BLACK HILLS"
Chapt. 2 "Fighting Devil Dogs"

Sunday, July 24 (Only)
Matinee 3:15—Night 7:15
RONALD COLEMAN
—
"Prisoner of Zenda"

Monday & Tuesday, July 25-26
LORETTA YOUNG, C. AUBERY SMITH and RICHARD GREEN
—
"Four Men and a Prayer"

Wednesday & Thursday, July 27-28
JOEL McCREA
—
"Three Blind Mice"

Friday & Saturday, July 29-30
"Trader Horn"

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Turner-Lockett Wedding Solemnized At Baptist Church Tuesday Evening

The marriage of Miss Audrey Lockett, attractive daughter of Mr. and Mrs. David Thomas Lockett of this city, to Alexander Jefferson Turner, son of Mr. and Mrs. Ruben E. Turner of Gainesville, was solemnized on Tuesday night at eight o'clock at the First Baptist Church with the Reverend J. A. Dalton officiating.

The church of the church was decorated with masses of stately palms forming an arch in front of which was placed a white trellis. Dainty pink vine and fern was entwined over the trellis forming a pleasing background for the bride party. Pedestal baskets of gorgeous pink roses and green fern were placed in front of the trellis.

An appropriate program of pre-nuptial music was presented before the ceremony, Mrs. J. B. Conn, Jr. rendered the following piano selections: "Love's Greeting," Edward Elgar; "First Movement Sonata Op. 27, No. 2," Beethoven; "Morning" from Peer Gynt Suite, Edward Grieg; "Spring Song," Mendelssohn; "To a Wild Rose," Edward MacDowell; "Intermezzo" from Cavalleria Rusticana, Mascagni; Everett L. Roberts sang "Because" by Guy D'Ardenet; Mrs. J. P. Gardner sang as a duet, "I Love You Truly" by Carrie Jacobs Bond. During the entrance of the wedding party, Mrs. Conn played the Bridal Chorus from Lohengrin, and following the ceremony Mendelssohn's Re-nuptial.

Entering first were the ushers, S. Longbottom, Ray Wells, Milford Dilley and J. Lawler Wells. Miss Lorraine Turner, sister of the bridegroom, was the maid of honor. She was charmingly dressed in a yellow chiffon dress worn on princess lines. Her lovely bouquet of gladioli blended with the apricot shade used to accent her gown. Mrs. Ray Wells, acted as matron of honor. She was dressed in a model of blue mouseline de sole made on princess lines. In her hair she wore a dainty tiara fastened with tiny white flowers. Mrs. Wells carried a bouquet of pink roses.

Preceding the bride as she entered was the lovely Miss Longbottom, the little flower girl. She was charming in a peach net dress over silk. She carried a silver basket of rose petals.

The bride entered with her brother, L. D. Lockett of Cocoa by whom she was given away. They were met at the altar by the bridegroom and his best man, Revell Turner of Gainesville.

Miss Lockett's wedding gown was of white lace over satin. Her

bridegroom wore a tuxedo. The ceremony was performed by the Rev. J. A. Dalton.

After the ceremony the wedding party went to the home of the bridegroom for a reception.

The bride and groom were surrounded by a large number of guests.

The reception was a most enjoyable affair.

The bride and groom were most graciously entertained.

The wedding party was most charming.

The ceremony was most impressive.

The bride and groom were most happy.

The wedding party was most lovely.

The ceremony was most beautiful.

The bride and groom were most content.

The wedding party was most delightful.

The ceremony was most successful.

RARE HAWAIIAN HIBISCUS BLOOM AT CYPRESS GARDENS



Exotic white hibiscus, a recent importation from the Hawaiian Islands, form a bewitching setting for lovely June May as she poses among these gorgeous rare blossoms at the Cypress Gardens.

Photo by Haines

Mr. R. I. Harris and Mr. C. H. Harris were business visitors in Haven Monday.

Miss Lauretta Reed was the guest of Miss Retha Austin of Lake Placid over the weekend.

Miss Harriet Sherertz is visiting her sister, Mrs. Charles Kempton, in Miami for several weeks.

Miss Roba Howell and Miss Virginia Howell of Sarasota are the guests of Mrs. George Haysie of this week.

Mrs. Josephine Parker of Miami spent the weekend here with the guests of her parents, Mr. and Mrs. W. Sherertz.

Dr. I. W. Chandler and family are planning to leave Sunday for a vacation with friends and relatives in Georgia.

Mrs. Bill Sackmeier, Mrs. E. C. Weaver and Miss Gwendolyn Weaver spent the day in Orlando Wednesday.

Miss Lucille Sargus will leave Sunday for a two weeks visit in Miami where she will visit her mother, Mrs. S. C. Sargus.

Mrs. W. C. Touchton who is receiving treatment in an Atlanta hospital is reported to be progressing satisfactorily.

Miss Evelyn Gribble and Miss Dorcas Gribble returned Saturday from a three weeks visit with relatives in Savannah, Ga.

