

Says Canned Tomatoes Valuable Health Food

Is Both Fruit And Vegetable At Small Cost

POSSIBLY NO OTHER VEGETABLE GIVES QUITE SO MANY FOOD VALUES FOR MONEY

There is possibly no other one vegetable that gives quite so many kinds of value for the small amount of money it costs as the tomato, and no other one is found more generally in the gardens or on the market. It is fine in flavor, beautiful in color, rich in vitamins and most refreshing, served as a drink or when eaten raw. What would your vegetable soup be without the tomato; how about stews, and what could be more appetizing than a dish of steak or broiled chicken garnished with broiled tomatoes?

The tomato serves the same purpose as oranges or grapefruit for breakfast. It is really a fruit and a glass of canned tomato juice contains enough of vitamin C to protect us from the bodily ills we suffer when there is no fresh fruit provided in the diet.

Physicians prescribe tomato juice for small babies that they may be sure the child gets enough vitamins, especially vitamin C, in the feeding. Both cow's milk and mother's milk are low in this vitamin. Vitamin C is easily destroyed in cooking but the tomato unlike non-acid vegetables retains a goodly portion of its vitamin C when cooked or canned.

CHAMBER OF COMMERCE COLUMN

By R. E. L. NIEL

"The up-turn has come."
"The depression is over."
You are hearing the above from many sources these days. And all signs point to their verification. Statisticians tell us that every season of business panic died the death in the month of July. Others say that as United States Steel stocks go, so goes the business world.

Salisbury, as has been said before, never flew so high and therefore never fell so low, but it has suffered with all communities home and abroad from conditions and the prediction is made that recovery will be seen sooner right here in this Heaven favored spot than elsewhere.

It is going to take leadership, however and wise leadership at that to escape the pitfalls that will follow recovery. The sick man too often over-does himself and the result is a setback. By leadership is meant group, concerted action, taken after wise counsel in which the multitude has participated. Through no medium can this come with more surety of success than through the Chamber of Commerce. In this column has been quoted excerpts from an address of Mr. I. F. Dix, vice president and general manager of the Pacific Telephone and Telegraph Company before a session of the San Francisco convention of the United States Chamber of Commerce. Here is a further quotation from that address which seems to fit in admirably in Salisbury at this time:

"To me it is always a strange circumstance that such a small group of responsible citizens in any given community feels any sense of responsibility toward their chamber of commerce, an organization which is quite as much their own as their private business. The great majority of citizens regard a chamber of commerce as an institution apart, like the house next door, which exists in some mysterious way, but whose upkeep or management has no claim upon them. Yet a chamber of commerce is a man's own house. It has just as full claim upon his responsible support as his municipal government. As a citizen he has certain civic duties, and one of them is as clearly to support the chamber of commerce as it is to vote and pay taxes, or to pay office rent. But this is a responsibility which fewer still feel when business is bad, when an adequately equipped chamber of commerce is most needed. The present need for adequate support for chambers of commerce is a thing which we cannot emphasize too strongly. The folly of diminishing support of such an organization on an emergency like the present is clear when we realize that a chamber of commerce is the best insurance business has in any community."

For what is the Salisbury Chamber

of Commerce's leadership needed at this time? It is needed both for objective and protective purposes. Many wild schemes of aid for this and that are coming up, aid that may afford seeming temporary relief but to rise up like Banquo's ghost not to be downed when settlement day comes. Then there are objects of merit worthy of every ounce of effort the organization can summon. There is the Rowan Memorial Hospital an institution almost in the grasp of this community. An institution whose need has been recognized for years and for which humanness has long been crying out. There is the adjustment of tax burdens and other charges for necessities that weigh heavily upon every citizen. There is promotion of highway improvement and advertisement that will bring thousands of visitors through the community dispensing new money that will find its way into every line of trade and that may lead to new citizens and new industries. The list is long and many not thought of will come to light as the business moves upward.

Are you regarding your Chamber of Commerce as the "house next door" or as your "own house" to be kept up and repaired and made livable and of use?

North Carolina did not get one of its very capable citizens on the Home Loan Bank Board of five appointed by the president. Perhaps it means that the Old North State will get one of the banks that are to be located in not less than eight nor more than twelve districts. With a North Carolinian on the board it might have been a source of embarrassment to have given the state one of the banks. Now the coast is clear and nothing is to be left undone to secure an institution within the borders of the commonwealth. The city to be favored is immaterial for the present. The larger centers feel that they are logically to be chosen and Winston-Salem, Charlotte, Greensboro and Raleigh have their weather eyes open for the main chance. It may happen however, that for a number of reasons a relatively smaller community will be selected and certain it is that no where in all of North Carolina could be found a better place for the Home Loan Bank than in Salisbury.

