

STOP FILLING THE GARBAGE PAIL

More Food Goes Into Garbage Pails Than Would Be Required to Feed Belgium.

TELLS HOW TO ELIMINATE WASTE

The American nation is the best fed people in the world, and we are also the greatest food wasters. We throw more good food into the garbage pail than would be required to feed Belgium. Stop filling the garbage pail!

This great waste is not wilful. Most of it is caused by the ill health of some members of the family. Indigestion, constipation, sour, gassy stomach, weak kidneys, bladder trouble, sluggish liver, etc., are ailments that are almost common to us. In that condition there is very little appetite created no matter how good the food that is placed before us.

The real solution of eliminating waste, therefore, is found in keeping the system toned up and the vital organs working properly. A good tonic is the proper course.

Acid Iron Mineral is the best tonic to take. It aids the digestive organs to perform properly, creates appetite, purifies the blood, increases weight, brings a healthy color to the skin, strengthens weak kidneys and bladder, sets the liver to working properly, and tones up the whole system in general.

Acid Iron Mineral is not a patent medicine. It is obtained from the only natural medicinal iron mineral deposit of its kind known to the world, and is free from alcohol, will not injure or discolor the teeth.

By diluting a fifty cent bottle of A-I-M in four gallons of water a splendid mineral water may be had for use by all the family. Try this recipe, watch the contents of the garbage pail diminish.

At all druggists in 50c and \$1 sizes.—Advertisement.

TEACHERS INSTITUTE

Supt. A. F. Mitchell has been informed that J. H. Highsmith and Miss Susan Fulgham of the State Board of Examiners and Institute Conductors are expected to arrive in Brevard and begin the county institute on Sept. 24. All public school teachers are required to attend this institute.

"MY COMPANY FIRST," THE RECRUIT'S MOTTO

By CAPTAIN GEORGE L. KILMER.

After the war novice has taken his stand on the motto "My country first" and prepares to fight for it he must face the call of another slogan less appealing at the start, but one to grow on him—"My company first!" This company fealty is his everyday job. He must work for that as ceaselessly as he studied and worked at school for the honor of his school or his ball club or team.

Getting down to the company plane of thought and action plays havoc with imaginary ideals. But right here the individual is put to test as a soldier. The officers and the crowd "size" him up. Culture and manners are re-



Photo by American Press Association.

ATTENTION.

spected provided the novice makes good at coarse work, trench digging, hiking and running, as well as at drill and on parade.

Lacking a chance at hard practice with ax or spade, the beginner can make progress by the simple process of club swinging movements. Club swinging develops muscles of limb, chest, abdomen and back. Help may be had also by horizontal bar exercises, jumping and climbing. In company work, which is enlarged teamwork, the importance of these things appears. Some of the number will be expert at one thing and set a standard for all to train up to. The recruit with his specialty will be a teacher for others and learn from others where he lacks. Here comes into play the faculty of attention. Every man knows his own failings and the merits of another.

SELF TRAINING FOR THE INFANTRYMAN.

By CAPTAIN GEORGE L. KILMER.

The infantry arm is the main feature of military force on a large scale. Civilians see more foot soldiers than horseback riders and cannoniers. No special previous training is necessary to make a fair infantry recruit out of a civilian. The infantryman is all the better for good stature, from five feet six inches well on toward six feet four, and weight 125 pounds to 175.

A man's force of bodily impact may serve a good purpose in infantry. Eye and nerve help in the shooting process, but the man behind the bayonet should be as well set up as a pugilist, as firm on his feet and powerful and skillful with arms and hands. Good



Photo by American Press Association.

RIGHT SHOULDER ARMS.

practice for agility and control is to stand erect, with feet together, points open about one foot, elbows to the rear and hands, palms inward, resting on the hips.

Various movements may be made from this pose to exercise the back, shoulders and hips, but it is especially important for the infantryman's training to take it and, while holding shoulders firmly back, rise up high on the toes and repeat it again and again. The strain here is on the feet, and one can get further results by holding to a strap or rope suspended overhead just within reach while on the toes and swaying back and forth and sidewise.

