

Mrs. Knox Johnstone is entertaining throughout the week at a series of bridge parties, both in the afternoon and at night.

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At the first sign of constipation, take Black-Draught for prompt relief.

Many men and women have said Black-Draught brings such refreshing relief. By its cleansing action, poisonous effects of constipation are driven out; you soon feel better, more efficient.

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3 DAYS ONLY

Prices Reduced

'29 Ford Coach \$ 95 clean

'27 Chevrolet \$ 30 Coach, lic. . .

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'28 Nash \$ 65 Coach

'29 Chevrolet \$115 Coach, clean.

'29 Chevrolet \$125 Coupe Cleanest in town

'30 Chrysler \$ 95 Coach

5 USED TRUCKS

Prices Reduced on all late models.

MCCANLESS MOTOR CO.

Salisbury and Kannapolis

A Crown of Bran Biscuits For Salmon Chowder

By Barbara B. Brooks



This salmon and vegetable chowder topped with golden brown bran biscuits is recommended for meatless days during the Lenten season.

SALMON chowder pie solves the menu problem for many of the seemingly endless stream of meatless menus during the Lenten season. This is a dish that wins sudden and lasting approval, and your family will call for its reappearance time after time.

The triple-tested recipe

Salmon Chowder Pie

4 tablespoons chopped onion 1/2 cups cooked diced potatoes 4 tablespoons fat 1 cup cooked carrots 1 cup water (drained from cooked vegetables) 1 cup cooked peas 2 cups milk 1 teaspoon salt 1 recipe all-bran biscuits

in a moderately hot oven (425° F.) about 20 minutes or until biscuit dough is done.

Yield: 8-10 servings.

All-Bran Buttermilk Biscuits

1/2 cup all-bran 1/2 teaspoon soda 1/2 cup buttermilk 1 teaspoon salt 1 1/2 cups flour 1/2 cup shortening 1 teaspoon baking powder

Soak all-bran in buttermilk. Sift our, baking powder, soda and salt together. Cut in shortening until mixture is like coarse cornmeal. Add soaked all-bran; stir until dough follows fork around bowl. Turn onto floured board; knead lightly a few seconds; roll or pat to 1/2 inch thickness and cut with floured cutter, or roll in sheet to cover casserole and bake as usually suggested.



THE FAMILY DOCTOR By JOHN JOSEPH GAINES, M.D.

SPEAKING OF TEETH

I doubt if anyone ever fully appreciates his or her teeth quite so much as when they have just been all extracted by the dentist. When the victim struggles through the agonizing days, trying to "break in" a set of artificial teeth, he remembers what a treasure he has lost in his natural teeth; if it were to do over again, he'd treat those native molars and incisors with a great deal more respect than he did when he had them.

The modern advice as to care of the teeth is plenty voluminous; the other-wave sizzles with the bray of the charlatan. The hawk mercifully besets you with his sugar-coated nostrum, and wise columnists hand you theories, sophistries and "isms." Those and many more. Why should I add my bit? Well, common sense at this time may not be amiss.

There is no law on God's green earth that requires the obedience as to how often you should see your dentist, or how often a man or child should apply a nostrum to any part of the mouth, gums, teeth or throat. Just the simple, well-known admonition: Be clean, alert against any harmful practice, and consult your dentist at the first symptom of rebellion in the dental region. There is no minimum or maximum on your visits to the tooth doctor; go when you need his services, be it one, none, or twenty times a year.

Continual and senseless scrubbing of the teeth is highly capable of doing grave harm; many a case of pyorrhea has been set up by the use of septic tooth brushes; the enamel of your teeth was not put there as a field for exploration by the swarm of nostrum-vendors that infest the land. Nature gave us about all we need in food-elements for keeping the teeth clean. Look for them and use them—and don't believe everything you hear.

Conductor: "Did you get home all right last night?" Passenger: "Of course, why do you ask?"

He: "I suppose I'm only a little pebble on the beach of your life?" She: "Yes, you might stand a chance if you were a little boulder."

PLUGGERS

ACCEPT JAPANESE PLAN

Tokyo.—The American Association of Cotton Yarn and Cloth Exporters has accepted the plan of the Japanese ministry of commerce fixing quotas for exports to the United States of velveteens and corduroys, the figure for the first year being fixed at 1,250,000 square yards and for the second at 1,500,000 square yards.

With a charming aid of romance and pleasant sentimentality, the company were discussing how each married couple among them first met. "And where did you first meet your wife?" the little man in the corner was asked. "Gentlemen, I did not meet her." "She overtook me."

