

THE POLK COUNTY NEWS and TRYON BEE
 Consolidated Nov. 1915
 Published every Friday at
TRYON, NORTH CAROLINA
 Office phone 99 Residence 45.

Entered as second-class matter April 23, 1911
 at the post office at Tryon, North Carolina, under
 the act of March 3, 1879

C. BUSH, Editor and Publisher
 Subscription \$2.00 per Year

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"Long May It Wave."

GREENS CREEK ELECTION.

Necessity for Establishing, by Bond
 Issue, a Township Industrial and
 Home Economics School at
 Greens Creek.

Fifty years ago there was no country school problem. The country school and the city school were much alike. Each had small, cheap buildings, poor equipment, and practically no teaching apparatus. Each drew its teachers from the same source and paid them about the same salaries. Trained teachers, skilled supervision, teaching equipment, special instruction, an enriched curriculum, these and other things with which we are now so familiar were practically unknown in city and country. But fifty years have seen great changes in American education, and in these changes the country school has been left far behind. The concentration of wealth has made it necessary that the cities should develop a class of schools capable of meeting the changed conditions of our life. They have provided more liberally for their schools, have drawn the best teachers to them, have developed high schools and supervisors, have provided laboratory and other teaching equipment, have added manual training, cooking, sewing, music and nature study, and have done many other things which have made the city schools attractive to parents who are solicitous for the education of their children. Even the small village has a graded school and a high school, good teachers, teaching equipment, a course of study which includes some of the special branches, and a social spirit pervading the school which is of fine quality and of the first importance in the education of children.

The country school on the contrary has made little progress beyond where it was a generation ago. The schools have been graded, uniform text-books and course of study introduced, but these have usually added to the burdens of the teacher, instead of helping him to solve real life problems as he confronts them. In short, the country school is poor, often miserably poor, compared with a good town school, and this is true in spite of the fact that the country districts are equally as able to provide good schools as the towns are. The reasons for this condition of affairs are, numerous classes, overburdened programs, LACK OF EQUIPMENT, and, above all, to its isolation and lack of that stimulus that comes only from numbers. The attendance is small, the children come from same locality and have the same interests and a majority are from related families. They bring no new interests to the school, there is little impulse to activity, and the school suffers from this lack of new ideas and impulse to action. Under existing conditions the Greens Creek High School realizes but a small per centage of its possibilities for efficiency to Greens Creek Township.

Before you cast your vote on the 6th day of January ask yourself whether or not the children of your township, as a whole, are given the opportunity of that type of education that will help them most in the life of which they will always be a part. Ask yourself further, if Greens Creek is not the logical center for the establishing of that kind of school which will give to every child in Greens Creek Township an equal opportunity for preparation for an efficient life at home. And again, ask yourself the question whether there ever was anything that was really worth while that, from every standpoint, was equally meet to everyone who participates. And above all, ask yourself if there is anything that is too good for your boy and girl, and at the same time realize that every parent should feel the same way about his boy and girl, and that the kind of school to be established by this bond issue is that kind of school that will touch for good the lives of more boys and girls in Greens Creek township than any other kind of school that can be established and supported. And last, but not least say to yourself that three fourths of the salary of the specially trained teachers in this school will be paid by the State and the United

States, and I cannot afford to lose this special opportunity for helping my home township when I am called on to pay so little myself and get so much from other sources.

This is a day of big things and I am sure that the people of Greens Creek township are ready to helpfully participate in the biggest forward educational undertaking which you have ever called upon to take an active part.

Very hopefully yours,
E. W. S. COBB, County Supt.

"AYCOCK IMPROVEMENT DAY"

Every School Which Has Not Observed The Day Is Asked To Do So As Soon As Possible.

The State Superintendent of Public Instruction reports a notable record of achievement by North Carolina schools, both town and country, on "Aycock School Improvement Day."

Much good work was also done by some schools in this county. Unfortunately, however, the blizzardy weather, prevented many districts from having any successful observance of the occasion.

