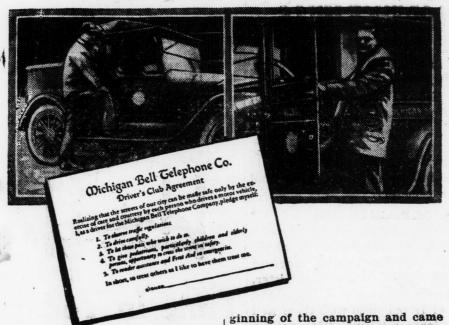
Telephone Employees Sign A Safety-Driving Pledge

Care and Courtesy Are the Keynotes of a Voluntary Movement Started at Detroit.



in a safe-driving crusade to which they are to lend their combined and individual active and moral support, in an effort to solve the through the streets of Detroit. The very serious traffic problem in the city.

. This safe-driving campaign which was inaugurated in March of this year by the drivers of the Michigan Bell Telephone Company's motor vehicles in Detroit, not only is attracting wide attention, but is gaining momentum constantly. Scores of telephone people who drive personal cars only have added impetus to the effort by voluntarily signing the pledge to drive by the various drivers at the be- promoting safety on Detroit streets,

at a time when Detroit's traffic EARLY 1,000 telephone men situation had reached a crucial and women residing in the stage. The pledge has been signed city of Detroit have united by 454 drivers whose duties in connection with telephone work requires them, either regularly or occasionally, to drive motor vehicles pledge covers the following points:

1. To observe traffic regulations.

To drive carefully.

To let those pass who wish to do so.

To give pedestrians, particularly children and elderly persons, opportunity to cross the street in safety.

5. To render assistance and first aid in emergencies.

A signed card is posted before the driver's seat as a constant resafely. This pledge was drawn up minder of his responsibility in

(Special to The Courier)

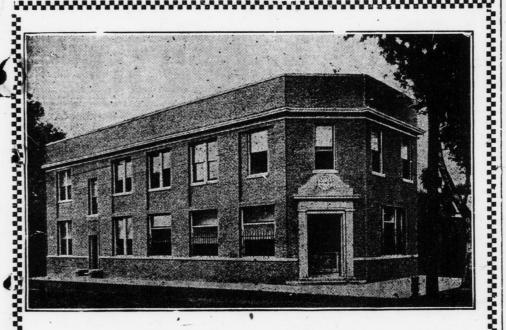
Henrietta, June 19 .- Mr. Emory Smith and family left Sunday for made. Norfolk, Va., where they will visit Mr. Smith's brother and sister, Mr. Malter Smith and Mrs. Joseph Flor- ducting a vacational Bible school.

Euzelia Smart, Blanche Moore, Sudie Padgett and Mr. Wade Hughes.

The Home Economic club met with Mrs. C. M. Harrill last Tuesday afternoon. Much business was transacted and plans for the summer were

Miss Eunice Lord left this week for Cherokee Falls where she is con-

Commencement exercises of the The following are delegates to the kindergarten conducted by Misses Baptist Sunday school conference and Reynolds and Eunice Lord were held B. Y. P. U. meeting now in session at last Thursday afternoon. A large Raleigh, Misses Virginia Hughes, number of mothers were present. The



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This important question can be solved by starting a savings account and let it grow until it makes you independent. Give it a start. It will grow if you will only give it a chance.

We cordially invite the public to call and see us.

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INDUSTRIAL LOAN& INVESTMENT BANK

CAPITAL AND SURPLUS \$100,000 FOREST CITY, N. C.

60 PER CENT OF WORLD'S PEOPLE EAT NO BUTTER

American Table Delicacy Unknown to More Than Billion in Other Nations.

Chicago.-Sixty per cent of the Miss Ina Holland, of Alexander, population of the earth, or 1,032,000, was the week end guest of Miss Ethel 000 people, do not use butter and a White. considerable per cent have never heard of it.

This doubtless will astonish persons J. Edwards. unfamiliar with the history of foods and accustomed to butter on the home table since infancy. Similar popular myths-prevail regarding the length of time coffee, tea, and tobacco bave M. Mauney Sunday. been numbered among civilized luxpeople and their descendants on this dale. side of the Atlantic to these pleasant stimulants dates back only a few hundred years. All the conquests and great exploits of the ancient and medieval world were achieved with-

Butter as a spread for bread is used only in a comparatively small area of the earth, chiefly in northern Europe and America. In other parts of the world, olive oil, tallow drippings and coconut oil take the place of butter in cooking and as a table dish. In China, Japan, India and other nations of southeastern Asia, where rice is the staple food, no butter is used and various fats and oils are added to the cereal to give it flavor and nutritive value.

