POLK COUNTY NEWS, TRYON, N. C.

GROCERS HELP

JOHN WILLIAM KENNEDY.

in unbroken lines to ante revolution- here. ary days; his grandfather was the first governor of Georgia, and gave his life for his country in the war for independence.

The Kennedys were of Scotch-Irish migration, and bore their share in shaping the national life which had its birth along the Atlantic seaboard. They have given yeoman service in every crisis in the Nation's history.

Judge Kennedy, as he was known among us of Tryon, was a typical Carolina gentleman. He was the very soul of honor. His word was final. A stern sense of duty guided all his performances. As chairmar of the Board of Commissioners for Polk county and of the town counci. of Tryon, he commanded the respec of his constituency and gave eminent satisfaction as a public servant.

The Judge was a great favorite in the social realm. Humorous, witty jovial, his hearty laugh enlivened any circle. In the fraternities to which he belonged, in party gatherings and in the more formal social occasions he was everywhere the honored guest or gracious host.

But it was in his own home that his genial nature shone in highest light. Hospitable without stint, and the urbanity of his manner filled his house with gracious welcome. It was my good fortune to be a member of his household for several years, and the warmth of his friendship, like sunshine across the wandering path of an itenerant preacher.

Behind all those virtues which so endeared him to his fellows lay unfathomed depths of religious feeling. In his quiet modesty he "practiced the help swat the Kaiser. presence of God." Oftimes we sat or the high veranda of Sunset Hill and watched the stars go by. As our own pipes burned low he would begin to tell of the yearnings of his spiritjust a word here and there-until the simplicity of his nature lay like a great meadow land abloom with the ffowers of the soul.

Since he entered in we have another friend in the bautiful country. This thought of him makes the journey more worth while for all who knew him. W. A. NEWELL.

-W. S. S.-

Farmers are getting along slowly with their planting owing to so much

-W. S. S ---We have always felt that just as soon as the farmers of Polk county realized how badly they were needed in this right that they would get into it, and results show that we were not mistaken. There has never been a

the farmer rose to the occasion. -W. S. S.-

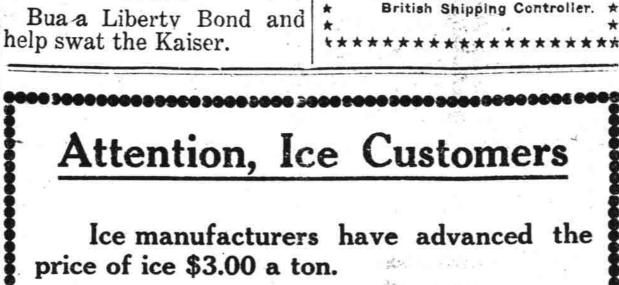
crisis in our national life but what

The retail merchants of North Carolina have recently been taking to large a margin on sugar, in the opinion of the Food Administration, which has issued a new ruling effective at once, governing the sale of sugar. Under the new ruling, no lealer will be allowed to charge more han one cent a pound on sugar in original packages. On sugar that has to be reweighed and repacked, a nargin up to 11/2 cents a pound is alowed. Under no circumstances must the maximum price exceed 9 cents without the specific permission of a luly authorized Food Administration official.

Pelican's Habits.

The pelican is commendably regular in his habits. The parent birds catch fish, and, after eating their fill, fly to their young, who eat by thrusting their bills down the mother's throat and feasting on the half-digested food.

-W. S. S .--Bua a Liberty Bond and



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* US.

* mand for their help.

hard, relentless toil.

* save the allied cause."

the general lites of the quantity of Was born in Calhoun county, S. C. His forebears were of the best old Southern stock, and his ancestry runs Southern stock, and his ancestry runs just announced by the U. S. Food Administration. In that period the United States has furnished complete yearly rations for 57,100,933 people. In addition there was enough extra protein to supply this portion of the diet for 22,194,570 additional men.

> The total export of wheat and wheat flour to the three principal allies is equivalent to about 384,000,000 bushels. Pork exports for the 31/2 years amounted to almost 2,000,000,000 pounds. Expopts of fresh beef totaled 443,484.400 pounds. The amount of food exported to Russia is negligible compared with that sent to the western allies.



"Cornmeal, corn flour, edible corn starch, hominy, corn grits, barley flour. potnto flour, sweet potato flour, soy benn flour, feterita flour and meals, rice, rice flour, oatmeal, rolled oats and buckwheat flour."

will save wheat:

There are drawbacks to nearly thing. The fragrant rose has its then busy bee has its stinger, the useful has its kick, and so on down the line

There is seldom success without omy at the start. It isn't always ble to pinch and scrimp and save, but he us who start out with nothing, has travel that road. The savings thus a ed if placed in a good bank like ous they are safe, will in time mean con ease and satisfaction for you.



SANDY SPRINGS.

Rev. Barber filled his appointment at New Hope, Sunday. He delivered an interesting sermon to a large congregation.

