

SUGAR RATION IS TWO POUNDS

CHANGED CONDITIONS NECESSITATE 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 country, in homes, stores, factories, and bakeries are at low ebb; the production from the American beet and Louisiana cane crops has been disappointing; the yield in Porto Rico has likewise been smaller than anticipated; and the inability of the United States and the Allies to secure sugar from Java and other distant sources on account of the imperative call for ships for the movement of troops and 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 needs."

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 over a gentle heat until enough moisture 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 burning.

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 days."

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 Administration.

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

DOUBLE OF CZAR'S 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 czar.

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 to fire against a certain unit of the German army, of which his father is captain and in which two of his brothers are fighting. Casper, who has been in the United States less than three years, has received only his first papers in naturalization. He will not be admitted to military service at once. He is a son of Capt. Gustav Casper, of the German army. David Holzworth, 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 Huns—buy War Savings Stamps.



How T. B. Deceives Victim

Scientific observation in Europe and America has shown that a large majority of all adults (at least 90 per cent) harbor somewhere in the body a latent or inactive focus of tuberculosis. In a few instances, comparatively speaking, this latent infection lights up and manifests symptoms in youth or early adult life, whether there has been any further infection or not. It becomes active tuberculosis, because the individual's mode of life is not as hygienic as it should be.

We must disabuse our minds of the notion that cough and chest pain or soreness are essential symptoms of beginning tuberculosis—incipient tuber-

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 skill the best doctors can apply to diagnose incipient tuberculosis with the entire trunk bared for examination.

Another deceptive mode of onset of tuberculosis is in the guise of simple dry pleurisy. A simple pleurisy is always suspicious, and should not be allowed to progress without thorough chest examination from time to time. Pleurisy with effusion (accumulation of fluid in the chest) is equally suspicious, though of course some cases of pleurisy, both dry and "humid," are not tuberculosis.

Quite a number of incipient cases are marked by huskiness of the voice,



CAMOUFLAGE.

culosis as doctors call it. In many instances the patient vehemently denies having any cough whatever; or the cough is a mere clearing of the throat from time to time, which easily escapes notice.

One peculiar and misleading mode of onset of tuberculosis is with signs of dyspepsia and anemia. "Dyspepsia" beginning at any time in life always warrants a doctor's examination, and should not be mistreated with various alleged "aids to digestion." Anemia is always secondary to some definite cause, and cannot be successfully treated until the cause is determined and attacked. When both symptoms persist in a given case, the patient certainly owes himself the privilege of having one or several repeated examinations of the chest by a com-

some rawness or pain on swallowing which persists over many weeks—laryngitis, in fact.

The onset with what appears to be a mere bronchitis is familiar enough to all physicians, yet still misleads victims who imagine they can treat such troubles without the aid of the doctor. A diagnosis of "acute bronchitis" is necessarily fraught with uncertainty and anxiety in the mind of the experienced physician, because it is precisely in this way that the majority of cases of tuberculosis begin.

Sudden coughing up or spitting of blood is so suggestive that it should be looked upon as positive evidence of tuberculosis of the lung until thorough examination and continuous observation of the patient by a physician proves the lungs free from disease.

We Are Prepared To Help You

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

FOR WHEATLESS DAYS: Corn Flakes, Post Toasted Oats, Yam Nuts, Yellow Meal, White Meal, Puffed Corn Starch.

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

John Orr & Co.
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Tryon, N. 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.

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Geo. A. Gash, Agent
Tryon, N. C.



The Annual August Sale Starts Monday 12th, and Continues for Ten Days.

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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.
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Neckwear, Gloves, Toilet Articles.
Laces, Chiffons, Housefinishings.
Linen and Cottons, Waists and
Scores of other items.

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

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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."



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