# FACE the FACTS

ET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

Wheat Savings-They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a littleless than a quarter of what we ate last year-we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

The Corn of Plenty-Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn. Trainloads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

America's Own Food-Corn! It is the true American food. The Indians, hardiest of races, lived on it. Our forefathers adopted the diet and conquered a continent. For a great section of our country it has blong een the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

Learn Something-Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked. Best of all, it's plentiful and it's patriotic.

Corn's Infinite Variety-How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses:

There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

**HOT BREADS** 

Boston brown bread. Hoecake. Muffins. Biscuits. Griddle cakes. Waffles.

DESSERTS

Corn-meal molasses cake. Apple corn bread. Dumplings. Gingerbread. Fruit gems.

**HEARTY DISHES** 

Corn-meal croquettes.

Corn-meal fish balls.

Meat and corn-meal dumplings. Tamales. Italian polenta.

The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

#### Personal Habits and Sanitation mentioned. Diphtheria, tuberculosis

Even the bubbling drinking fountain has been suspected, and alas, microbes are found in the water by recent bacteriological studies. Yet many of us who might hesitate about drinking from the tin cup that hangs beside the old spring in the country or utterly refuse to wipe on the roller towel that still prevails in some unprogressive communities, would scarcely hesitate to "kiss the bubble" and quench the thirst from a drinking fountain.

There are various little personal habits which are more or less unconscious when once formed, yet exceedingly important factors of illness or of health. Let us mention a few of them:

When you attend a performance in a theater your hands naturally come in contact with the seat arms. So have many other hands before yours.



THE MISUSE OF SALIVA.

Don't Buy Food Where the Other Fellow Insists on Mixing His Saliva With Your Food.

The theatre generally has little or no sunlight, which is the natural disinfectant. There is no telling what bacteria may be on those seat arms'. Therefore your first duty upon arriving home is to wash your hands before you forget and absently put a finger to your mouth.

In many stores you will buy from feel even worse than when I went to time to time foods which are ready to eat, such as sausage, boiled meat, cookies, bread, candy. This food is wrapped up for you in paper while back hurts and I frequently feel very you wait. Watch the clerk who wraps it. Watch him give his fingers a bath in saliva in order to get a better grasp | I do for it? on the roll of paper. Then imagineoh, nothing in particular-just imagine! That store is merely twenty years behind the times. The proprietor is ignorant or perhaps one of those "public-be-damned" merchants. There isn't enough competition to make him care. It may be quite necessary for the clerk to moisten a finger to separate layers of paper, it is necessary for the bank clerk to your habits are irreguear. moisten a finger when counting The best thing for you counting moisten a finger when counting serve meatless days every day for serve meatless money, but not with saliva. No, there a while, throw away the frying pan and are plenty of convenient, sanitary lit- use the double boiler, broiler, etc., for tle devices for moistening the finger. Let the store install them or lose Major Graham's fine whole wheat, take it your good trade. That's the way to to your miller and get him to make you

ready-to-eat from stores of the kind

these are the likely ones. It matters not whether it be a laboratory, a hospital, a physician's of fice, a meat market or a private resi dence, you may estimate its sanitary worth by the facilities for washing the

pneumonia, various sore throats,

We do not refer to visible dirt, to the soiling of children's hands and clothing by dirt, in their play, for instance. That sort of dirt is just as wholesome as it ever was. We refer to invisible dirt, the sort which may get into your meat from the mouth of the clerk, or into your mouth from your contaminated, though cleanlooking fingers. The best antidote for this sort of dirt is soap and water The best preventive is absolute personal cleanliness, cleanliness with a conscience, not just visible cleanliness. A person apparently freshly bathed and dressed is just a's likely to be careless about the promiscuous spreading of his saliva as one who looks untidy. Indeed, we notice clean looking people spitting indiscriminatey on the street everywhere.

#### QUESTIONS AND ANSWERS.

Half Cured Malaria.

Inquirer. Last fall I had chills and fever. I took some quinine for it but have never felt very well since. What can I do about it?

Answer: Have several microscopical tests of your blood made in order to ascertain whether or not you are harboring active malaria organisms. If you are, put yourself under the care of a good physician until you take treatment in sufficient quanities, scientifically adminstered, to effect a permanent cure Quinine is, of course, the remedy; but the method and time of administration have a great deal to do with how soon you will get well.

Not Kidney Trouble.

