

## 10 Fourth of July Precautions

The following ten helps for a safe and sane vacation were given by Mr. Samuel L. Antonow:

1. Drive safely.
2. Dress lightly.
3. Eat a varied diet including milk, fruit and vegetables but omitting heavy dishes.
4. Avoid cold drinks when perspiring.
5. Don't overdo exercise.
6. Take every precaution when going in swimming.
7. Do not be in too big a hurry in acquiring a tan.
8. Beware of poison ivy and sumac in the woods.
9. Take care not to start a fire when camping out.
10. Take along a well stocked first-aid kit.

**BALLEW'S BARBER SHOP** in the Theatre Building will be open **SATURDAY, JULY FOURTH.** Yes We Have A Shine Boy.—Adv.

Have your Shoes repaired with New Soles and Heels for the Fourth of July. Also Shoe Laces and Shoe Polish. We will be closed all day the Fourth of July, but will remain open until 9 p. m. Friday evening.

.. Tryon Shoe Hospital ..

Window Shades, Linoleum,  
Rubber Tile, Rugs, Carpets,  
Furniture.

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Wednesday, Thursday, Friday

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*and*  
**GREATEST**  
**PICTURE!**



*Will*  
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**IN OLD**  
**KENTUCKY**