

# THE POLK COUNTY NEWS and TRYON BEE

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**OBITUARIES, CARDS OF THANKS,**  
Resolutions of Respect, Church or Lodge Notices  
where an admission fee is charged, or for financial  
gain, will be charged regular advertising rates of  
five cents per line.

THE AMERICAN PRESS ASSOCIATION,  
225 West 39th Street, New York City, is our sole  
and exclusive Foreign Advertising Agent.



"Long May It Wave."

Only five months left in which to  
buy War Savings Stamps.

Another stupendous failure for the  
Clown Prince, Verdun has been re-  
peated for him.

The Y. M. C. A. will soon be asking  
the American people for a few mil-  
lions. They will get it too.

While not throwing bombs at the  
Huns the French and Americans  
throw bouquets at one another.

Turkey is threatening to take her  
doll rags and go home. We hope not,  
for the allies want nothing to do with her.

American troops in France will  
number two millions. We would like  
to know what the Kaiser thinks  
about it.

Old Bill Hohenzollern is having a  
hard time explaining to the German  
people why the third offensive failed  
to offend.

It is announced that the Fourth  
Liberty Loan Drive will start the  
last of September. Everybody get  
ready for it.

American troops defeat the crack  
German regiments the press reports  
tell us. Sure thing. Nothing does  
an American boy more good than to  
crack the head of a square head.

The Huns have been forced further  
back than they were when the third  
offensive started. Reminds us of the  
saying that "every time he took a  
step forward he slipped back two."

The fact that the German command-  
er selected the best fighters in his  
army to oppose American troops tells  
more plainly than words that they  
have learned to respect and fear the  
fighting American lads. Well they  
may.

Late reports tell us that the Ger-  
man army is halting in its retreat,  
and the greatest battle of the war is  
liable to take place at any time.  
So be it. The Huns will find that  
Gen. Foch has prepared for just such  
an emergency.

North Carolina has cause to be  
proud of such officials as Gov. Bicket,  
Secretary Daniels and her two United  
States Senators. Now if we could  
trade Claude Kitchen off for a "yaller"  
dog and then shoot the dog, the State  
would be better off.

President Wilson wrote to Demo-  
crats in a Texas congressional district  
and asked that they defeat the pres-  
ent incumbent for a renomination,  
and that gentleman at once resigned.  
Couldn't Woodrow be induced to send  
such a letter to the constituents of  
Claude Kitchen.

Just see what can be done by a lit-  
tle self denial. Herbert Hoover has  
taken the hotels, eating houses and  
dining cars off wheatless days, and  
tells what stupendous amounts of  
wheat have been saved by the self  
denial of patrons of these establish-  
ments. And how sweet wheat bread  
will taste to these people for they  
have earned the right to eat it.

America is threatened with a sug-  
ar famine. The Food Administration  
has placed the American people  
upon their honor in this matter. If  
they will abide strictly by the rules  
as laid down by the Administration  
there will be sugar enough for every-  
body, but if they won't do it and act  
the hog in the matter there is but one  
thing left to do, and that is to go to  
the card system. This would be very  
distasteful to the Administration as  
well as the people. If you know of  
anybody who is violating the sugar  
rules it is your duty to report such  
facts to County Food Administrator  
Bacon at once, and he will take great  
pleasure in attending to such cases.

## CROIX DE GUERRE GIVEN TO Y. M. C. A. WORKER

Taking his Croix de Guerre from  
his own breast, a French army cap-  
tain, by orders of his general, pinned  
it on the coat of Edwin Ely, of No. 73  
West Eighty-eighth street, New York.  
According to a cablegram just received  
from overseas. Mr. Ely is a Y. M. C.  
A. secretary of a Foyer du Soldat.

Ely was later invited to dinner by  
the Commanding General. When he  
entered all the officers stood at salute  
until he was seated at the side of the  
General. The General made an ad-  
dress thanking Ely and the Y. M. C.  
A. for their work in France and ex-  
pressed regret that he was not able  
to confer an official decoration.

## The "Y" Men Are To Be Found Where Battle Is Hot

"If you want to know what the Y. M.  
C. A. means to the soldiers, go where  
the fighting is hot," is the regular  
reply of the American soldiers in  
France, according to a cablegram re-  
ceived recently by the National War  
Work Council telling of more secre-  
taries who have been under liquid  
fire attacks, as well as gas and shell  
fire. The American Expeditionary of-  
ficers have sent scores of letters to  
the Paris headquarters of the "Y"  
praising the work of the Red Triangle  
workers, declaring them to be indis-  
pensable.

