

POLK COUNTY NEWS

The Only Paper
Published in
Polk County.

A Live, Clean
Newspaper
For the Home.

AND THE TRYON BEE

TRYON, N. C. FRIDAY, JANUARY 4, 1918.

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\$1.50 A YEAR

400,000 NEW FOOD INSTRUCTION CARDS IN NORTH CAROLINA

Every Patriotic American
Household Urged to Ob-
serve "Porkless" Day.

SAVE AND SUBSTITUTE
SAYS HERBERT HOOVER

At Least One Meatless and
Wheatless Meal Each Day
is Requested in Statement
From Mr. Hoover — Vital
Suggestions Given — Food
Instruction Card for Every
Household in Entire State.

Raleigh, Dec. 22.—The State Food
Administration has just let contracts
for the printing of 400,000 supplemen-
tary home instruction cards to be dis-
tributed one for each household in the
entire State. The issuance of these
additional instruction cards is prompted
by the increased seriousness of the
food situation in Europe both from the
standpoint of military necessity and
for the relief of hundreds of thou-
sands of Europeans who are threaten-
ed with starvation unless immediate
relief can be given them.

The supplementary instruction card
calls for a "porkless" day each week
in addition to "Meatless" and "Wheat-
less" days, and for a wheatless and
meatless meal each day. The con-
sumer is urged to use sugar on a basis
of not more than three pounds per
person per month. Mr. Hoover, on one
side of the card, frankly and impres-
sively presents the food situation as
it is.

"As a nation we eat and waste 80
per cent more protein than we require
to maintain health," the directions de-
clare. "Therefore, we can reduce the
amount of meat we eat without harm.
We eat and waste 240 per cent more
fat than is necessary."

What is Called for Now.
Aside from the general directions
contained in the first home instruction
card the new card asks everyone to
maintain rigid economy of at least:

ONE WHEATLESS day each week
and one WHEATLESS MEAL each
day, the wheatless day to be Wednes-
day. By wheatless we mean to eat
no wheat products.

ONE MEATLESS DAY each week,
which shall be Tuesday and one meat-
less meal each day. By meatless we
mean to eat no red meat—beef, pork,
mutton, veal, lamb; no preserved
meat—beef, bacon, ham or lard.

ONE PORKLESS day each week in
addition to Tuesday, which shall be
Saturday. By porkless we mean no
fresh or salted pork, bacon, lard or
ham.

SUGAR—You can materially reduce
sugar by reducing the use of candy
and sweet drinks. We will make every
effort to see that the country is
provided with supply of household
sugar on the basis of three pounds of
sugar for each person per month. Do
not consume more.

We Are a Wasteful People.
Human foodstuffs comprise three
principal elements:

PROTEIN: Mainly present in meat,
beans, fish, poultry, milk, and to some
extent in grains.

FATS: That is, butter, cream, lard,
bacon, margarine, cooking fats, beans,
cotton seed oil and other vegetable
oils.

CARBOHYDRATES: Grains, sugar,
potatoes and other vegetables.

As a nation we eat and waste 80 per
cent more protein than we require to
maintain health. Therefore, we can
reduce the amount of meat we eat
without harm.

We eat and waste 240 per cent more
fat than is necessary.

Of the carbohydrates we can just
as well consume corn, oats and other
cereals as wheat and we have abun-
dant supplies of potatoes and vegeta-
bles.

Do not limit your supplies of milk
and table butter, but consume it all.
Don't waste any.

You can reduce the consumption of
fats by reducing pastry and fried
foods.

Remember the Gospel of the Clean
Plate, the serving of small portions,
the purchase of less supplies.

What Hoarding Does.
Any person in the United States who
buys more foodstuffs than he custom-
arily keeps at home in peace times is
defeating the Food Administration in
its purpose to secure a just distribu-
tion of food and in its great endeav-
ors to reduce prices. The hoarding of
food in households is not only uneco-
nomic, as the government is protect-
ing the food supply of our people, but
it is selfish and a cause of high
prices.

