

# The Journal - Patriot

INDEPENDENT IN POLITICS

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MONDAY, AUG. 25, 1941



## W. R. Absher

The pioneer citizens who figured so largely in the early growth and progress of North Wilkesboro one by one answer the call to eternal existence.

But results of their earthly lives will live on in the community which they helped to build.

W. R. Absher, who died last Tuesday, was one of the early leaders in North Wilkesboro and whose leadership endured for many years. His first experience in public life in North Wilkesboro was as principal of the school, beginning that career a few years after the village was incorporated.

In business life he was successful and held an enviable reputation for integrity.

In civic endeavors he was actively interested with movements for the progress and welfare of North Wilkesboro.

In church life he held several positions of trust and for decades was a member of the board of stewards and a Sunday school teacher in the Methodist church.

Mr. Absher was a man of firm convictions and who did not compromise what he considered right with the doubtful.

It is with regret that we record his passing from earthly existence in this community but we pause to mention that his fruitful life will live on in the surroundings he loved so well.

## White Bread Plus Vitamins

Americans are white bread eaters. They devour white flour and are apt to turn a disinterested eye on brown. It may be the taste and it may be the color. Whatever the reason, they specify white most of the time when they buy a loaf at the grocery store or order noon sandwiches. Some time ago the milling and baking industries undertook a nationwide campaign designed to increase whole wheat bread consumption, but sale of this product never exceeded two per cent of the total.

Then the medical fraternity entered the picture. It was known that malnutrition and diet deficiency existed even in well-to-do homes, with handsomely stocked larders. The scientists went to work to find out why. Their discovery amounted to this: Many palatable foods are sadly deficient in those vitamins which are essential to robust health. And white bread was one of them. In the process of refining, the flour lost many of its health attributes. There was, for instance, a deficiency of thiamin, which leads to impairment of the nervous, digestive and circulatory system. There was deficiency of nicotinic acid, which is closely related to pellagra. There was a deficiency of riboflavin, which results in a stunting of growth, lowering of vitality, premature aging, and nervous disorders.

So in 1938, with the facts known, the American Medical Association went on record to the effect that in the processing of foods the goal should be to retain the natural food value—and that if this is not feasible, the processed food should be scientifically enriched to restore the losses. It is to the credit of the millers and bakers that they cooperate fully. So today they are planning to give the white bread most of us enjoy so much, the vitamins we need. Furthermore—and this will be of particular interest to the lady of the house—enriched flour and bread, when included in proper diets, are no more fattening than unenriched varieties.

The medical fraternity has again done a big job for the health of all the people, and particularly to the white-bread consumers of America—a classification which includes the bulk of the population.

Still, if it weren't for football how would anybody know that the colleges were open for business?—San Diego Union.

## Bicycle Fatalities

More bicycle riders were killed in North Carolina the first seven months of this year than were killed during the entire twelve months of last year, the Highway Safety Division reported this week.

Accident records show that 25 bicycle riders met with death on the streets and highways of this state from January through July of this year, an 80 per cent increase over the 14 cyclists killed the first seven months of 1940 and a 25 per cent increase over the total of 20 cyclists killed all last year. A majority of the riders killed were boys, and most of them were killed because of violations of the rules of safe riding.

Warning that bicycles are classed as vehicles under the State law, and that cyclists must obey the same general traffic regulations that apply to motor vehicles, Ronald Hocutt, director of the Highway Safety Division, listed the following 12 rules for bicycling with complete safety.

1. Refrain from "clever" or "stunt" riding.
2. Dismount and walk across dangerous intersections.
3. Keep to the right and close to the edge of the roadway.
4. Learners should ride in a park or other safe place.
5. Ride without wobbling; avoid sharp turns.
6. Say "No" to anyone desiring to ride as a passenger.
7. Never hitch onto a moving vehicle.
8. At night, carry a light in front and either a light or reflector in the rear.
9. Stop for all stop signs.
10. If parcels are carried, strap them to the frame or place in a basket carrier.
11. Avoid crowded streets and heavily traveled highways.
12. Keep yourself and your bike in good condition.

