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and salesmen cannot enter. It will help sell your goods or carry any brief message for only a few cents a day. Just telephone 9.

### Advice To Travellers— Take A Purpose With You

"Don't be a tourist, be a traveller," advises J. P. McEvoy, author and traveller. He makes the difference clear in an article in the current Rotarian Magazine, pointing out that it's largely a matter of having a definite purpose in your journeyings that make them worth while.

Pursue your interest, he urges. "Whether it is child welfare or rock gardens, whether your passion is architecture or orchids, fishing or folk dancing, butterflies or bridge, you'll find devotees everywhere.

"You can always call with profit and the assurance of a welcome on those of your own profession in whatever land you are," he adds. "Do you sell? Do you buy? Your rivals and allies are everywhere. Whether you make bricks or lay them or throw them, the sun never sets on your co-workers, collaborators, or conspirators."

On your picnics take a bottle of Kalmia Dairy Milk. It is refreshing after a hike; and it is safe because it has been Pasteurized.—Adv. tf.

A college junior taking a business course will arrive home Thursday for summer vacation. He desires work of any kind until the college reopens in September. Any work will be appreciated. He can drive a car, handle a shovel, clerk in a store, paint, or do other general work. John David McGeachy, Tryon, N. C.—Adv. tf.

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**WANTED TO RENT:** Four or five room house ready for occupancy around July 1st. Will take good proposition the year 'round. Rent must be reasonable. Write "M. D." in care of the Tryon Daily Bulletin.—Adv. tf.

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## 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 protein, 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.

Every precaution is taken. Milk is pasteurized, filtered, tested, bottles are sterilized, machinery and equipment is **SURGICALLY CLEAN.**



## Kalmia Dairy