Such actions multiplied by thou-
sands increase the demands upon our
railways for cars and already, because
of our military demands, it is with ex-
treme difficulty we can now move the
vital necessary food to market.

There is much insidious propaganda
in the country against conservation
and increased production. All opposi-
tion to these services is direct assis-
tance to the enemy.

The Situation Grave.
The reverse side of the card carries
a message to those who have signed
the pledge card of the Food Adminis-
tration. It is as follows:

To Members of the United States Food
Administration:

The food situation in Europe is far
graver than when the preliminary sur-
vey of the food supply of the world
for this year was made. We have an
abundance for ourselves, and it is the
firm policy of the Food Administra-
tion, by the prevention of exports, to
retain for our people an ample supply
of every essential foodstuff. The har-
vests of our Allies have proved less
than we had contemplated, and the
great curtailment of shipping by the
submarines during the last few
months has further prevented them
from access to more remote markets.
Beyond the demands of the Allies
there is a call upon us by the friendly
nations for food supplies, and it can-
not at least in part respond to these
neutral calls, starvation on an
unparalleled scale must ensue.

Greater Sacrifice Necessary.

Food has now taken a dominant po-
sition in the war, and we must ask
the American people to sacrifice far
more than was at first thought neces-
sary. We have exported the whole of
the surplus of the wheat from this
harvest after reserving to ourselves an
amount sufficient for our normal con-
sumption of seed and flour until the
next harvest, and therefore the amount
of wheat flour that the United States
can contribute to mix with the war
bread of our Allies during this winter
will be simply the amount that our
people reduce their consumption
month by month. In other words, ev-
ery grain of wheat or its products that
the Allies receive from the United
States from now until the next harvest
will be exactly the amount which our
people have saved each month on their
behalf.

The Allies today ask for 25 per cent
more meat and fats (pork, dairy prod-
ucts and vegetable oils) than we con-
sider our monthly production permits
us to send them without trenching
on our own supplies, or, on the other
hand, unless we can consume less. Due
to the shortage in shipping, our avail-
able sugar supplies must be less than
normal from the present time forward.

Every Particle Saved Will Count.

Thus every particle of diminished
consumption by the American people
is one particle more for the soldiers,
men, women and children of our Al-
lies and for the starving people in oth-
er countries. This is a personal obli-
gation upon every one of us toward
some individual abroad who will suffer
privation to the extent of our own
individual negligence.

If we are to reduce the consump-
tion of the few products which we
should export abroad, we will need to
eat a larger proportion of many dif-
ferent foodstuffs which we cannot ex-
port and which we have at home. For
this reason we MUST NOT waste ANY
foodstuffs. A great many individuals
in our population eat far more food
than is necessary to maintain their
health and strength. In this emergen-
cy only the simplest of living is patri-
otic. We want no person in the Unit-
ed States to eat less than is required
for good health and full strength, for
in this emergency America requires
every atom of the productive power of
our people. While many can eat less,
all of our population can substitute
other foodstuffs for the few that are
vitaly needed for export.

We must not overlook the fact that
Russia collapsed not because of the
Germans on her borders but largely
because of the failure to organize and
feed her own citizens, and, IF WE
feed her own citizens, and, IF WE
ARE TO emerge victorious from this

MATTERS FOR BOARD OF TRADE.

Some Important Improvements to
Be Made by
That Organization?

THINGS NEEDED BY TRYON

As the new year opens its brief
pages, it is plainly to be seen that
Tryon is badly in need of a few
things, and they should all be pro-
vided for before the year is very old.
First, a Building and Loan Associa-
tion. Any town where the citizens
helped down their own homes is
ways a happy and contented place.
Nothing so much adds to a town's
pride as ownership of its homes.
These Building and Loan Associa-
tions are a God-send to the poor
as well as a profitable investment
for the man of means. Our town is
big enough to boast of a good
building and Loan Association.
Next, sufficient attention is not
given to the efforts and requirements
of the country people who do their
trading in Tryon. One thing espe-
cially needed is a comfort station for
the people; toilets should be provided
and these can be put in for very lit-
tle money.