Practice marches are good training for infantry. The long march is unlike the parade ground march in that the gait is natural, one the soldier falls into to be comfortable and get over the ground. On parade the rifle may be carried in various positions, as ordered, but on the march at "shoulder arms," either right or left, is the rule from choice.

Church Directory

BREVARD PRESBYTERIAN CHURCH

John R. Hay, Pastor.
Regular church services every Sunday. Hours: First and third Sundays, 11:00 a. m.; second and fourth Sundays, 4:30 p. m.; fifth Sundays, by announcement.
Sunday school every Sunday, 10 a. m.
Men's Brotherhood Bible class.
Young People's Society of Christian Endeavor every Wednesday evening, 8:00.

DAVIDSON RIVER PRESBYTERIAN CHURCH

John R. Hay, Pastor.
Regular church services every Sunday. Hours: Second and fourth Sundays, 11:00 a. m.; first and third Sundays, 4:30 p. m.; fifth Sundays, by announcement.
Sunday school every Sunday, 10:00 a. m.
Christian Endeavor 1st and 3rd Sundays at 11 a. m.; 2nd and 4th Sundays at 7:30 p. m.

BREVARD BAPTIST CHURCH.

Corner Jordan and Gaston streets.
A. W. McDaniel, Pastor. Phone No. 145.
Bible school 9:45 a. m., well graded with classes to suit all.
Praying services at 11:00 a. m. and 8:00 p. m. every Sunday.
Midweek service for worship and fellowship, 8:00 p. m. Wednesday.
Advisory Board meets on Tuesday evening after the first Sunday of each month.
All who desire to encourage or to assist the worship of God or to be helped by worship are cordially invited to attend all services. Strangers and visitors are especially welcome.

Special Announcement.

Subjects for Sunday:
Morning: "Some Inspired Prescriptions for a Sick Church."
Evening: "Saul, or the Man Who Made a Magnificent Failure."

BREVARD METHODIST CHURCH.

W. Edgar Poovey, Pastor.
Sunday—Sunday school at 9:45 a. m. Preaching at 11:00 a. m. and 8 p. m. Intermediate Epworth League 7:30 p. m.
Monday—P. M. S., 8:00 p. m., first and third Monday nights.
Tuesday—(After first Sunday) Board of Stewards, 8:00 p. m.
Wednesday—Prayer meeting 8:00 p. m.
Thursday—(First and Third) Woman's Missionary society, 7:30 p. m. Local Auxiliary 8:45 p. m.
Friday—Choir practice 8:00 p. m.
"Come thou with us and we will do thee good."—Num. 10:29.

ST. PHILIP'S EPISCOPAL CHURCH.

Rev. Chalmers D. Chapman, Minister in Charge.
Sundays—Morning service at 11:00 o'clock. Sunday school, 9:45 a. m.
Week Days—Evensong every Friday. Wednesdays and Fridays during Advent, Wednesdays and Fridays during Lent; every day in Holy Week; also on Saints' days.
Holy communion the first and third Sundays of every month; also on the Greater Holy days, Christmas, Epiphany, Ash Wednesday, Holy Thursday, Easter day, Ascension day, West Sunday and Trinity Sunday.

Special Announcement.

Tenth Sunday after Trinity, August 12, 1917. Morning prayer and sermon at 11; subject, "The Possession of Power."
Mrs. Simons, with the assistance of Mr. Billings and Mr. Davis of the French Broad Camp, Miss Lee and Miss Dotterer of Charleston, Miss King and Miss Erwin of Brevard, will give excerpts from "The Holy City" by Gaul on Sunday afternoon at 5 o'clock.
Friday, August 10, evensong with address at 5:30; subject, "The Saints."

FOSTER CUTS CLARK

As the result of an altercation culminating in a fight Saturday afternoon in cotton mill town between Lonnie Clark and Joe Foster, the former was badly cut by the latter in several places.

The condition of the wounded man is not considered dangerous. Foster escaped after the fight and has not been arrested.

