

"Gratitude To Sargon Is Beyond Words"



MRS. WM. N. COCHRAN

"Ever since I was a comparatively young woman I suffered from stomach trouble and nervousness. I was terribly constipated, bilious, rundown and miserable. The way Sargon ended my troubles seems little less than a miracle.

"The first normal bowel movement I have had in years I owe to Sargon Soft Mass Pills. My gratitude to the Sargon treatment is beyond words."—Mrs. Wm. N. Cochran, 1147 Harrison St., Portland, Ore.

Sargons fame is based on actual results—not empty promises. Millions use it—millions praise it!

Turner Drug Company, agents

Hints for the Home by Nancy Hart

MEALS AND WEATHER

In these changeable days it is rather harder than usual to plan the meals so that they will surely be satisfactory. For you may plan three meals that would be delicious on a crisp, frosty day, and the day may turn out to be a mild languorous one of may plan a day's meal that Indian summer.

Or the other way around. You would be tempting on a warm day and the day may turn out to be cold, wet and dreary—and the warm-day meals may be inadequate.

So when you are planning your meals, plan them so that they can be adapted to either warm or cold days.

You can for instance, have potatoes ready for potato salad, with canned salmon or sardines, for luncheon. If the day is chilly mix the potatoes with the white sauce instead of mayonnaise, and heat them thoroughly. Nothing is more warming than creamed potatoes. If they are good and hot. You can then serve lettuce separately, to give the desired raw green to the meal.

Or for dessert. If the day turn out warmer than you expected it to be, and you have listed a steamed fruit pudding, serve instead fresh or stewed fruit with cookies or crackers.

You can always add to the substantiality of punchon and make it more comforting for a cold day by adding hot chocolate, made with milk. You can use cooked cereal on cold mornings, prepared cereal on those mornings when it is warmer. You can serve hot toast instead of bread and butter to make breakfast more suitable for cold days.

Another way to add to the heat of the meal is to serve some such simple and easily prepared dish as boiled rice. For luncheon, served with honey or hard sauce or stewed fruit for dessert, it is always delicious, and makes a slender meal seem substantial as well as warm.

Cleaning Light Bulbs

Your electric light bulbs will have an extra sparkle if, when cleaning them, you will use ammonia in the water.

Potatoes en Surprise

Bake large mealy potatoes and scoop out the centers; mash them, add a generous lump of butter, seasoning and two heaping tablespoons of grated Swiss cheese; add one teaspoon of chopped parsley and milk enough to make the consistency of mashed potato; beat well until light and fluffy, refill potato cases, return to the oven and bake until the filling puffs and becomes a golden brown. Serve at once. These are delicious with creamed codfish or Finan Haddie Delmonico.

The Way of Life BRUCE BARTON

WHEN A BOY KNOWS MORE THAN HIS FATHER

Sometimes a boy does know more than his father. Ours would have been very different history of Abe Lincoln, age sixteen or so, had been guided by the wisdom of Thomas Lincoln, age thirty-six.

"Now Abe," we can imagine him saying, "don't waste time reading them books. Reading never done me any good, and what was good enough for me's good enough for you."

Lincoln knew more than his father. It was divine obedience that led him to close his ears to the man who had brought him into the world, and open his heart to the vision that was to help him conquer the world.

The boy who has not some firm convictions and a willingness to defend them, even against the arguments of those older than himself, is not likely to amount to much.

But there must be convictions, not mere prejudices not selfish impulses or passions.

I know two men who "know more" than their fathers. One boy is the office manager of a large manufacturing concern, and his salary is \$40 a week.

"Better go on to school," said his father to him when he was seventeen years old. "Better go to college; better get all the education you can while you have the chance."

But the boy quit school and went to work.

"You see that man?" said the president of his concern to me the other day. "There is a man who might have become general manager of this business if he had had a college education. His salary might have been \$20,000 a year; instead it's \$2,000. He's reached his limit. What a shame that he hasn't enough education to go on."

He "knew more" than his father. And his boyish obstinacy is costing him \$18,000 a year. "Keep yourself clean, my son," said the father of another boy, some day you'll thank heaven "You'll never regret it. And you did."

But the boy knew more than his father. He knew that every young man who is worth his salt must sow his wild oats.