As it is at the present time there
is no public toilet in our town, and
works a real hardship on those who
come to Tryon to do their shopping
and have to remain here a long
time. We know that the ladies of
Tryon have had this matter under
consideration for some time, but let
us wait for the ladies to have to
do this work.

Then we should provide free wag-
ons with sufficient hitching racks.
Tryon does not receive the courtesy
made that she should or is entitled to
let us provide these comforts as
a necessary for the country peo-
ple; show them that Tryon wants
their patronage, and we believe that
a healthy improvement in the volume
of country trade will be shown.

Last, but not least, a cotton bur-
and cotton gin. Polk county produces
a little cotton, but you can find
it by consulting the government
statistics. Practically all the cotton
of Polk county is sold and ginned
in South Carolina, and that state
gets the credit of having produced
many bales of cotton that were raised
in Polk county. Thousands of dol-
lars go outside Polk county every
year that should be spent in the county.
It is no uncommon sight during
the cotton season to see wagon loads
after wagon loads of cotton pass
through Tryon and go on to point
in Spartanburg county, S. C., to be
ginned and there sold. Of course the
farmer does his trading in the town
where he disposes of his cotton. This
is really a big item, and should re-
ceive the earnest attention of Tryon
merchants.

All of the above items can easily
be secured by Tryon if we go about
it. They all come under the jurisdic-
tion of the Tryon Board of Trade.
What will you do about it gentlemen?

NOTICE TO SUBSCRIBERS.

We have to raise a considerable
sum of money within the next few
days. If we can collect what our
subscribers owe it will tide us over
until right. Look at your address slip
it will tell you when your subscrip-
tion expired. Kindly remit, as we
must have the money.

Mr. Trotzky appears to be surprised
that the Germans are not living up
to the terms of the armistice, and are
transferring large bodies of troops
from the east to the west fronts. Mr.
Trotzky may be surprised, for that is
about as much sense as you could
expect from such a poor excuse of a
manky.

war, we cannot risk the collapse of
another of our Allies from this same
cause. There is no waste of food
among any of our Allies—there is the
most drastic reduction in their con-
sumption; there is actual privation
among their women and children;
there is starvation in Belgium.

Problem for Individual.

We have already issued a series of
suggestions in the Home Card—a card
that is now hanging in over ten mil-
lions of homes. These suggestions
have already shown important results,
and to these we now add others. The
problem of saving in food is a local
and individual one, so that more pre-
cise and definite rules just to all can-
not be formulated. It is a matter for
the conscientious consideration of ev-
ery individual that he or she should
eat only that which is necessary to
maintain bodily health and strength
and unselfishly to select those food-
stuffs the use of which relieves inter-
national necessities. In this winter
of 1918 lies the period when there will
be tested in this great free country of
ours the question as to whether or not
our people are capable of voluntary
individual self-sacrifice to save the
world.

HERBERT HOOVER,
United States Food Administration

FROM OUR FRIENDS OVER THE COUNTY

Some Items of General Interest Gathered By Our Correspondents From Various
Sections of Polk County

FISH TOP.

For a long continued cold spell, this
holds the record for many years.
This weather makes us think of the
Mohammedan hell, "a place of ice and
cold north winds."

Some are not done gathering corn,
and the prospects are that it will be
some time before they are, as the
land on which it is, is rough and cov-
ered with snow and ice.

David Morrison and family visited
P. C. Rice's family, Christmas.

The singing school is going right
along with a good attendance.

Posey Henderson and Thomas Pace
are having a rough job, covering Jas-
per Henderson's house, this week.

A Happy New Year to the NEWS
and its many friends.

TRYON ROUTE 1.

Christmas was spent rather quiet-
ly in our vicinity. Many attended
church, while others visited friends
and relatives.

Mr. Oscar Allen, of Va., and sister
Johnnie and husband, of Okla., are vis-
iting relatives in Polk.

Mr. Joyner and son, of Asheville,
will help Mr. Rice erect his new
dwelling.

Mr. Halford and family will move
onto the farm of Mr. Rice, shortly.

