SUGAR RATION IS TWO POUNDS

CHANGED CONDITIONS NECESSI-TATE REDUCTION OF 33 1-3% IN CONSUMPTION.

SUBMARINES DESTROY FIFTY MILLION POUNDS

Consumers Expected to Reduce Consumption Voluntarily; Hotels, Restaurants and Boarding Houses Have to-Low Production and Shipping Problems as Well as Submarine Account for New Basis.

Raleigh.—Beginning August 1, the voluntary sugar ration of household consumers will be two pounds per person per month and the allotment of certificates for sugar to hotels, restaurants, boarding-houses, county homes and similar institutions will be on a basis of two pounds for each ninety meals served. This means a reduction of 33 1-3 per cent.

The rationing plan in so far as household consumers are concerned is more or less voluntary but all retail merchants are expected to confine their sales of sugar to two pounds per person per month for the families they sell. In fact this is the only way to secure an equitable distribution of sugar as the allotment by the Food Administration to the State is based on this ration and the certificates allowed to merchants are also based on this ration.

Supply Is Small. The sugar situation confronting the United States is described by the Food Administration as follows:

"The sugar supplies throughout the their supplies has materially reduced the supply from such quarters. Added to this already difficult situation the quantity needed by the army and navy greatly exceeds earlier estimates; we must send a large amount to France and Italy to take the place of the great volume lost through the German and Austrian invasions during which much beet land was over-run and many factories destroyed; we have to supply certain quantities to neutral nations under agreements; and finally over fifty million pounds were lost recently through submarine sinkings off our Atlantic coast."

It's an "Essential Element." In asking the public voluntarily to reduce their consumption to a level more nearly equal to the compulsory restrictions in effect in France, England and Italy, the statement says that while sugar is often used as a luxury in America, it has become an "essential element for the success of the war among the nations of Europe."

"Upon our action here," the statement continues, "depends the possibility of maintaining the ration to our own fighting men and those of the Allies as well as of avoiding a still further reduction of the allotments to the civil populations of the nations fighting Germany which are already down to a point far under their normal meeds."

CANNING WITHOUT SUGAR.

The United States Food Administration Asks You: TO SAVE SUGAR

Dry some of your fruit instead of canning it.

Try pulping fruits according to the English method:

Place fruit ever a gentle heat until enough meisture comes out to prevent burning, then increase the heat until the fruit boils. Boil an hour, stirring constantly, and can in sterilized jars. With some dry fruits, such as apples, a little water will have to be added to prevent buraing.

Uses for Pulped Fruit Pulped fruit can be used for jam, stewed fruit, puddings and pies. Since we must be especially careful of sugar, it is well to make up the pulp into jam, one jar at a time. The English housewife allows half a pint of sugar to a pint of pulp, which she says, "is quite sweet enough and almost a luxury in these

Can fruits without sugar. Omit sweetpickles, and watermelon rind pickles this year.

The only tear we can shed with a smile is the profiteer.

Shall we give our best in men and not in food?-U. S. Food Administra-

Think not only of the sugar you save but of the good you do by saving.

DOUBLE OF CZAFES DAUGHTER



Mrs. Ariadne Roomanov, wife of Kerensky's secretary, experienced an unusual surprise when she arrived in Tokyo. She is the double of Tatiana, daughter of the former czar, who was reported on her way to America. Mrs. Roomanov was offered an entire wing of the imperial palace at Tokyo for her accommodation while in the Japanese capital, it being the belief that she really was the daughter of the

WOULD FIGHT HIS FATHER

Man Whose Sire Is Captain in Hun Army Seeks Enlistment With Yanks.

Denver, Colo.-In making application for the privilege of fighting with the American army in France, Eugene Casper, twenty-two, told Denver recruiting officers he would not hesitate country, in homes, stores, factories, to fire against a certain unit of the and bakeries are at low ebb; the pro- German army, of which his father is duction from the American beet and captain and in which two of his broth-Louisiana cane crops has been disap- ers are fighting. Casper, who has been pointing; the yield in Porto Rico has in the United States less than three likewise been smaller than anticipat- years, has received only his first paed; and the inability of the United | pers in naturalization. He will not be States and the Allies to secure sugar admitted to military service at once. from Java and other distant sources | He is a son of Capt, Gustav Casper, on account of the imperative call for of the German army. David Holzships for the movement of troops and | worth, a resident of Denver, former captain in the kaiser's army, and an uncle of young Casper, has a son in the American army. -W. S. S.-

> One way to help whip the Hunsbuy War Savings Stamps.

A HEALTH IS WEALTH G HEALTH HYGIENE

How T. B. Decieves

America has shown that a large mat diagnose incipient tuberculosis with jority of all adults (at least 90 per the entire trunk bared for examinacent) harbor somewhere in the body tion. a latent or inactive focus of tubercu- Another deceptive mode of onset of losis. In a few instances, compara- tuberculosis is in the guise of simple tively speaking, this latent infection dry pleurisy. A simple pleurisy is allights up and manifests symptoms in ways suspicious, and should not be alyouth or early adult life, whether there lowed to progress without thorough has been any further infection or not. chest examination from time to time. It becomes active tuberculosis, be- Pleurisy with effusion (accumulation cause the individual's mode of life is of fluid in the chest) is equally suspinot as hygienic as it should be.

notion that cough and chest pain or not tuberculosis.