So he sowed right merrily. I saw him the other day. He came to me about getting a job.

I could not give him a job: no man could. God knows what will become of him.

YOUTH is the mainspring of the world.

Its insurgency, its inquisitiveness, its eagerness to try the untried and do the impossible, drives the world forward in spite of the conservatism of the age.

Fortunate are those of us who recognize the divine importance of youth's cocksureness and conceit and yet know how gently and appreciatively to temper it with the ripper judgement of advanced years.

THE FAMILY DOCTOR JOHN JOSEPH GAINES, M.D.

WASTING TIME

The good physician somehow feels that time is a mighty precious commodity that everybody has, and that it should not be ruthlessly thrown away. To waste time, is to squander something that can never be retrieved. In this short talk, I am trying in my modest way, to tell you of my opinion of prodigalities that I have committed with perfectly good intentions as follows:

I have found it utter foolishness to tell my lady patient that she should keep her feet warm and her head cool; in other words, that she should not wrap three hundred dollars worth of furs about her neck and go in zero temperatures with her legs clad in thin silk stockings, and her feet in ball-room sandals.

And, I have wasted many a word and the time it took to say them, in telling women that jaybird heels of astonishing altitude are most unannaturally freakish, contrary to all laws of common sense—that they will endow

coming generations with mental and physical delinquency, if not worse.

On several occasions I have foiled away good advice and the time it took to give it, on the barber that uses a common hair brush on his customers, unquestionably carrying rubbish from diseased scalps to healthy ones. Along with the hair brush goes the public comb, equally effective in doing harm. Maybe you could persuade the good public servant to keep a jar of antiseptic solution in which to submerge his brush and comb between customers—I just can't.

I have perhaps, squandered more time against the six o'clock dinner than any other deadly enemy of our business men; I can only convince when I am appealed to the victim of the custom, who comes to me with failing circulation, a threat of apoplexy, shortness of breath, excess weight and diseased kidneys—these at the age of fifty or sixty when a man should be at his very best.

Sunday School Lesson

WARNING AND PROMISES

Matthew 7:12, 15-27

The content of the sermon on the Mount, Matthew 5, 6, 7 will be more familiar after these three lessons therein. This time the entire seventh chapter should be read with proper care, or better still, commit to memory. This lesson is the quarterly one on Temperance and the text is finely adapted to that application. This subject is one of the most popular ones of the day. The newspapers have some outstanding reference in almost every issue. There is need for citizens of the Abraham Lincoln type to work out the national problem for his nation cannot exist half wet and half dry any more than it could advance being half slave and half free.

The Golden Rule verse 12

is possible of the most extensive application and surely has a direct import to the question of selling alcoholic liquor to others. The bootlegger would resent it if he was done by as he seeks to persistently to "do" others. Amos R. Wells says, "The Eighteenth Amendment is simply the Golden Rule put into our national constitution." There is one word in this verse 12 that needs particular attention. It is the "therefore." Because God is so good to us always we should invariably seek to treat others up to our utmost ability. A negative

statement, such as can be found in the writings of Confucius, is not good enough, neither is negative religion. Now is the time for those who believe in righteousness to be positive in the defence of the truth, which will be a blessing to mankind.

The lies of those who are eager to evade the Constitution and the enforcement acts are akin to the false prophets and those who appear in sheep's clothing. They are wolves indeed, and for personal gain will undermine life itself. Right now youth seems to be the target for attack. It is the adult sinner who helps forward hip-toteing on the part of young men, who return dare their girls to partake.

The declaration of Jesus is most testing: "By their fruits ye shall know them." By this determinant reach you own conclusions about any alcoholic beverage. Keep in mind that alcohol is a POISON and the reaction is always the same. A good character or worthy conduct can never be built up by the use of intoxicating drink. The very opposite begins to result with the first glass. Life insurance statistics should be sufficient evidence for any one to reach a conclusion for both principles and conduct. The records of both courts and society are full of accounts of destruction and produce nothing that deals with

permanent construction as a result of using liquor as a beverage. Big business is beginning to understand the "fruit" and is now demanding sobriety.