Master Hugh and Miss Laura Jack
spent Christmas afternoon with the
children of Mr. Taylor Whiteside.

More than a million pounds of
Christmas cheer has been sent to the
Sammy's "over there." Santa un-
doubtedly performed his duties well.
Guess he felt he must do his part to
win this war.

Santa did not forget our mail man.
He was seen delivering a gift to him
on Christmas day.

surprised Mr. and Mrs. G. C. Feagan,
on the night of the 27th of Decem-
ber, with musical instruments, and
treated them to an old-fashioned so-
enade, in honor of the anniversary of
Mrs. Feagan's birthday. They were
all invited in and a number of the
presented Mrs. Feagan with tokens of
friendship.

Services held at the church here,
on Christmas day.

MILL SPRING ROUTE 1.

Mr. Lad Lewis of Oklahoma, is vis-
iting his people here, at this writing.

Mr. Henry Lynch and family re-
turned home Friday, after spending
a few days with Mr. and Mrs. Robert
Gibert.

Mr. Bert Edwards made a business
trip to Rutherfordton, Saturday.

Misses Mossie and Dorcas Edwards
visited the Misses Williams Thursday
and Friday. Report a jolly good
time.

Wonder what has become of our
dear Mill Spring correspondent?

Miss Penola Williams and Mr. Har-
vey Bennett were married Saturday.
We wish them much joy and a pros-
perous new year.

Miss Bessie Mills was the guest of
Miss Mossie Edwards Friday and Sat-
urday.

Mr. Frank Frea spent several days
with Mr. Lewis Mills, last week.

A company of young people had a
good time, serenading, Friday night.
We wish the NEWS and all its
many friends a happy and prosperous
new year.

PEA RIDGE.

Mr. A. F. Corbin is visiting in
Georgia.

Messrs. Calvin, Oscar, Jim, Tom,
and Elijah Phillips visited the boys at
Camp Sevier, last week.

Mr. Logan Gibbs and family have
moved near Spartanburg.

Oscar Phillips and family are vis-
iting the former's father, Mr. W. L.
Phillips.

Mr. Sam Gosnell and family are
visiting friends and relatives.

Mr. Garfield Pritchard was happi-
ly married to Miss Katy Edney, of
Tryon, last Friday. We wish them
a happy life.

Johnnie Dalton left for Va., last
Thursday.

Lee Thompson spent Thursday
night with Mrs. J. S. Thompson.

Miss Grace Arledge spent the week-
end with her sister, Mrs. Jesse
Splawn.

Miss Iva Gosnell left Friday to at-
tend school at Green's Creek.

Mr. and Mrs. W. R. Phillips spent
Saturday night with Mr. and Mrs. E.
G. Thompson.

Ernest Smith, from Campobello,
has been visiting for the past week.

We wish to correct a mistake that
appeared in last week's issue. It was
Mr. and not Mrs. Marvin Hall.

Miss Bessie Mills spent Wednesday
night with Miss Annie Mills.

Messrs. Calvin and Oscar Phillips
visited their uncle, Mr. E. G. Thomp-
son, Sunday.

POLK COUNTY RED CROSS.

The chapter finished up the year by
shipping, on December 31st, three
boxes, containing three hundred and
fifty five-yard gauze rolls, and one
box containing nearly two thousand
miscellaneous hospital dressings.

The newest branch, that in Green's
Creek township, has sent in a fine lot
of bandages of various kinds. These
were part of the shipment to which
contributions were made by all the
branches in the county.

The following letters have been re-
ceived in acknowledgment of the
Christmas packages shipped from the
Polk county chapter, containing gifts
from Saluda, Columbus and Tryon:

Camp Hancock Ga. Dec. 15, 1917.
I was pleased indeed with the con-
tents of the package I received from
your organization. I was unable to
find the individual donor's name
about the contents, so I will have to
thank the Polk county chapter as a
whole for what I have received.

New Year's greetings from
Amb. Co. 112.

Many thanks for package. Knew
you expected it to go to our "Over-
seas Force," and I too, wish they had
received it. Best wishes for the com-
ing year
Headquarters Co.
188 F. A.

