

Grape Creek

Composed by Everett Mintz

There has been quite a lot of flu through this section lately. The school at this place has been progressing nicely under the management of Mesdames Sherrill and Stewart.

Whenever you go you will find the world's masses are always divided into two classes, and oddly to say, you will find, I mean, there is only fifty to twenty who lean.

In which class are you? Are you among the load of more over-taxed after who tolls down the road, or are you one who lets other bear your portion of labor, worry and care? If you are one who is on this route set your heart right and subscribe for The Cherokee Scout.

Hesitant Shopper—Aren't these here a little flashy?

Keen salesman—Yes, miss, indeed they are. And the weather forecast says "High winds were beginning variable."

Hesitant Shopper—I'll take them.

Mr. and Mrs. James Arter of Sweetwater, Tenn., are visiting relatives here.

Mrs. A. W. Hall has been very ill with the flu for the past few days.

Mrs. Jack Rose was delighted as well as surprised at the arrival of her husband a few days ago.

Mrs. Fred Hall and daughter arrived from Atlanta a few days ago to spend some time with home folks.

Indian Lodge Tales

By Ford C. Frick

THE CREATION OF MAN

NOW when the Manitou had created the birds and the beasts and the fishes, and had then created the grizzly to rule over them, he returned to heaven content with his handiwork. He left behind him on the earth a happy kingdom, where the animals lived in peace together and where the grizzly, who was their king, was kind and just and fair to weak and strong alike.

As time went on there finally came a daughter to cheer the life of the Manitou in heaven; and as she grew to womanhood she was fair to look upon; as beautiful as the dawn and as stately as the oak. The blue sky gave the color to her eyes, the placid lakes put their expression there; and golden sunbeams gave their beauty to her hair. The south wind warmed her blood and made it red; the snow gave off their glow to tinge her skin. The rippling waters, soft and low, gave up their music in a voice for her. And she was fair to look upon, even as the blossoms in her hair.

The Manitou, who loved her much, gave her the freedom of the heavens and the earth to go and come as she pleased, excepting only the one small spot where the grizzly was given power to reign. Here she must not go, for there were evil spirits and strong hands to stay her way. And there the power of the Manitou did not avail, for it was the home of the grizzly who was ruler.

But one day, walking all alone, the maiden forgot the warning of her father and wandered into this forbidden land where lived the grizzly, and where flowers bloomed and all was beautiful and bright. As she wandered about the forest the beasts saw her beauty and carried word of her coming to the grizzly. And the grizzly came down the trail and looked upon her and desired her. He was so impressed with her beauty that he forgot the Manitou and his power, and seeing the maiden, carried her off against her will to his home. And there he kept her hid away for many moons and finally he married her, although he was against her will, and for long years he held her in captivity and the Manitou knew not where she had gone or why.

Finally a child was born to the grizzly and the daughter of Manitou. And this child, when he had grown, heard from his mother's lips the story of the grizzly's cruelty. He learned, too, how the grizzly had run away with the daughter of Manitou and had stolen her from her home and kept her in captivity; and he was very angry, and prayed night and day to the Manitou, who was his grandfather, asking that he might be given the strength and the wisdom to right the wrong.

So the Manitou heard his plea and decided that the grizzly must be punished; and so the Manitou decreed that the grizzly henceforth should walk on four feet like the beasts he had governed. And on his body hair was made to grow, and his language became the grunt and the squeal; and he was made to dig in the ground to find his food and his eyes were made to watch his feet and no longer could he look toward heaven and into the face of the Manitou, who is good always.

In his place the Manitou named the Red Man—the son of the Great Spirit's daughter and the grizzly—to rule so long as he bore himself as a man. From his mother he inherited his form and beauty and wisdom, and from his father the strength and courage and power—and so he came to rule over the land which the Manitou had created.

So was the creation of the Chosen People who are the tribesmen, and who lived for ages under the sunshin of heaven and consoled with Manitou and ruled long and well until in later years evil spirits came from the sea and fought and wrestled with the Chosen People and took away their power and their strength. Then did the Manitou intervene to set right the affairs of earth and to give to us, who are his children, those things which are ours by right. But that, again, is another story, and too many stories at one time are not best for little ears.

Note—Here again we have a legend from the nomadic tribes of the mountain district—the Utes, the Comanches and all the tribes of the great Shoshone family. This legend, expressed in pictures, is one of the features of the tribal home in the great Ute reservation at Ignacio, Colo.

Little Pitchers.

Teddy—You haven't any whiskers or very much hair. Sister's Hero—Well, what of it? "Oh, I was only wondering how pa was going to manage it." "Manage what?" "He said he was going to mop the floor with you!"—London Answers.

Shut Off.

Mrs. Eye—She is really the worst gossip in the neighborhood. Why, I heard this morning that she— Eye—Come, now, my dear, don't try to beat her at her own game.

Jess Willard Starts Training



JESS WILLARD, six-hundredweight champion, started on a four weeks' training for his comeback into the ring, and at MacLeary's gymnasium, recently. He intends getting a return bout with Jack Dempsey, his opponent.