The closing parable has reference to the entire content of the Sermon on the Mount as well as to the theme in hand. The two houses may at first have looked equally well. First came the gradual wearing away and lessening of foundational strength by the stress of years. Then the awful storm broke and it was that force which brought complete destruction after the long-continued weakening process. Both physically and morally we must be able to withstand the long-time wear and tear, as well as the emergency when the blow may come so unexpectedly. There is a rock foundation that will stand any stress and upon which we can build our life structure. That sure foundation is Jesus Christ and His teachings. He did not deal with af-

fairs in the abstract but in vital life problems that will face us as individuals.

NOTICE OF TRUSTEES SALE

Default having been made in payment of the indebtedness secured by that certain deed of trust to me as trustee for the Jefferson Standard Life Insurance Company by C. O. Hadley and Maude Hadley on the 4th day of August, 1925, and recorded in the office of the Register of Deeds for Surry County in Book 91, Page 16, I will, under and by virtue of the power of sale vested in me by said deed of trust, and at the request of the cestui que trust, and for the purpose of discharging the debt secured by said deed of trust, proceed to sell to the highest bidder, for cash, at the Court House door in Dobson, Surry County, North Carolina, at 12 o'clock M., on Monday, March 10th, 1930, the following described land, to-wit:

Situated in Elkin and lying on the East side of Gwyn Avenue and beginning on East side of said Avenue at a corner between Lots 3 and 4 of the Elkin Land Company's Map and running thence in a Northernly course with said Avenue 90 feet to a stake; thence of that same width extending back 175 feet to an alley, the same comprising all of Lot 3 and 35 feet of the South side of Lot 2 as shown on the Map of Elkin Land Company, which see deed recorded in the office of the Register of Deeds of Surry County, in Book 53, Page 233.

This the 31st day of January 1930. Julian Price, Trustee Brooks, Parker, Smith & Wharton, Attorneys, Greensboro, N. C.

Feb. 6-13-20-27 Mrs. H. G. Harris, of West Main Street is greatly improved after an illness of several days.

Bread Sauté Cut the crust from a thick slice of bread and brown the bread in a pan containing 2 tbs. hot melted butter. Remove and put in pan 2 tbs. chopped ham, 2tbs. grated cheese and 1-2 cup cream. Season with salt and cayenne mix well and when hot spread on the browned toast.

Backache

If functional Bladder Irritation disturbs your sleep, or causes burning or itching sensation, Backache, Leg Pains or muscular aches, making you feel tired depressed and discouraged why not try the Cystex 48 Hour Test? Don't give up. Get Cystex today. Put it to the test. See for yourself how quickly it works and what it does. Money back if it doesn't bring quick improvement and satisfy you completely. Try Cystex today. Only 60c Turner Drug Co.

Elkin Kiwanian VOL. 2 No. 17 ELKIN, N. C. PUBLISHED MONTHLY

STANDARD SERVICE STATION Bill Price, Mgr. Kiwanian

ELKIN NATIONAL BANK 4% INTEREST ON SAVINGS "A Home for your Dollars" Alex. Chatham, Pres. C. G. Armfield, Cashier Kiwanians

J. P. IPOCK QUALITY COAL PHONE 144 Kiwanian

SYDNOR-SPAINHOUR COMPANY "Elkin's Finest Store" E. S. Spainhour, Kiwanian

Reich-Hayes-Boren 1900 1929 Funeral Directors Home Furnishers Ambulance Day or Night P. C. Reich W. S. Reich Kiwanians

R. J. BARKER INSURANCE AND LOANS Insurance that protects and service that satisfies Kiwanian

SURRY HARDWARE CO. "The best little hardware store in the best little town in North Carolina" J. R. Poindexter, Kiwanian

ELK PRINTING CO. Publishers THE ELKIN TRIBUNE Western North Carolina's Leading Weekly Newspaper Franklin Hildebrand, Kiwanian

TURNER DRUG CO. "The Friendly Drug Store" CURB SERVICE Geo. E. Royall, Kiwanian

Our Fifteenth Anniversary by Horace W. McDavid International President

It is inventory time. The business man has made, or is in the process of making an itemized list of all goods and merchandise on hand. He has checked to ascertain whether or not his stock is short or long in certain departments. He has doubtless analyzed his business. He has discovered what articles he handled that made him a profit. He has probably discovered certain deficiencies in operation. He has likely learned what merchandise sold, gave the greatest service and satisfaction. Based on his experience he expects to outline his plan and policy for the current year.