Miss Louise Rogers returned home Thursday from a weeks stay in Lakeland where she was the guest of Mrs. Alma Rogers.

Mrs. Lee Crows and children of Lake Placid are spending several days in Avon Park with her parents, Mr. and Mrs. J. H. Dean.

Sonny Drott, small son of Mr. and Mrs. Robert Drott, was the guest of his aunt, Mrs. T. W. Lofton, of Lake Placid last week.

Mrs. Laura Storey and daughter Lavonne Storey, of Clearwater arrived Sunday for a two weeks visit with Mr. and Mrs. D. F. Storey.

Mrs. J. E. Tyson of Jacksonville is spending several weeks with her parents, Mr. and Mrs. A. J. Bowman here. Mrs. Tyson was Miss Francis Bowman before her marriage.

Miss Helen Tatum will return tomorrow from a short visit in Terre Haute, Indiana where she has been the guest of Mr. and Mrs. Lonnie Hunt for the past two weeks.

Mrs. H. H. Douglas an daughter, Melba, have returned from Boca Grande where they have been the guests of Mrs. J. W. Johns for the past two weeks. Mrs. Johns is the sister of Mrs. Douglas.

Miss Juanita Graham of Fort Scott, Kansas, Miss Elizabeth Graham and William Graham of Meke, Missouri are spending several weeks in Avon Park the guests of their cousin, Miss Fay Gordon.

Out-of-town guests at the Lockett-Turner wedding on Tuesday night were Mr. and Mrs. J. B. Conn, Jr. of Gainesville; Revell and Ellis Turner, of Gainesville; Miss Lorraine Turner, Adamson, N. J.; Mrs. M. E. Glacier of Lake Helen, and Mrs. Martin Taylor of Lake Helen, Mrs. C. A. English and daughter Francis of Coral Gables, Mr. and Mrs. L. D. Lockett and daughter Dorothy of Cocoa and Mr. and Mrs. N. A. Lockett of Winter Park.

Mr. and Mrs. T. J. Ward and children spent Sunday in Bradenton.

Administrative Cost Old Age Assistance Has Been Reduced

Jacksville, July 21 (Special)—Administrative cost of Old Age Assistance has materially declined during recent months, according to statistics released here today from the office of the State Welfare Board.

Climbing rapidly from July, last year, when the Board was induced into office, as district operating personnel were increased in order that applicants might be enrolled with the least possible delay, administrative expense reached a peak of \$3.00 per case in October. Then it began a gradual decline to the low mark of \$1.29 for June, the end of the first fiscal year.

While the cost of administration is growing less, recipients of Old Age Assistance are increasing. There were but 10,838 receiving checks in July of last year, as compared with 29,469 in June of 1937. The monthly payroll had increased from \$155,204.74 in July 1937 to \$428,795.00 in June 1938.

"The high cost of administration in the fall of 1937 was occasioned by the fact that the State Board expanded the district staffs in order to investigate as many as possible with the least amount of delay," a State Welfare Board statement said.

"The cost of original investigations rightly should be a capital rather than an administrative charge," it added.

The cost of administering aid to the blind began in December of last year, at which time the Social Security Board approved Florida's plan, it likewise decreasing. Some additional expense, however, will be entailed by investigations when the Aid to Dependent Children plan now here the Social Security Board is approved.

Knoxville Man Wins \$100 Gardens Award

Vero Beach, Fla., July 21.—Announcement was made here recently that the \$100 prize offered during the past season for the best 25 plants in the "Why I Liked McKee Jungle Gardens" has been awarded to Mr. E. A. Houser of Knoxville, Tenn.

The statement which won the contest for Mr. Houser was one of thousands from all over the United States and read: McKee Jungle Gardens—From highways of commerce and travel through gateways to cooling depths of tropical splendor, profusion, variety, color and magnificence.

Upon receipt of his \$100 check Mr. Houser writes: "Although we East Tennesseans are surrounded by the beauties of nature, we found the McKee Jungle Gardens quite delightful in their natural settings and their thousands of varieties of tropical plants."

Large Attendance First Ground School Session Tuesday

Approximately 70 prospective students attended the first session of the aviation ground school course Tuesday night at the high school. There are about 50 enrolled from Avon Park but some of these were absent and there are some 30 coming from Sebring, Frostproof and Babson Park.

The course will last for 12 weeks, closing October 7, and classes are held every Tuesday and Friday night from 8 to 10 p.m. at the high school. At present airplanes and engines are being studied by the class.

Stranded Circus Performers Will Give Benefit Show

Sarasota, July 21 (FNS)—Circus performers, who hundreds of times have contributed of their time and talent in "benefit" performances for all manner of charitable purposes, now stranded and themselves in need of assistance, by strikers which closed the big show, will stage a benefit performance here next Sunday afternoon.

