

Teach Girls to Cook, Says Expert; Ignorance of Food Ruins Health



How To Quickly Stop Bad Coughs

It is often surprising how quickly the heaviest cough disappears when treated by a remarkable new method. Here is the method, based on the famous Dr. King's New Discovery for Coughs. You simply take one teaspoonful and hold it in your throat for 15 or 20 seconds before swallowing it. The prescription has a double action. It not only soothes and heals irritation, but also loosens and removes the phlegm and congestion which are the real cause of the coughing. So the severest cough soon disappears completely. Dr. King's New Discovery is for coughs, chest colds, bronchitis, spasmodic croup, etc. Fine for children, too—no harmful drugs. Very economical, as the dose is only one teaspoonful. At all good druggists. Ask for

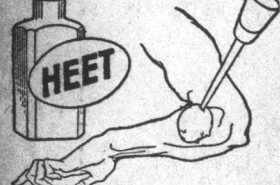


What My Neighbor Says

is of interest to Concord folks. When one has had the misfortune to suffer from backache, headaches, dizziness, urinary disorders and other kidney ills—and has found relief from all this sickness and suffering, that person's advice is of untold value to friends and neighbors. The following case is only one of many thousands, but it is that of a Concord resident. Who could ask for a better example? Mrs. Lillian McIntyre, 134 Franklin Ave., says: "I had a dull, heavy ache in my back and sometimes the pains were knife-like when I stooped. I had dizzy spells and was all run down and felt tired. My head ached and I was nervous. My ankles bloated and my hands puffed up. My kidneys were weak, too. I used Doan's Pills until I was cured of the attack." OVER THREE YEARS LATER, Mrs. McIntyre added: "Doan's Pills have never failed to help me when my kidneys have troubled me." 50c. at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

PAIN, NEURITIS, RHEUMATISM

"Heet" Relieves Instantly



With applicator attached to cork, just brush "Heet" over the pain area, whether in elbows, arms, shoulders, feet, knees, legs, back, neck or body. Instantly, you feel this harmless, glorious, penetrating heat draw the pain, soreness and stiffness right out of the aching or swollen joint, muscle or nerve. Besides, "Heet" scatters the congestion and establishes a cure. "Heet" contains two soothing, penetrating ingredients, too expensive to use in ordinary liniments or analgesics. "Heet" is a clean, pleasant liquid; doesn't stain, blister or irritate the skin and costs only 60 cents at any drug store.

USE SULPHUR TO HEAL YOUR SKIN

Broken Out Skin and Itching Eczema Helped Over Night

For unsightly skin eruptions, rash or blotches on face, neck, arms or body, you do not have to wait for relief from torture or embarrassment, declares a noted skin specialist. Apply a little Mentho-Sulphur and improvement shows next day. Because of its germ destroying properties, nothing has ever been found to take the place of this sulphur preparation. The moment you apply it healing begins. Only those who have had unsightly skin troubles can know the delight this Mentho-Sulphur brings. Even fiery, itching eczema is dried right up. Get a small jar of Rowles Mentho-Sulphur from any good druggist and use it like cold cream.

For Free Sample Mail This Advertisement to WHITEHALL PHARMACEUTICAL CO., Inc., 970 Madison Ave., New York, N. Y.

USE TRIBUNE PENNY ADS.

CHICAGO—Teaching girls how to cook and the value of good nutrition is just as important as teaching them the "three R's," according to Miss Meta H. Given, home economist of the Better Health Bureau and a research worker at the University of Chicago. "Improper diet has ruined the health and lives of thousands of children," said Miss Given. "The blame lies with parents. Every child ought to be taught that a well-balanced diet is absolutely essential to health and happiness. Mothers should begin early to teach the young idea how to shoot as far as cooking and nutrition are concerned. Then, when the time comes, her girl will have at least two of the big qualifications for the job of wife. It is the business of mothers to explain to their children the reasons why they should eat fresh fruits and vegetables or why they have a quart of milk included in their daily menu. If children were told that they acquired calcium and phosphorus for the building of teeth and bone by drinking milk it would be much easier to get them to drink the proper amount. Or, similarly, if it were explained to the child who is given evaporated milk, which is merely fresh cow's milk with part of the water removed, that the slight caramel taste of the evaporated milk means that it is sterile and consequently germ-free, it would be cultivating an appreciation of foods. "Helping mother in the kitchen could be made a joy to little girls if mothers took the trouble to explain the mysteries of cooking and the fundamentals of nutrition to them."

THE ONE-ROOM SCHOOLHOUSE.