If bicycle riders will obey those simple rules this business of one bicycle fatality every week will be stopped in North Carolina.

## RULES OF THE ROAD

### On Decreasing Speed

Sec. 102, Motor Vehicle Laws of North Carolina:— "(c) The fact that the speed of the vehicle is lower than the . . . prima facie limits shall not relieve the driver from the duty to decrease speed when approaching and crossing an intersection, when approaching and going around a curve, when approaching a hill crest, when traveling upon any narrow or winding roadway, or when special hazard exists with respect to pedestrians or other traffic or by reason of weather or highway conditions, and speed shall be decreased as may be necessary to avoid colliding with any persons, vehicle or other conveyance or on entering the highway in compliance with legal requirements and the duty of all persons to use due care."

In other words, adjust your speed to existing conditions. Regardless of what the stated speed limit may be at any particular point, drivers are required to decrease their speed when conditions of traffic, visibility, weather or the roadway are such that it is not safe to drive at the maximum legal speed.

## LIFE'S BETTER WAY

WALTER E. ISENHOUR, Hiddenite, N. C.

### FORGIVING

It is great to be forgiving  
As we journey on life's way;  
In so doing we are living  
So that we can truly pray  
"Holy Father, let Thy pardon  
Come upon me from above;  
Grant that in my heart's small garden  
There may be the purest love."

Only God forgives the debtor  
When he calls upon His name,  
Breaking chain and binding fetter,  
And removing all his shame,  
Just as he will show to others  
A forgiving spirit true,  
And the love that makes them brothers  
As life's journey they pursue.

It is noble and uplifting  
If forgiving we will be;  
But the soul of hate goes drifting  
On life's vast, uncertain sea  
Who will not forgive another  
Of his failure and his wrongs,  
Nor be reconciled to brother,  
Though he sings the victor's songs.

Father, make us kind, forgiving,  
Gentle, patient and devout,  
So indeed we shall be living  
Far above uncertain doubt  
As to what will be the ending  
Of the race we run on earth,  
And that Jesus may be sending  
To our souls the sweetest mirth.

## Abnormal Absurdities

By DWIGHT NICHOLS, et al.

**RATHER WAIT THAN RUN**  
They have a lot of fun when the baseball teams of the colored prison camps play. The field at the camp here is enclosed and a trustee is placed on the outside of the fence to chase foul balls and home runs. A spectator asked the trustee: "When you go way down there after a ball why don't you run?" His reply was, "Why should I run? I don't have but 20 more years here."

**ON STANDING ARMIES**  
Heard on the street: "Speaking of standing armies, we have the standing army in the world—the WPA. You would never get one of them down unless you shot the shovel handle in two."

**CASHED A PHOTOGRAPH**  
In Minneapolis a negro girl wrote the NYA office, saying that she had not received her check of \$14.50. The office wrote her that her check had been mailed out, that it had been endorsed with her name and that it had been cashed. To prove this they sent her a photostatic copy of the check as cashed. The copy was so good that she took it to a store and cashed it.

**HONESTY IN TRADING**  
A cattle trader in the Blue Ridge country who bought many calves and figured to make an average profit of one dollar each gave this advice to his son when he started out in the same business: "If a widow has a calf for sale and says she will take \$10 when you know it is worth \$12, give her \$11. Never take advantage of any person's ignorance about the worth of what they have to sell. But if you find a person whom you know is trying to skin you in the trade take the butter of his bread and if he don't give you the bread." Over a long period of years the old man had been successful with his generous policy toward those whom he could have taken advantage of and in many instances his generous trades eventually became the most profitable.

**GOVERNMENT AND LIQUOR**  
One man whom we know to be personally and politically dry and who hates to see lives ruined by liquor as badly as anyone, made the remark that he would not report stills if he knew where there were a dozen of them. He said that the government is in the business of selling liquor and his argument intimated that it had no business punishing individuals in the same business.