While the circus folks have not appealed for aid, knowing their need Mayor V. Kimbrough conceived the idea of a "benefit" show and suggested it to the show folks. Troopers and entertainers eagerly accepted the suggestion, and city commissioner John E. Scully set to work arranging details.

The show will be held at the Red Sox baseball park and the entire proceeds will be distributed among the performers, city officials said. If successful here it is possible a unit will be formed to tour the state for a series of such "benefit" shows in other Florida cities.

Palm Beach Flyer Honored by N. A. A.

West Palm Beach, July 21.—(FNS)—Wright Vermilya, Jr., president of the Palm Beach Aero Club received appointment this week as governor of the Florida division of the National Aeronautic Association.

His appointment came from president Charles F. Horner of the N. A. A. of Washington on recommendation of J. A. Waterman of Tampa, vice president of the southern district. He succeeds the late Sidney C. Brown of Tampa, accidentally shot and killed recently. An aviator of 23 years experience, Vermilya held a captain's commission on the 164th Observation Squadron.

A. L. Lunsford Died Here Tuesday; Was Buried Thursday

A. L. Lunsford died at his home here Tuesday morning after a lingering illness. Services were held Thursday morning at the Church of the Nazarene and interment was in Corinth cemetery. Rev. R. H. Spear, pastor of the church, officiated.

Funeral services were: Harry Walker, John Brown, J. O. Witt, J. R. Peacock, Ned Hill and Charles Williams.

Mr. Lunsford was born at Red Level, Ala. on January 2, 1901 and was married on February 22, 1926 to Mary Ward. He is survived by the widow, two sons, Frank, seven years old and Hoses, four; two sisters, Mrs. W. H. Hawkins, of Matherly and Mrs. R. Reeves of Avon Park and a brother, W. C. Lunsford, also of this city.

Mr. Lunsford was well known here and had been in the employ of the State of Florida for a number of years as a mechanic. He was also the driver of one of the school buses.

Seaboard Starts Tampa Truck Route

According to A. O. Kinney, local agent, the Seaboard Air Line Railway has inaugurated a truck freight service between Tampa and Sebring with stops at Avon Park and other intermediate points. Freight received at the Tampa depot up to 5 p. m. will be delivered here early the next morning, it arriving at the depot here during the night. A similar service from here to Tampa is also in operation.

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Women are simply amazed at the appearance of shoes resoled by this modern method. Just because the soles are thin, don't throw away your shoes.

LAMAC-WELD THEM

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NO NAILS NO STITCHES NO EXTRA COST

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THE RIVER of SKULLS

by George Marsh

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WFO SERVICE

CHAPTER IX—Continued

"Ah-hah!" grunted Noel. "Camp smoke!"

"Smoke hanging over that spruce point all right but whose smoke? McQueen's or the Naskapi's?"

"The Naskapi hunt deer on the barren. Dat sees McQueen."

Back at camp McDord listened to the news.

"Right on our heels, like wolves after deer, eh? Well, they won't find much deer in us!"

But Heather sat gazing into the fire, her brown face grave with foreboding. Noel, too, was silent as he worked on a paddle with his drawknife, for the tales he had heard since childhood of the spirit-haunted rivers and the fierce sorcerers who roamed the interior following the caribou herds harassed him.

Shortly after daylight, the Peterboro slid into the slant of the first drop of the outlet on its long voyage north. Past jagged peaks and red willows and alders behind which the young leaves of the aspen shivered in the breeze, apple-green against the olive of the spruce, they rode the strong water. Farther on, past bold, boulder-strewn shores and through late expansions, they traveled beyond the sunset and into the afterglow.

In the morning, when they raised their net, Alan took from among the red-bellied square-tails and the whitefish, a graceful, dark-backed silvery fish and held it up for John's inspection.

"It must be a winnisch, John, as sure as you're born. No sea salmon can get up here above all these falls and it's too early, anyway. We don't have those fellows on the coast—only the Herne's salmon, with red spots, in the Bay. This proves we're on Kokonuk water."

McDord's brown face widened in a grin as he examined the fish.

Land-locked salmon, boy. I've caught them often in Quebec! Notice that line of black spots along the side! By glory, I'm going to have some fun, nights on this river, for I've got a rod and some flies—flies, lad! My Scotch blood wouldn't let me come without them."

To Alan's amusement McDord produced from a stout skin case, a small steel rod, a reel with silk line and a jointed leader and fly-book.

Good river men thought they were, the next few days, the speed and strength of the crew. Chutes and white-water and rapids followed each other endlessly. Past boulder-choked shores where great cakes of ice left by the high water still melted in the sun, with terraces of stratified sand rising above them, the Peterboro lunged. Packing around roaring falls and rock-scattered reaches, they labored day after day, while always beyond the valley reached the tundra, its white mossy slopes stippled with muskeets and mounded with caribou paths.

It was the last month of the northern movement of the great central herd that winters in the west. The ready dogs and fauna had preceded the bucks to the cool wind-whipped barrens where the tundra grasses and red flies are less troublesome. But the canoe bound for the River of Skulls did not linger in the high plateau country. They had ample provisions, with the river fish, and their goal was too far and the summer too short.