Providence Bulletin. There is no occasion for "viewing with alarm" all the instruction given American children in schools conducted by only one teacher each. The fears of a professor of a teachers' college in New York that the traditional "little red schoolhouse" is a menace to the nation merely indicate a combination of a lively imagination and lack of appreciation of the good work of the teachers in the country schools. It is better to have one-room schoolhouses than no schools at all; the country children are fortunate in having opportunities for learning the "three R's," and the chances are that they are pretty well grounded in three most important branches. This is not saying that the country schools are equal to those of the large cities; allowance must be made for the inability of the rural neighborhoods to raise the money for big buildings and high-salaried instructors. Where the English language is spoken the probability is that the pupils are fairly well taught in three or four essential studies, but this cannot be said of the western places in which aliens are in the majority and insist upon speaking only some foreign language. The country need not worry about the one-room schools in which the boys and girls are drilled in a few studies by teachers who speak the English language and who emphasize the importance of standing by the American form of government. The children of immigrants should be required to attend such schools; instruction in foreign languages should not be tolerated anywhere in the United States. In cities it is comparatively easy to see that English is spoken in the schools, but in some remote localities it is represented that too much attention is given to things which are not in accord with American institutions. In fact, lists of such schools have been published by reputable educators.

The assertions of the New York professor are too sweeping. The thousands of American teachers in small communities are deserving of words of encouragement, for they undoubtedly make the best of limited facilities. Such teachers are among the assets of the nation. The rural problem is in getting rid of non-American teachers, not in the abolition of the one-room schoolhouse.

Woman's Sphere Widens.

The Pathfinder. Mrs. Evelyn Snow, of Mt. Vernon, Ohio, is a candidate for the Republican gubernatorial nomination. As collector of internal revenue for Chicago, Mrs. Mabel Reinecke is boss of an office force of 500 and 200 field employees. Her salary is \$6,000 a year.

Sioux Falls, S. D., women recently edited a local paper. They banned crime news on the first page, cut down the market news, eliminated all comic strips but one, cut out all serial stories, and had clergymen write the features.

State Senator Florence Dohrer, of Illinois, the first woman to be elected to the upper house of that state, wants beauty parlors installed in hospitals for insane women. She thinks it will help their mental condition.

Dr. Ellen Potter has "made good" as head of the department of public welfare in Pennsylvania. Miss Elizabeth Falter, assistant United States district attorney at New York, has been assigned to prosecute Charles W. Morse for fraud.

The red sea originated at Fen, for a thousand years the Holy City of Morocco.

PROPOSE TO SURFACE ROAD TO RUTHERFORD

Highway Commissioner Wants County to Put Up Money For 22-Mile Stretch of Road. Rutherfordton, Jan. 20.—Highway No. 20 from Rutherfordton to the Henderson county line, 22 miles, will likely be hard surfaced, or a macadam road put down this year. A. M. Kistler, state highway commissioner of the eighth district, of Morganton, made the principal address to the Rutherford county club at the Isothermal hotel here today and made a proposition to Rutherford county that if it put up the money the road would be built as soon as possible.

The officials are interested in the new project for the purpose of establishing through passenger haul over their lines from the playgrounds of Florida to the playgrounds of western North Carolina. At the present time the Seaboard hauls a large part of the tourists to Florida. It has, however, no direct passenger service from Florida to western North Carolina. The completion of the proposed road would give direct Pullman service from Florida towns to Rutherfordton in the mountains and thus connect the two sections of attraction.

Evening Hours Are Reading Hours.

Charlotte News. The paper of the people is the afternoon newspaper. That is coming more and more to be irrefutable. The trend in the growth and development of these newspapers is being constantly made more emphatic. The desire of the people for news on the day when it is news has made it imperative for the afternoon paper publishers to make more expensive arrangements for supplying the demands of their ever-growing clientele.

This clamor from the public, coupled with this response from the publishers, has combined to give the afternoon newspaper a new power and prestige in the ranks of daily publications and to hold out for them the confident belief that their future growth will only be limited by their determination to give the people what they are seeking and what they are demanding.

Realizing this trend, the afternoon newspapers of North Carolina have just effected and are now perfecting plans to improve and augment their news service to the end that it may the better supply readers with what they desire. With fully 650,000 subscribers in this state already, the afternoon press is preparing for a larger and rapid expansion of circulation by giving the public all important news of the world, the nation and the state the same day. It is also intelligently and promptly interpreting the news through the editorial columns and supplementing the news service with features which appeal to various groups and classes of people.

More Payrolls.

Stany News-Herald. Thomasville and High Point are fine examples of what payrolls mean to city building. Both these towns are built upon the payrolls from their various furniture factories. Thomasville is hemmed in with Lexington only a few miles to the West, and High Point only a very short distance to the Northeast. And yet, through its great chair factories, and other local industries, that town has grown in the past few years into a city of more than ten thousand people. Back country is a mighty good thing for a town, but the town which has within its borders enough factories of vari-

ous kinds, can grow entirely within itself. That's just what Thomasville and High Point have done.

The thing which this town ought to commence thinking about is more industries and larger payrolls. If great chair factories can build up and grow rich in Thomasville, and if men can come rich manufacturing furniture in High Point, then why can't some of these things be done right here? The future of our town will largely depend upon the coming of more and varied manufacturing industries.

Doing Our Bit.

