# AUTOMOBILE SECTION

## Be a Milk Tippler, Says Dr. Schireson

Peaches and cream complexions of American women have their foundation in a milk diet, according to Dr. Henry J. Schireson, famous Chicago dermatologist and facial plastic surgeon.

Dr. Schireson.

Doctor Schireson has won fame by beautifying motion picture, musical comedy and vaudeville stars and many society women of America. He transformed Fanny Brice's nose, rejuvenated Eva Tanguay's face, removed sixty-four pounds of adipose tissue from Truly Shattuck in one operation, straightened the cross eyes of the leading lady of Singer's midgets, and has performed other corrections for making people young and beautiful.

Doctor Schireson has one infallible prescription for the attainment of beauty. It is: "One quart of milk a day, one hour of sunshine, and repeat ad libitum."

"Beauty specialists and cosmetic makers," says Doctor Schireson, "would be driven out of business in a few weeks if all the women of America would drink their quart of milk a day.

"Babies and children have complexions of angels for the reason that they are fed largely on milk. Milk used externally or internally is a beautifier. Anna Held, I believe, was the first actress who adopted the milk bath. While this was a novelty at the time, and her press agent undoubtedly made the most of it, the principle in itself was sound. But a beauty secret of even more value is the daily quart of milk taken as a part of the diet.

"The milk-fed girl is easily distinguished by the velvety texture and the healthy color of her skin. Milk is a wonderful body builder, because it contains every structural element. It is, in a way, an elixir of life.

"Authorities agree that milk is the most nearly perfect food but it is an extremely delicate one as well. Heat sufficient to kill all bacteria is the essential of absolutely pure and sterile milk. One of the advantages of evaporated milk, which is simply fresh cow's milk with sixty per cent of the water removed, is that it is entirely sterile and is more easily assimilated than ordinary market milk.

"Milk is mentioned forty-seven times in the Bible. The Promised Land of the Israelites was said to flow 'with milk and honey' and Ovid graded milk as second only to nectar, the drink of the gods."

FIT FOR A KING IS
WICHITA'S BEST FLOUR

### Polk County Medical Society.

The Polk County Medical Society held its annual meeting and dinner at Mimosa Wednesday night. Those present were Dr. Juanita J. Lea, Dr. Earl Grady, Dr. A. L. Jervey and Dr. Sally of Saluda.

## Emergency Pantry Meets Home Need

By META H. GIVEN
(Home Economist.)

Efficiency and economy go hand and hand in the home as well as in the business world. The emergency pantry, latest innovation in the cuisine of the modern housewife is particularly indicative of the truth of this statement.

Meta H. Given.

This new sort of pantry—it may just be a shelf in the regular larder—does away with that bugaboo of the home maker, the surprise guest. Every woman has had the experience of welcoming an unexpected visitor when supplies were at low ebb and has searched high and low to find something presentable to put on the table. The emergency shelf in the pantry does away with such worries in short order.

A can opener and—presto—a veritable banquet can be prepared in a few minutes. The housewife may have her choice of many excellent meats, corn, tomatoes, mushrooms. If she is short of milk or cream, a can of evaporated milk, which is simply fresh cow's milk sterilized in the can and with sixty per cent of the water removed will do the trick. In fact she may have two hundred or more savory dishes ready to her hand.

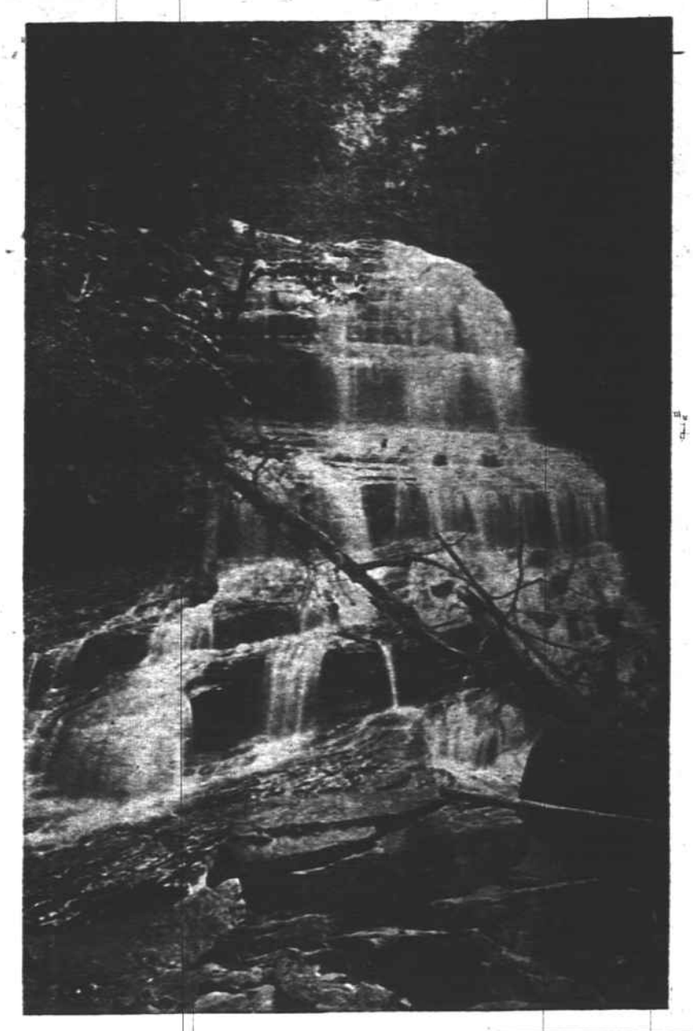
When the surprise guest does arrive the hostess naturally wishes to be hospitable. She doesn't want to be tied to the kitchen range half the afternoon. She wants to entertain as she has been entertained.