Hoyt McMurray and Grayson Blan-ton came home from Camp Sevier on a twenty-fours' pass, Saturday, returning Sunday. Their many friends were glad to see them home again, and hope they may come again soon. Mrs. Sallie Smith spent Sunday with her daughter, Mrs. M. L. Westbrook.

Our price, effective April 1st will advance in same proportion.

TRYON ICE CO.

Polk County Patriotic Meeting

Phone No. 4

the free a

MILL SPRING Sunday, Apr. 28, 11 a.m. **Methodist Church**

LIEUT. COPELAND

United States Navy will be present and will relate experiences in actual service.

Some confusion has resulted on the part of the consumer in construing this "50-50" ruling to mean that an equal amount in value of substitutes must be purchased with wheat flour. This is a mistaken idea. The ruling states that the consumer in purchasing flour shall "buy at the same time an equal weight of other cereals."

One exception to this ruling is concerning graham flour and whole wheat flour, which may be sold at the ratio of three pounds to five pounds of wheat flour. This provision is made because approximately 25 per cent. more of the wheat berry is used in the manufacture of these flours than standard wheat flour.

Another exception is that concerning mixed flours containing less than 50 per cent, of wheat flour, which may be sold without substitutes. Retailers, however, are forbidden to sell mixed flours containing more than 50 per cent, of wheat flour to any person unless the amount of wheat flour substitutes sold is sufficient to make the total amount of substitutes, including those mixed in flours, equal to the totat amount in wheat flour in the mixed flour. For instance, if any mixed flour is purchased containing 60 per cent. wheat flour and 40 per cent, substitutes it is necessary that an additional 20 per cent, of substitutes be purchased. This brings it to the basis of one pound of substitutes for each pound of wheat flour.

A special exemption may be granted upon application in the case of specialiy prepared infants' and invalids' food containing flour where the necessity is shown.

Some misunderstanding seems to ex ist on the part of consumers in assum ing that with the purchase of wheat flour one must confine the additiona 50 per cent. purchase to one of the substitutes. This is not the case. One may select from the entire range of substitutes a sufficient amount of each to bring the total weight of all substi tutes equal to the weight of the wheat flour purchased. For instance, if a purchase of 24 pounds of wheat flour is made a range of substitutes may be selected as follows:

Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; corn starch, 1 pound; hominy, 2 pounds; rolled oats, 8 pounds.

These substitutes may be used in the following manner:

Cornment, 8 Pounds.-Corn bread, no flour: corn muffins or spoon bread, one-fourth flour or one-third rice or

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YOUR NATIONAL PATRIOTIC DUTY:-Our President has made to Southern farmers to raise more foodstuffs and to conserve food supplies. gressive Farmer, issued weekly at one dollar a year, is considered higher and these pertinently vital subjects; and by reading it and practicing its preachast be contributing in no small way to YOUR NATIONAL L'ATRIOTE

YOUR COMMUNITY PATRIOTIC DUTY:—It is important that yes h on local happenings and on outstanding war and general news. All this ards will get from Our Home Paper; and by reading it and patronizing is adver will be measurably observing YOUR COMMUNITY PATRIOTIC DUT

YOUR INDIVIDUAL PATRIOTIC DUTY:-Professor Massey's Gar for the Southern States, the fruitage of practical, experimental experience, is a single contribution of fifty years service to Southern farmers. Into it is pack for seeding, planting and growing every vegetable suited to Southern with the specific instructions as to what to do in the garden each month. This yer ad and the next, maybe, America will be called upon to feed the major portion of ples of the Earth. It is your part not only to raise enough for your family in thing over for those across the Seas. This book will better equip you to YOUR INDIVIDUAL PATRIOTIC DUTY.

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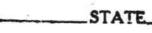
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5 for one year's subscription for Our Home Paper, for The Pa Farmer and Prof. Massey's Garden Book in paper binding. (For clour bindings

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POSTOFFICE

ROUTE





OTHER SPEAKERS WILL BE PRESENT

This is a Polk County meeting so let every man. woman and child, who can, attend.

Polk County Liberty Loan Com.

AH NA

This space given by The News

one-third hominy; 20 per cent substitutes in whole bread.

Corn Starch, 1 Pound.-Thickening gravy, making custard, one-third substitute in cake.

Corn Grits, 4 Pounds .- Fried like mush, used with meal in making corn bread.

Rolled Oats, 8 Pounds .-- One-fourth to one-third substitutes in bread, onehalf substitute in muffins; breakfast porridge, use freely; oatmeal cookies, oatmeal soup.

Buckwheat Flour, 2 Pounds .-- Onefourth substitute in bread, buckwheat cakes.

Hominy, 2 Pounds.-Bolled for dinler, baked for dinner, with cheese sauce.

Rice, 4 Pounds,-One-fourth substitute in wheat bread, one-third substitute in corn bread, bolled for dinner (a bread cut); as a breakfast food, to thicken soups, rice pudding instead of cake or pie, rice batter cakes, Several grocers have stated that their customers who strictly observe

the 11 wheatless meals each week find It necessary to buy substitutes in addition to those ordered under the 50-50 plan

