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"Long May It Wave."

All the heroes of this war did not  
wear khaki.

—W. S. S.—

Bill Hohenzollern is threatening to re-  
turn to Germany. Here's hoping he  
attempts it.

—W. S. S.—

The American army is invading Ger-  
many—peaceable this time 'tis true.  
But it would have taken place anyway.

—W. S. S.—

It's a toss-up as to who has violated  
the most antiquated precepts—Wilson or  
Roosevelt—and still the country survive.

—W. S. S.—

It is to be hoped that the German  
language will be driven from every  
school room in America. Teach Eng-  
lish.

—W. S. S.—

Every vocation, profession or calling  
brought forth its heroes during this war,  
and there's glory enough to give each  
one his part.

—W. S. S.—

The fighting qualities of the Ameri-  
can boy are inherited from the mothers.  
They displayed as much determination  
in their work as did the boy in the uni-  
form.

—W. S. S.—

When President Wilson sits at the  
peace table he will easily be the most  
distinguished personage there. But to  
think of Tom Marshall in the White  
House.

—W. S. S.—

Give the fighters all the credit they  
are entitled to, but don't forget that  
without the help and self-denial of the  
civilian population of the United States  
we would not have won the war.

—W. S. S.—

Too much praise cannot be given the  
noble women of the United States for  
the part they played in this war. It is  
no discomfort for them to abandon the  
cozy drawing room for work in the hos-  
pital or sick room.

—W. S. S.—

Bill Hohenzollern said that an Ameri-  
can army could not get to France; that  
if one did get there it would not know  
how to fight; but if it did know it  
wouldn't do it. Wonder what E. I.  
thinks about it now?

—W. S. S.—

Mr. Roosevelt says "Wherever the  
tree falls, there let it lie," and will not  
bring the body of his son Quentin, who  
was killed in France, to America. He  
and Mrs. Roosevelt will visit the grave  
and erect a small stone above the brave  
young lad.

—W. S. S.—

Once more has the world been shown  
what true Democracy—American Demo-  
cracy—means. We went into this thing  
to preserve democracy for the world, and  
did it from an unselfish motive. No  
wonder our stand has drawn the atten-  
tion and admiration of the world. "In  
God We Trust" is our motto, and He  
has never yet deserted America. Let  
us pray that our conduct may be such  
that He never will.



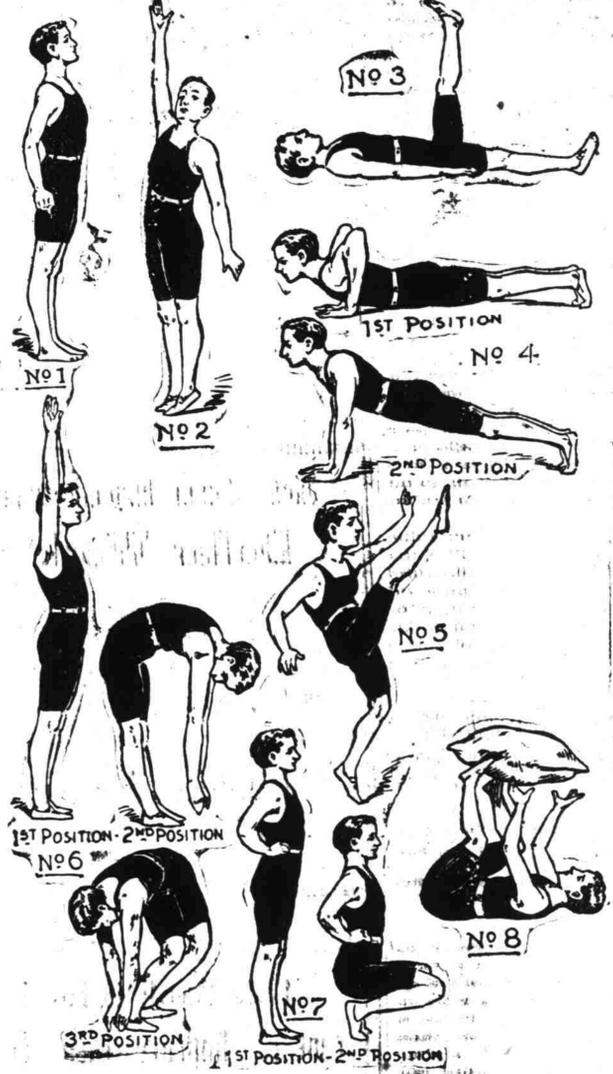
HEALTH IS WEALTH  
HEALTH AND HYGIENE  
by the  
STATE BOARD OF HEALTH

QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE  
COLUMNS OR BY MAIL, IF ADDRESSED TO THIS OFFICE OR TO THE STATE BOARD OF HEALTH BY FALSHIP AND ACCOMPANIED  
BY A STAMPED, ADDRESSED ENVELOPE. NO REASONING OR TREATMENT OF INDIVIDUAL DISEASES WILL BE ATTEMPTED.