Then, one day, the country ahead began to fall away, the valley narrowed, and a muffled roar reached their ears from below, where the river entered a long, rocky gorge. Landing, Alan and Noel went ahead on the boulders and gravel at the head of the gorge to inspect the water. Hours later they returned. For five miles they had followed the shores of the gorge jammed with boulders piled high by the ice and found the river impassable. For three days they slaved with the canoe and outfit over rocks and boulders. Heather insisted on going her share of the portaging with the tump-line strap over her blonde head. Below the canyon the canoe was again put in and shortly the river widened into a lake where they camped for a day's rest.

There is no spring on the high Ungava plateau. Winter dies hard with occasional snow flurries and frosty nights in heavy blankets. The summer, the magician, touches the land of the tundra overnight with its wand. Myriad flowers spring to life.

The rolling barrens between the innumerable lakes and rivers become gray-green carpets of caribou moss, velvet to the feet, splashed with the white blossoms of the lake-apple and species berries, the pale roses of the fragrant twinflower and the pink patches of the lark.

And now summer had come to the wide valley of the Kokonuk and almost daily, rainbows arched the river, for Ungava is the land of rainbows.

When we are going back to look for caribou on the barrens, Alan told Heather as the third voyage up the river, we will have reached the two small traveling tents

with cheese-cloth mosquito linings.

"I'd like to see the country up

drew in his eyes where he

thousand of the girl near him.

How many women could have come

through the days of hardship behind

them and hardly look tired. He

thought of the girl back at Fort

George, so lovely in her kind, feminine

way. But compared with this

tall girl who lay near him on the

warm beach, Berthe was frail, too

soft for hardship.

"Were eyes de glass?" asked Noel

who had been staring for some minutes

at the hills to the north.

"In the tent on my clothes pack."

Noel got the glasses and sitting

down on the beach began to look

the distant ridges below the lake.

After an interval he announced, excitedly:

"Smoke sign—down de river!"

"If that's smoke, Noel, don't have,

then it's Indians," replied Alan, getting

to his feet.

"No haze—dial!" insisted Noel, his

eyes fixed to the glasses while

downstream with their poles and

picked him up.

"It look bad but we can run

dem!" was the report.

"We've got to run them!" insisted

Alan. "They can shoot us out of

the boat from the shore, here. We've

got to get out of this country!"

"That's right, Alan!" agreed Mc-

Quard, a soothing arm circling the

shoulders of the girl who stood grip-

ping her rifle, her frightened eyes

patrolling the opposite shore.

"Ah-hah! We go!"

The Peterboro caught the suck of

the first drop and was into the maw

of the white water where the river

boiled and churned and lashed it-

self into a frenzy of foam and flung

spume until hidden by a rocky bend.

Following black water channels past

boulders over which the driven wa-

ter mounded high to burst into cas-

cades of spray, missing, by the

width of a paddle, upstarts and

splinters of rock where the river

thrashed itself into white fury;

boisterous knifed-edge ledges that

would rip the bottom from nose to

Alan as he came up beside the

standing boat. "Are you all right,

Heather?" he called to the girl who

had been thrown wide and was

swimming back to the canoe pivot-

ing on its caught bow with the cur-

rent.

"All right!" answered the girl,

who swam like a fish.

"Get her Alan," he cried quick, before

we lose our loose stuff."

"I've got it!" yelled the giant,

standing on the submerged rock, as

he heaved and freed the bow.

Frantically the crew worked, in

water like ice, to bring the half-

hatched craft ashore. They were short-

ly in about water where they freed

the precious pemmican, flour, and

provision bags from their lashings

and put them on the beach, then

emptied the canoe.

"Any paddle gone?" cried Alan.

"Mine and Heather's," answered

McQuard.

"Come on, Noel, they'll drift

ashore in that bend!" And the two

boys lunged into the canoe in the

fast fading light, hurried away and



"Ah-hah!" grunted Noel. "Camp smoke!"

Heather and Alan stood beside him.

"Here eat go again Tree puff, I

tell you," he cried excitedly. "De

Indian signal was a blanket!"

Noel nodded the binoculars to Al-

an.

From a blue ridge down the river

valley Alan shortly saw a column

of smoke rise, to be cut short off.

Presently this was followed by an-

other column and this, later, by an-

other. There was no mistaking it.

This was no haze. This was smoke

signaling by alternately holding a

blanket over the fire and removing it,

to separate the puffs.

"Where's John?"

"Over at the outlet fishing for sal-

mon," replied Heather.

"There! There! The answer from

the farthest blue hill, on this side

of the valley! See it, Noel!"

Noel took the glasses. "Ah-hah,"

he said. "I see it."

