

Mr. and Mrs. Burwell Manning and their children, Burwell, Jr., Heath and Liela of Columbia, formerly of this city, are spending several weeks in Saluda, N. C., with Mr. Manning's mother, Mrs. Richard I. Manning, at her summer cottage.—Spartanburg Herald.

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Mrs. Joe Whiteside is in Mary Black hospital, Spartanburg, where she had an appendix operation.

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Mr. and Mrs. C. P. Rogers had as guests for dinner Sunday Senator and Mrs. Carl Thompson and Mr. and Mrs. Fred W. Blanton of Shelby.

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Mrs. W. A. Newell and daughter, Miss Olive, of Salisbury are occupying their cabin this week on Lynn road.

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President C. P. Rogers of the Felspar Milling Co., is attending a felspar meeting in Baltimore.

The BULLETIN \$1.50 a year

Tryon young people, who are attending the Christian Endeavor Conference at Montreat are Misses Mary Gaze, Mary Alice Buchanan, Ruby Williams, Mildred Fite and Elizabeth Thackston.

One quart of milk supplies about the same amount of bodily energy as 9 eggs, or 3-4 pound beefsteak, or 4-5 pound chicken, or 6 1-2 oranges, or 2 pounds potatoes, or 3 pounds string beans. All of these foods build health and are important in the diet. The comparison merely brings out the essential part that milk plays in contributing fuel or energy to the diet.

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