Every completed period offers an opportunity for review, analysis and reflection. Not only is this true in business, but it is true of the life of the individual. It is true of Kiwanis International.

On January 21, 1915, fifteen years ago, the first club in Kiwanis International was built at Detroit, Michigan. Its program at the outset was not certain, and its philosophy as we know it today had not been developed. It was launched, but sailed, in one sense, upon an uncharted sea. Basically it was built in response to something within, in relation to something without. It was created to help the needs of others.

But the founders of that first club could hardly realize to what proportions our organization would grow, nor the splendid program which would be developed and promoted within a few short years.

As we celebrate our anniversary we have reason to be proud of our accomplishments. As we take stock of ourselves, we can reflect with full satisfaction, not only in our growth in numbers and influence but in the quality and extent of achievement. The only way that past experience can be used profitably is as a basis for future effort.

We would rather not boast of what we have done in the past on the occasion of our anniversary but rather would consider it a time to decide what we are going to do and how we are going to do it as we look forward. As grateful as we are for the service which we have been able to render to humanity, we care not to dwell upon what we have done, but would prefer to analyze ourselves—study our organization—review its experience, so that we might give our best thought and highest energy to those things which would give new strength to our present structure, and new purpose to our organization. We would do those things which would increase the field of our usefulness.

A proper appreciation of what we have done as an organization prompts us to do those things which would more adequately translate our ideals in terms of practical life.

We should be so grateful for our heritage as Kiwanians, for you cannot look over the field of our organization without coming to the conclusion that the

laid on a sound philosophy of life—that its structure has been well built, and that it is manned by a devoted leadership of representative manhood.

On this fifteenth anniversary as a service organization we need to have the thought deep in our consciousness that we still face great social problems. We should realize as we never have before that there has been no time in the North American Continent when there was a greater need of leadership of the right type than there is today.

Our organization along with the other service clubs has made a splendid contribution to the community life of the United States and Canada. But as we look about us, the challenge of social problems yet to be solved commands the attention of every thinking man. The call of humanity is still being made. It comes with increasing force. We must as a service organization definitely face our responsibility through our club and through ourselves as individuals.

We must play our full part in helping support those forces of society which have for their purpose the betterment of humanity and development of a finer manhood and womanhood. That goal is worthy of our energetic efforts.

On this fifteenth anniversary let us realize that we have had a splendid past. Let us understand that the present is rich in its opportunities. Let us see that the future with its possibilities for increased useful effort inspires us to even greater endeavor. Let us so plan and so work that we make the present deeply vital in its relation to the future as we promote the work of the organization which we all love.

The wisest men say little but saw wood—how big is your wood pile? —East Cleveland, Ohio

Success Success is the result of difficulties overcome. Character is the result of difficulties conquered. Success in life is rendering the greatest service which one's capabilities permit. Service are one. He who serves lives. He who serves grows. He who serves succeeds. And he who serves most, succeeds most. The small stunted man is the selfish man who seeks to serve himself only. The large, successful man is the man who, through intelligently directed effort, seeks to serve all mankind. Opportunity for service in the banking field has never been greater than today. The greater opportunities demand greater preparation, greater knowledge upon which to base a broader service. Greater opportunity, successfully undertaken and met, implies that character of service which most develops the man, and with his development comes ultimate success.

—J. H. Puelicher O-Q-M-K-Ray

BANK OF ELKIN "BUILT FOR SERVICE" J. H. BEESON, Cashier Kiwanian

Standard Oil Company OF NEW JERSEY Distributors Standard Petroleum Products ELKIN, N. C. Louis Nelson, Kiwanian

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CHATHAM MANUFACTURING COMPANY C. C. Poindexter and W. A. Neaves, Kiwanians

Frigidette Harris-Burgiss Elec. Co. Westinghouse Electric Fans "Abe" Harris, Kiwanian

Sinclair Refining Company Sinclair Gasoline and Oils "the grade that makes the grade" H. P. Graham, Kiwanian