Twenty Minutes For  
Efficiency

How to keep well is a problem  
which seldom bothers a busy man or  
woman until the health is lost. Then  
it assumes a signal importance. Every-  
one knows that health is essential to  
through business efficiency. A sick  
man or woman lacks "punch." It  
therefore pays to keep well. It is  
just like saving money. Few of us  
realize the value of a savings ac-  
count when we are enjoying success,  
and have ready money coming in  
regularly; yet we all know that this

much as you like. Repeat on the left.  
Day by day increase these move-  
ments. A dozen times would be am-  
ple for any of these movements, after  
several weeks of regular training.  
7. Erect. Hands on hips. Now  
squat as low as you can and spring  
right up again without sitting on the  
heels a moment. Three times at first,  
increased day by day, till twenty-five  
to fifty movements may be done with-  
out excessive fatigue or next-day  
muscle stiffness.  
8. Turn a few somersaults on the  
floor, or if you are not equal to this,  
lie on back, draw up legs and arms in  
monkey fashion and juggle a good  
heavy pillow for a few moments.  
All this exercise need take no more  
than ten minutes. Follow it faithfully



Not at All.—Try These Movements Fifteen Minutes Night and Morning, and  
Renew Your Youth. Get Your Blood Going and Give Nature a Chance.

is just the time when it is wise to  
make small and regular deposits  
against the rainy day. Supposing you  
are enjoying fairly good health, or  
even feel that your health is not quite  
as nearly perfect as you could wish,  
here is a plan whereby the devotion  
of ten minutes night and morning to  
a sort of sinking fund will help to  
maintain your efficiency long after  
the other fellow's has petered out.

- Take these exercises undressed.
1. Stand rightly erect and endeavor  
to contract every muscle in the body  
for a few seconds while you hold  
your breath with the chest full of air.  
Erect posture means toing straight  
ahead, abdomen drawn well in and  
up, shoulders well down and back,  
chin pulled in, crown of head reach-  
ing for imaginary ceiling.
  2. Rise as high as you can on tip-  
toes and reach as high as you can,  
first with one arm, then with the  
other, and then with both. Make a  
mark showing your highest reach, and  
strive day by day to better your  
reach.
  3. Lie flat on back, palms down.  
Lift first one leg slowly to vertical  
and slowly down. Then the other.  
Once only, at first, and gradually in-  
crease the number of times as you  
become accustomed to unwanted exer-  
cise. Now turn over and—
  4. Lie on abdomen, elbows flexed  
and palms on floor. Push yourself up  
to arm's length, keeping the whole  
body rigid, and let yourself slowly  
down to floor again, just once. This  
may be gradually increased to as  
many as a dozen or twenty times as  
you become hardened and fit. After  
a month you may begin trying to ele-  
vate the body in the same way on one  
hand—which is very difficult but ac-  
quired by perseverance.
  5. Get up on feet and try how high  
you can kick, with each leg, marking  
your high point and striving daily to  
beat it.
  6. Erect. Hands stretched high  
above head. Now bend far forward,  
keeping knees stiff, and try as nearly  
as you can to touch the floor. Then  
up again. Now bend far to the right  
and try to touch the floor with both  
hands directly behind both heels, this  
time, of course, bending the knees as

Meat And Heat

The popular delusion that meat is  
more sustaining for one doing hard  
work than vegetables or cereals is  
hard to down. There are two reasons  
why the average man harbors this de-  
lusion. First, because meat is an ap-  
petizing food; the odor of meat cooking  
or cooked and the flavor both con-  
duce to hearty eating—alas, too hearty  
eating for the physical welfare of sed-  
entary persons. And second, the ex-  
tractions of meat, the essence you get  
in meat broth or soup, are stimulat-  
ing, and the situation is commonly  
misaken for actual energy.

Several years ago Horace Fletcher  
the advocate of prolonged mastication  
and vegetarianism, then about  
59 years old, visited the Yale gym-  
nasium and surprised everybody by  
far outlasting the best young athletes  
in tests of physical endurance—ath-  
letes highly trained, whereas Fletcher  
had not trained at all.  
The hardest work of the world is  
done by people who live on a diet  
without meat—the coolies who coal  
steamships in the Orient.  
Meat eating is largely habit. The  
stimulation produced by fresh meat is  
very agreeable, and as difficult to do  
without, once you have acquired the  
habit, as is the effect of tobacco or  
alcohol. Not that we condemn meat  
eating. A certain amount of fresh  
meat in the diet seems essential for  
growing children and may be more or  
less essential for most adults.  
Meat (protein) produces a great  
deal of heat which the system cannot  
convert into working or effi-  
cient energy. This heat only goes to  
impair the comfort and efficiency of  
the individual in very warm weather.  
It makes him suffer from "heat"  
when the wise one who eliminates  
meat from the diet on very warm  
days finds himself able to keep cool  
and enjoy life.

Plenty of exercise, fresh air,  
regular hours—is all the pre-  
scription you need to avoid  
influenza unless through  
neglect or otherwise, a cold  
gets you. Then take—  
at once



Standard Gold Medal—23 years—1st tablet  
form—safe, sure, no opiate—breaks up a cold  
in 24 hours—relieves grip in 3 days. Money  
back if fails. The guarantee has been paid  
many times. Write for literature. At All Drug Stores.



