

### What Foods Are Cheapest

**REGULATION** of the food budget of the home requires familiarity with current food prices. Food values also enter into this question. What type of foods yield the most nutrition for the least money, and at the same time appeal to the family taste? These things merit study and observation. Careful consideration of food advertisements is perhaps one of the best methods of becoming posted on the subject in general.

Advertising is an important factor in modern life. Everything we are likely to need, from the cradle to the grave, is persistently called to our attention. No matter where we go, we cannot escape being told what is good for us, nor reminded of the things that make life worth living—and how cheaply we can get them.

This is direct advertising. And equally effective, sometimes, is indirect advertising. Just now, the food packers of America are involuntarily doing this indirect advertising on a very large scale, because of the exceedingly large food pack of last year. Canned foods are now being sold at remarkably low prices. This is not done with the specific purpose of advertising, but rather for the sake of marketing surplus stock.

Last summer, there were unusually large crops of practically all the staple vegetables. In consequence the canners worked over-time, packing a tremendous quantity of these foods. To get a quick market for the supply on hand, they have adopted the plan of selling them at exceedingly low prices. In so doing, they have indirectly entered upon one of the most extensive advertising campaigns ever undertaken by them.

It is a campaign of education. Vast numbers of people, taking advantage of this great price-reduction, are learning the convenience, economy and excellence of ready-to-serve foods. In other words, they are being educated to eat more of them, in preference to the more expensive and less easily obtained fresh foods—so-called. For instance, those who have used for a dozen cans of corn, this year, will buy two dozen next year. And so it will be with all kinds of canned foods. "The proof of the pudding is in the eating." Ready-to-serve foods have advertised themselves for all time.

In figuring the comparative cost of fresh and canned foods, the season of the year must be taken into account. In all save the extreme southern and south-western sections of the United States, fresh foods have to be carried a long distance in the winter months. Consequently, high prices must necessarily be charged for them. At this season, therefore, the economy of prepared foods is unquestionable.

This economy, however, lies not alone in the low price, but in the value obtained from the canned products, as compared with that obtained from fresh foods. In the first place, fresh foods brought from a distance, and passing through innumerable hands en route, have lost the quality

**9,000 TREATED FOR RABIES**

Last Year Showed Heavy Increase in Rabid Animals and Persons Infected.

C. A. SHORE, M. D., Director, State Laboratory of Hygiene.

(An address delivered before the annual session of the Tri-State Medical Society, Fayetteville, N. C.)

My subject is chosen not because the disease of rabies is one of our greatest problems, nor because I have new facts to present, but because it is the one disease which, at the present time, could actually be exterminated if we would but apply the knowledge we possess. We know the germ which causes it, we know the way in which it is conveyed from animal to animal or from animal to man, we know the history of the germ in the body and the explanation of the peculiar symptoms, and we know how to give protection, and above all we know how it may be eradicated.

Rabies is one of the oldest of recognized diseases; its peculiar symptoms and the inevitably fatal outcome have always made a powerful impression on the human imagination. Medical literature on the subject extends well beyond the Christian era and in general literature there are many references to it in ancient writings. There is an excellent description written by Apuleius in the second century in his Metamorphosis, and there are said to be references in Horace, Virgil, Ovid and Plutarch. This ancient history is exceptional, for the great scourges of the human race, like tuberculosis, bubonic plague, and influenza, if mentioned at all, can be recognized only with difficulty.

During the hundreds of years in which rabies was recognized as a separate entity, a great mass of superstition had collected around it and remnants of this ignorance still remain in the popular mind. We all know persons who believe that a dog's bite is dangerous only in that season of the year when Sirius, the Dog Star, is in the ascendant. I have not seen a mad-stone in several years, but formerly I have been permitted to examine fragments of pumice stone, several pebbles and one bit of pottery from a broken domestic vessel all of which were treasured for their curative powers. One ancient therapeutic belief alone stands the test of modern experimental proof; that is the value of cauterization. If done early this is still good practice for the red hot metal.

