

COST OF RIGHT LIVING LOW

Luxuries and False Appetites Make High Cost of Living.

The monthly health letter of the Life Extension Institute gives much sound advice on what we should eat and what we should spend in order to be well nourished but not pampered. It maintains that the cost of the real necessities of life has not increased to a point that should cause hardship, privation or undernourishment even among small wage-earners. For instance, the first requirements of life, costs nothing.

"Food, the next requirement of life, costs little, if what the body really needs is considered. 10.6 cents a day will provide plain, simple, palatable food (but pork and beans, or its equivalent, bread and butter, milk and coffee, and the fuel to cook it), sufficient to nourish a person of average weight and activity. When the cost of food prepared in the home rises above 30 cents per day per individual, there is certainly either waste or luxury.

"The greatest satisfaction in eating is provided by sound health and natural appetite, not by the titillation of the palate of the gastronome, who passes from one indulgence to another until appetite, digestion and health are mere memories.

"Within reasonable limits, food should be prepared and served in an appetizing way. But it is more important to create appetite by bodily conditions than by food conditions.

"To a healthy, hungry man, nothing can taste better than plain bread and butter and milk. The trouble with most people is that they are overfed rather than underfed."

WILLISTON, N. C., MAN RESTORED TO HEALTH

Mr. Wade Thankful He Read About Wonderful Remedy.

E. T. Wade of Williston, N. C., was the victim of stomach disorders. He tried many remedies and took a great deal of medicine and treatments. Relief seemed a long time coming.

Then he found Mayr's Wonderful Remedy, took a dose and found relief at once. He told his opinion of the remedy in a letter in which he said: "Your medicine has worked wonders. I feel so much better. I am thankful to you, indeed, for advertising your wonderful remedy in the papers, as otherwise I might never have known of it."

Mayr's Wonderful Remedy gives permanent results for stomach, liver and intestinal ailments. Eat as much and whatever you like. No more distress after eating, pressure of gas in the stomach and around the heart. Get one bottle of your druggist now and try it on an absolute guarantee—if not satisfactory money will be returned.

HIS ONLY GUIDE

The distinguished and well-beloved bishop of a certain Southern State is so absent-minded that his family always apprehensive for his welfare when he is away from them.

Not long ago, while making a journey by rail, the bishop was unable to find his ticket when the conductor asked for it.

"Never mind, bishop," said the conductor, who knew him well, "I'll get it on my second round."

However, when the conductor passed through the car again, the ticket was still missing.

"Oh, well, bishop, it will be all right if you never find it!" the conductor assured him.

"No, it won't, my friend," contradicted the bishop. "I've got to find that ticket. I want to know where I'm going"—The Youth's Companion.

TO CLEANSE THE TEETH

In a recent dental book a dentist advises cleansing the teeth with surgeon's gauze. Wrap a piece of the gauze over the forefinger, dip it in the usual dentifrice and rub each tooth both sides and gums with it. A new piece of gauze should be used each time the teeth are cleansed. Dental floss should be passed between each tooth before they are cleansed. The same dentist claims the gums are literally scrubbed off the roots of the teeth by a stiff brush. When cleansing with the gauze the gums at the same time get a massage, which is very beneficial.

IS THE LAW TO BE MOCKED AT?

In Catawba county recently a negro's home was burned and the inmates killed and at the same time kidnapped. There are 98 other counties in North Carolina that are just as bad as the two mentioned. There are enough lawless people in every community to help spread the spirit of "mob" from one end of the State to the other unless our law takes hold with an iron hand. If the State fails to bring the members of the Catawba and Vance county mobs to justice we expect to hear of other crimes of this nature. Unless the law is enforced in such instances as these the time will come when the law will be mocked at on every hand no man's life will be secure.

THAT NEW COUNTY

High Point whenever she gets on her war paint threatens to have a new county—and sometimes she isn't to be blamed. Because of the refusal of the county commissioners to repair the High Point road, the highway between Greensboro and the furniture city, the citizens are up in arms. The commissioners are patching a worn out road and this makes the High Point man put on additional war paint. In a special to the News and Observer of Monday we note this paragraph:

"So widespread among High Point people in the dissatisfaction with the attitude of the commissioners towards this road that the talk of a new county with High Point as the county seat is again being revived after a quiescence of some years."

The High Point road was once a thing of beauty—but it didn't pan out as a joy forever. We have ridden over that High Point road in the old days—the days when P. B. Gold, Jr., had the first touring car in Greensboro—and it was a joy ride for fair. The surface of that road was like a mirror—it was unbroken and it looked like it might be as enduring as the Appain Way—but, alas, it wasn't the stuff. A few years ago and the material showed signs of decay. The rains came and the little holes became ugly gashes. The automobile glided over the gashes and they grew in size until finally the High Point road, like the road to Jordan, has been a hard one to travel.

