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THURSDAY JANUARY 16, 1930.

THE SIMMONS ANNOUNCEMENT

In announcing his intention of being a candidate in the primary of next June for the Democratic nomination for United States Senator from North Carolina, Senator Simmons has done the expected and is merely reiterating his statement made more than a year ago. However, the manner of his announcement—undeniably a political masterpiece—comes as more or less of a surprise to the Democracy of the State, who hitherto have known Senator Simmons only as a fighting campaigner of the old school, formidable and well nigh invincible on the field of battle, and one who has never before been content to leave his cause wholly in the hands of others.

In the minds of many, these latter reasons constitute the trump card in the Simmons hand, and North Carolinians will be slow to even contemplate turning a cold shoulder to the powerful appeal they contain. A picture is presented of a dominant statesman, active in political life for forty-odd years, bearing the burden of his seventy-six years with an easy grace, without money and with waning strength after more than two score years of outstanding service, asking for support from his constituency, before whom he is thus prevented from taking his case. This kind of appeal will not be unheeded and should everything on either side have been previously equal, the veteran Senator would now have the edge on Josiah William.

With Simmons definitely committed to a non-active campaign, it would not be surprising should the eloquent Mr. Bailey become more or less speechless. Bailey's forces would likely profit infinitely more from Simmons' own statements than they could hope to from a revival of the anti-Smith animosity. The number of those who will oppose the Senator because of "irregularity" may not be considerably increased, while a bitter campaign on this charge might subtract from the Bailey strength. Proponents of Mr. Bailey, making use kindly of the Senator's statements as to limited physical strength, and as to his length of tenure in office, might hatch a more appealing reason for his removal from the Senate chamber, than that of deserting the national nominee last year. Much interest will center upon the turn the Raleigh lawyer's campaign will take.

Between the Smiths and anti-Smiths another interesting faction has been more or less lost in the shuffle—that is, those who for a number of years have been opposed to the Simmons organization, the same who followed Kitchen when the late Governor came uncomfortably near to defeating Simmons, and the self-same element which gave Bailey a surprisingly large vote when he opposed a "machine" candidate for the gubernatorial nomination. This element has not necessarily been absorbed altogether by either the Hoovers or the Smiths, but cause for reflection comes along this line when former campaigns are recounted.

Senator Simmons is a brilliant statesman, a political genius. He had one big play and its made, Josiah William Bailey is not to be trifled with. He's an eminent gentleman and a forceful campaigner. If he's nominated, however, he must be sure just where his advantages are and use them properly. He may be depended upon to "open up" only after the most mature deliberation.

Meantime one could scarcely fail to recognize in the Simmons statement of "no money," "limited strength and a lifetime of office holding" the most effective Simmons speech of his career.

WORTH WHILE CLUB TO PRESENT THREE-ACT PLAY

"The Threat of Destiny," a drama in three acts, will be presented by the Worth While Club next Monday night, January 20, at the Demonstration School auditorium, beginning at 7:30 o'clock.

The cast is composed of choice local talent, and those who attend are assured an evening of enjoyment.

An admission charge will be made, the fund accumulated to be used for civic improvement.

"The Way of Life"

By BRUCE BARTON

PERPETUAL MOTION

Some day go into the Patent Office in Washington and look at the applications that have been made for patents on perpetual-motion machines.

You will see some very ingenious devices.

For instance, a machine to run by the power of gravity—iron balls dropping down a chute and turning a wheel.

The inventor of that machine provided for everything. He even added a brake to stop the machine, in case it should run so fast as to become unmanageable.

He forgot only one thing—that it requires just as much energy to lift the balls up against gravity as they develop by falling down.

In England, between 1617 and 1903, more than six hundred separate applications for patents were made on perpetual-motion machines.

They stand—this unending procession—as a magnificent monument to the unchangeableness of human nature.

A testimony to man's unquenchable belief that somehow, somewhere, it is possible in this world to get something for nothing.

Every man who goes downtown to business in the morning should pass a perpetual-motion machine and be reminded of its lesson.

There is one great law that runs through all life. Many men have discovered it; Emerson named it the Law of Compensation.

Everywhere that law is operative. In physics, action and reaction are equal. In electricity, if the north end of a magnet attracts, the south end repels.

When I started in business I used to be somewhat worried by the good fortune of the wicked. I saw men who worked one half as hard as I and were paid twice as much money. I saw other men lift themselves into the good graces of golf and funny stories.

But I have seen the Law of Compensation get in too much deadly work ever to concern myself any more about anybody else's success.

I have seen good fellows who thought they were perfectly secure because they called the boss by his first name, be fired by the same boss, who called them by their first name when he did it.

And I have seen men grow very rich—and I know that there are many ways in which the Law of Compensation can work when a man has the ambition to become very rich.