In common with most other diseases, accurate scientific knowledge begins with the time of Pasteur. Pasteur never succeeded in finding the infecting agent—this was reserved for Negri—but he did begin scientific study of the disease and found an efficient prophylaxis which saves about 99 per cent of exposed persons. Briefly, this is a vaccine made from the spinal cords of rabbits which have been infected with a very rapid form of the disease. The cords are attenuated by drying and by passage through many generations of rabbits. The history of the trial of this vaccine, by Pasteur, forms one of the most dramatic chapters in the history of medicine. The vaccine is still used with only slight modifications. In North Carolina we use the original Pasteur strain of virus and the chief modification is a somewhat larger number of injections.

The germ of rabies discovered by Negri, is generally believed to be a Protozoan. The examination of a rabid animal can be made rapidly by staining a smear-preparation of a small portion of brain tissue and the round or oval organism shows plainly and distinctly in the nerve cells. A brain which contains these organisms will invariably reproduce the disease if a portion of it is injected into another animal. On entering the body, the germ causes no inflammation and so far as we know it is not carried by the blood stream, but it does find a small nerve tissue and travels through the body in nerve tissue. It apparently at once begins to multiply in this tissue but causes no symptoms until it reaches the brain where it enters and destroys the nerve cells. It may have taken weeks or months to reach the brain, but once entrenched there the final course is extraordinarily rapid and the fatal outcome is inevitable. The symptoms of madness and paralysis, so apparently variable and inexplicable to the unlightened mind, have the simplest explanation that they depend upon the destruction of nerve cells.

The infection not only goes to the brain but also to certain secretory glands, notably the salivary glands, and the infection is excreted in the saliva. It is by means of the inoculation with infectious saliva, that is by biting, that the disease is spread from animal to animal or from animal to man. All mammals, including man, are susceptible.

The dog is no more susceptible than is the sheep, or the cow or man, but the dog and his relatives, the fox and the wolf, when their brains are diseased commonly exhibit the instinct of biting. The cat occasionally shows this symptom, as does the horse. The rabid cow may be just as belligerent as the dog, but her instinct is to hook or butt, rather than to bite. Other animals exhibit varying symptoms of a diseased brain, but it is seldom that they want to bite.

The problem of the spread of rabies is therefore almost wholly confined to the dog and it is just this animal which has easiest access to human beings. If we could prevent rabid dogs from biting other dogs and other animals we could eradicate the disease.

The statement just made is not based on theory alone. Rabies has actually been exterminated in Denmark, Norway and Sweden for 30 years. Before the war it was unknown in Germany except along the borders, and in England there was no rabies for over twenty years until reintroduced by returning soldiers who brought back infected dogs from France. It has now again been eradicated in England. In Australia there has never been a case of rabies, for that continent has always had a quarantine law for dogs and

each animal is confined at the port of entry for six months before it can be delivered to the owner.

The contrast of these countries with the United States is not to our credit. Here only sporadic and ineffectual attempts at control have ever been made, and for the last decade the disease has been on the increase in the greater part of our country. This is especially true for our own section. The states with the worst records are North Carolina, South Carolina, Georgia, Florida, Alabama and Mississippi. Virginia's record is considerably better than that of North Carolina and South Carolina, and Georgia's is a trifle worse.

The increase in North Carolina may be illustrated by a comparison of the record of 1909 (the first year of complete statistics) with that of 1925. In 1909 there were 83 rabid animals examined at the state laboratory of hygiene, in 1925, 813. In 1909, 157 persons were treated for bites of rabid animals, in 1925, 1,850. The intervening years show an increase with almost annual regularity.

Last year we had four, possibly five, human deaths from rabies in North Carolina. This number is insignificant if compared with the deaths from tuberculosis, but if it is true that each should have, and could have been prevented, they are not a credit to our civilization. We must also charge against this disease an enormous loss of cattle, hogs, sheep and horses, but no accurate statistics are kept of these deaths.