"We'll do the little signaling our-

selves." And Alan led Heather's

white sweater to a paddle and waved

it back and forth to the men

a mile away in the canoe. When the

canoe was seen to head towards

camp, the two men and the girl

started hurriedly to roll their tents

and get the outfit ready for the

canoe.

"What's the matter?" demanded

the curious McDord, reaching them.

"There are Indians signaling

from a hill below here. They may

be hunters who have found deer

and are telling someone across the

valley. Then says they may have

seen us and are starting to head us

off. We've got to get downstream,

fast!"

"How about McQueen?"

"If I know anything about canoe-

men, McQueen's fifty miles behind

us. This is the Naskapi!"

stern; the Peterboro raced and

plunged past the menacing shores

where hidden Naskapi could pour

down their arrows with the wind.

On down the river they pushed

through the day and into the long

twilight, putting mile after mile

between the canoe and the hills of

the smoke. The dusk was begin-

ning to pack the spruce of the

shores when the tired canoe men

begin to look for a place to camp.

At a widening where the river bed

was strewn with boulders but the

water not strong, the boatman

swung the nose of the canoe toward

the beach. But, within a hundred

feet of the shore, the Peterboro with

its heavy load rode upon a sub-

merged boulder and, before the

crew could save it, rolled and they

were in the river.

"Save the flour and pemmican!"

Don't let the pemmican sink!" cried

were back shortly with the lost

paddles.

Then while a fire was kindled

the four bags were carefully exam-

ined.

"The water got to two bags,"

moaned John, "but well save some

of it if we work quick enough! The

pemmican's all right!"

They opened the sack bags and

removing what flour had not been

reached by water, placed it in spare

bags, then spread their outfit out

to dry by the fire. One thing to

the fact that everything of value in

the canoe was landed to the thwart

bags and not nothing except the

flour. Half of that was ruined.

While the steam rose from their

wet clothes and their socks hung on

poles and their bare feet drying out

beside the fire.

(TO BE CONTINUED)

Men Excel in Fishing; Outclass Women by Two to One, According to Michigan Experts

Women are not as good at trout fishing as are men, three years of research on Michigan trout streams by the Institute for Fisheries Research of the state department and the University of Michigan reveals, says the Detroit News.

Crew census taken on a random selection of Michigan lakes and streams for the last three years shows that, while women do just about as well as men in lake fishing, they catch only about half as many trout in streams. Over a three-year period, said Dr. R. W. Zimmerman, of the institute, men have caught almost one trout per hour of fishing, while women have had an average catch of only 0.5 of a trout per hour. The average catch for all fishermen, he added, was 0.8 of a trout per hour of fishing.

There are a number of reasons for the difference, he said. One is that men are more likely to come to streams fishing, said Dr. Zimmerman, and these do not include women. In the first place, he pointed out, stream fishing may be compared to solitary meditation, and fishing in lakes is more like bridge; the former is non-social, the latter, social. Women, he said, prefer the company of others.

WHAT to EAT and WHY

C. Houston Goudiss Offers Practical Advice on How to Keep Cool With Food

By C. HOUSTON GOUDISS

FROM the standpoint of health, the summer months constitute the most important period of the entire year. They should be used to build stamina and vitality that will fortify your body against disease. But to many people, the warm weather means merely a succession of exhausting days and restless nights. And hardly a week passes without reports of heat prostrations.

Meeting the Challenge of Hot Weather

While abnormal heat or humidity may be a secondary cause, the real reason behind much warm-weather suffering is a failure to meet the challenge of summer with a judicious diet.

Automobile owners know that no car is better than its engine, and in warm weather, careful drivers watch the gauge on the dashboard to be sure the engine is not becoming overheated. But most people give little thought to that most remarkable of all engines—the human digestive machinery.

Compared to the engine in your body, the one in your car is crude, rough affair that can stand no end of punishment. Moreover, the automobile is driven for a certain length of time and then permitted to rest. But the marvelous mechanism which transforms your food into blood, bone, muscle, and your capacity for thought and action is never wholly at rest.

Importance of the Right Food

If the automobile engine requires special attention, how much more important to stoke your body engine with food suited to the weather! No one would think of going about in midsummer wearing the same garments that were worn all winter. Yet many women continue to serve the same type of meals which were required to keep the body warm in winter. Such a practice is sure to make you miserable. But more than that, it lowers resistance and may, therefore, lead to illness.

Beating the Heat

There are several factors to bear in mind when planning the hot-weather diet. The first secret of keeping cool is to supply the body with fuel. Fuel that can be utilized with the least expenditure of energy.

Warm weather is responsible for muscular relaxation in the digestive tract, as well as other parts of the body. And you run the risk of digestive upsets, with their discomfort and health hazards, unless you make every effort to lessen the work of your digestive system.

Eat lightly of rich fatty meats, pastries, and cake and remove what flour had not been reached by water, placed it in spare bags, then spread their outfit out to dry by the fire. One thing to the fact that everything of value in the canoe was landed to the thwart bags and not nothing except the flour. Half of that was ruined.