How To Use Vicks Vapo-Rub For Deep Grippy Colds

First, It Is Very Important that a Thorough Rubefacient or Counter-Irritant Effect be Produced on the Surface Of The Skin Around The Lungs.

This Draws the Blood From the Congested Lungs and Lessens the Danger of Pneumonia.

THEN TREAT WITH VICKS

Deep, grippy colds, frequently leading to pneumonia, have been unusually prevalent this winter. In some sections they are called influenza, but are not so violent as the influenza cases during the first epidemic, they are worse than ordinary colds. For these cases the usual light application of Vicks is not sufficient.

The Danger is from Pneumonia.

What is needed therefore is something to decrease the congestion of the lungs. For this purpose there is nothing like a rubefacient or counter-irritant, as witness the use of blisters, caustics and plasters for many generations. This reddening for irritation of the skin causes a rush of blood to the surface; the circulation is improved; there is a sensation of warmth and the possibility of pneumonia is greatly lessened.

A "Quick" Rubefacient Needed

The value of this counter-irritant effect is greatly increased if it is produced quickly. Nearly every family has its favorite method—onion poultices, turpentine stripes, mustard plasters and poultices of various kinds are all good.

How to produce this Effect

Our experiments have shown that an ordinary mustard plaster is very effective. Use one part of mustard to two parts of flour or flaxseed meal for adults, and one to three parts for children under eight years. An even simpler method, particularly for adults, is to apply towels, wrung out in very hot water—as hot as the patient can stand. Whatever method is used, the application should be continued over the chest and chest until the skin is thoroughly reddened. In very deep colds, the sides and especially the back from the middle of the shoulder blades to a point just above the waist, should be treated. For adults, a hot mustard foot-bath—one tablespoon of mustard to a gallon of water—given at this stage of the treatment, will aid in drawing the blood from the congested parts.

Then Massage with Vicks

After the skin is thoroughly reddened, it should be dried lightly and immediately and the patient should be given a brisk massage with Vicks all over the parts. Continue this for five minutes. This increases the counter-irritant effect. Then apply Vicks thickly over all the parts; that is, spread it on like you would a poultice—about one-sixteenth of an inch thick or more—and cover with two thicknesses of hot flannel cloths.

Vicks Acts Like a Vapor Lamp

The advantage of applying Vicks thickly over the body is this: Vicks is so made that the body heat gradually releases the ingredients in the form of vapors. The more Vicks applied, the stronger will be the vapors and the longer these vapors will last. The night clothing should always be loose around the neck and the bed clothes arranged in the form of a funnel. These vapors being lighter than air rise up from the chest and, if the bed clothing is properly arranged, pass by the nose and mouth and are thus inhaled with each breath, carrying the medi-

cation directly thru the air passages to the lungs. At the same time Vicks is absorbed thru and stimulates the skin.

Repeat the Entire Treatment

When the vapors begin to lose their strength, fresh Vicks should be applied over the parts. This to keep up the continuous supply of vapors. When the redness of the skin begins to die out, all the Vicks remaining should be wiped off and the entire treatment repeated. That is, the hot wet towels or mustard plasters should be used until the skin is again thoroughly reddened, then massage with Vicks, spread on thickly and cover with hot flannels as previously done.

Can Add Mustard to Vicks

This redness of the skin should last for two or three hours, but varied with different patients. Some skins are much more sensitive than others. This redness can be prolonged by mixing a little ordinary powdered mustard with Vicks—about one part of mustard to four parts of Vicks, but this can be varied according to the patient's skin. Just enough mustard should be used to keep up the counter-irritant effect for two or four hours, so that the wet towels or mustard plasters will not have to be used so frequently as to prevent the patient from resting.

Use in a Tea-Kettle

Sometimes when the patient is badly choked up, the vapors from the application on the chest are not sufficient to make the breathing easier. In these cases drop a tablespoonful of Vicks into a kettle of boiling water and allow the patient to inhale the warm steam and vapors combined for about 10 minutes. Do this several times a day if needed. Keep the water boiling and put in additional Vicks whenever the vapors decrease. Put a sheet over the patient and the tea kettle, making a kind of a tent, so as to confine the vapors. An ordinary steam vaporizer is even more effective than a tea-kettle.

Scanty Applications Useless

This is a vigorous treatment, but to check congestion requires vigorous measures. Vicks must be used freely to be effective. The cost of this treatment is insignificant compared with the results which are frequently obtained.

Does Not Take the Place of the Physician

In all cases consultation should be called. These deep colds are too serious and have too many complications to rely entirely on any home medication. Vicks, however, does not interfere with any treatment that the doctor may prescribe. In addition the formula of Vicks is given on every circular so there is no reason why any doctor should object to its use, except the fact that a few physicians do not care to use anything which is advertised directly to the public.

A Pharmacist's Discovery

Vicks Vapo-Rub is the discovery of a North Carolina pharmacist. From the back room of a little drug store its use has grown until today literally tens of millions of families are never without the family hicc jar. It is their standby for all forms of cold troubles and, in addition, is useful for the many minor ailments of the home. It is particularly a boon to mothers with small children, because it is externally applied.

Over 17 million jars are used yearly in the United States alone.—Adv.

