

PROGRAM

Of The

Thirty-Sixth Annual Meeting Of The Sandy Run Baptist Association

Convening With the Spindale Baptist Church, Spindale, N. C., October 7 and 8, 1925.

WEDNESDAY MORNING

10:00—Song Service and Devotional..... M. A. Adams
10:30—Enrollment of Delegates and election of officers.
11:00—Introduction Sermon..... D. G. Washburn
12:00—Lunch.

WEDNESDAY AFTERNOON

1:15—Song Service.
Report on Temperance—R. W. Vick.
Report on W. M. U.—Mrs. W. W. Nanney.
Religious Periodicals—C. C. Matheny.
Report on Orphanage—H. D. Harrill.

WEDNESDAY EVENING

7:30—Report on B. Y. P. U..... B. M. Melton
Report on Sunday Schools..... A. R. Waters

THURSDAY MORNING

9:40—Song Service and Devotional..... W. B. Jenkins
Ministerial Relief..... M. M. Huntley
Christian Education..... F. S. Hall
Report on Boiling Springs High School..... J. H. Quinn

THURSDAY AFTERNOON

1:15—Song Service.
Report on State Missions..... W. A. Ayers
Report on Home Missions..... C. M. Rollins
Report on Foreign Missions..... W. T. Tate

Committee:

C. H. STEVENS
MRS. T. C. LOVELACE
J. B. JONES
S. C. GETTYS.

About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

THE TABLE YOUR FOE

Of the many sins against right living, overeating is perhaps the chief, especially in cases of individuals in whom age has laid its restricting hand on bodily activity. Many men have retired from business, only to inaugurate a system of dietary that is an infinitely worse burden. In such cases, a protein, or, proteins, become the invisible foe. "Baked beans" and "dressings" are heavy protein foods. Fresh meats are laden with protein. Highly-seasoned foods owe their evil effects to protein in excess. Enough for you to know, that protein is stimulant and if pushed, a dangerous intoxicant.

Age brings in many people, torpor of the eliminating channels of the body. Obstruction and over-supply of food become a deadly enemy. Stupor after meals, dizziness, hardened arteries, heightened blood-pressure, auto-intoxication, apoplexy, not a very enticing chapter. Many fatal cases of brain hemorrhage can be traced to overeating. People just won't stop and think! That neighbor of yours that died suddenly of paralysis at sixty years of age; he should have lived to eighty—had he lived right!

Within the past year, I have known a half-dozen men, found dead in bed after having eaten a heavy six-o'clock dinner, and retired "in good health and spirits." Will we never take warning? Increased blood-pressure is a symptom of protein poisoning. Lessen the amount of protein, and it falls. Serious disease of the kidneys may be traced to the banquet-table. Over-work doesn't deserve half the blame it gets, while the innocent-looking sugar-bowl, the seductive mince-pie, and the rare beef-steak are working their havoc.

Fall Opening

AUTUMN needs are pressing—and every woman in Forest City has been on tiptoes of expectancy, impatient for the first authentic Fall Fashion display, and the solving of the all-absorbing problem—FALL CLOTHES. So this is truly an announcement of importance. We have arranged for that problem to be solved, satisfactorily and serviceably, with style, quality, and value always in evidence.

The discriminating judgment shown by Sinkoe's Store in the selection of Fall merchandise will appeal to the woman who seeks exclusive and individual style—at a moderate price. Here she will find all that is new and exclusive for her Autumn wardrobe.

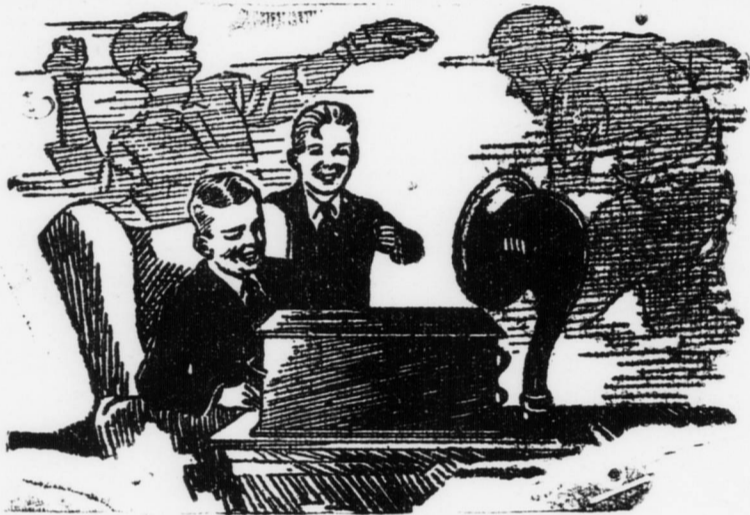
All the richness of Autumn's colorings, all the fascination of the new Fall styles, all the charm of new ideas will be found in every department. And the importance of smart accessories is wisely stressed. Everywhere you will find the cream of the mode, things that manifestly complement the smartest of costumes and meet with the approbation of the most fastidious women.

A variegated collection of advance models, emphasizing the vogue for straightline, wrappy and Princess models. Original and daring creations for the dashing—simple, becoming modes to satisfy the tastes of the more conservative. Delightful adaptations of the smartest frocks—with the choicest fabrics, the finest trimmings, and the most skillful tailoring to add their charm.



Fashionable frocks for women, misses and matrons. Designed particularly for those who demand the unusual—the individual—and the ultra-smart. Developed in the newest materials, with careful attention given to all details, these frocks are the utmost in simplicity—and smart charm. Priced at from—

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Health and Home

CARE OF CONVALESCENT IN SUMMER

For those who are just recovering from a serious illness the problem of food is a serious one. The patient, though well on the road to recovery, is usually weakened by the rigors of disease and the excessive heat is wont to sap his energy. Hence, the foods that are consumed during this period should be considered carefully as to digestibility, food value, ease of assimilation, purity and sterility. These are important in any food but especially so when the consumer is not strong and healthy.

In most cases, the one who is convalescing consumes milk in large quantities. This food contains all of the elements that are essential to the body. If milk is pure and germless, it is easily digested and assimilated.

Where the milk supply is uncertain or the quality not of the best, evaporated milk should be employed. It is sterile; it is just pure milk with about sixty per cent of the water removed. Its double richness may be modified, if desired, by the addition of water or it may be used just as it is, where rich, creamy dishes are desired.

Many people make the mistake of confusing evaporated milk with condensed milk. They are not at all similar in appearance, composition or taste. They cannot be used for the same purposes; condensed milk is a combination of sugar and milk; evaporated milk has no added sugar, being pure milk of double-rich quality and food value.

Following are recipes of easily prepared dishes and foods that are well suited for the invalid and the convalescent.

Loganberry Cream.

¼ cup evaporated milk ¼ cup loganberry juice
¼ cup water 2 tsp. lemon juice
Pinch salt

Put all ingredients in a Mason fruit jar and shake thoroughly. Chill and serve in glasses filled ¾ full of ice chips. Raspberry, blackberry, and cherry juice may be used instead of the loganberry.

Iced Cocoa.

2 tsp. cocoa milk diluted
2 tsp. sugar with
¼ cup water ¼ cup water
Pinch salt ¼ cup water
¼ cup evaporated ¼ tsp. vanilla

Mix cocoa and sugar thoroughly and add the ¼ cup water and boil over a low flame for 15 minutes. Scald the diluted milk and add cocoa syrup and salt. Continue cooking for 15 minutes in double boiler. Add vanilla. Chill and serve with chipped ice. Top with whipped cream.

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