Mrs. D. M. In the mornings when I wake up I do not feel refreshed. 1 bed. It frequently takes an hour or more before I can really get warmed up and started on the day's work. My dizzy: Do you think this is some kind of kidney trouble? If so, what shall

Answer: Your kidneys are probably all right. "Kidney trouble" may cause a pain in the back; but for every form of kidney disease that causes a pain in the back, there are a dozen other conditions which cause pain in the back. Your occupation may be the cause of pain in muscles of back. It may be caused by form of rheumatism called lumbago, in the muscles. But very probably in your case the trouble is in errors of diet, too much meats or sweets, or other heavy foods. You probably suffer from constipation due to a diet as above stated, or

awhile. Let the Allies have most of the nice white flour, and you get some o practice sanitation! Heaven only knows what disease may be conveyed in saliva-contaminated foods bought some sure enough Graham bread, drink folks instead of going to Lodge meeting or the club or a banquet every night, and watch your "kidney pain" fade away. W F. LITTLE

Tryon, N. C.

NOTARY PUBLIC

NOTICE.

Having qualified as administrator of L. B. McGuinn, deceased, I hereby notify all persons indebted to said L B. McGuinn to make settlement with me at once. All accounts against said estate must be presented to me, within 12 months from this date, or they will be debarred. . This, May 25th, 1918.

J. M. McGUINN, Admr. -W. S. S.-

' For fine Japanese preserving plums see W. B. Kruse. FOR SALE.

A young milk cow. Has been milk-ing two weeks. Apply G. H. HOLMES.

#### FOR SALE or LEASE! **RIXHAVEN**

LODGE On Tryon Mountian

Suitable for small first class hotel, or for gentleman's residence. A fine orchard. vineyard, small fruits, asparagus, etc, Address,

RIXHAVEN LODGE Stearns, N. C.

# Corn Mills and Flour Mills

#### Kerosene Engines

In Stock from 11-2 to 15 Horse Power. The celebrated FAIRBANKS-MORSE Enginest

Water and Light Systems and complete Line of Farm Machinery, Belting, Pulleys and Machinery Supplies.

Write us if needing anything in our line. We can make prompt delivery.

## LUMMUS MACHINERY COMPANY

No. 211 Magnolia Street

Spartanburg,

South Carolina

#### North Carolina State College of Agriculture and Engineering WEST RALEIGH

Conditions brought about by the world war should remove all doubt as to the value of technical education. Increase of production in all lines is the dem and of the times. Let your son equip himself for useful, productive citizenship. Let him have an opportunity to multiply his efficiency in whatever industry he may

State College offers four year courses in Agriculture, Agricultural Chemistry, Chemical Engineering, Civil Engineering, Mechanical Engineering, Electrical Engineering, Textile Industry, Dyeing. Military Training under U S. Army officir. Unit of Reserve Officers' Training Corps. Gameral government gives allowance to partly pay for uniforms. Juniors and Seniors receive pay amounting to over \$100.00 per year. Summer Camp at Plattsburgh, New York, this year attended by Juniors free of cost. Graduates who take R. O. T. C. course if called into service are assured commis-

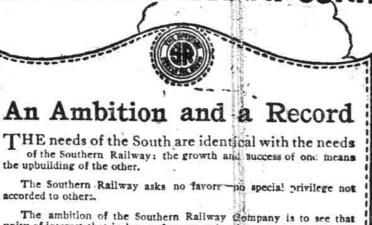
Two hundred and forty scholarships yielding free tuition to needy

Young Men's Christian Association building which cost \$40,000. Regular paid general secretary in charge. Strong athletic teams.

Requirements for admission, 11 units-tenth grade work completed.

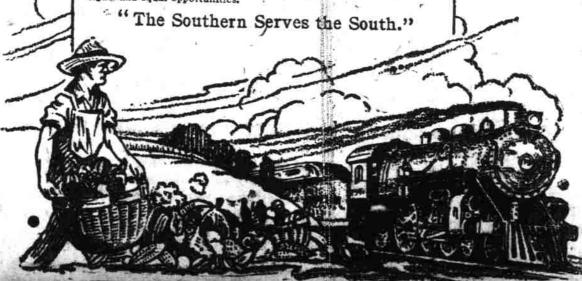
Numerous Short Courses. For illustrated circulars, Catalogues and Entrance Blanks, write E. B. OWEN, Registrar.