More than a thousand "Y" secre-  
taries are in advanced positions and  
dugouts under constant shell fire.  
There are no quitters and they re-  
fuse to be relieved, saying that where  
the troops go the Y. M. C. A. will stick.

## Classified Advertisements.

### WANTED.

Gasoline Iron. Phone 87 or see  
Mrs. Herry Acker.

Female nurse or attendant for a  
sanitarium for Nervous and Mental  
diseases. Salary \$24.00 a month with  
board and laundry. Address S. Lord  
Stamford, Conn.

W. H. Wakefield, M. D. of  
Charlotte, will be in Mill Springs on  
Monday, Aug. 5th one day. The Dr.  
limits his practice to the medical and  
surgical treatment of eye, ear nose,  
throat diseases, and fitting glasses.  
Ask your family physician if you  
can safely consult Dr. Wakefield.

### FOR SALE.

Two fresh milk cows. Apply to  
G. H. Holmes.

Tea Room—Mountain Industries,  
Saturdays, 4 to 6 p. m.

Hot tea, iced tea, lemonade, cake.  
Special parties served on 24 hours no-  
tice. Mountain Industries.



## Born Tailoring

### Satisfies

The Born  
woolen display  
permits unre-  
stricted choice—

Born garments are  
correctly fashioned,  
faultlessly fitted and  
skillfully tailored—

And Born prices  
allow a substantial  
saving on your  
clothes bill for the  
year.

(Resident Born Dealer)



## Acid Foods

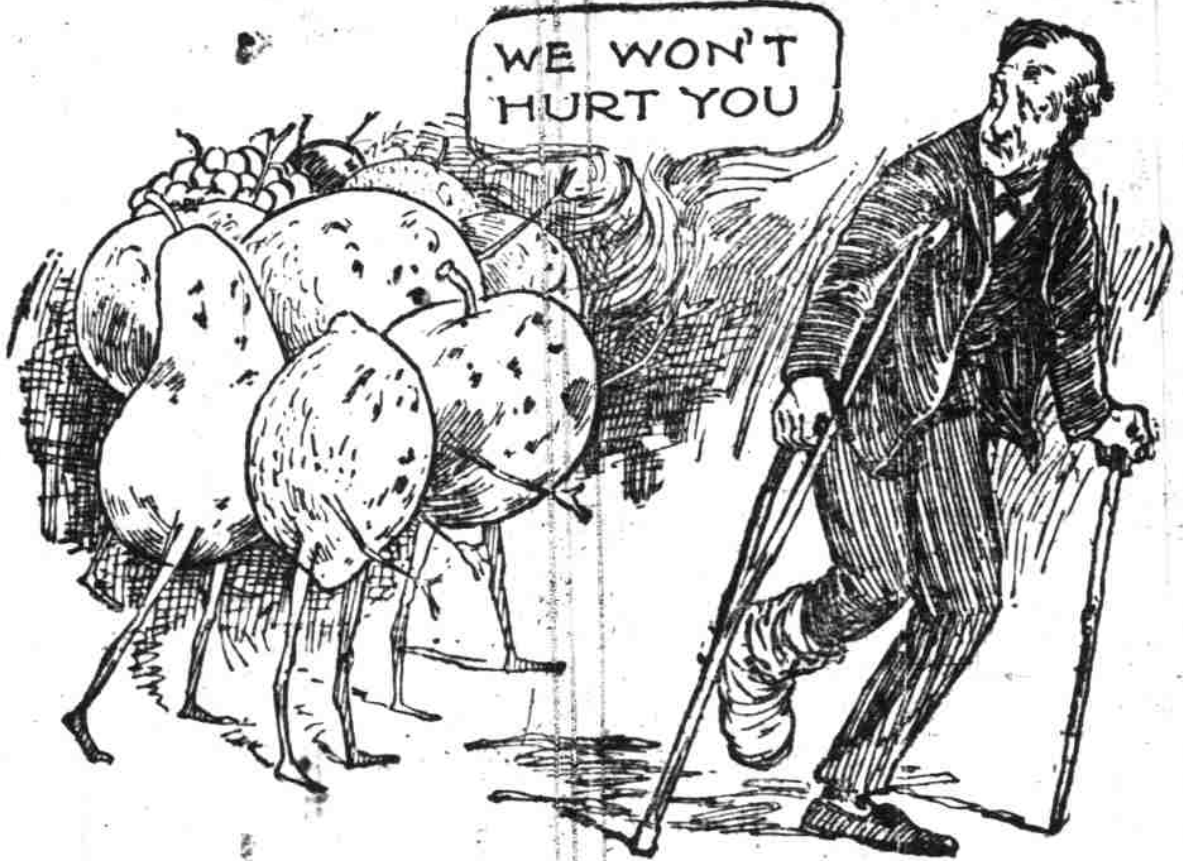
There are many self-styled "food  
specialists" who, for a handsome price,  
will undertake to teach any credulous  
victim by mail what he should or  
should not eat and why. One of the  
favorite fancies of these keen charlat-  
ans is that people with rheumatism—  
whatever that is—should not eat acid  
fruits.