Camp Wheeler, Ga. Dec. 25.
The Polk Co. Chapter Red Cross,
Tryon, N. C.

Dear Friends:
I will try to show my appreciation
by writing this letter soon after re-
ceiving your nice little presents given
out to us by our friends, the Y.
M. C. A. It makes us feel good to
know we have friends think of us be-
sides home folks, for we could not
go home for Christmas, and it took
the power on a fellow to fight off the
blues, so I thank you all very much
for helping to make our Christmas
happy.
Your friend,
Corp.

Bat. E. 116 F. A. N. Y.

The city of Liverpool substituted
the growing of tomatoes instead of
chrysanthemums, with the result that
10,000 pounds of the luscious, whole-
some tomatoes were grown under
glass instead of flowers as heretofore.
Do you think it possible to whip a
nation of people who are doing as much
as old England is in the way of "con-
servation"? We certainly are glad
that we have England and France as
allies in this struggle instead of Aus-
tria and Germany.

THE DEBT.

No more old England will they see—
These men who die for you and me.

So lone and cold they lie; but we
We still have life, we still may greet
Our pleasant friends at home and street;

We still have life, are able still
To climb the turf of Bigger hill,
To see the placid sheep go by,
To hear the sheep dog's eager cry,

To feel the sun, to taste the rain,
To smell the au man's scents again
Beneath the broom and gold and red
Which October's brush has spread,

To hear the robin in the lane,
To look upon the English sky.

So young they were, so strong and well,
Until the bitter summons fell—
Too young to die.

Yet there on foreign soil they lie,
So pitiful, with glassy eye
And limbs all tumbled anyhow;
Quite finished, now.

On every heart—lest we forget—
Secure at home—engrave this debt!

Too delicate is the flesh to be
The shield that nations interpose
'Twixt red Ambition and his foes—
The bastion of Liberty.

So beautiful their bodies were,
Built with so exquisite a care;
So young and fit and lithe and fair,
The very flower of us were they,
The very flower but yesterday.

Yet now so pitiful they lie,
Where love of country bade them die,
To fight this fierce Caprice—and die.

And some leave wives behind, young wives
Already some have launched new lives;
A little daughter, little son—
For thus this blundering world goes on.

But never more will any see
The old secure felicity,
The kindnesses that made us glad,
Before the world went mad.

They'll never hear another bird,
Another gay or loving word—
Those men who lie so cold and lone,
Far in a country not their own;

Those men who died for you and me,
That England still might sheltered be
And all our lives go on the same
(Although to live is almost a shame.)

—E. V. Lush, Chicago Tribune.

MELVIN HILL.

Very cold weather prevailed here
last Saturday night and Sunday
morning. The thermometer register-
ed two degrees below zero, and the
cold was accompanied by much snow.

Mrs. Martha Sanders spent the hol-
idays with her daughter, here.

Mr. J. W. Stacy has been quite
sick for some time, with grippe.

The little child of Mr. and Mrs.
Jesse Jones has been very sick with
scarlet fever for some time, but it is
thought to be improving now.

It is rumored that several cases of
measles exist above here, but we
have none in this immediate vicinity,
as yet.

Mr. Jonas Scruggs, who was run-
ning a small mercantile business here,
has moved away.

Old Santa Claus was seen in this
town several times, last week. He

visited several homes, also went seren-
ading.

Mr. and Mrs. Ed Johnson spent the
holidays with kinfolks here.

Word was received a little back,
from Mr. and Mrs. Kilpatrick, who
went from here to Texas a few weeks
ago, that when they got there they
were met by a "norther". It's our
opinion that old Mr. Norther would
have been met here had they remain-
ed in North Carolina.

The largest hog butchered here this
winter belonged to Mr. J. W. Stacy,
which weighed 502½ pounds.

Several autos were frozen up dur-
ing the severe weather; also many
eggs were frozen.

Mr. Tilden Higgins has bought the
T. G. Randolph property, and has
moved in.

School was resumed here Monday
morning.

A party of fifteen or more persons