

HICKORY DAILY RECORD

TELEPHONE 167
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S. H. FARABEE Editor
J. C. MILLER Manager

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PLENTY OF GOOD

The Record trusts that the public
has observed that only the bad spots
in the war department linen have
been exposed to the gaze of the world
thus far and that the full cloth has
not been shown. Americans,
French and British wash their linen
on the housetops, while the Germans
was theirs in the cellar. That is
the difference, but we are content
that it is this way. The public has
a right to know.

Secretary Baker seems to have
taken hold of his work with a zeal
that has made up for lack of ex-
perience with large affairs and un-
prejudiced observers say he has done
remarkably well. General Crozier,
in his testimony last week, made the
point that England was very slow
in preparing and that France was
almost as backward. The United
States has done better, even if mis-
takes have been made.

The Record would not want Secre-
tary Baker vindicated if he has
been incapable of attending to the
many duties that confront him.
This paper would want to see him
removed in a minute, because na-
tional success is more important
than any individual or party. We
haven't heard Mr. Baker's side yet,
but we do know that war prepara-
tions have gone on apace, and what
the army commanders and the secre-
tary himself say will be more to
the point.

A year ago if anybody had re-
marked that Conover or Hickory or
any other North Carolina towns
would be raising hundreds and thou-
sands of dollars for the benefit of hu-
manity, it would have been sorry
to be wrong. But it is not.

The Greensboro News observe
that the good advertising was
done, the editor of his own page
was willing, but he probably will
have all the room he needs
for a few weeks.

This is some weather we are hav-
ing, but we should remember that
it is doing good. Wheat is helped
by snow and the rivers and other
streams that develop electric power
will be benefited.

The Southern Railway has insert-
ed advertisements in newspapers
urging people not to travel any more
than is absolutely necessary during
the holidays. Those ads, however,
did not get results.

With this great country aroused to
its responsibility in this war, nothing
should happen to lessen its en-
thusiasm.

We'll see if that western wave,
which was due to strike this section
last night, is as fierce as the other
kinds.

The postoffice reports that not as
many packages went through this
Christmas as last. Americans have
not been giving so lavishly.

No public officer has been knock-
ed more than Secretary Daniels, and
yet none has shown himself more
equal to the job than he.

Here's hoping you had a merry
Christmas. It seems like Monday
to us.

Here's hoping that every one of
the Record's friends had a merry
Christmas.

WHY DISCOURAGE THE IMMIGRANTS?

Columbia State.
From New Britain, Conn., comes
the news, by way of the Hartford
Courant, that numbers of negroes
who came to that town last spring
from North Carolina, lured by high
wages, have been driven by the
bitter cold weather of the past two
weeks to return to the south and
the Courant observes that the shortage
of labor in the north will be more
acute next spring, that negroes will
come north again and that again
they will be frightened away when
the mercury falls. They lose
money by their migration, but they
may after all be wise in preferring
physical comfort to a bank ac-
count. That is not high praise of
the negro race. White men of
all ages have braved weather con-
ditions and have erected new civili-
zations under the most discouraging
conditions and many white men of
the present time leave the south-
ern for northern states of this re-
public and usually they stay.
Thousands of southerners are living
in New York and other northern cit-
ies and an important part of the
population of such states as Indiana,
Illinois and Missouri are of southern
birth.

If the negro is unable to endure
the climatic rigors of northern
United States, it follows that he is
physically inferior to the southern
white man and the conclusion seems
to be implied that if he can not
live except in a restricted area of
this country he can never hope to
occupy a place of equal influence and
power with the white people.

While we are sure that our
friend, the Courant, does not so in-
tend it, its suggestion that the ne-
groes had better seek comfort in
preference to bank account is
hardly kind. The Courant and all
other well wishers of the negroes in
America should on all occasions re-
assure them and hold out to them
the prospect that whatever opportuni-
ties are good for whites in the north
are good for them, too, and the ob-
ject should be to teach them that
they can hold their own in competi-
tion with all sorts and conditions
of men in Hartford, Detroit and in
every other locality that offers in-
centive to an enterprising spirit.

Nothing is more discouraging,

400,000 NEW FOOD INSTRUCTION CARDS IN NORTH CAROLINA

Every Patriotic American Household Urged to Observe "Porkless" Day.