**FELLOWSHIP**  
"There you sit," Harry Lauder used to taunt his audiences merrily—been side by side for two hours, and not one of you spoke to the fellow in the next seat!" Under that warm-hearted influence, few there were who did not turn and speak to the stranger beside him. It's as easy as that. A word, a smile, and the stranger at your elbow may become an interesting friend. All through life, we deny ourselves stimulating fellowship because we are too proud or too afraid of usend.  
"You can travel, if you like, cased in the local armour of privacy that can shut you away from the common touch. But it isn't hard to approach a person who has a friendly smile on his face. But why not be the first to smile?"  
"We should seek the precious stuff of human fellowship. We are all strangers to each other, until one of us puts out his hand—and makes a friend."

**Dr. E.S. Cooper**  
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## HEADING FOR ROMANCE



A dramatic scene showing Ingrid Bergman and Leslie Howard, the romantic sweethearts in David O. Selznick's "Intermezzo, a Love Story," which is playing an engagement at the Liberty Theatre Tuesday only through United Artists release.

## Neutral Fertilizers Increase Yields Of Potatoes and Cotton

Plots of Irish potatoes, sweet potatoes and cotton that have received neutral fertilizers have consistently out-yielded those receiving acid fertilizers in tests made by the North Carolina Extension Service, says E. C. Blair, Extension agronomist at State College.

With sweet potatoes, the returns from neutralizing the fertilizer increased as the potash was increased in the mixture. These increases were 3.7 bushels to the acre for three per cent more potash; 11.1 bushels for six per cent more potash, and 14.2 bushels for nine per cent more potash,

Mr. Blair reports. Neutralizing fertilizers with dolomitic limestone, in similar tests, has increased the average yields of Irish potatoes as much as 32 bushels to the acre. Basic fertilizers have produced increases of 46 bushels, Mr. Blair adds.

The results of tests for three successive years with acid, neutral and basic fertilizers applied on the same plots have indicated no potato scab infestation resulting from the neutral or basic fertilizers.

Cotton yields, in the same experiments, have shown increases of more than a half-bale to the acre by the use of neutral fertilizer.

Yields of Irish potatoes in Bladen fine, sandy loam were in-

## OPEN FORUM

This is a column open to the public for free expression. THE JOURNAL-PATRIOT does not assume any responsibility for articles printed under this heading, and neither endorses nor condemns them. Please be as brief as possible.

### H. M. PARLIER WRITES

Los Angeles, Calif. August 22, 1941.

Gentlemen:

With best wishes I am this day mailing you \$2, for which please renew my subscription to your paper for one year. I hope that everything is moving along nicely in dear old Wilkes. It seems like the world is on fire, and the end is not yet.—War, War, War, and more war.

The Bible says in part that when the wicked rule the nations mourn. But let us hope that we will get something really worthwhile, after this mad brutal struggle is all over.

Hitler must be destroyed regardless as to what the cost may be. I am led to believe that Mr. Roosevelt and Mr. Churchill are on the right track.

I hope to be able to get back to North Carolina sometime during 1942 in the event I am blessed to live until that time.

I have been quite sick for the past weeks, spent three weeks in the hospital, but at this time I am feeling much better.

Yours very truly,  
H. M. PARLEIR.

Use the advertising columns of this paper as your shopping guide.

increased 33 bushels to the acre by the use of neutral fertilizer, over the yields of potatoes which received acid fertilizer. In Norfolk sandy loam the neutral fertilizer brought an increased cotton yield of 266 pounds to the acre over cotton produced with acid mixtures.

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—ONLY—  
**THE YEAR'S MOST EXCITING LOVE SONG IS IN THIS GREAT ROMANTIC PICTURE!**

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Directed by Gregory Ratoff  
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**TODAY I AM A MAN!**

**WATCH OUT, NEW YORK! HERE COMES ANDY HARDY!**  
Wool Wool Andy's on his own in the Big City now! Romancing with lovely, singing Judy! Giving big business the business! Falling for a pretty gold-digger! It's the newest, biggest, funniest Hardy family yet!

**LIFE BEGINS for ANDY HARDY**  
WITH **Lewis STONE**  
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PATRICIA DANE - RAY McDONALD  
and **Judy GARLAND**  
Screen Play by Agnes Christine Johnston  
Directed by GEORGE B. SEITZ

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