It can make him pay in health. It can turn his home into a counting-room. It can make his children snobs and hypocrites. It can destroy his joy in simple things.

Another gentleman discovered the Law of Compensation even before Emerson. He stated it in this form:

Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap.

The Family Doctor

By DR. JOHN JOSEPH GAINES

STARCH FOODS

Winter is the season of good appetites and their appeasing without regard to consequences; a man recently had me estimate his blood-pressure, who weighed 275 pounds; said he just could not get rid of any flesh." His health was, in fact, superb—I never saw finer; but he was fearfully overloaded with ballast, and he was the chap that had been shoveling it in.

Starchy foods lead in variety. The great staples, wheat, corn, potatoes and beans are principally starch. In fact, starch is one of the most important foods, but, like anything else that is good, it can be fearfully overdone. I advise my patrons to cut down starchy foods in their dietary. One starch, not four or five, is a rule that I try to enforce.

Potatoes may be prepared in a dozen tempting ways—and wheat flour—there is no limit to the culinary inventor's art and skill. The result is, five times as much starch is taken into the body as is actually needed; the result, it is stored away in an increase of "flesh" that sometimes becomes alarming.

I had a lady patient of mine who was overweight, leave off all starches for four days—told her I didn't care what she ate, just so it wasn't starchy food. With a reluctance that was almost horror, she ate meat exclusively during that period. She lost the "heavy, loggy, tired feeling," that we meet so frequently and which is not disease at all—just an overloaded vehicle with starch bulging the sideboards!

The non-meat-eating fad has done its share to provide excess of starches, equally distressing. I'd as soon take my pork without the beans, as my beans without the pork, if I were experimenting; either way spells disaster. I prefer to act wisely if not scientifically—and take a little of both; just what my internal economy demands and no more.

That seems to be the horse sense of the matter.

Hints for the Home

By NANCY HART

OLD BLANKETS USEFUL

Of course no one discards a blanket just because of one or two worn spots. They may be given a new lease of life by careful darning. By all means use soft woolen darning thread and be sure that you run your stitches over a considerable portion of the good part of the blanket so as to make a darn that will not depend on the worn portion. A good plan is to put the blanket into a large pair of embroidery frames. If you do this you can make a very presentable darn. If possible the darn should be used instead of the patch, as it is smooth and flatter.

Often the blanket is worn only at the edge. In that case you may find it best to run a piece of thin flannel the whole length of the blanket, sewing it down neatly, binding it with the blanket at the edge and then working about the worn places, through the blanket portion and the flannel. But often it is better simply to cut off a section of the blanket. It may be large enough for a smaller bed, or for a useful bit of additional covering. There are always times when a blanket just large enough to tuck in over the feet and knees is a welcome addition to the bedding.

Sometimes a blanket goes along the center fold. Then it is possible to cut out the worn section here, piece the blanket down the center and use it for a single bed blanket. It is a good plan to look over blankets at this time of the year, before putting them away for warm weather and to make any alterations or mends that are necessary. Cold weather comes quickly in the autumn and it is very discouraging to go to get your bedding out of cedar or camphor only to find that it needs a day or two's mending before it is presentable. The chances are that you won't do anything to it at all, if you wait until autumn.

Orange Puff Sauce

Put two egg whites in bowl with few grains of salt and beat until very stiff. Add slowly while beating, constantly, two-thirds cup powdered sugar, juice of one orange and juice of one-half lemon. Serve as soon as possible, as sauce will separate if it stands.

Orange Sauce

Cream one cup of butter with two cups of sugar, add the juice of two oranges, the grated rind of one, and a little grated nutmeg. Mix thoroughly and serve cold. This may be used on the above pudding. It is delicious with boiled rice and a baked or steamed pudding.

Oatmeal Bread

One and one-half cups rolled oats, one cake compressed yeast, one and one-half teaspoons salt, two cups of warm water, two tablespoons sugar, Place oats in warm water. Dissolve yeast cake in one-third cup of lukewarm water; add two tablespoons of lard and salt. Add one and one-half cups of flour to oats, then add the yeast and salt. Beat well and let rise until light. Add sugar, enough flour to make a soft mould, and knead lightly. Let rise about one hour. Make in one large or two small loaves. Let rise again in pans about one hour, to double the size. Bake from thirty-five to forty-five minutes in moderate oven. If started at eight the bread will be done by noon.

NEW CARS AND "HARD TIMES"

(Winston-Salem Journal)

How are times in North Carolina? "Hard," comes the clamorous answer from all over the State.

But if times are so "hard," why is it that the people of the State managed to scrape together some \$60,000,000 to send out to other states for new automobiles during the past year? This is a sum not so much less than the value of the cotton crop of the State.