SAVE AND SUBSTITUTE SAYS HERBERT HOOVER

At Least One Meatless and Wheatless Meal Each Day is Requested in Statement From Mr. Hoover - Vital Suggestions Given - Food Instruction Card for Every Household in Entire State.

Raleigh, Dec. 22.—The State Food Administration has just let contracts for the printing of 400,000 supplement-ary home instruction cards to be distributed one for each household in the entire State. The issuance of these additional instruction cards is prompted by the increased seriousness of the food situation in Europe both from the standpoint of military necessity and for the relief of hundreds of thousands of Europeans who are threatened with starvation unless immediate relief can be given them.

The supplementary instruction card calls for a "porkless" day each week in addition to "Meatless" and "Wheatless" days, and for a wheatless and meatless meal each day. The consumer is urged to use sugar on a basis of not more than three pounds per person per month. Mr. Hoover, on one side of the card, frankly and impressively presents the food situation as it is.

"As a nation we eat and waste 80 per cent more protein than we require to maintain health," the directions declare. "Therefore, we can reduce the amount of meat we eat without harm. We eat and waste 240 per cent more fat than is necessary."

What is Called for Now. Aside from the general directions contained in the first home instruction card the new card asks everyone to maintain rigid economy of at least:

ONE WHEATLESS day each week and one WHEATLESS MEAL each day, the wheatless day to be Wednesday. By wheatless we mean to eat no wheat products.

ONE MEATLESS DAY each week, which shall be Tuesday and one meatless meal each day. By meatless we mean to eat no red meat—beef, pork, mutton, veal, lamb; no preserved meat—beef, bacon, ham or lard.

ONE PORKLESS day each week in addition to Tuesday, which shall be Saturday. By porkless we mean no fresh or salted pork, bacon, lard or ham.

SUGAR—You can materially reduce sugar by reducing the use of candy and sweet drinks. We will make every endeavor to see that the country is provided with supply of household sugar on the basis of three pounds of sugar for each person per month. Do not consume more.

We Are a Wasteful People. Human foodstuffs comprise three principal elements:

PROTEIN: Mainly present in meat, beans, fish, poultry, milk, and to some extent in grains.

FATS: That is, butter, cream, lard, bacon, margarine, cooking fats, beans, cotton seed oil and other vegetable oils.

CARBOHYDRATES: Grains, sugar, potatoes and other vegetables.

As a nation we eat and waste 80 per cent more protein than we require to maintain health. Therefore, we can reduce the amount of meat we eat without harm.

We eat and waste 240 per cent more fat than is necessary.

Of the carbohydrates we can just as well consume corn, oats and other cereals as wheat and we have abundant supplies of potatoes and vegetables.

Do not limit your supplies of milk and table butter, but consume it all. Don't waste any.

You can reduce the consumption of fats by reducing pastry and fried foods.

Remember the Gospel of the Clean Plate, the serving of small portions, the purchase of less supplies.

What Hoarding Does. Any person in the United States who buys more foodstuffs than he customarily keeps at home in peace times is defeating the Food Administration in its purpose to secure a just distribution of food and in its great endeavor to reduce prices. The hoarding of food in households is not only unnecessary, as the government is protecting the food supply of our people, but

meantime, to the white friends of the negroes in the south that the everlasting maintained attitude of northern men that all parts of this country except in southern states are a little too good for the negroes. While it is not for the State to preach to the Courant, we can not forbear reminding it that its consistent and traditional duty would be to tell the southern negroes that for them there is no place like Con-necticut, that it is their "promised land" and that if it does not flow with milk and honey, it is forestea-

it is selfish and is a cause of high prices. Such actions multiplied by thousands increase the demands upon our railroads for cars and already, because of our military demands, it is with extreme difficulty we can now move the vitally necessary food to market. There is much insidious propaganda in the country against conservation and increased production. All opposition to these services is direct assistance to the enemy.

The Situation Grave. The reverse side of the card carries a message to those who have signed the pledge card of the Food Administration. It is as follows:

To Members of the United States Food Administration: The food situation in Europe is far graver than when the preliminary survey of the food supply of the world for this year was made. We have an abundance for ourselves, and it is the firm policy of the Food Administration, by the prevention of exports, to retain for our people an ample supply of every essential foodstuff. The harvests of our Allies have proved less than we had contemplated, and the great curtailment of shipping by the submarines during the last few months has further prevented them from access to more remote markets. Beyond the demands of the Allies there is a call upon us by the friendly neutrals for food supplies, and if we cannot at least in part respond to these neutral calls, starvation on an unparalleled scale must ensue.

