

# FACE the FACTS

LET 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 little—less 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 long been 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                      DESSERTS**

- |                     |                          |
|---------------------|--------------------------|
| Boston brown bread. | Corn-meal molasses cake. |
| Hoecake.            | Apple corn bread.        |
| Muffins.            | Dumplings.               |
| Biscuits.           | Gingerbread.             |
| Griddle cakes.      | Fruit gems.              |
| Waffles.            |                          |

**HEARTY DISHES**

- |                               |                       |
|-------------------------------|-----------------------|
| Corn-meal croquettes.         | Corn-meal fish balls. |
| Meat and corn-meal dumplings. |                       |
| Italian polenta.              | Tamales.              |

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

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 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 you wait. Watch the clerk who wraps it. Watch him give his fingers a bath in saliva in order to get a better grasp on the roll of paper. Then imagine—oh, 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 moisten a finger when counting money, but not with saliva. No, there are plenty of convenient, sanitary little devices for moistening the finger. Let the store install them or lose your good trade. That's the way to practice sanitation! Heaven only knows what disease may be conveyed in saliva-contaminated foods bought

ready-to-eat from stores of the kind mentioned. Diphtheria, tuberculosis pneumonia, various sore throats, these are the likely ones.

It matters not whether it be a laboratory, a hospital, a physician's office, a meat market or a private residence, you may estimate its sanitary worth by the facilities for washing the hands.

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 clean-looking 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 as likely to be careless about the promiscuous spreading of his saliva as one who looks untidy. Indeed, we notice clean looking people spitting indiscriminately 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 quantities, scientifically administered, 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. I feel even worse than when I went to bed. I frequently take an hour or more before I can really get warmed up and started on the day's work. My back hurts and I frequently feel very dizzy. Do you think this is some kind of kidney trouble? If so, what shall I do for it?

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 a 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 your habits are irregular. The best thing for you to do is to observe meatless days every day for a while, throw away the frying-pan and use the double boiler, broiler, etc., for awhile. Let the Allies have most of the nice white flour, and you get some of Major Graham's fine whole wheat, take it to your miller and get him to make you some sure enough Graham bread, drink plenty of water, stay home with your folks instead of going to Lodge meetings or the club or a banquet every night, and watch your "kidney pain" fade away.

**W. F. LITTLE**  
NOTARY PUBLIC  
Tryon, N. C.

**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 barred. 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 milking two weeks. Apply G. H. HOLMES.

**FOR SALE or LEASE!**

**RIXHAVEN LODGE**

On Tryon Mountain  
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 1 1/2 to 15 Horse Power. The celebrated FAIRBANKS-MORSE Engines

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 demand 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 engage.

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 officer. Unit of Reserve Officers' Training Corps. General 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 commissions.

Two hundred and forty scholarships yielding free tuition to needy boys.

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

### An Ambition and a Record

THE needs of the South are identical with the needs of the Southern Railway; the growth and success of one means the upbuilding of the other.

The Southern Railway asks no favors—no special privilege not accorded to others.

The ambition of the Southern Railway Company is to see that 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 rights and equal opportunities.

"The Southern Serves the South."



# Diamond GRAY AND RED TUBES

Let Us Put A Diamond Tube In Your Hands



WE invite you to come to our store for a test!

We want to put a Diamond Tube in your hands, have you feel the quality in it, try to stretch it, or give it any other test.

Then you'll understand why Diamond Tubes outwear cars, —not tires, cars. You can put a Diamond Tube under the seat of your car and it will last 25,000 miles for years.

Even if you get a puncture, it can be patched time and time again.

Put a Diamond Tube in a Diamond casing and you have the ideal tire equipment.

Carolina Hardware Co. Tryon, North Carolina

# 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 ago 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 spirituous liquors and sentenced to four months imprisonment on the Henderson county chain gang. All persons opposing the granting of said pardon are requested to forward their objection to the Governor without delay. This, June 4th, 1918. CHARLIE GOSNELL.

**NOTICE.**

Notice is hereby given that application has been made to the Governor of North Carolina for the pardon of 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 to twenty years in the State's prison. All persons opposing the granting of said pardon are requested to forward their objection to the Governor without delay. This 7th day of June, 1918. M. BAUMBERGER. 4t-pd. Typewriter second sheets for sale at the NEWS office at 25c per hour.