FREE OF CHARGE

Any adult suffering from cough, cold or bronchitis, is invited to call at the drug store of Duckworth Drug Co., Brevard, and get absolutely free a small bottle of **Boschee's German Syrup**, a soothing and healing remedy for all lung troubles, which has a successful record of fifty years. Gives the patient a good night's rest free from coughing, with free expectoration in the morning.
Regular sizes, 25 and 75 cents. For sale in all civilized countries.—Adv.

Value Received Justifies Price

Even the bargain hunter realizes that his effort to obtain full value for less than full price is in vain.

We know that when service is satisfactory the customer is glad to pay a reasonable profit.

Our business is conducted on this policy. It means material of merit, honest workmanship and "Standard" guaranteed plumbing fixtures—real value supplied at cost plus a reasonable profit.

Let us submit an estimate as proof.

"Standard" "Idalia" Lavatory

W. E. BISHOP & CO.
Plumbing Tinning Hardware

Cullowhee Normal and Industrial School

State Co-Educational Institution for the Training of Teachers

A six-year course in regular high school and junior college subjects. A four-year course in the Department of Education, supplemented by special courses for teachers in other departments. An efficient Practice School under the direction of a supervisor and three assistants.

A strong department of Domestic Science.
A practical course in Agriculture.
Vocal, Instrumental and Public School Music.

Dormitories and administration building furnished with steam heat, electric lights and other modern conveniences. Environment unsurpassed. Location healthful and beautiful.

Tuition free to all who are preparing to teach.
Fall term begins September 4, 1917.

For catalog or reservation of room, address
A. C. REYNOLDS, President,
Cullowhee, N. C.

Brevard Institute

BREVARD, NORTH CAROLINA

Departments—College Preparatory, Normal, Music, Business, Domestic Art, Household Economics, Agriculture.
All departments are directed by teachers with special training and large experience. They know their business.
Influence of the Institute are alone worth the cost of tuition.
Opens on September 6.

Ford

THE UNIVERSAL CAR

Owners of Ford cars are advised to beware of "counterfeit parts." If your car needs adjustment bring it here where you will find reliable service with the complete mechanical equipment to give the highest quality of Ford service obtainable. All the Ford parts used are supplied by the Ford Motor Company. You can not expect your Ford car to give the service and endurance you demand unless you have it cared for by men experienced in Ford methods. Runabout \$345, Touring Car \$500, Sedan \$645, Coupelet \$505, Town Car \$595—all f. o. b. Detroit. On display and for sale by
KING LIVERY COMPANY
Brevard, N. C.

CARRYING FINE TEAS

We Point With Pride

to our line of Chase & Sanborn's fine Teas and Coffees which we carry and on which we have built up such a splendid trade.

A Large Selection

of honest goods at honest prices won us patronage of our best customers. Are you one of them?

MITCHELL
The Grocer.

COFFEE
GUR'S
SATISFIED

HEAP coffee is a poor investment. There's plenty of it on the market. Don't buy it. What's the use of spoiling a good meal with wishy-washy stuff that leaves a muddy taste in the mouth and harms the system? We sell only good coffee. It's cheapest in the end because it gives satisfaction. Everything for you in first class groceries.

COX & KILPATRICK
Phone 41

Do your bit for your Flag by preserving surplus food

FLORENCE Automatic Oil Cook Stove

In these days it is your duty as a housewife to do your bit toward conserving the nation's food supply. You can best do this by preventing waste of food in your own home and by preserving the surplus foods which you find in the markets in such abundance during the growing seasons.

Not only will you thus provide your family with deliciously wholesome foods during the coming winter but you will be doing your share in the great war just as surely and effectively as if you carried a rifle or rode in an ambulance. Every housewife knows that the most important thing in successful canning is heat—heat to cook the vegetables and fruits and to sterilize the filled jars.

The Florence Automatic Oil Cook Stove produces this heat, almost instantly on the turning of a lever. And this heat is concentrated just where you need it.

There is no heating of your entire kitchen, which makes the work of canning practically unbearable in hot weather. And remember, with the Florence Automatic, there are no valves, no wicks, no smoke, no cool, and no odors.

Burning kerosene oil the Florence Automatic is the cheapest stove to run. Perfectly safe, beautifully and strongly made, guaranteed to give satisfaction.

Brevard Hardware Company. Don't order—C. Doyle.