It isn't possible if she has to phone frantically for the butcher, the grocer and the baker.

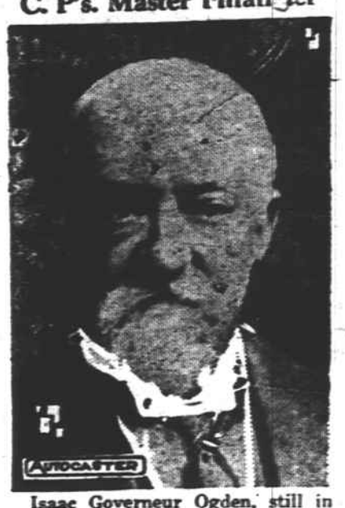
But that's only one of the places where the emergency pantry comes in. Backed by a well-stocked emergency shelf, the wife can get together a splendid luncheon or dinner in a jiffy. The spontaneous wish that comes at the last moment to informally invite a few friends for lunch can be gratified at once with the aid of the new pantry.

Afternoon tea for the bridge club is an equally easy matter. A glass of preserves or jelly, a platter of bread and butter, tea, and a dish of cookies will meet the ordinary demands of the casual caller and a can of evaporated milk will answer the milk or cream need.

## Pearson's Falls



## C. P's. Master Financier




Isaac Governeur Ogden, still in the harness at 81, is the great Canadian Pacific System's master financier. On the minute, twice a month, he pays their 100,000 employees. He can remember back when they had trouble to meet their first payroll of a few workers.

### NOTICE OF SALE.

Having qualified as administratrix of the estate of Ben F. Mills, deceased, late of Polk County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned, at Tryon, N. C., on or before the 4th day of February, 1927, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 4th day of February, 1926.
ALMA OWENS, Administratrix.
Feb 4-11-18-25 pd

### NOTICE OF MORTGAGE SALE.

By virtue of the power contained in a certain Mortgage Deed executed by R. B. Brown and wife, F. N. Brown, to J. J. Price, dated January 12, 1925, recorded in Book 21, page 433, of the records of Mortgage Deeds for Polk County, I will, on Monday, the 22nd day of March, 1926, within the legal hours of sale, about 12 o'clock, M., for the purpose of satisfying the indebtedness secured by said mortgage deed, with interest and costs, offer for sale to the highest bidder for cash at the courthouse door of Polk County the land conveyed by said mortgage, lying and being in Cooper's Gap Township, Polk County, North Carolina, adjoining the lands of Noah Williams and others and bounded as follows:

Beginning at [illegible] per's Gap road [illegible] two pines mark[illegible] Williams' corn[illegible] with his line [illegible] a stake, his o[illegible] line S. 71 E [illegible] thence N. 31 [illegible] stake; thence N [illegible] stake; thence N [illegible] stake; thence [illegible] and 15 links [illegible] thence S. 60 W [illegible] to a stake; the[illegible] to a stake; the[illegible] to a stake; the[illegible] to the beginning [illegible] acres, more or le[illegible]

This 18th day [illegible]
J. J. PR[illegible]
E. B. CLOUD, A[illegible]

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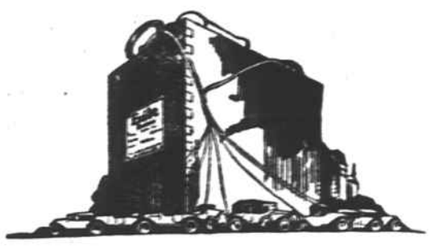

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Tryon, North Carolina.

Exide Service Station

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