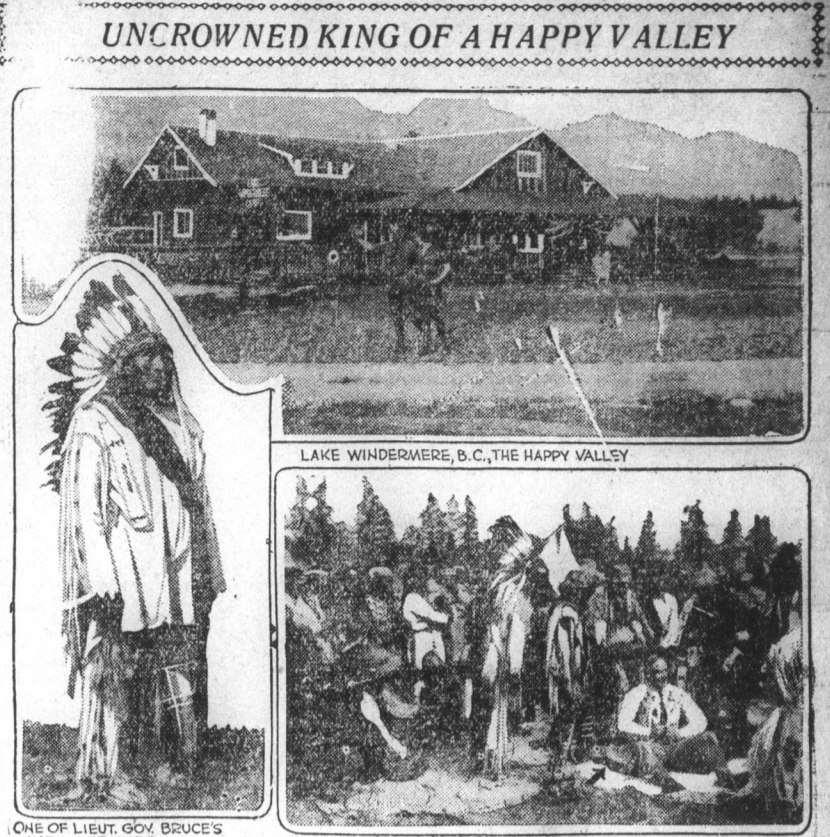
In the far west, rabies has been comparatively rare until within the last few years. In a stock-raising country, the predatory dog is never so much feared, but with the decline of stock-raising on the unlimited range, dogs have increased. In the Rocky Mountain section the disease is now said to be prevalent among the wild coyotes and rabies will probably exist in that region until these wild animals are exterminated.

We have seen that certain European countries have been freed from rabies and we find that this was accomplished in each case by preventing the dog from running at large. This is a very simple procedure theoretically, but we must admit that it would be difficult of application in our own states. Sooner or later, however, we must come to it, and since the problem is rather one of education and legislation than of medicine, it is important that information should be broadcast in every justifiable way. The public must be informed as well as the medical profession.

The extermination of rabies does not mean the extermination of the dog. There is no country on earth where the dog is held in so high esteem as in England, and no other country where the pack of hounds is such an institution. In that country the restriction of dogs is just as popular as a means of protection for the dog themselves as it is for the protection of farm animals and for man.

In the South the dog lover constitutes a large percentage of our population, but too often he presents the trouble that rabies is primarily and solely the problem of the dog. With more complete knowledge the owner of a valuable dog would be the first to advocate complete protection. Up to this time, however, the dog owner and stock-raiser have shown little interest in North Carolina at least, in the only known effectual method of controlling rabies. On the other hand they appear eager to try the half-effective method of dog vaccination.