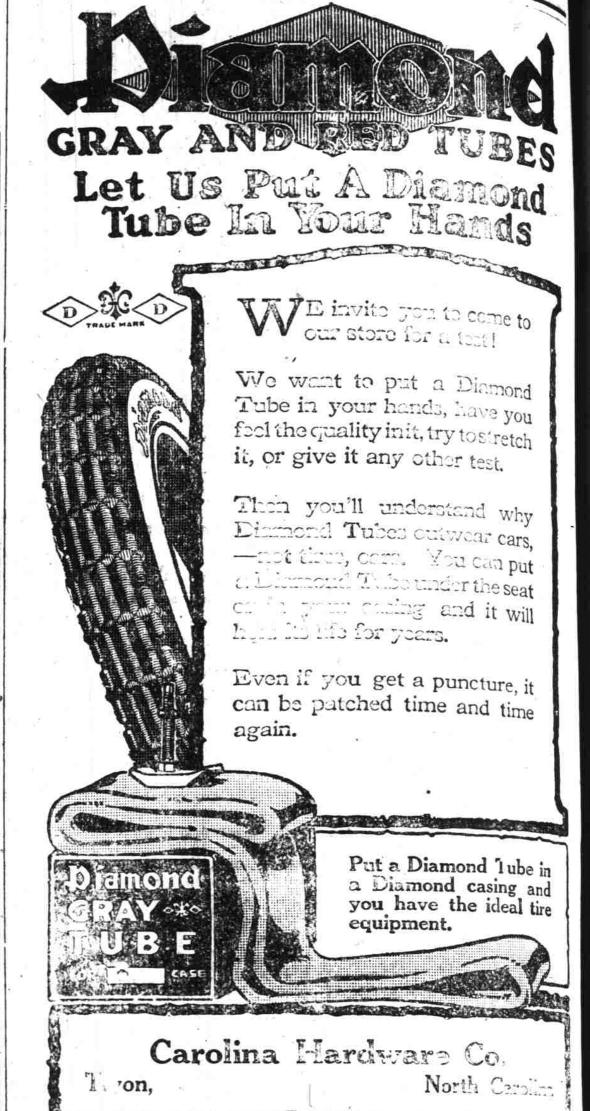
THE SOUTHERN RAILWAY COMPANY



unity of interest that is born of co-operation between the public and the railroads; to see perfected that fair and frank policy in the management of railroads which invites the confidence of governmental agencies; to realize that liberality of treatment which will enable it to obtain the additional capital needed for the acquisition of better and enlarged facilities incident to the demand for increased and better service; and, finally-

To take its niche in the body politic of the South alongside of other great industries, with no more, but with equal liberties, equal





# TIN CANS.

We are making the low prices as a patriotic duty. Get your supply while our stock lasts. Can everything you can.

Number 3 soldered cans, 1,000 or more, per thousand, \$45.00. In less amounts, per hundred, \$5.00.

Spartan Hardware Co. SPARTANBURG, S. C.

# Attention Mr. Farmer! FORD CARS AND WEBER WAGONS

Everything made of wood and iron is getting higher in price all the time. We were fortunate enough to place an order about nine months ogo for a car load of the celebrated Weber Wagon, all sizes, made by the International Harvester Co., at old prices, and can today sell you cheaper than we can now buy, even if we could get them at all.

We can save you money while they last, and will sell on easy terms.

We are also getting a few Ford Cars. Every farmer that has lots of hauling should have one of the new Ford Trucks.

Call and talk it over with us.

### THE TRYON MOTOR CO.

NOTICE APPLICATION FOR

PARDON.

Notice is hereby given that application will be made to His Excellency. Thomas W. Bickett, Governor of North Carolina for the pardon of Charlie Gosnell, who was convicted, Spring Term, 1918, the Superior Court, Polk county for retailing spiritous liquors and sentenced to four months imprisonment on the

Henderson county chain gang. All persons opposing the granting of said pardon are requested to for-ward their objection to the Governor without delay.

This, June 4th, 1918.

CHARLIE GOSNELL.

NOTICE.

Notice is hereby given that apply cation has been made to the Govern of North Carolina for the pardon Andy Laughter, who was convicted at the fall term, 1911 of the Superior Court of Polk county of murder in the second degree and sentenced a twenty years in the State's prison. All persons opposing the granting of said pardon are requested to for ward their objection to the Governor without dr.

without delay. This 7th day of June, 1918.
M. BAUMBERGER

Typewriter second sheets for sale at the NEWS office at 25c per hur