In such districts the teacher is urged to set apart another day for general observance by the patrons just as soon as possible after school reopens. If a general public occasion is not thought advisable, the teacher should at least send word to all parents to attend a "parents' meeting" to be held on the first available Friday afternoon. And no matter whether a public celebration is held or only a parents' meeting, the teacher and patrons should seek first of all to get definite action on such of the following fourteen improvements as are most needed by the local school.

1. Lengthing the term.
2. Getting additional teachers.
3. Getting better school buildings.
4. Painting the building.
5. Improving school grounds.
6. Getting a school library.
7. Getting a traveling library.
8. Getting sanitary drinking fountains or individual drinking cups.
9. Getting pictures for the school.
10. Arranging for a school farm in 1920.
11. Arranging for a school fair.
12. Arranging for a course of lectures, music, etc., for the entire community.
13. Teaching illiterates in the community to read and write.
14. Getting boys and girls into club work.

In the second place, every school should complete on this day its contribution for the Aycock Monument soon to be erected in Raleigh. In every case these pupils who were absent on December 19 should now be given an opportunity to make their gifts to this beautiful memorial to their great friend, as should the parents also when they meet. Every school should feel it a privilege to reach or pass the small quota suggested—"an average of a nickel apiece for each pupil."

E. W. S. COBB, Co. Supt.

MOUNTAIN VIEW.

We are having some cold weather at present and it seems that snow is not very far off.

We have just enjoyed a very nice, quiet Xmas. Some hunting and some shooting but every thing stayed very quiet and peaceable so far.

Mr. Freeman Jackson passed through this section one day last week.

Mr. Willie Gilbert spent Sunday night with his sister Mrs. H.H. McCrain.

Miss Lenora Jackson and Mr. Hobart Jackson are spending the Xmas holidays with home folks.

Mr. L. B. McGraw is gone to Landrum and Spartanburg on business.

Miss Emma McCrain was a caller at Mr. H. H. McCrain's one day last week.

Miss Alice McCrain went to Ruthersfordton one day this week to have dental work done.

PEARIDGE.

Mr. Calvin Philips and family spent Sunday night on Pearidge.

Miss Leather Bame of Brevard Institute spent Monday with Miss Ellen Edwards before returning to Brevard Tuesday.

Mr. and Mrs. Albert Moors are visiting at Mr. N. D. Moores.

Misses Mollie Dalton and Ruth Green returned to Brevard Institute Tuesday.

Mr. Sam Gosnell and family were the guests at M. C. Gosnell's Thursday night.

Miss Jane Voorhies called to see Miss Bessie Thompson Sunday afternoon.

Mr. and Mrs. J. R. Philips spent Saturday with Mr. and Mrs. E. G. Thompson.

Mr. Wm. G. Voorhies of Hendersonville has moved to the B. F. Gibbs farm near Mill Spring.

Mr. Pink Holbert of Hendersonville spent Friday night at Mr. J. R.

**THINKS SELF-
 DENYING FLOURS
 MAKE PELLAGRA**

State Pure Food Commissioner Against "Lazy Woman's Flour"

Wilbur F. Cannon, Colorado's pure food and drug commissioner, has prepared the following article for reproduction in several eastern magazines:

"It seems that it is the consensus of opinion now among authorities that pellagra, which has been so prevalent in the southern states, is caused by some error of diet. Some food is eaten in excess, that lacks the necessary constituents to promote good health, or else some food is eaten which has had the desired elements extracted or destroyed. Scientists are groping blindly in the dark with as yet only a measure of success in finding what the trouble is.

"They have about concluded that it is caused by the lack of an element called vitamins.

THEY ARE A MYSTERY.

"Nobody knows exactly what vitamins is. No one has been able yet to catch one. None are on exhibit in the national museums. But, still, it is known that they exist.

"It is pretty definitely understood that vitamins do exist and that the lack of them produces pellagra. In endeavoring to ascertain what particular food is lacking peculiar substance we arrive at conclusions by eliminating one food after another, and then taking up another for consideration.

"At the present time, self-ripping flour is under consideration. This flour is considerable of a fake. Its price is out of all proportion to its intrinsic value. It's a lazy woman's delight. Any woman who is fool enough to pay the flour trust 10 to 20 per cent. more for a bag of flour because she is too lazy to put a teaspoonful of baking powder in a quart of flour ought to have the pellagra. In fact, she ought never to be on speaking terms with vitamins.