High Point wanted a new road. She had an undoubted right to demand it, to insist—but the commissioners thought patch work would do—and those who today traverse this highway say the repair work is a joke. That is some have said this in the presence of our Ear.

Therefore, claiming that it is impossible to longer bear the proud man's contumely, the people of High Point bring from the grave in its tattered ornaments, the Ghost of a New County, straggle it on a wire, rattle it in the face of all beholders and print it in the News and Observer.

The new county may come. The new county would be a burden which High Point would regret to have assumed—but in anger we don't often care where the chips fall—and maybe the line to which we hear is the wrong one.

High Point is a big sister of Greensboro. She is a manufacturing town, she has wealth and she has progress. Just why Greensboro doesn't say: "Here, my little sister—come needle in my arm. Let me tangle my hand in your hair, High Point, and if you don't see what you want ask for it. If we can put some money in your banks; if we can appoint some of you to office; if we can build you roads that will be your glory and not our shame—speak, sister, speak and it shall be yours."

But Greensboro sits back on her hammock, so to speak, and refuses to give that recognition which we think is due the younger sister. It should be our aim and our hope to keep old Guilford together. There is no reason for a new county—there are many reasons why there should not be one. If it is a good road, demanded in all justice, looks to us like High Point should have the good road—because, "between you and me and the gate post" it would mean more traffic and more traffic would mean more business for the larger city.

But the fight is again on, if the special quoted is the stuff—and we are constrained to think it is—Everything.

SOME WRITERS YOU SHOULD KNOW

Some authors are known from only one book into which they have been able to put their experiences and feelings. Such a book as "Tom Brown's School Days," a classic of boyish school life that has been translated into many foreign languages. The author, Thomas Hughes, was born at Uffington, England, in 1823. The book was a chronicle of his school days at Rugby. He was called to the bar at Lincoln's Inn in 1848, and was a member of Parliament from 1865 till 1874, and in 1869 he was appointed Queen's counsel. During the last year of his life, he made his home at Chester, England, dying in 1896. His chief reason for writing the book, "Tom Brown's School Days," was "to preach to boys." He took an active part in spreading education among the poorer class in England.

A Wonderful Antiseptic. Germs and infection aggravate ailments and retard healing. Stop that infection at once. Kill the germs and get rid of the poisons. For this purpose a single application of Sloan's Liniment not only kills the pain but destroys the germs. This neutralizes infection and gives nature assistance by overcoming congestion and gives a chance for the free and normal flow of the blood. Sloan's Liniment is an emergency doctor and should be kept constantly on hand. 25c., 50c. The \$1.00 size contains six times as much as the 25c.

PUREBRED BULLS IMPROVE LIVE STOCK



First Prize Champion Shorthorn Bull.

(Prepared by the United States Department of Agriculture.)

Fifty head of Shorthorn bulls to be used in improving native stock were recently sold at public auction at Asheville, N. C., bringing an average of \$125 each. The sale was held by the American Shorthorn Breeders' association, as a result of the effort of the bureau of animal industry of the United States department of agriculture in co-operation with the office of farmers' co-operative demonstration work and the North Carolina experiment station. The prices received for the bulls were satisfactory both to those holding the sale and to the farmers purchasing the animals. About one-half of the bulls were purchased co-operatively.

A representative of the Shorthorn association selected the bulls in Missouri, the animals ranging in age from ten months to two years. Each bull was guaranteed by the association to be a breeder and as representative. The entire lot of animals was on exhibition to the public two days previous to the sale. Hundreds of farmers at this time looked the animals over, and discussed them with the representatives of the federal department of agriculture and demonstration agents.

In one case six farmers purchased one bull for their joint use. Each of them was a farmer who did not feel he could afford to purchase a high or even moderate priced bull for the few cows he owned; but securing the use of a good bull for one-sixth of the purchase price appealed as an excellent investment. In other cases fewer farmers clubbed together to purchase a bull which suited them. Other bulls were purchased by individual farmers who intend standing them at public service.

In most cases where communities purchased a sire co-operatively the bull is to be cared for and managed by one of the purchasers. The cost of keeping the bull will be prorated among the joint owners. In other instances the keeper of the sire is to retain a part of all of the service fee, depending upon the amount of service rendered. Where bulls are owned by an individual and stood at public service in the community a straight service fee will be charged.

Since January 1, 1915, several of the counties of the state have organized beef cattle breeders' associations. In other counties local clubs and associations have been formed, advocating the exclusive use of purebred bulls of one of the beef breeds. Where the capital was lacking to purchase the necessary sires for a community, by advancing the necessary money the local banks rendered invaluable service to their people.

The adoption of one breed of cattle by a county or section of a state and the co-operative purchasing and ownership of bulls are two of the principal factors which are being urged upon the people by the United States department of agriculture in the beef-cattle extension work which is being conducted in co-operation with the various state agricultural colleges. This sale was a result of such work and proved to be a realization of the plan which was outlined.