Margarine has been an established article of diet in Europe and America since the reign of Napoleon III in France when Hippolyte Mege-Mouries developed the method of manufacturing it. It was at first considered a substitute for butter but now in several European countries butter is a substitute for margarine. In Denmark, notably, one of the leading dairying countries of Europe, it is almost a universal custom among the farmers to export their butter to England and use margarine on their family tables.

No prejudice exists in Europe against margarine and the inimical sentiment against it which developed a decade or so ago in America and which, from an economic view is difficult to understand, is gradually disappearing. Margarine is a wholesome food made under thoroughly sanitary conditions and government inspection. It is made only from the finest oils, vegetable or animal or both combined, milk, and salt and, its manu-to American farmers. As far as taste es, it is difficult for even a connoisseur to distinguish between the best quality of margarine and the best quality of butter. As a spread for bread, both butter and margarine are considered by dietitians merely as delicacies or what are known technically as accessory foods. "Given an ordinary, every-day rea-

sonably well-balanced diet for the average man, or child," says Dr. William D. Richardson, internationally famous scientist and dietitian, "it does not make any difference from the dietary standpoint whether the individual eats margarine or butter and the one he chooses is entirely a matter of taste, preference, or economy. He may choose to eat one or the other or neither without any appreciable influence on his growth, health, strength or physical or mental energy. His diet usually is, and should be, so balanced and varied that he is not dependent on the small quantity of fat which is spread on bread to make it palatable."

TRAIN SCHEDULES

Seaboard

No. 21, South Arr. 1:18 p. m. No. 109, South, Arr. 10:30 a. m. No. 22, North Arr. 4:21 p. m.

No. 113, South, Arr. 6:20 a. m. No. 36, North, Arr. 10:09 a. m. No. 35, South, Arr. 5:35 p. m. No. 114, North, Arr. 8:56 p. m. Clinchtield

No. 37, North, Arr. 10:45 a. m. No. 38, South, Arr. 4:48 p. m. No. 110, North, Arr. 11:20 a. m.

little folks showed the result of the careful training they have received at the kindergarten. After the exercises they were treated to ice cream

at the drug store. Mr. and Mrs. Clyde E. Mahaffee and children left early Monday morning for Louisville, Ky., where they will visit Mr. and Mrs. G. H. Mahaf-Te. They planned to drive through in a day in Mr. Mahaffee's new Chrys-

Rev. and Mrs. F. H. Price and Mrs. S. J. Asbury attended the missionary conference at Marion last Tuesday.

Those attending the conference from Caroleen church were Mrs. C. E. Shober, Mrs. L. B. Harrill, Mrs. J. R. Patrick, Mrs. G. C. Hardin and Mrs. Lula Garren.

Mr. and Mrs. M. B. Mahaffee, Walter and James Mahaffee spent Sunday with Mr. and Mrs. T. J. Estes at Wilkinsville, S. C. Mrs. Walter Mahaffee who has been spending some time with her parents, returned with them.

FLOYD'S CREEK NEWS

Forest City, R-1, June 19.-Rev. A. G. Melton filled his regular appointment at Floyd's Creek Sunday

Mr. Everet Philips had the misfortune to get his foot cut one day last week, we are sorry to note.

Mr. and Mrs. Fred Chapman spent the week end with Mr. and Mrs. W.

Mr. and Mrs. Junie Mauney, of Sandy Mush, and Mr. and Mrs. Wash Fite were guests of Mr. and Mrs. J.

Mr. Frank Green and family spent uries. The addiction of European the week end with relatives at Spin-

Mr. and Mrs. Grover Riddles, of Spindale, were guests of Mr. J. H. Sorgee and family Sunday.

Mr. Crawford Powell, of Chesnee, S. C., spent Sunday with his parents, Mr. and Mrs. J. C. Powell.

Born, to Mr. and Mrs. Dock Padgett Saturday a fine son. Mr. and Mrs. Clyde Randall and

children, of Alexander, spent the veek end at Mr. Gordon Toms. Mrs. Elisha Davidson was dinner

ruest of Mr. Sherman Tate Sunday. Mr. and Mrs. Ledbetter, of Shely were pleasant visitors at Mr. D. E. White's Sunday afternoon.

The young people enjoyed a party Saturday night given by Miss Louise

WEST END NEWS

West End, Forest City, June 19. The Senior Epworth League council of Pleasant Grove, held a very fine and profitable meeting at the church Wednesday evening of last

Miss Hilda McDonald, is in Asheville attending summer school at the

Miss Gertrude Taylor, who has been teaching at Black Mountain, is spending her vacation with her sister, Mrs. J. I. Grose.

the house with Mrs. W. G. Trout. ternoon.