ORDINARY FLOUR.

"Self-ripping flour is simply ordinary flour containing a certain per cent. of phosphate of lime, or burnt alum, or both, and bicarbonate of soda. These are just the ingredients that are used in baking powder. The only difference is that in baking powder the water is dripped out of all its ingredients and they are kept dry in a tin can.

"When they are put in the self-ripping flour, however, the flour contains a great deal of moisture, and in a warm climate like in the southern states, when brought into contact with certain elements resembling nitrus acid in the flour, caused by bleaching, the phosphate of lime, or burnt alum, being dampened and warmed by moisture in the flour, and in the climate, attacks the bicarbonate of soda, decomposition takes place and the carbonic acid gas escapes through the flour.

"It is thought that perhaps this slow process of decomposition, or sweating, might result in robbing the flour of its vitamins and thus producing and spreading pellagra. Until this is satisfactorily determined, we should take no chances unless we desire to swell the coffers of the flour trust"—Denver Express Nov. 10, 1919.

Philips.
 Mr. Tom Byrse and family have moved to S. C.

Miss Nettie Davis was the guest of Miss Mae Philips Wednesday night.

Miss Allie Cofner is spending several weeks with relatives in Tuxedo.

Miss Mossie Edwards returned to Tryon Sunday afternoon.

Wishing all the readers a happy New Year.

Although a former Tryon woman, wife of a Methodist official has for years had the right and privilege of getting dinner for scores of subordinate officers, not until this year has she been permitted to vote in conference on church matters, which literally came home to her, as in this case. And every score or more of them sit down at her table after days of work getting ready for them would have a score or more votes, to regulate her comings, goings and doings. The scales of justice have long been loaded in this fashion. It was high time to inspect ad set them right.

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to KILL COLDS
HILL'S
CASGARA QUININE
BROMIDE
 Standard cold remedy for 20 years
 —in tablet form—safe, sure, no
 opiates—breaks up a cold in 24
 hours—relieves grip in 4 days.
 Money back if it fails.
 The genuine box has a Red
 top with Mr. Hill's
 picture.
At All Drug Stores

Classified Advertisements.

FOR SALE OR RENT.—25 acres, good house and barn. Conveniently located near town. Fine place to keep boarders. House partly furnished. Apply to James Leonard, Real Estate, Tryon, N. C.

A BARGAIN.—A White "King corset, used for one year; fine leather case, plush lined, \$50. Address, E. B. Lancaster, Fingerville, S. C.

WANTED.—Cow peas, if you have any to sell, we want to buy them. **HOMES SEED STORE,** Spartanburg, S. C. 162 E. Main St.

LOST OR STOLEN

Some where between Columbus, N. C., and Landrum, S. C., one automobile casing, Carlisle cord, No. 9416 32X3 1-2 and one tube 32X3 1-2 and demountable rim and oil cloth cover, black and whit striped, for Dodge car.

Anyone finding it please notify or return to O. F. TONEY and receive reward O. F. TONEY, Tryon: N. C. R 1.

ECZEMA!
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 without question if Hunt's Salve fails in the treatment of Eczema, Tetter, Ringworm, Itch, etc. Don't become discouraged because other treatments failed. Hunt's Salve has relieved hundreds of such cases. You can't lose on our Money Back Guarantee. Try it at our risk TODAY. Price 75c at

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Price \$ 5.50
Guaranteed for
10 Years
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Notice of Land Sale.

Acting as agent for the heirs of the late J. J. Byers I will on the 20th day of December, 1919, about 12 o'clock M., at the former home of J. J. Byers on Pearidge, offer for sale to the highest bidder for cash, or on terms of credit, about thirty-five acres of land known as the J. J. Byers homestead. The land is in a good state of cultivation and has a very desirable location. There is a very good dwelling and barn and the land is well suited to the growth of general crops.
MRS. J. R. SMITH.