Indeed, most everybody but a doctor  
harbors some such notion as that. It  
seems that, many years ago a theory  
that "rheumatism" was somehow caused  
by uric or other acids gained con-  
siderable popularity with physicians,  
and that notion still prevails among  
the laity. Now it has been establish-  
ed long since that uric acid does not  
cause joint disease; not even gout.  
Furthermore, physiologists know that

into carbonic acid gas, which com-  
bines with soda, potash and lime in  
the blood or tissues, producing car-  
bonates of sodium, potassium and cal-  
cium, and these are alkaline. Some  
of the fruit acid (citric, mallic, oxalic,  
or whatever it may be) unites direct-  
ly with sodium or potassium to form  
citrate or malate or oxalate of sodium,  
and these, too, are alkaline salts.

When it is necessary for a physician  
to neutralize an excessively acid blood,  
or to increase an insufficient alkalin-  
ity of the blood, he has no better re-  
medy for the purpose than citrate of  
sodium.

Foods which contain natural fruit  
or vegetable acids are not only unob-  
jectionable in the diet of a person sub-  
ject to joint trouble of any kind, gen-  
erally speaking, but they are often ad-  
visable additions to the diet, because  
the alkaline salts formed from fruit



FRIENDS OF YOURS.

acids derived from fruits or vegeta-  
bles do not increase the acidity of  
the blood, or, more correctly speaking,  
do not decrease the alkalinity of the  
blood, of course never becomes acid in  
life. Every physician of experience  
knows that lemon juice, for example,  
is one of the best remedies we have  
for diminishing excessive acidity of  
the urine in acute fevers and other  
conditions accompanied by concentra-  
tion, irritating, highly acid kidney ex-  
cretion.

If at first it seems a paradox that  
such an acid as the citric acid of le-  
mons or oranges should render the blood  
more alkaline and the urine less acid,  
an understanding of the fate of such  
fruit acids will clear up the paradox.  
When you drink lemonade or eat an  
orange or a grapefruit or tomatoes or  
apples, the acids are partly oxidized

acids in the process of digestion and  
assimilation tend to increase the alim-  
ination of poisons or toxic matter  
from the blood, and sometimes this  
elimination of toxins aids materially  
in a cure.

At times certain individuals suffer  
some immediate digestive discomfort  
after eating acid fruits. That, how-  
ever, is not due to any change of the  
alkalinity of the blood.

The sort of foods that actually tend  
to diminish the alkalinity of the blood  
and increase the acidity of the urine  
are the nitrogenous or protein foods  
—lean meats, white of egg, sometimes  
cheese or fish.

So if you think "acid foods" at all,  
don't think of the wholesome, health-  
ful, blood-cleansing fruits and fresh  
vegetables. Think of beef, mutton,  
chicken, eggs and fish.



## That Wicked Taste

Parageusia—as it is popularly called—  
is a bad taste in the mouth. It is  
generally attributed to some distur-  
bance of the digestion, but in reality is  
as rarely due to digestive disturbance  
as "stomach trouble" is due to the  
"food disagreeing." Doctors know  
that "stomach trouble," nine times out  
of ten, is due to some organic or  
functional condition not dependent up-  
on the diet; and that a bad taste in  
the mouth is a symptom of many con-  
ditions apart from dyspepsia.

For instance, Dr. T. F. Reilly ob-  
served that many patients with high  
blood pressure complained of a peculiar  
and persistent bad taste. It was about  
the only symptom complained of at all  
in several cases.

In the earlier stages of chronic  
Bright's disease, which generally be-  
gins insidiously and is therefore ne-  
glected or misinterpreted by the pa-  
tient, the patient often notices a bad  
taste in the mouth upon rising in the  
morning, due, perhaps, to a compensa-  
tory effort to eliminate toxic material  
in the saliva. It is a familiar obser-  
vation that headache in the back of  
the head or neck is felt early in the  
morning in certain cases of Bright's  
disease, with or without the bad  
taste, and this, too, is probable toxic.