Washington Post. Today the United States is producing: 55 per cent. of the world's iron ore. 51 per cent. of the world's pig iron. 66 per cent. of the world's steel. 51 per cent. of the world's copper. 62 per cent. of the world's petroleum. 43 per cent. of the world's coal. 52 per cent. of the world's timber output. 65 per cent. of the world's naval stores. 42 per cent. of the world's phosphate. 80 per cent. of the world's sulphur. 63 per cent. of the world's mica. 62 per cent. of the world's lead. 64 per cent. of the world's zinc. 60 per cent. of the world's talc and soapstone. 45 per cent. of the world's barytes. 55 per cent. of the world's cotton. 95 per cent. of the world's automobiles. No other country in the world's history can show such progress and such a large share in the production of leading commodities.

The Reverend H. R. L. Sheppard denounced fancy dress balls and special festivities of Armistice Day as "not so irreligious as indecent." To follow the solemn two minutes of silence and re-dedication with such festivity is compared with marching from a funeral to the quick and cheerful strains of a march.

The average wage in America is \$5.00 a day in comparison with \$2.28 in England; \$1.55 in Germany; \$1.24 in France; \$1.14 in Belgium; and \$0.96 in Italy.

ONLY ONE WOOD FOR SPOOL. USED IN ENTIRE WORLD.

Greatest Part Turned From White Birch Tree—Great North Wood Product. St. Nicholas. In almost the entire world, with its great variety of woods to select from, there is only one kind that is used for spools—the ordinary spools on which sewing thread is wound. By far the greatest part of the world's spools are turned from the wood of the white birch tree. It grows in many sections of the United States, but especially well in Maine. Many years ago, it was learned that the wood of the white birch of Maine lends easily to this purpose, and now virtually the whole world's supply of spools and spool wood comes from the great North Woods. Some of the spools are made in Maine, but a very large part of the wood is shipped elsewhere for spool-making, after being seasoned where it grows.

Not The First.

Statesville Daily. The Shelby story telling of a colored man drawing a pension for service to the Confederacy isn't news. The State auditor, who has the pension roll in charge, is alleged to have said that the Cleveland colored man is the first negro to be placed on the Confederate pension roll. If Auditor Durham said that he has something to learn. A number of colored men have been placed on the pension roll in this State for service to the Confederacy. None of them served as regular soldiers, but there have been a number of cases in which service was so outstanding that these faithful negroes were pensioned, probably all of them by special legislative act. At least one, if not two, Iredell negroes are drawing a pension for this service. These colored pensioners may not be listed as colored, but unless all of them have died there are some on the roll now. If they are not on the roll now they have been.

Cleveland is first in many things but not first in getting a pension for colored servitor of the Confederate army. A number of these faithful ones have been so placed, and it is to the honor of North Carolina that their service was so recognized.

I hope to tell you!

PRINCE ALBERT is the greatest little trouble-shooter you could pal around with. It smoothes out your smoke-wrinkles toot-sweet. It's got everything you ever wished for in a real, honest-to-Pete smoke . . . and nothing else except! Clamp on the ear-phones and get this message of jimmy-pipe joy.

No matter what your previous experience has been in trying to smoke a pipe, forget it. Write it on the ice! You can smoke a pipe if it's packed with P. A. Yes, Sir! For a fact, they'd have to sue you to get that jimmy-pipe away from

you, once you give P. A. a work-out. Cool and sweet and fragrant, P. A. puts a padlock on pipe-worries and throws away the key. Can't bite your tongue or parch your throat. The Prince Albert process fixes that. Just downright, deep-rooted contentment—morning till midnight.

Quality without a doubt. P. A. is better tobacco . . . naturally it makes a better smoke. You'll say so. Get going! Steer straight for the store where they hand out such happiness in tidy red tins. It'll be P. A. for yours after that.

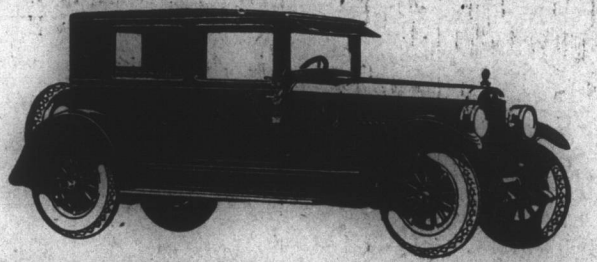
P. A. is sold everywhere in tidy red tins, pound and half-pound tin humidors, and pound crystal-glass humidors with sponge-moistener top. And always with every bit of bite and perch removed by the Prince Albert process.



PRINCE ALBERT

—no other tobacco is like it!

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HUDSON

In ten years of value leadership, Hudson Super-Six performance, quality and price advantage have never been so outstanding as today.

The Coach has long been acknowledged the "World's Greatest Buy", because of its utility, performance and value. Now among luxurious cars, the beautiful Brougham and the Sedan give Hudson the same unrivalled position among luxurious cars. They have all the distinction of finest custom built cars, with a price advantage based on the world's largest production of 6-cylinder cars.

The Coach \$1165

The Brougham - \$1450
7-Pass. Sedan - 1650

Freight and Tax Extra.

These cars may be purchased for a low first payment and convenient terms on balance.

Concord Motor Co.