ADVERTISE IN THIS NEWSPAPER FOR BEST RESULTS

IN REVIEW

Ho hum! The millennial dawn approaches, thanks to our medical columnists. Every man his own dietitian, his own self-culturist, his own psychiatrist. The family doctor is headed for the long vacation when he shall have talked himself out of a job for all time to come.

Among my contemporaries I read that tobacco does not shorten life; that the snifter of corn whiskey is not guilty, nine times out of ten. That meat and salt don't have a blame in doing to do with one's blood pressure—the both are actually essential to living on all six. That health exercises are often indulged up to a fatal point in many cases. That diet, rest and sleep are to be taken as the dictation of appetite.

Which checks most of the medical theories and speculative hypotheses into cooked hams—almost. Every man his own doctor. He can go on living, and die in his turn—so he passes on.

All of which is so much piffle, written for the price, yet pregnant with horse-sense deductions.

No two men or women are exactly alike. Hence, there can be very few set rules governing the conduct of many. Here are some, however, that I may say I use myself:

Be temperate IN ALL THINGS. No human ever uttered better advice than that. Temperance in eating, drinking, working, thinking, sleeping, laughing, sighing, living, dying temperate in all things. Observe that simple rule—and cut the doctor's bill to near zero.

Then, you will catch the "flu" or break your leg—or your wife will receive a visit from the stork—just any old thing will happen; then call the doctor; as you have always done.

J. C. Byrd of Harnett County

recently killed 23 hogs from which he secured 8,000 pounds of pork.

Jones County rural young people have organized a recreational council composed of recreational leaders from the different 4-H clubs of the county.

In Lenoir County, 371 farmers had the farm agent reclean 414.3 quarts of tobacco seed during January.

J. F. Moore, demonstration farmer of Randolph County, kept an accurate record of all his farm operations last year and reports a return of 14 percent on his investment.

MODERN WOMEN

1937 has already brought about many changes, not the least significant of which is Norway's recognition of women by appointing for the first time one of our sex to the post of director of the women's prison in Oslo.

The new director, Miss Olga Larssen, has been for many years a teacher in a boarding school for difficult and neglected girls and principal of Toten School for girls. From the latter she sent out young persons of who m80 percent made good in after life.

Mexican women seem to be copying their northern sisters in a good many ways. Bicycling has become a fad in Mexico City where some women have actually appeared in breeches. They pedal to church where parking spaces are provided. And they have gone modern also to the extent of getting jobs. The job, however, is relinquished when a girl becomes engaged to be married.

The New York Museum of Science and Industry recently installed a unique model of a Danish hamlet built by Miss Mabel Jacobson, of Denmark. She is one of the most expert women model builders in the world. Her chief interest is in modeling boats and she has made more than fifty ship models of every type.

On April 30th, the Philippines will decide whether women shall have the franchise. It will take 300,000 votes to give them equal suffrage. Ballots were cast by 200,000 women for the ratification of the Constitution.

Honorary membership in Beta Pi Chapter of Kappa Delta Pi has been conferred upon Dr. Martha McClesney Berry, seventy-year-old founder and director of the Berry Schools at Mount Benny, Georgia. She started the schools in 1902 in a log cabin. The schools now have a 30,000-acre campus with 100 buildings. There are 1,000 students a year and more than 12,000 alumnae.

It is the belief of Major Agnes McKernan, prison secretary for women attached to the Salvation Army in the Eastern states, that a girl should be given a chance to make good once more. She is enthusiastic on the parole. Through her the New York League of Business and Professional Women has started a campaign to make its members better acquainted with local reform institutions with the idea of lending a hand when possible.

King Gustaf of Sweden has decorated Greta Garbo, film actress, with the Gold Medal in Letters and Arts.

UNION BUTTONS O. K.

Detroit.—Homer Martin, president of the United Automobile Workers of America, said he had received a letter from William S. Knudsen, executive vice president of General Motors corporation, asserting there would be no objection to union men's wearing their buttons in General Motors factories.

DEFOE'S SALARY CUT

Callander, Ontario.—The salary of Dr. Allan Roy Dafeo as health officer for North Himsworth township has been reduced from \$70 a year to \$40, it was disclosed. The township council made the cut retroactive on January 1, but gave no reason.

MAY OFFER TEST CASE

Gastonia.—Attorney Wade H. Sanders launched a legal battle he said is destined to provide the first court test for an important piece of social security legislation—the railroad retirement act. He docketed in Superior court suits brought by 26 members of a negro construction crew against the Piedmont and Northern railway protesting deductions made from their pay envelopes by the company.