Everything considered, the sale was successful. It enabled the farmers to inspect and purchase the cattle at their own price without the additional expense of traveling to the breeders' herd. The sale had a tendency to standardize and advertise the breeds in the section where it was held, and three times as many purebred bulls are now owned as there would have been if the farmers had been forced to go to the breeders' herds to purchase the animals. Other public sales are contemplated in the near future.

Grasses for Permanent Southern Pastures. The best summer grass for pastures in the South is unquestionably Bermuda grass, and this should be made the basis for pasture mixtures on all soils except the very light sands. On rich loams the yield of four tons to the acre is sometimes obtained, and although in the uplands the yield is not so high, it is nevertheless sufficient for grazing purposes. Bermuda grass is, however, better suited than any other known plant for remedying the effects of erosion.

Lands may be set with Bermuda grass either by seeding or by planting

small pieces of sod. Formerly the sod method was the one most commonly practiced, because the seed was so scarce and of such low vitality that it was frequently impracticable to use it. Now, however, seed from the Southwest, especially from Arizona, can be had of much better quality than that formerly on the market.

If seeding is resorted to, it should be done on a well-prepared seedbed, in March or April. Five pounds of seed to the acre will be sufficient, as the seed is very small and the grass spreads rapidly. If this small quantity of fine seed is mixed with cottonseed meal or dry earth, or, better, mixed with the seed, of other pasture plants, its equal distribution will be made easier. A roller or light smoothing harrow may be used to cover the seed. When pieces of sod are planted instead of seed, a common method is to lay off furrows about three feet apart and drop small pieces of sod in them every two or three feet, covering them with the soil. In almost any locality in the South it is usually easy to find a well-established Bermuda-grass sod. A shallow furrow can be cut with a turning plow, and this can be chopped up with a spade into pieces about two inches square. One advantage over seeding that this method possesses is that the planting of sod may be done at any time during the summer, and good stands have also been obtained with less preparation of the seedbed than is required for the other method. It is better, however, to prepare the seedbed thoroughly in either case. If the sod is planted in the spring, the grass will usually cover the entire ground the first season.

Bermuda grass is permanent on fertile soils in the South, endures long periods of drought without much injury, and is benefited rather than injured by the grazing and trampling of stock. It cannot, however, stand much shade, and therefore should not be used in woodland pastures. This characteristic is sometimes an advantage, for when it is desired to eradicate the grass a crop of oats and vetch sown in the fall and followed by a crop of cowpeas the following summer will usually result in freeing the field for cultivated crops. As a feed Bermuda grass is considered to be as nutritious as most of the other grasses.

With Bermuda grass agricultural authorities now recommend the sowing of lespedeza (Japan clover), which being a legume, enriches the soil with nitrogen. On rich, fertile loams lespedeza makes a very satisfactory crop of hay, but it will often grow on land so poor that nothing else can survive. It makes its best growth in midsummer and is not checked until the heavy frosts of fall.

Unless extremely close grazing is practiced, lespedeza is self-perpetuating. One method, in fact, of getting a stand is to cut some of the ripened hay and scatter it over the ground to be seeded. Under ordinary circumstances, however, it is usual to sow about 25 pounds of pure well-cleaned seed to the acre at any time after the danger from frost is past. Smaller quantities, however, will often be sufficient for a pasture, as it spreads rapidly in any suitable soil.

Bermuda grass and lespedeza are both suitable for summer pastures only. It is, therefore, desirable to seed with them something that will furnish winter grazing. The two plants best suited for this purpose are bur clover and white or Dutch clover. These are seeded in late summer or fall, bur clover at the rate of 15 pounds of hulled seed, or two bushels of the burs, to the acre, and white clover at the rate of four or five pounds to the acre. This combination of Bermuda grass, lespedeza, bur clover, and white clover is undoubtedly the best combination for pastures over the greater part of the cotton-growing region.

With such a mixture of good soil and a proper system of grazing, the pasture should increase in production for many years. The success of any permanent pasture, however, depends primarily on the fertility of the land at the start, and it is, therefore, good policy to put the land in good tillth. If the soil is deficient in organic matter, some green-manure crop such as cowpeas should be plowed under before the grass is seeded.

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EXERCISE AND HEALTH

Exercise in the open air is essential to both health and beauty. All efforts to preserve vigorous health will fail without it. Keep out in the open at least two hours a day, not in a machine, but walk or ride horseback or play any of the outdoor games. Your appetite will soon improve, your skin take on a healthier tint, and sound sleep is sure to follow healthy exercise.

The increase in the assessments of the State this year will add to the tax base \$30,913.95 and total assessed property in the State will be brought up \$300,000,000. The total increase in the tax valuation of the property in the State for the year is \$92,000,000.