

## Tryon Daily Bulletin

SETH M. VINING, *Editor*

*Published Daily Except Sunday*

*Subscription Rates:*

One Year \_\_\_\_\_ \$1 50  
Out-of-State \_\_\_\_\_ \$2.00

### T O M O R R O W

At the suggestion of Bishop Gribben the speaker tomorrow at 11 o'clock at Holy Cross church, will be Miss Caroline Gillespie of the Patterson School. Miss Gillespie's reputation as a speaker precedes her, for the two Bishops with whom she went on a speaking tour, report that she won more plaudits than they did! She will speak on various aspects of rural work in this state, illustrated from her own experience.

Mr. and Mrs. J. H. S. Guest of Thornhill, Ontario, are guests at Miss Ravenels.

Mrs. F. M. Fisk of Adrian, Mich., is a guest at Cherokee Lodge.

## Physical Fitness

A quart of milk provides all the calcium needed by the individual for the day, much of the phosphorus, a liberal amount of the vitamins A and G, one third or more of the portein, one eighth or more of the iron, at least one fourth of the energy, and some of the vitamins B, C and D. All this, milk furnishes at a small fraction of the total cost of the day's meals.

*Pasteurized Milk*

## Kalmia Dairy

PHONE 149

*Be Sure You Are*

# PROPERLY DRESSED

For The HORSE SHOW



We are in a position to clothe you in the height of fashion. For riding togs of all kinds—we have a complete line. Men's and ladies'. Also the latest word in "New Easter Ensemble." Look to us for style.

THE  
BALLENGER - JACKSON  
COMPANY