The first country which has tried this seriously is Japan, and the first reports, before practical application was attempted, were certainly encour-



ONE OF LIEUT. GOV. BRUCE'S INDIAN FRIENDS

**UNCROWNED KING OF A HAPPY VALLEY**

LAKE WINDERMERE, B.C., THE HAPPY VALLEY

BRUCE (SEATED RIGHT) BEING MADE AN INDIAN CHIEF

Robert Randolph Bruce has recently been appointed Lieut. Governor of British Columbia. As the representative of King George in that province of Canada. Like many another successful Canadian, he came from Scotland, about thirty years ago, bringing with him a flock, a tall hat, and a bundle of introductory letters. He was the son of the minister of the parish from which George Stephen, later Lord Mountbatten, then President of the Canadian Pacific Railway, had come, and so the first office where he presented himself was that of T. G. Shaughnessy, then general manager. In a very few minutes he was given a job, but as he was going out the

door, "T. G." called after him. "Young man, if you want to get on in this country, shee, that coat." Mr. Bruce must have obeyed instructions for he has been "getting on" until his recent appointment seems to be as near the top as any Canadian could ever be. And, incident with his own development, has come about the development of the Windermere Valley in British Columbia, where he has made his home for some years. Mining interests first took him, back in 1889, to the upper reaches of the Columbia River, where he commenced operations on the Sitting Bull claim on Boulder Creek, a tributary of Horse Thief Creek, near the spectacular Lake of the Hanging Glaciers. Later he left this for a new place called Paradise, from

which has sprung the appellation Happy Valley. The village of Windermere, on the eastern side of Lake Windermere, was the first to take root, and here Mr. Bruce settled. He built a bungalow and planted a garden, a garden which today is a riot of exquisite flowers, a regular flower show for those visitors at the Canadian Pacific Bungalow camp opened a year or so ago a short distance along the lake shore from the Bruce estate. Not only did this indefatigable gardener plant lovely flowers in his garden, but realizing the difficulties of keeping miners at their jobs, he planted fresh vegetables in sufficient quantities for his men to have a diet of fresh vegetables instead of a diet of tin cans. His ores are mined with never a strike.

We now have another such an opportunity in rabies. It might take many decades to exterminate it in Russia and in China, but even there it is not hopeless, and in our own country it could be done in five years.

One state alone could not do it, and my talk is therefore appropriate for a meeting of neighboring states, but so far as I am concerned, I would like to see my own state make the beginning.

In order to insure an oxygen supply for their young, bass clear away the decaying weeds and water plants from small spaces in the sand before depositing their eggs.

duction of dogs, would in my belief, reduce the incidence of rabies, although an occasional case produced by the vaccine itself must be expected, but my point is that we have a more effectual and almost ideal method of accomplishing something which is the hope of every man interested in the public health. That is the actual extermination of a fatal disease.

So far as my knowledge goes there is only one disease which has ever been wiped off the face of the earth, and that disease was one which was not known to attack man. It was a certain infectious pneumonia of cattle which was prevalent in Texas some thirty years ago. Theobald Smith, then in the government service, found the cause of the infection and succeeded in actually stamping

### Palm Beach Season Forecasts Summer Fashions in Men's and Women's Footwear



KIDSKIN AND LIGHTER LEATHERS DOMINATE STYLES OF SUMMER-WEIGHT SHOES

By Clarissa Howe Taylor

The Southern season has always been of vital importance in the fashion world, for it is during this short but smart mid-winter season in the South that the stamp of approval or the ban of exclusion is branded upon our ensuing styles.

Judging from the shop displays and the smart gatherings of people throughout the day, shoes are receiving more careful consideration in relation to the costume than any other single accessory. Perhaps it is because women have become so imbued with the idea that if the shoes do not go with the dress, then the dress is a failure. At any rate, this discriminating attention has become contagious and we find that men are selecting their shoes, not only with an idea of appropriateness for the occasion, but with the consideration of comfort, good sense, and appearance.