Mrs. G. K. Long, Sr., Misses Bess and Statha Long, and Mr. Russell Sunday at Mr. Elsie Carvers. Long visited Mrs. C. F. Murph, at Gaffney, S. C., Thursday.

Mr. Charlie Lawing, made a bus- Smally, of Spindale. ness trip to Columbia, S. C., Thurs-

Master Billie Hardin, son of Mr. parents, near Mt. Vernon. and Mrs. J. P. Hardin returned home Friday, from Cherokee, S. C., where he spent several days with his grandmother, Mrs. Eli Williams.

Mr. John Weir and family of Shelby were the week end guests of Mrs. W. G. Trout.

Mr. and Mrs. C. L. Williamson, Mr. and Mrs. R. L. Williamson and son, Eugene, visited at the home of Mr. Joseph Walker's at New Hope, Sun-

Mr. G. W. Long, Jr., and family, spent the week end at Lake Lure, with Mr. and Mrs. Robert Long.

Mrs. Janie Holland, after an extended visit with her sister, Mrs. W. G. Trout, has returned to home in Charlotte.

Mr. and Mrs. R. T. Hamrick and children spent a very delightful afternoon, Thursday fishing, at Green river, near the Southern Power dam.

Miss Ailene Phillips, had for her guest last week, Miss Evelyn Wells of Forest City.

Mr. and Mrs. J. P. Williamson of Hendersonville, were pleasant visitors in our little town Sunday.

OAKLAND NEWS

Forest City, R-3, June 18.-Mr. and Mrs. A. M. Dixon came home Sunday from Charlotte and brought their little daughter, Ruth, who had underwent an operation and been in the hospital for two weeks. She is getting along nicely.

Childrens' Day will be observed at Adaville next Sunday morning, June

Mr. and Mrs. Sam Ruppe and little daughter, Wilda spent Saturday night with Mr. Ruppe's parents. Mr. and Mrs. Curtis Hines spent

Sunday night at Mr. Sam Ruppe's. Miss Kate Moore left last week for summer school at Asheville.

Mr. and Mrs. Claude Erwin, of For- Mr. and Mrs. Zeb Geer visited at

est City, have recently moved into Mr. Monroe McDonald's Sunday af-

Mr. and Mrs. George Owens spent

Miss Vesta McBrayer spent the week end with her sister, Mrs. Glenn

Mr. Crayton Freeman and family spent Sunday with Mr. Freeman's

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Get a box and you will know its quality

Watch Our Windows

ce Cream, Fruits, Candies, Nuts. All kinds Sandwiches, Etc.

THE CANDY KITCHEN

John Thomas, Proprietor FOREST CITY, N. C.



Louise Rice, world famous graphologist, can positively read your talents, virtues and faults in the drawings, words and what nots that you scribble when "lost

Send your "scribblings" or signature for analysis. Enclose the picture of the Mikado head, cut fram a box of Mikado pencils, and ten cents. Address Louise Rice, care of EAGLE PENCIL CO., NEW YORK CITY

Cliffside Mills Store's

Big Clearance Sale

Continues until Saturday night, June 30th. Bargains galore over the entire store. Special prices on dress goods and remember all piece goods bought at this store during this sale will be elegible to be entered in the \$25.00 dress making contest and all special prizes Borden's Fabrics are elegible to be entered in the \$1500.00 National Dress Making contest.

Grocery Department

24 lbs. Plain Flour	\$1.15
Coffee Per Lb.	25°
Post Toasties Per Package	7 1-2c
Carnation Milk, Per Can	5°
Quart Size, Wesson	45°

Shoe and Clothing Department

Men's Cool Suits	\$2.95
Men's Seersucker Suits	\$3.95
Men's Rayon Socks	.19
Men's Knitted Ties	.15
Men's \$1.00 Union Suits	.69

Dry Goods Department

	Goods	
39°	Large Bath Towels	20°
	9°	9c Large Bath Towels

Hardware Department

Shop men and mechanics we call your attention to our prices on tools. By special purchase we are able to offer you bargain prices on genuine Billings and Spencer wrenches, chisels, punches and shop hammers.

1-4 lb. Ball Pein	69°	10c Black and White Mechanic	5
[ammer	UJ	Soap Special	J

Don't fail to attend this big sale, where low price and high quality goes hand in hand.

Cliffside Mills Store