Get the Genuine  
and Avoid  
Waste  
MORGAN'S  
SAPOLIO  
SCOURING SOAP  
Economy  
In Every Cake

Classified Advertisements.

BOAR FOR SALE.  
Broken-nose Berkshire. Will sell  
for market price of pork, to any far-  
mer in Polk county who will agree to  
keep him for breeding purposes.  
C. J. LLNCH, Tryon R. 1.  
Buy your nursery stock of E. J.  
Bradley, Saluda, agent for the old  
reliable nursery company, of Pomna,  
N. C. He can save you money and  
assist you in your selection of trees  
best adapted to your soil.

We Have the Right Prices

—AND—  
Kind of Materials  
to do your building. Full stock  
Doors, Windows, Siding, Flooring  
Ceiling, Shingles, Loths, Interior  
Finish and Moulding, Rough and  
Dressed Lumber. Carry complete  
STOCK OF FEEDS

HEARON LUMBER CO.  
SALUDA, N. C.

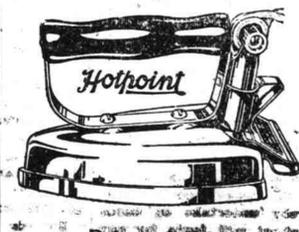
NOTICE OF SALE.

Pursuant to the power of sale con-  
tained in that certain mortgage deed  
executed by F. M. Griffin and S. L.  
Griffin, his wife, to E. A. Arledge on  
the 6th day of July, 1912 and record-  
ed in the office of Register of Deeds  
for Polk county, in Book No. 7 at  
page 591, default having been made  
in the payment of the debt and inter-  
est thereon set forth, the undersigned  
will sell at public auction to the high-  
est bidder, for cash, at the court  
house door of Polk county, at Colum-  
bus, N. C., on  
MONDAY, NOVEMBER 25th, 1918,  
at twelve o'clock noon, the following  
described tract of land conveyed by  
said mortgage, to-wit:  
Situate, lying and being in the  
county of Polk and State of North  
Carolina, adjoining the lands of W. M.  
Justice and the Bank Springs place  
and including where Thomas Green  
formerly lived, on the waters of Al-  
ston's creek, beginning at a stone and  
pointers on ridge above Mill Shoal,  
and runs S. 50 W. 84 poles to a stone  
and pointers; thence N. 91 1/2 W. 7 1/2  
poles to a P. O. in head of Flat Hol-  
low; thence N. 80 W. 36 poles to a  
lickery corner of Bank Springs place;  
thence with line of same N. 45 E.  
(Va 2) 100 poles to a stone and  
pointers in said line; thence S. 49 E.  
107 1/2 poles to the beginning, contain-  
ing 50 acres.  
This 23rd day of October, 1918,  
E. A. Arledge, Mortgagee,  
W. P. Wingo and Sallie Hawkins,  
Assignee of Mortgagee,  
Walter Jones, Attorney.  
23-4t

SAVE FUEL.

A furnace at a bargain. Burns  
both wood and coal. In guaranteed  
excellent condition. Much less than  
half price. Will heat half a dozen  
ordinary sized rooms. Can be seen at  
FRANK WOOD'S SHOP.

Is There  
An  
Electric  
Flat Iron  
In Your Home



Price \$5.00  
30 Days free trial  
Guaranteed or  
10 Year  
TRYON ELECTRIC SERVICE  
COMPANY

By Proper  
Training

of your children you can teach them  
to accumulate a fortune. 25c today  
invested in War Savings Stamps for  
a period of 10 years equals \$1,500.  
Start the boy right and he will get  
the habit.

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.

Dollar Raising

Raise Dollars the same way you raise wheat—  
use horse sense—anything planted in the proper  
soil will grow—Dollars will grow if planted in  
this Bank.

we pay 4 per cent on your savings account.

This is the seed time for your dollar harvest  
crop—begin your planting now at

BANK of SALUDA

Capital \$10,000.00  
Saluda, N. C.  
HENRY P. CORWITTH, Pres. JOHN B. CANNON, V-Pres. PRESTON H. BAILEY, Cash.

REAL ESTATE, LOANS AND INSURANCE

City and Farm Property Bought and Sold, Furnished and un-  
furnished houses for rent. Property taken care of and rents  
collected. Do not waste your time and tire yourself out looking  
for a place. Our auto is at your service free. Notary Public.

JAMES LEONARD, Tryon, N. C.

Eat Our Meats!

You'll need neither a hatchet nor a stick of dynamite. A  
good, ordinary set of molars will easily dispose of  
A Fine Tenderloin Steak  
An Extra Porterhouse Steak  
A Luscious Round Steak  
A Nutritious Roast  
A Dish of Pork Chops  
If you haven't any teeth we have sausage that will fairly  
melt in your mouth.  
Eat our meats. Good for your stomach.  
Also want to buy good beef cattle, hogs  
and chickens, for which I will pay the high-  
est MARKET PRICE.  
A. H. WILLIAMS.