NOTICE DELINQUENT TAX PAYERS

Notice is hereby given to the parties named below, and to all other persons who may be concerned as mortgagees, that the undersigned purchased at a sale of property of delinquent tax payers, in Columbus, Polk County, N. C., on the 8th day of May, 1919, land listed and described as follows:

1 town lot in Tryon, N. C., on Maple street, listed in the name of J. C. Fisher, for the years 1917 and 1918. One town lot and store room on Trade street, listed in the name of Geo. A. Gash, for the years 1917 and 1918. One lot and dwelling on Trade street listed in the name of Geo. A. Gash for the years 1917 and 1918. One house and lot on Valhalla road, listed in the name of Hillard Metcalf, for the years 1917 and 1918. One lot on Trade street, listed in the name of Rhoda E. Neal, for the years 1917 and 1918.

COLORED

On house and lot, listed in the name of Tom Jackson, for the years 1917 and 1918. One house and lot, listed in the name of G. D. Jackson, for the years 1917 and 1918. One house and lot, listed in the name of Mattie Mooney, for the years 1917 and 1918. All of the above in the town of Tryon, Polk County, N. C.

Notice is hereby further given that application will be made to the sheriff of Polk County, N. C., by the undersigned for deeds to said property after the 5th day of May, 1920. This Dec. 12th, 1919.

J. P. LOCKHART, Purchaser.

NEWS ads get results.

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JUSTICE OF THE PEACE
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NOTARY PUBLIC.
 Collections a specialty. Deeds and Mortgages prepared, and Contracts written at reasonable prices.
TRYON, N. C.

Tryon Lodge No. 118
Knights of Pythias
 Castle Hall in Missildine Building
 Meets Thursday Evening at 8:30
VISITORS WELCOME

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

WE SOLICIT
 Your orders for Flooring, Ceiling, Siding, Finish, Mouldings, Framing. We manufacture this and can save you money. See us for lath, brick, doors and sash.
J. T. GREEN LUMBER COMPANY.
NEWS ADS. GET RESULT

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THE UNIVERSAL CAR
Have Ford Mechanics Repair Your Car.
 The mechanics in our shop who will adjust or repair your Ford car or truck are men who understand the Ford mechanism and because of their familiarity with Ford cars can do your work more intelligently and more quickly than can other skilled mechanics who lack Ford experience.
 The work on your car will be done in a shop completely equipped with time-saving Ford tools and equipment. If your car needs an adjustment or a thorough overhauling, we can give you careful and prompt service. And nothing but the Genuine Ford-made parts for replacements will be used. When the work is finished, the charge will represent reasonable standard Ford prices.
 We are authorized Ford dealers and not only repair Fords but also sell them. Drive in or phone our garage. Be fair to your car and your pocket-book.

Touring	\$525	Chassis	\$475
Runabout	\$500	Truck	\$550
Couplet	\$650	Sedan	775

 Freight on any above \$38.36
 Gov. tax on each
Ballenger-Morris Motor Car Company
Tryon, North Carolina

We wish you a Happy New Year and desire to express, in a measure, our thanks for favors, both past and to come, and to declare our belief in the truth; "Good goods make good business 'hum'." And to wish you good things galore for the years yet to come.

The Ballenger Co.
FOR EVERYTHING
Tryon, North Carolina

SPECIAL SALE

- Timothy Hay, per 100 lbs. \$2.40
- White Oats, per 5 bu. 5.50
- White Corn, per bu. 2.25
- 7 per cent C. S. Meal, per 100 lbs. 4.25
- Cotton Seed Hulls, per 100 lbs. .85
- Dairy Feed, per 100 lbs. 3.75
- Wheat Shorts, per 100 lbs. 3.40
- Wheat Shorts, per 75 lbs. 2.65
- Wheat Bran, per 100 lbs. 3.25
- Rye Shorts, per 100 lbs. 3.40

CHICKEN FEED.

- Meat Scraps, per 100 lbs. \$6.40
- Cracked Corn, per 100 lbs. 4.25
- Gluten Meal, per 100 lbs. 4.50
- Alfalfa Meal, per 100 lbs. 3.00
- Scratch Feed, per 100 lbs. 4.50

A. J. BURNS, Tryon, N. C.