WIFE, 22, WINS 'HOT SHOT' SUIT

San Francisco.—Mrs. Helen Neuman Cecil, 22-year-old bride whose correspondence with an anonymous "hot shot" brought her into the divorce court, emerged victorious.

Superior Judge Timothy I. Fitzpatrick awarded her a decree from Charles R. Cecil, Bakerfield oil station operator, on her cross-complaint charging cruelty.

Cecil originally sued for divorce, alleging that his bride had exchanged endearing letters with a youth known to him as "Freddie M."

Mrs. Cecil explained that "Freddie" was a neighbor youth in Bakerfield, and that the letters were a "joke." She charged her husband beat her and drank to excess.

The court awarded her \$120 alimony. She asked that much to "tide me over till I get a job."

RAIL CARRIERS TO LOWER RATE

Southern rail carriers are joining with northern lines in proposing to reduce freight rates on cotton hosiery and also on cotton and rayon hosiery from points on their lines to eastern cities and interior eastern points to 60 per cent of the present first class rates, according to officials of the H. P. T. & D. railway at High Point which has aligned with the movement.

The adjustment will have the effect of making the new rate on hosiery from High Point, for example, to New York city via rail and water route 82 cents per hundred pounds, plus emergency charge of two cents on the commodity rate. At present the rate on cotton hosiery to New York from High Point is 75 per cent of first class, or \$1.03 plus emergency charge of two cents.

The southern and northern lines jointly seeking the adjustment have filed a six section application with the Interstate Commerce Commission asking that body for permission to make the new rate effective at once without the usual statutory notice. If approved the new rates will provide freight for practically all hosiery producing points in the Carolinas.

She was only a chimney sweeper's daughter, but she knew the smut.

Bridge Play in American Legion Posts



Soon now, American Legion Posts all over the U. S., will sponsor bridge play in an International Tournament, the returns to go to state relief of unemployment and for the American Legion War Memorial in Paris. . . . Here is the model—and the poster—painted by Howard Chandler Christy, left, which will herald the event for Legionnaires.

OLD AGE HOLDS NO TERRORS

for those who know

THE TRUTH



Amazing New Scientific Discovery Solves Health Problems for Aged

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SALISBURY

ALL VETS MAY GET LOANS NOW

World war veterans who hold adjusted certificates less than two years old, who heretofore have been unable to borrow on these certificates may now borrow up to 50 per cent of their face value from the United States veterans' administration, it was pointed out by Commander D. M. Blankenship of Stonewall Jackson post of Veterans of Foreign Wars.

"These loans are made possible entirely through the efforts of Veterans of Foreign Wars of the United States," asserted Commander Blankenship. "This bill also provides for a reduction in interest on all loans. It was purely a V. F. W. measure and was pushed to the limit, after the defeat in the senate of the bill to provide full payment of all adjusted service certificates."

"The V. F. W. has contended that those men who failed to apply for their certificates at an earlier date should not be penalized. The national legislative committee of Veterans of Foreign Wars initiated action for the relief of those men as soon as the Patman bill for full cash payment of all certificates was defeated."

CHICAGO WOMAN WINS DIVORCE FROM 'SOAK'

Chicago.—Here's another prohibition classic. Frank Stokwis kept exuberant for six consecutive years on liquor he soaked from empty whiskey barrels. And then he sold the barrels for the same price he paid for them.

That's the story, anyway, that won his wife a divorce in Judge Harry Miller's court.

Her attorney, Victor Fronhlich, told the judge that Frank always carried home a whiskey barrel instead of a box of candy.

He put a little water in the barrel and soon had a drink that was very successful.

DENY SOUTHBOUND PETITION
Petition of the Southbound railroad to discontinue passenger service between Winston-Salem and Wadesboro was denied by the state corporation commission last week on the ground that the charter requires such service.

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QUICKER, BETTER RELIEF from use of Black-Draught

"I have taken Black-Draught, off and on when needed, for twenty-five years, for it is easy to take," writes Mr. George T. Wharton, of Petersburg, Va. "I take it for constipation and when I have that dull, tired feeling. I take it for colds and other complaints where a good laxative is needed, and I believe it gives me quicker and better relief than any other medicine I know. It certainly has been a help to me."

P. S.—If you have children, give them the new, pleasant-tasting SYRUP of Theoford's Black-Draught.

"What do they mean by 'nip and tuck'?"
"One nip and they tuck you away for the night."

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