The most startling introduction in the footwear world is in men's shoes. Heretofore, they have been forced to wear the same type of shoe for the year around. On May 15th they have always donned the straw hats and light-weight suits, but no heed was given to footwear. Now, however, the seasonal change will be complete, for the importance of light-weight footwear has been realized. During the day, for both

street and business wear, men are adopting light-weight oxfords of either black kid or a new shade called rugby tan kid. These oxfords are very much lighter, both in appearance and actual construction, than the brogues which were formerly worn. The upper stock or body of the shoe is of extremely light-weight kid yet it is firm enough to resist hard wear and stretching, while the very much lighter sole fulfills its purpose of utility, adds materially to the summer comfort of the wearer, and equals the durability of the heavier shoe.

Although women are wearing all sorts of fanciful evening slippers—the newest in hand-painted or enameled kidskin, men have been flinching to make theirs less conspicuous if possible and the last detail to be eliminated is the high gloss or polish. The smartest evening oxfords for men are now made in a dull finish of black kid and they insist that these are far more comfortable than the stiff heavily dressed leathers.

Regardless of the delicacy of shading, nothing quite takes the place of white kid, particularly for sport wear. Ever since the famous English oxfords invaded our territory they have been worn in a

variety of adaptations. Because white kid is so refreshing in appearance and equally cool and comfortable on the foot, sensible men are taking advantage of the recent style innovation which provides these comforts and they are wearing white kid oxfords combined with a trimming of either black or brown kid. Frequently women are seen wearing a diminutive copy of these oxfords with the addition of an alarmingly high spike heel and of course the oxford with the interesting criss-cross lacing arrangement continues in its place of high favor.

For street wear one may select from a variety of patterns in colored kidskin, either matched to the ensemble of spring tones or to one of those delicate neutral shades which is a complement to any costume color. The popular beige of last season forms the foundation for a score or more of new shades in kid known as parchment, saunterne, bois de rose, fawn, champagne, peach, and blonde. In addition to light grey, there are not only the colors decreed for spring, but kidskin is the medium of expression for all that is smart in footwear. One-strap slippers and the center-strap sandal are particularly good as is the pump and street

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Will Positively Relieve Pain in a Few Minutes.

Try it right now for Rheumatism, Neuralgia, Lumbago, sore neck and swollen joints, pains in the head, back and limbs, corns, bunions, etc. After one application pain usually disappears as if by magic.

A new remedy used externally for Coughs, Colds, Spasmodic Croup, Influenza, Sore Throat and Tonsillitis.

This oil is conceded to be the most penetrating remedy known. Its prompt and immediate effect is relieving pain is due to the fact that it penetrates to the affected parts at once. As an illustration, pour ten drops on the thickest piece of sole leather and it will penetrate this substance through and through in three minutes.

Astonishing how thousands of Rheumatic sufferers are being relieved by use of this new oil treatment, which contains essential oils from Europe. It's known as "Snake Oil." Refuse imitations. This great oil is a golden red color. Mfg. only by Herb Juice Medicine Co., U. S. A. Every bottle guaranteed, 30c, 70c and \$1. Get it, your druggist's.—(Adv.)

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Good-bye, sore feet, burning feet, swollen feet, sweaty feet, smelling feet, tired feet.

Good-bye corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony.

"Tiz" is magical, acts right off. "Tiz" draws out all the poisonous exudation which puff up the feet. Use "Tiz" and forget your foot misery. Ah! how comfortable your feet feel. A few cents buy a box of "Tiz" now at any drug or department store. Don't suffer. Have good feet, glad feet, feet that never swell, never hurt, never get tired. A year's foot comfort guaranteed or money refunded.

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But, bear these facts in mind: The amount of the trade-in allowance you can get is not the most important thing for you to consider. The big thing is the difference you have to pay. And remember, that the higher priced car will not be so easy to dispose of when you come to trade it in.

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