Victim petent physician—and one of the signs of a competent physician is that he does not pretend to examine the chest through the clothing. It takes all the Scientific observation in Europe and skill the best doctors can apply to

ious, though of course some cases of We must disabuse our minds of the pleurisy, both dry and "humid," are

soreness are essential symptoms of be- Quite a number of incipient cases ginning tuberculosis-incipient tuber- are marked by huskiness of the voice,



CAMOUFLAGE.

culosis as doctors call it. In many in | some rawness or pain on swallowing stances the patient vehemently denies which persists over many weekshaving any cough whatever; or the laryngitis, in fact. cough is a mere clearing of the throat | The onset with what appears to be

Anemia is always secondary to some jority of cases of tuberculosis begin. definite cause, and cannot be successfully treated until the cause is deter- blood is so suggestive that it should mined and attacked. When both sym- be looked upon as positive evidence of ptoms persist in a given case, the pa tuberculosis of the lung until thorough tient cortainly owes himself the priv- examination and continuous observailege of having one or several repeation of the patient by a physician ed examinations of the chest by a com- proves the lungs free from disease.

from time to time, which easily a mere bronchitis is famailiar enough to all physicians, yet still misleads One peculiar and misleading mode victims who imagine they can treat of onset of tuberculosis is with signs such troubles without the aid of the of dyspepsia and anemia. "Dyspep- doctor. A diagnosis of "acute bronsia" beginning at any time in life al- chitis" is necessarily fraught with unways warrants a doctor's examination, certainty nad anxiety in the mind of and should not be mistreated with the experienced physician, because it various alleged "aids to digestion." is precisely in this way that the ma-

Sudden coughing up or spitting of

We Are Prepare To Help Yo

Carry out Mr Hoover's request for ONE MEATLESS ONE WHEATLESS DAY each week, and call attention articles:

FOR WHEATLESS DAYS: Corn Flakes, Post To Rolled Oats, Yam Nuts, Yellow Meal, White Meal, Puffe and Corn Starch.

FOR MEATLESS DAYS: Fish Flakes, Shredded Co Herring Roe, Shad, Crab Meat, Salmon, Tuna Fish, Kin Herring.

> John Orr & Co. Phone No. 14 Tryon, N. C.

Attention Mr. Farmer! FORD CARS AND WEBER WAGON

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.

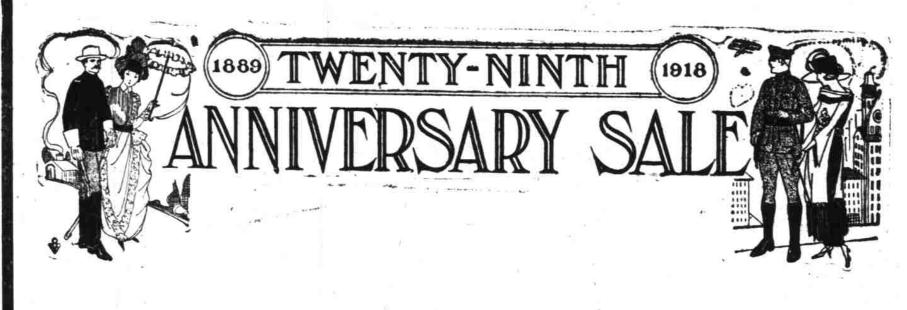
Call and talk it over with us.

THE TRYON MOTOR CO

WHY PAY TRIBUTE? Insurance

When you can protect yourself from loss by in the old reliableState Mutual of North Carolina, at 3 cent. less than stock companies will write you for. Call on or write

> Geo. A. Gash, Ag Tryon, N. C.



The Annual August Sale Starts Monday

and Continues for Ten Days.

Each year upon the Anniversary of the Establishment of this business we acknowledge the enent with a Stupendous Sale. This year we celebrate at a hih cost--but celebrate we will.

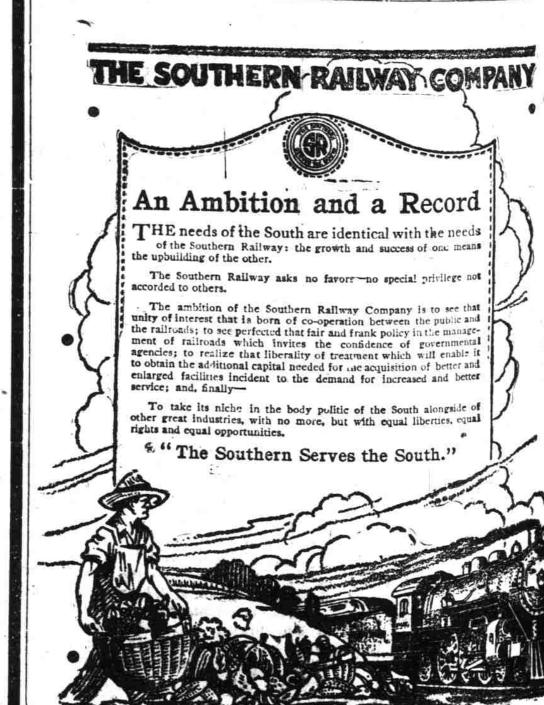
Upward prices are partly overcome by curtailed or entirely removed profits. Scarcity of merchandise is ignored through early and special purchases, and the drawing upon our large surplus stocks. This is a period and a year to save and provide ahead. This sale meets the problem; and helps to save it.

Ready-to-wear Garments--Underwear. Silks, Cotton Goods, Hosiery. Children's Wear, Ribbons, Hand Bags. Millinery, Trunks, Draperies. Neckwear, Gloves, Toilet Articles. Laces, Chiffons, Housefinishings. Linens and Cottons, Waists and Scores of other items.

> Come to this sale. Wrste for the price bulletin. And mail your orders.

BON MARCHE,

ASHEVILLE, North Carolina.



City and Farm Property Bought and Sold. Fu,nished and un furnished houses for rent. Property taken care of and rent for a place. Do not waste your time and tire yourself out lording for a place. Our auto is at your service free.

JAMES LEONARD, Tryon, N.