During 1929, 73,860 new automobiles were sold in North Carolina. In 1927 the number of new cars sold in the State was 65,007 or more than 8,800 under the number for 1929. Is it true that the harder times get the more new cars are sold? It is estimated that for the United States as a whole the average cost of each new car is \$812. Figuring on this basis the people of this State spent \$60,000,000 for new cars in 1929.

Turn to study another picture. Judge Frank Daniels is sentencing three young men in Wake Superior Court for theft. They stole, or were trying to steal, some tobacco, presumably to get money with which to defray their automobile expenses. Judge Daniels took occasion to say that while automobiles may be useful and serve a good purpose, they have been the source of much trouble to needy families and are depriving many children of an education.

The automobile occupies a secure place in modern life. But this obvious fact does not obliterate the equally obvious fact that many people have not succeeded in adjusting themselves to the automobile. Many families spend too much on their cars. Too many people buy bigger and more expensive cars than they need. If the use of an automobile is confined to actual needs, it is not in most instances, unduly expensive. It is the use of a car above and beyond

If No One Lets Go They May Get Somewhere — By Albert T. Reid



the margin of necessity that does the damage to the owners. There must be some vital relationship between \$60,000,000 worth of new cars and "hard times" in North Carolina.

WE BELIEVE IN THE UNITED STATES

Christmas business for 1929 was as good as a year before, according to reports from every part of the country. Merchants had expected a decline of 15 or 20 per cent. People who make it their business to analyze economic forces say that one reason why people did not cut down on their Christmas shopping after the Wall Street slump was because the President's business conferences in Washington had restored public confidence in the soundness of the Nation's industries and reassured the timid ones.

If that is true, it is a good augury for the new year. The President's purpose in calling business leaders to disclose their plans for the future and in urging Governors and Congress to accelerate the spending of public funds for roads, waterways, buildings and other public works, was the hope that the responses would prove so encouraging as to allay fear for the future. That turned out to be the case.

Mr. Hoover recognized the truth of Woodrow Wilson's famous statement that good times and bad times are usually the result of the mental attitude of the crowd. Business men of today understand that. If the mass of the people believes that things are going to go well, and

proves that belief by spending money as freely as ever, then things do go well. If the majority is timid and hesitant about purchases and investments, things go badly and we have hard times.

The year 1930 has hardly begun, but already the outlook seems brighter than it looked a couple of months ago. The public has realized more completely and speedily than had been hoped that the United States is still moving steadily toward its destiny, which is that of a nation in which neither poverty nor suffering shall befall even the least of its citizens except as the individual himself so wills it.

BEAUTIFYING THE ROADSIDE

The next step in highway improvement will be to make the roads more attractive. The first and most important object of road improvement is, of course, to make it easier to get from one place to another. But after that is done, attention ought to be given to the beautification of the roadside.

Several states have begun this work. In Massachusetts all new or relocated roads are made wide enough to provide for a belt of shade trees on each side and trees and shrubs are planted by the State nursery. Connecticut has a State landscape division which not only plants trees but lays out flower gardens at appropriate intervals along State roads. In California trees have been planted along 685 miles of highways and the lands adjacent to State roads have been surveyed for the purpose of planning ways to make them more

attractive. Delaware, Illinois, Georgia, Missouri, Wisconsin and Kentucky are all making a beginning toward similar highway beautification, in some instances with the co-operation of local civic bodies and women's clubs. For years the women's clubs of Florida have been planting flowers along the roads.

Under an amendment to the Federal-aid act, passed in 1928, Government funds may be used in part for such purposes on Federal-aid roads.

There is more to this than simply a protest against ugliness. There is sound dollars-and-cents value in beautiful roads. People who live on them not only take pride in them but can get more for their building sites. Towns which the tourist approaches through arching trees and bowers of flowers gain reputation and business thereby.

Europe is away ahead of America in roadside improvement. Not only are its highways generally tree-lined but in some regions fruit and nut trees are planted, the harvest from which is sold to provide funds for road maintenance. That is an economy which might not operate so well in America, but there is nothing but time to prevent us from making every road beautiful.

They're making the new movies bigger and showing 'em in colors and talking and everything, and now they are going to show them in three dimensions like living statues. There are only two or three more improvements needed to make 'em perfect, seems to us. One is to put some sense into the plots and another would be to hire a few real actors.

Greetings

We anticipate for this the New Year 1930, a good substantial year. The financial heads of the United States have promised to start new developments and enlarge old ones in a way to create circulation of funds sufficient to make good times.

Let's make this year an outstanding one for this county. Let's every man resolve to do his part to make it so.

We thank you for your loyalty for the year 1929 and wish for you a prosperous 1930.

Boone Hardware Company

"The Friendly Store"