While the steam rose from their wet clothes and their socks hung on poles and their bare feet drying out beside the fire.

(TO BE CONTINUED)

Need for Body-Building Foods

The protein requirement remains the same summer and winter. Some people think that meat should not be eaten in summer, or that there is no closed season for growth in children, and moreover, they play so constantly and indulge in such strenuous exercise that they break down body tissues rapidly. Adults also have a constant need for protein to rebuild the millions of cells that are worn out daily.

It is desirable, however, to avoid rich, fatty meats and to

select protein foods that are more easily digestible, as chicken, lamb, lean beef and lean fish. Special emphasis should be placed on milk, cheese and eggs.

Grade A protein, in an easily digested form, but also fortify the diet with minerals and vitamins.

Liquids Essential

To help you keep cool, the summer diet must include an abundance of liquids. These are necessary to make up for the large amounts of moisture lost from the body through increased perspiration.

Liquids may be taken in the form of fruit juices and cooling drinks made from pure water and packaged beverage crystals containing dextrose, fruit acids, flavoring and coloring.

Hot Weather and Vitamin C

Two European investigators recently found that exposure to high

temperatures causes a 50 per cent loss in vitamin C from the body. And lowered vitamin C reserves are partially responsible for that tired feeling so often experienced in warm weather. Their research indicates that drinking orange or lemon juice, which are rich in vitamin C, actually helps to mitigate the effect of the heat.

Keep Cool Improve Health

With this Free Bulletin on Planning a Correct Summer Diet

SEND for the free bulletin on "Keeping Cool With Food,"

prepared by C. Houston Goudiss.

It outlines the principles of planning a healthful summer diet,

lists "cooling" and "heating" foods and is complete with

suggestions.

Just address C. Houston Goudiss,

6 East 29th Street, New York City.

A post card is all that is

necessary to carry your request.

temperatures causes a 50 per cent

loss in vitamin C from the body.

Guthrie Appointed Director National Emergency Council

Jacksonville, July 21 (FNS)—Jack Guthrie, recently appointed director of the National Emergency Council, opened offices this week in the Lynch Building, Jacksonville.

Until recently, Mr. Guthrie served as secretary to Senator Pepper.

As director of the National Emergency Council in this state, Guthrie will devote himself to the work of co-ordinating the work of various Federal agencies located in Florida.

A former resident of Winter Haven, Guthrie expressed delight over his return to the state and announced that immediately following the organization of his office here he expected to call on the heads of all Federal agencies to tender his pledge of cooperation and assistance.

The purpose of the National Emergency Council as outlined by Guthrie are as follows:

To provide for the orderly presentation of business to the President; to co-ordinate inter-agency problems of organization and activity of all Federal agencies; to co-ordinate and make more efficient and productive the work of the field agency in performing such activities as the President may direct; and to serve in an advisory capacity to the President and the Executive Director of the National Emergency Council.

Mrs. Guthrie accompanied her husband to Jacksonville and they are temporarily located at the George Washington Hotel.

Funds borrowed from the Florida Funds Commission for the payment of teachers' salaries have been fully repaid.

IT CAN BE DONE!



RUSK COUNTY, TEXAS—An eight-foot, four-mile, binder cutting out on the Carlisle farm of Joe Cross, Trout, Texas cattlemen. The oats were sowed last fall, between October 12 and November 11. The harvest was completed this week. In twenty years yield has increased from five bushels per acre to between 80 and 100 bushel due to proper soil building practice.

L. R. Powell Sees Better Conditions

Norfolk, Va., July 21—Due to the heavy rains in Florida which have done away with any danger of a poor citrus crop, and the ten point rise in the condition of the orange crop situation, better business conditions should result throughout the South, L. R. Powell, Jr., Receiver said today.

In addition to the above favorable reports, Mr. Powell pointed out that the grapefruit growers rate their crop condition at 74 as against the poor showing of 50 in 1937. The paper and textile industries, both large users of traffic on the Seaboard, are expected to increase their carloadings in the fall and winter. The splendid peach crop in Georgia and the Carolina has resulted in a substantial improvement in SAL carloadings.

Use Times Want Ads

Tampa Business Men Plan Gambling End

Tampa, July 21 (FNS)—Determined to stamp out organized gambling in Tampa over 1200 local business men and employers gathered at the Municipal Auditorium last week and launched a far reaching campaign to stamp out illegal gambling and crooked politics.

Speakers pointed out the fact that racketeers had developed gambling to the point where it was the city's greatest industry with a lake estimated between ten and fifteen thousand dollars a day, most of it coming from people who could ill afford it. Evidence was given to show that many WPA workers as well as persons actually on relief were buying nickel and dime bolita tickets.

Bringing charges against one of the business men signed pledges not to gamble themselves for a period of one year and further pledged to call on all of their employees to sign similar pledges to the end that the gambling racket would be starved out through curtailment of its income.