Advertisement for Castoria, showing a box of the product with text: 'Net Contents 15 Fluid Drachms', '900 Drops', 'CASTORIA', 'ALCOHOL-3 PER CENT. A Vegetable Preparation for Simulating the Food by Regulating the Stomachs and Bowels of INFANTS CHILDREN', 'Thereby Promoting Digestion, Cheerfulness and Best Condition, neither Opium, Morphine nor Mineral. NOT NARCOTIC', 'A helpful Remedy for Constipation and Diarrhoea and Feverishness and LOSS OF SLEEP resulting therefrom in infancy', 'Fac Simile Signature of J. C. HITCHCOCK', 'THE CENTAUR COMPANY, NEW YORK', 'At 6 months old 35 Doses - 40 CENTS', 'Exact Copy of Wrapper.', 'THE CENTAUR COMPANY, NEW YORK CITY.'

Advertisement for Castoria, featuring a signature: 'J. C. HITCHCOCK', and text: 'CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of J. C. HITCHCOCK. In Use For Over Thirty Years CASTORIA THE CENTAUR COMPANY, NEW YORK CITY.'

Advertisement for Kings Business College, with text: 'Educate For Business', 'The Business Training course... leads to Success, Practical Business, accounting and editorial courses given. King's graduates with leading companies in... Rates of tuition and board very reasonable. Enroll any time. Write today for catalog.', 'Kings Business College', 'Raleigh, N. C.', 'Charlotte, N. C.'

Advertisement for 'Served in Homes of Good Taste' liqueur, featuring an image of a bottle and text: 'The Thrill of Love!!!', 'WOMEN LOVE BETTER?', 'The thrill of the Human touch!', 'Should a Woman advertise for a Mate?', 'Why should a girl be married Before 18 and the man before 21?', 'Marriage, Divorce, Love, Euphoria, Birth control, Sex Hygiene, etc., etc.', 'How to Marry Successfully and Attain Happiness', 'These are only some of the subjects exclusively dealt with in every issue of the "FOLD" MAGAZINE, America's big and hilarious "LOVERS" PUBLICATION. Devoted only to such problems.', 'Send 10c for Sample Copy. and complete information about our friendship Club', 'WE ARE DISTRIBUTORS OF "GARRETT & CO. INC. VIRGINIA DARE VERMOUTH. THE INTRODUCTION TO THE MOUNTAIN SIDE. SPECIAL PRICE \$11.25 PER 12 QUARTS. WRITE FOR OUR LATEST CATALOGUE MAILED FREE CONTAINING SPECIAL OFFERS ASK ABOUT OUR WINDBARD. IT IS GREAT. -MONTREAL BOTTLERS CORP. 129 E. 59th ST. NEW YORK CITY', 'SUBSCRIPTION PRICE NOW ONLY 75c per yr. 3 yrs for \$2', 'The special offer to increase the circulation of the "FOLD" is only for a short period. Every subscription includes FREE membership to our FRIENDSHIP CLUB, with thousands of members (both sexes) in every state and city.', 'Send 75c with your name and address to the— "FOLD" MAGAZINE, 1151 Broadway, New York City, U. S. A.'

Advertisement for 11 cigarettes and 15 for 10, featuring an image of a pack and text: '11 cigarettes', 'TURKISH VIRGINIA BURLEY', '15 for 10', 'AMERICAN TOBACCO CO.'

Our landlady is not very bright. The other day she asked us whether the Mexican border, that was causing all the trouble, was supposed to pay by the week or the month.—Pat Mat's Column.

Advertisement for Chamberlain's Diarrhoea Remedy, with text: 'CHAMBERLAIN'S DIARRHOEA REMEDY FOR THE RELIEF OF Pain in the Stomach and Bowels, Intestinal Cramp COLIC, DIARRHOEA - SOLD EVERYWHERE -', 'If you know, Don't forget Chamberlain's Diarrhoea Remedy at the state college, January 9th to 10th.'

Advertisement for The Improved Aspirin Tablet, with text: 'THE IMPROVED ASPIRIN TABLET', 'Tinglet's Laxo Aspirin', 'Aspirin is prescribed by physicians more often than any other drug. It is safe and gives relief from commonest pain and fever. TINGLET'S LAXO-ASPIRIN is the new scientific aspirin tablet. It is gently laxative, cleansing the system of poisons which are often the cause of pain. Does not cause shortness of breath, indigestion or constipation. Does not irritate the stomach and relieve headache, colds, rheumatism, neuralgia and lumbago. Brings instant relief in headache and neuralgia. Ask your druggist for TINGLET'S LAXO-ASPIRIN in the three-point box, or mailed postpaid for 5c. The Research Laboratories, Washington, D. C.'

Advertisement for Noyes Land & Lumber Co., with text: 'Wanted FIFTY MEN FOR LUMBER CAMP. -MILL CREW -TIMBER CREW -GRADE CREW -FLUMING CREW', 'Pays from \$2.25 to \$3.00 per day. No labor troubles, good camps and board at 75cents per day.', 'Noyes Land & Lumber Co. OLD FORT NORTH CAROLINA'

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