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THURSDAY, NOVEMBER 20, 1930

"The Way of Life"

By BRUCE BARTON

GOOD MORNING DOCTOR

One day when I was working at my job and was needless to say—hard up, I developed a severe pain. A stranger in New York, I had read in the newspapers the name of a diagnostician who was internationally famous. I went to his office which was in his beautiful home at eight o'clock in the morning. The waiting room was splendid. There was a rich man who looked impatiently at his watch. There was a haughty woman. And there were also half a dozen shabbily dressed folk, including a poor mother with a very sick baby.

Without favoritism, each was ushered into the consultation room in the order of his arrival.

Presently my turn came. I said to the doctor: "I can not afford to consult you, but my health is my entire business capital. Therefore, I feel that I simply must come to headquarters."

He gave me a careful examination, wrote a prescription and told me that I would be all right again in a few days.

I pulled out my pocket book, which contained two weeks' salary.

"How much are you earning?" he asked.

"I could earn \$25 a week. With my skill I promise you to do anything, he answered, "I'll charge you two dollars."

In the intervening years I have become the father of three children and my salary has been reduced to a couple of dollars. I have had occasion to employ several physicians and three different dentists. Some of the bills have amounted to thousands of dollars. But I have never received a bill that would have caused me to feel as I did that day.

I have known an old doctor who ministered with wisdom and gentleness to the sick and the poor. He had a stock market. I have met a neighbor who had a market for furs. From their hands I have seen the money really rain.

And the moment of free work done by the man whose name in the profession has always been a marvel to me.

As an advertising man and a former sales manager, I feel that the health business is still too much an old-fashioned one.

I should like to see dozens of big clinics in every city, each with its group of specialists. I should like to see them use newspaper advertising, and draw most of their revenues from the healthy rather than from the seriously ill. I believe that if we Americans paid twice as much for good doctors every year it would be the best money we could possibly spend.

Some developments of this sort will come in the next generation. They are beginning already. Meantime, I feel a great sense of gratitude to the doctors. If my experience is typical they are a swell group of men.

The Family Doctor

By DR. JOHN JOSEPH GAINES

EXCESS OF EATING

"We Eat More and More" reads a recent headline. It is a true one. The average citizen spends from \$5 to \$10 a day on food. In 1900 the average man ate 150 pounds of food a year. In 1920 he ate 200 pounds. The rate has increased to 250 pounds a year. The average man consumes seven pounds of meat, six pounds of bread, and four pounds of milk a day.

He says quite an awful lot of things of a time when dinner was at noon, and was the big meal of the day. Supper was usually a cold mush-and-milk, with fried corn, butter and molasses for breakfast the next morning.

Those were the days when people got along with some 500 fewer diseases than we "enjoy" at the present time—and when a fellow died of old age. There is everything except wisdom in many of the dietary customs of this on-rushing age of early death and big inheritance taxes.

In the last generation we have jumped from thirty-four to forty-four pounds in fats and oils; thirty years ago we consumed sixty-one pounds of sugar; today we swallow our hundred-and-fifth pounds for the year just past. We eat, according to this authority, 142 to 145 pounds of meat each year—not varying much, except perhaps less when the price of meat goes up.

Our increase in dairy products is wholesome—from 810 to 1040 pounds; the same may be said of fruits; the gain from 169 to 192 pounds of fresh fruit, points the way to better and more healthful living. There has been a most striking decline in the use of corn meal, the sanitarian tells us. And here is the best and most correct "roughage" of all! It's a pity we can't get any statistics on the per cent of increase of loaded colons and constipation.

My purpose in this letter is to induce thinking on part of my readers. I believe they will agree with me that the old way of feeding, breakfast, dinner and SUPPER is productive of length of days.

Gold Nuggets

MY LITANY

If I have wounded any soul today, If I have caused one foot to go astray, If I have walked in my own wilful way— Good Lord, forgive!

If I have uttered idle words or vain, If I have turned aside from want or pain, Lest I myself should suffer through the strain— Good Lord, forgive!

If I have craved for toys that are not mine, If I have let my wayward heart recline, Dwelling on things on earth, not things divine— Good Lord, forgive!

If I have been perverse, or hard, or cold, If I have longed for shelter in the fold, When Thou hast given me some part to hold— Good Lord, forgive!

Forgive the sins I have confessed to Thee, Forgive the secret sins I do not see, That which I know not, Father, teach Thou me— Good Lord, forgive!

—By C. Maude Battersby.

THE EXHILARATION OF ACHIEVEMENT

When we have no business in our work, and are bored, it is a sure sign that some of our most important faculties are rusting in idleness. Depression is often the aching of an unused faculty. Being depressed and bored is a sure sign that our plan of life is wrong. Something within us is complaining, and craves the exhilaration of achievement. The person who is often depressed is usually a person who is made of good stuff. But the depression is a vice that is unpleasant for oneself, and for one's neighbors. Make your depression the starting point of a new plan of life. The way to it is simple. You find the good faculty that is rusting and put it to work.