Seaboard Orders 4,500 Tons of Steel

Norfolk, Va., July 21—An order for 4,500 tons of steel rails and accessories has been placed by the Seaboard Railway with the Tennessee Coal, Iron and Railroad Company of Birmingham, Ala., L. R. Powell Jr., Receiver, said today.

This order is the first for rails in the third quarter and involves an estimated cost of \$200,000. Mr. Powell did not specify any delivery date for the rails and accessories.

Lake Wales Golfers Beat Avon Park and Sebring Team Sun.

Lake Wales golfers defeated the combined Avon Park-Sebring team 13 to 8 on the Lake Wales links Sunday afternoon in the first of a series of interclub matches.

Blind bogey winners during the afternoon were Jack Stephenson, Vernon Lanier and George Guthrie of the visiting team, and John Massey, W. G. Darty and Carl Jordan of the Wales team.

A return match will be played Sunday, July 21, at Avon Park. Results of the tournament follow: H. R. Loudon and J. S. Loudon 2; J. W. Duncan and Jack Stephenson 1; Stanley Thompson and Robert Linderman 2; Jack Head and Charles Sherman 0; W. G. Darty and Vernon Lanier 0; V. A. Sims and Carl Jordan 2; Doug Estes and Lou Whitehouse 1; H. B. Hare and H. H. Griffin 3; Eddie Stephens and George Guthrie 3; W. D. Quintance and H. E. Draper 1; C. P. Turner and Curt Layman 1; W. C. Fitch and Dr. W. B. Williams 3; Walter Meyer and Bob Twitty 0; Dr. J. L. Howe and J. D. Moffett 0; Gene Melton and McKee Elwell 2; Nat. Banks and John Massey 3; Oscar Banks and Albert Weber 0.

Special Cachet For Mail Flight

Pensacola, July 21 (FNS)—A special cachet has been designed for mail dispatched on the initial Jacksonville-Pensacola-New Orleans airmail flight tentatively set for September 1.

The cachet will be placed on all letters dispatched from here on the first flight. It bears an anchor and a ship, with the words "Pensacola, Florida, U. S. Airmail First Flight and the date."

Checkup Ordered For Airmail Route

Postmaster D. G. Perry has received instructions to make a checkup of all airmail mail through Avon Park postoffice during the first week in August. This in connection with the proposed Ridge airmail pickup route and the postmaster would like to see as much of this class of mail as possible sent from here during that period.

WASHINGTON NEWS

(Continued From Page One)

junction with such farming operations, including preparation for market and delivery for storage, transportation or market. In connection with industrial agricultural employees, the exemption applies to any individual employed within the "area of production," this is to be defined by the administrator in the near future, who is engaged in the handling, packing, storing, ginning, compressing, picking, drying, or canning of agricultural or horticultural commodities for market, or in preparing such products in their raw or natural state, or in making cheese, butter or other dairy products.

Employees on a rural newspaper publication of a weekly or semi-weekly newspaper with a circulation of less than 3,000 are exempt, if the major part of the circulation is within the county where published. Employees of a street, suburban or interurban electric railway or local trolley or motor bus carrier also are exempt. Employees of carriers over whom the ICC has the power to establish maximum hours of work under the motor carrier act, or employees of any employer subject to Part 1 of the ICC act, are exempt from the hour provisions of the law only. Under the law as passed, "outside salesmen" are not included in the wage-hour provisions, but it is expected that something will be done to demonstrate consistency between the treatment of salesmen under the social security act and the wage-hour law. It is likely that efforts will be made by many employers to adjust their relationship with their salesmen so they will be independent contractors and in such cases where this is done they will not be subject to the wage-hour law, regardless where their time is spent. Next week we will discuss the enforcement of the law.

Chinese Wall, Engineering Feet Tradition says more than a million men worked 12 years to build the great wall in China that winds its way westward from the sea, over hills and dale, mountains and river, twisting and turning with high defense towers at distances of 150 to 200 yards along the entire way—a barrier against the warlike Tartar hordes that attacked again and again throughout the years. As a feat of huge engineering achievement it stands unsurpassed, and it has stood more than 2,500 years. For it was built in the Third century B. C. It is paved with granite blocks, about 12 by 4 by 8 inches, and could serve as a parade ground today.

"NOT LONG NOW"



Vive-Pres. John N. Garner and companion Ross Brumfield shown fishing in characteristic surroundings, near Uvalde, Texas where the Vice-President hurried just before Congress adjourned.

TAX-GRAM

FLORIDA TAX REVISION LEAGUE

Bradenton, Fla., July 21—W. J. Walker, former member of the Manatee County School Board, said in a statement released here today that recent statement of Comptroller Lee's statement showed that over \$5,000,000 in delinquent taxes had been settled under the Murphy Act for less than \$2,000,000.