Chronic trouble in the gall-sac (in-  
flammation or gallstones) is not rarely  
the explanation of a bitter taste which  
annoys the patient. Sometimes this  
taste is compared with that of musty  
eggs. In several instances the pecu-  
liar taste was noted by the patient  
week before the appearance of jaun-  
dice.

Infection of one of the nasal acces-  
sory sinuses, with reitino of matter  
and occasional drainage into nose and  
throat, sometimes causes an unpleas-  
ant taste of which the patient is con-  
scious, as well as an odor of which  
may be only his friends are conscious.

Decayed teeth are a frequent cause  
of bad taste.

In pulmonary tuberculosis the pa-  
tient often complains of a bad taste  
which is noticed from about noon on-  
ward.

A sour taste is present in acute  
"rheumatic fever"—inflammatory rheu-

matism.

A bad taste in the mouth often pre-  
cedes by weeks the development of  
diabetes, cancer of stomach, severe  
anemia, or ulcer in the duodenum.

The relief of parageusia is there-  
fore a matter of determining what is  
wrong with the health. Chewing char-  
coal lozenges may temporarily over-  
come an odor, and any cleansing  
mouth wash, such as boric acid solu-  
tion (a teaspoonful of the powder in a  
half pint of boiled water) may tempo-  
rarily diminish a foul taste, but the  
symptom should be looked upon as a  
danger signal which warrants at least  
a thorough physical examination by a



BAD TASTES.

### Questions and Answers.

"Medicated Cotton" Not Medicated.  
A. L. L.—What is the difference be-  
tween cotton batting and medicated  
cotton used by doctors and nurses?

Answer: Cotton contains more or less  
oil. The absorbent cotton, popularly called  
"medicated cotton," is purified of oil,  
bleached, and sterilized by heat, but other-  
wise, it is cotton batting.

Constipation.  
Mrs. W. W. B.—What is the best  
remedy for habitual constipation?

Answer: Depends on the case of the  
bad habit. Letter of advice will be sent  
on receipt of stamped, addressed en-  
velope.

Human and Bovine Tuberculosis.  
A. B.—Will you kindly inform me  
whether there is any possibility of a  
human being's acquiring tuberculosis  
by drinking milk from tubercular  
cows?

Answer: In childhood, at least that is  
a common mode of infection, perhaps the  
most frequent cause of tuberculosis,  
starts in the neck or "scrofula," as it  
was formerly called, and consumption—  
tuberculosis of the lungs or tuberculosis  
of some or other part is, of course, more  
likely to develop in later years.

# Thursday, August 1st

Our Grocery Department will be  
reopened with a complete stock  
of staple and fancy groceries at  
very attractive prices.  
Date of opening of the other de-  
partments will be announced at  
an early date.

## WILKINS & CO.

A Thrift Stamp gives you the right to  
stand up when the Star Spangled Banner  
is played.

An account at this bank classes you as  
one of the progressive and substantial  
citizens of your community. No better  
time than now to start that account.  
Come in and let's talk it over.

## BANK OF TRYON

W. T. LINDSEY Pres

J. B. HESTER Cashier.

## EVIDENCES OF PROSPERITY!

Of course you know how Opportunity always comes  
to the prosperous man.  
Ever notice the EVIDENCES of Prosperity?  
If you have, you have observed that an unflinching evi-  
dence of Prosperity is

## A Bank Account

with a sound bank like the Bank of Saluda. Your money is  
absolutely safe, and you can get it at any time. We will  
gladly extend any accommodation consistent with sound  
banking to our depositors.

## BANK of SALUDA

Capital \$10,000.00

Saluda, N. C.

HENRY P. CORITH, Pres. JOHN B. CANNON, V-Pres. PRESTON H. BAILEY, Cash.

## A Price or Two!

As we carry nothing but the best of all items in  
our line, we will simply quote a few prices that will  
be good for the next two weeks. Better act at  
once as the prices are good for only two weeks.

2 cakes Palmolive, 2 cakes Rose Bath Soap for 25 cents

One-half gallon Fairday Syrup for 40 cents

## Fine Line Sunshine Biscuits

We carry the best line of Coffee in town. Get our  
prices on all kinds of Groceries and Country Pro-  
duce.

H. PACE & SON, SALUDA,  
N. C.

"HONEST GOODS AT THE MOST REASONABLE PRICE"