AS YOU ENTER A CHURCH

As you enter a church, the first thing you should do is to look for the altar. It is the center of the church, and the place where the priest stands. It is the place where the sacrifice is made, and the place where the bread and wine are consecrated. It is the place where the people gather to worship, and the place where the priest reads the Gospels. It is the place where the people receive the Eucharist, and the place where the priest says the words of institution. It is the place where the people are united with God, and the place where they are united with each other.

Make known to us, we pray, the seriousness of those who are in a state of grace, the joy of the Cross, the rest of those who wear Christ's easy yoke, and may we be comforted and warmed by the light of the Holy Spirit. Grant us, O Lord, that last great peace of life which transforms all things and gives us the seal of the Holy Spirit. Amen.

—By Donald B. Aldrich.

Hints for the Home

By NANCY HART

DRIED PEAS

Dried peas make an excellent contribution to your cold weather diet, and to avoid monotony it is well to master several ways of using them.

SOUPS OF DRIED PEAS OR BEANS

Peas and pork and peas, dried green peas or black or white beans, salt, onion, bay leaf, add four cups as much cold water to each

quart of water one-half onion. Simmer slowly till soft. Rub through a sieve. Return to fire, season with salt and pepper; for each quart thickening with 1 teaspoon each butter and flour. Boil up again for a few minutes. Black bean soup should also have a pinch of mustard and a little lemon juice added, and slices of hard-boiled egg.

PEA SOUP WITH STOCK

Many persons keep the bones of their roast in order to convert them into stock for pea soup, which is one of the most palatable of all soups and a famous dish for cold weather, with this advantage in its favor, that it may be made from almost anything. Good stock for pea soup can be made from a knuckle of ham. Supposing that to the extent of about two quarts, procure, say some such stock as at hand two pounds of split peas, wash them well, and then soak them for a night in water to which a very little piece of soda has been added. The soaking peas should be all thrown away. Strain out the peas and place them in the stock, adding a head of celery, a sliced carrot, and a large onion or two, and season with half a teaspoonful of cayenne pepper. Boil with a lid on the pot till all is soft, skimming off the scum occasionally, and then carefully strain, beating the pulp through the strainer with a spoon. Much of the success in preparing this soup lies in the "straining," which ought to be carefully attended to.

SPLIT PEA LOAF

1 cup split peas, cooked. 2 cups bread crumbs. 1 beaten egg. 1 teaspoon minced onion. 1 tablespoon minced parsley, celery, or other flavoring as desired. Salt and pepper to taste. Mix all the ingredients together. If too soft to hold its shape add more bread crumbs. If too dry, add milk, water or another egg. Form into a loaf, lay over it thin slices of salt pork or bacon. Brown in oven.

BACON CAKES

Allow one slice of bacon per person. Fry till golden brown, then pour over the fat a batter made by beating an egg with a little milk and adding enough flour to form a light batter. When the batter sets turn the cake over and fry the other side.

HOMINY WITH BACON

Fry one slice of bacon until golden brown, and pour cups cooked hominy and salt. Any of the above cereals may be used instead of hominy.

NEW POULTRY HOUSE IS DESIGNED BY ENGINEER

Design for a new poultry house, and to embody the latest and best plans in farm poultry house construction have been prepared by A. E. Holman, agricultural engineer at State College, in collaboration with the college poultry department.

Mr. Holman says it differs in several features from the one formerly furnished poultry growers. The house is 20 feet long and 20 feet deep with the capacity for 100 to 115 hens. The building itself is of lumber with the foundation and floor of concrete. Nests have been placed on the wall at one end of the building and move. The wash hoppers are provided so that the building may be more easily cleaned. A maximum amount of sunlight can enter to all parts of the house. A large part of the front is open and the closed part is covered with glass cloth to shield the flock from rough, cold weather.

Another good feature of the new house is that there is no possibility of drafts on the birds. The open front and well placed ventilators provide air circulation and keep the house from becoming too warm. A wire screen under the perch poles and above the dropping boards helps to control disease. The concrete floor aids in the control of mites and lice and the water trough is so placed as to give easy access to fresh drinking water at all times.

The new plan, thinks Mr. Holman, is a distinct improvement over the old one and it may be used as a guide for building the new house or for remodeling the old. Those who wish to have a copy may write to Mr. Holman, the poultry department or to the Agricultural Editor at State College.

His Heart's Enlargement

By Albert T. Reid



Carolina Stores advertisement featuring 'Your Home Chain Grocery We Save You Money', 'CAROLINA STORES BLUE FRONT STORES', and a list of products like flour, cheese, and produce with prices.

NATION-WIDE "GO TO CHURCH" MOVEMENT NOW UNDER WAY



The Nation-wide "Go to Church" Movement, which is considered by its founders as the greatest and most comprehensive "Go to Church" appeal ever made to the American people, will continue until every person in the country has had the opportunity to participate. While primarily inspired as a means of making the general public more church-conscious and increasing church attendance, the Movement incidentally represents a great potential source of revenue for all churches participating. It also serves to bring revenue to ministers' retirement or pension funds, missionary and extension societies, or other denominational funds of which the public seldom hears about.

Sir Thomas Lipton Said: "No place makes money without advertising except the mint." Is your business coining money? Use the advertising columns of the WATAUGA DEMOCRAT