Mr. Walker contends that the property on which these taxes were adjusted was probably not worth more than 25% of the accumulated taxes against it, therefore, the adjustment was, to the extent of about 75%, not an actual loss but a paper loss only. "Still it serves the purpose of an alibi for various and sundry governmental units throughout the State to blame most of their shortcomings in failing to balance their budget to the Murphy Act," said Mr. Walker.

In commenting on Mr. Walker's statement the Florida Tax Revision League said: "We have contended that the Murphy Act is unjust, discriminatory, and unfair legislation. We admit, however, that there is merit in the statement of Mr. Walker.

"The important point, however, is the fact that property has been so heavily overtaxed that owners have resorted to any means of escape. The Murphy Act is the natural outgrowth of our antiquated ad valorem tax system."

The League said further, "If property had been taxed on a just, fair, and equitable basis there would have been no occasion for passage of the Murphy Act and unless our tax system is so revised as to equitably tax property, within its ability to pay, more Murphy Acts will follow in years to come."

MOUNTING TAXES

(From Palm Beach Sun)

Taxes took 6 cents out of the farmer's dollar in 1890.

They required 8.4 cents of every earned dollar in 1929.

But 31 cents out of each dollar of income would be necessary to defray the obligations of government in 1938. Fortunately, or unfortunately, according to the viewpoint, government will collect but

24 cents out of earned dollars in 1938, and will borrow the other 7 cents required to balance income and outgo.

The actual increase of 100% in per dollar tax demands is a fearful commentary upon the expansion of government since 1929—but the potential increase of 160 per cent, from 12 to 31 cents, is fearful to contemplate and absolutely incomprehensible.

The World War and its train of evils is largely chargeable with the increase from 8.4 to 12 cents between 1912 and 1929, but no rational explanation is possible for the jump from 12 to 24 collected, and to the 31 cents necessary to balance the budget, between 1929 and 1938, except public demands for new and extended governmental services which exceed all bounds of reason and prudence.

Americans must carefully consider the situation, stop the tide of mounting taxation, and save our country from collapse and ruin, or let the radicals take their course, while the vamps of insatiable greed and utter selfishness swallow the lifeblood of all industry and energy, and destroy every vestige of thrift, ambition and initiative.

Speaking to local civic leaders, Mayor W. W. Jamison of Winter Haven predicted a population increase of 100 percent for his city during the next decade.

Pronunciation of Rauli Pronounce it "Rah-ool." Rauli is the French form of the old Teutonic or Norse flame which appears in English as Ralph. The meaning is uncertain, although Ernest Weekley, in a book on "Surnames," declares it to be an animal name, applied originally to one who was trained to have some qualities of the wolf—a creature of which the early Norðics saw a good deal.

Want Ads

WANTED: Invalid's rolling chair. See W. P. Elder, Avon Park.

LEGHORN ENGRAVERS, 22 cents a pound. Fryman's Hatchery, 17 1/2 c.

TYPEWRITER RIBBONS: a 11 popular makes, good quality, 75 cents each. The Avon Park Times

LESS PAIN AND MORE PLEASURE OUT OF Life



Be Ready For EMERGENCIES

Many an outing is spoiled by sudden supervening head-aches. Here is a suggestion. Carry a large package of DR. MILLS' ANTI-PAIN PILLS. Carry this, and have a large package in your medicine cabinet for pain relief in Headache, Neuralgia, Muscular and Periodic Pains. They taste good, act quickly, do not upset the stomach. Your druggist sells them. Economical package 25 for \$1.00.

DR. MILLS' ANTI-PAIN PILLS

We Are MOVING

OUR AVON PARK OFFICE

and on and after

JULY 30, 1938

Will Be At Home In The

JACARANDA BUILDING

23-25 E. Main Street

At our new location we will have ample display space and will have a

Customers Room

for the convenience of our local and out of town friends. This room will be equipped with Modern Electric Kitchen and all conveniences for the ladies who wish to give parties and other functions.

We extend a cordial invitation to all our friends to visit us in our new home, Saturday, July 30.

REFRESHMENTS

Florida

PUBLIC SERVICE COMPANY

Before your newspaper is put to bed

●When we talk of putting a newspaper to bed we aren't trying to be humorous. It's a performance for going to press—the final step in the production of a newspaper.

Before your newspaper is ready to go to bed there's a long series of steps, representing the collective efforts of many minds and many hands. The issues you hold in your hands, for example, involved the gathering of hundreds of news items, editing, putting into type, proofreading, making up the type forms and, finally, printing. It could not be done without trained minds, trained hands and a heavy investment in expensive equipment.

●There are many other things, too. The selection of features that make your newspaper more informative... more entertaining. Each one of these features is carefully chosen with the thought that it will prove interesting to all or part of our readers.

Some newspapers seek to lessen the effort and expense of production by limiting their coverage of news and features. Skeletonized newspapers are cheap and easy to produce. But we prefer to offer our readers a complete newspaper. That is why you find in our columns the work of many of today's greatest newspaper names. And complete local news coverage—of course.

SUPPORT YOUR NEWSPAPER

Use Times Want Ads