SEEK \$95,000 DAMAGES

Asheville.—Damages sought as the result of a Christmas eve explosion and fire at a Broadway fireworks store here amounted to \$95,000 Friday with the filing of an action in general county court in which Edna Melton Corn, administratrix of the estate of Francis T. Corn, asks \$40,000 from the Consolidated Realty company, A. P. Moneyham and Herbert E. Johnson.

ATTORNEY DROPS DEAD

Asheville.—Emmett Thorman Wilson, 32, well-known Asheville attorney died suddenly of a heart attack at his office in the Law building on college street, here recently. He was associated in a law firm with Claude L. Love.

LANCIA, AUTO BUILDER, DIES

Turin, Italy.—Vincenzo Lancia, one of Italy's leading automobile manufacturers, died suddenly today. He was 56 years old, Lancia built up a large organization after starting his business with a small amount of capital. His racing cars were well known on automobile tracks throughout the world.

BOSTON BROWN BREAD COMES BACK



No longer do cumbersome steaming kettles and that important element, time, need to stand between the family and delicious homemade Boston brown bread. The thrift Cooker of the modern electric range is the ideal steaming unit. Being a permanent concealed unit of the electric range, this Cooker is always ready to "steam up" a few loaves of brown bread. Little water is used, little heat is required to keep the water constantly boiling. No attention is necessary—just mix up the batter, place it in cans or molds, and forget about it until done.

Biscuit-Sued Jacket



NEW YORK . . . This waist-length jacket of biscuit colored woolen in suede-like finish is a popular Spring fashion number. It is worn with contrasting navy frock of wool crepe. Large flowers of the jacket material are applied on the shoulders of the frock.

Flees "Sit-Down" Suitor



NEW YORK . . . Florence Hurlbut, 23, of Excelsior Springs, Mo., is the fair lady for whom the "chained to a radiator" sit-down-striking-Romeo-suitor" got many newspaper headlines. She's here, via plane, for radio appearance and it looks like cupid has gone to press-agenting.

31,000 TO GET VACATIONS

Chicago.—G. F. Swift, president of Swift & Co., said more than 31,000 hourly-paid employees of the company and associated companies would have one, two or three week vacations with pay this year. Approximately 19,000 workers who have two years or more of continuous service will receive one week vacations.

CHARGED WITH COUNTERFEITING

Fayetteville.—Claude Williams, 66, of Fayetteville, was bound over to federal district court by United States commissioner D. G. Breece on a charge of manufacturing counterfeiting 50 cent pieces. He was placed under \$100 bond.

RAISE "VEST POCKET SHEEP."

Berlin.—Germany, creator of vest pocket battleship, has turned her attention to "vest pocket sheep." To augment the nation's supply of wool, small land-owners are being encouraged by the government to raise Angora rabbits.

Three 4-H club members of Cumberland County are growing Yellow Danvers onions as a new club project for the county.

Three Guesses, Fans



LAKE WORTH, Fla. . . Three guesses, fans, who the above baseball celebrity may be. . . It is none other than "Nap" Lajoie, wintering here, who for 15 of the 20 years he was in the major league, batted over .300 and has his name in baseball's permanent hall of fame.

Held In Snoring



SNOW HILL, Md. . . Mrs. Jeannette Trader, estranged wife of the late Clarence J. Trader, electric utility owner, is being held on an indictment charging murder. She claims her husband shot himself when she refused reconciliation.

666 Colds and Fever

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STATE THEATRE SALISBURY, N. C. Program Starting February 19, 1937 FRIDAY—SATURDAY A Round-Up of Action . . . Filmed at the Texas Centennial! Gene Autry in "THE BIG SHOW" with Smiley Burnette, Kay Hughes Also Chapter Six "Vigilantes Are Coming" Late Show Saturday Night "Bulldog Drummond Escapes" MONDAY—TUESDAY Mighty in Warfare, Dangerous in Love!!! He pressed the white frontier westward to Kentucky! George O'Brien in "DANIEL BOONE" with Heather Angel, Ralph Forbes WEDNESDAY She Ran Her Father Like a Jumping Jack . . . Herbert Anne MARSHALL SHIRLEY in "MAKE WAY FOR A LADY" with Gertrude Michael Margot Graham THURSDAY ONLY ON THE STAGE: "FOLLIES OF THE DAY" 20—People—20 On the Screen: "ONCE A DOCTOR" with Jean Muir, Donald Wood

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