Greater Sacrifice Necessary. Food has now taken a dominant position in the war, and we must ask the American people to sacrifice far more than was at first thought necessary. We have exported the whole of the surplus of the wheat from this harvest after reserving to ourselves an amount sufficient for our normal consumption of seed and flour until the next harvest, and therefore the amount of wheat flour that the United States can contribute to mix with the war bread of our Allies during this winter will be simply the amount that our people reduce their consumption month by month. In other words, every grain of wheat or its products that the Allies receive from the United States from now until the next harvest will be exactly the amount which our people have saved each month on their behalf.

The Allies today ask for 25 per cent more meat and fats (pork, dairy products and vegetable oils) than we consider our monthly production permits us to send them without trenching on our own supplies, or, on the other hand, unless we can consume less. Due to the shortage in shipping, our available sugar supplies must be less than normal from the present time forward.

Every Particle Saved Will Count. Thus every particle of diminished consumption by the American people is one particle more for the soldiers, men, women and children of our Allies and for the starving people in other countries. This is a personal obligation upon every one of us toward some individual abroad who will suffer privation to the extent of our own individual negligence.

If we are to reduce the consumption of the few products which we should export abroad, we will need to eat a larger proportion of many different foodstuffs which we cannot export and which we have at home. For this reason we MUST NOT waste ANY foodstuffs. A great many individuals in our population eat far more food than is necessary to maintain their health and strength. In this emergency only the simplest of living is patriotic. We want no person in the United States to eat less than is required for good health and full strength, for in this emergency America requires every atom of the productive power of our people. While many can eat less, all of our population can substitute other foodstuffs for the few that are vitally needed for export.

We must not overlook the fact that Russia collapsed not because of the Germans on her borders but largely because of the failure to organize and feed her own citizens, and, IF WE ARE TO emerge victorious from this war, we cannot risk the collapse of another of our Allies—there is the most drastic reduction in their consumption; there is actual privation among their women and children; there is starvation in Belgium.

Problem for Individual. We have already issued a series of suggestions in the Home Card—a card that is now hanging in over ten millions of homes. These suggestions have already shown important results, and to these we now add others. The problem of saving in food is a local and individual one, so that more precise and definite rules just to all cannot be formulated. It is a matter for the conscientious consideration of every individual that he or she should eat only that which is necessary to maintain bodily health and strength and unselfishly to select those foodstuffs the use of which relieves international necessities. In this winter of 1918 lies the period when there will be tested in this great free country of ours the question as to whether or not our people are capable of voluntary individual self-sacrifice to save the world.

HERBERT HOOVER, United States Food Administration

with the nutmeg trees with which they are bought and is a land in which these luxuries may be enjoyed in perfect political equality and freedom.

Whenever You Need a General Tonic Take Grove's.

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 60 cents.

Train Schedules

SOUTHERN
Westbound
No. 15 Ar Hickory 7:40 a. m.
No. 11 Ar Hickory 11:20 a. m.
No. 21 Ar Hickory 4:45.
No. 35 Ar Hickory 12:02 p. m.
Eastbound
No. 36 Ar Hickory 9:00 a. m.
No. 22 Ar Hickory 11:20 a. m.
No. 12 Ar Hickory 5:22 p. m.
No. 16, Ar Hickory 6:30 p. m.

C. AND N.-W
Southbound
No. 9 Ar Hickory 2:35 p. m.
Northbound
No. 10 Ar Hickory 11:40 a. m.

Jitney Service.

HICKORY CONOVER AND NEWTON SCHEDULE
Leave Hickory 6:00 a. m.
Leave Hickory 10:20 a. m.
Leave Hickory 2:30 p. m.
Leave Hickory 4:30 p. m.
Leave Hickory 7:30 p. m.
Leave Newton 7:20 a. m.
Leave Newton 9:20 a. m.
Leave Newton 1:30 p. m.
Leave Newton 3:30 p. m.
Leave Newton 6:30 p. m.
Newton to Conover 15c
Newton to Hickory 40c
Hickory to Conover 30c
Hickory to Newton 40c

R. W. CLINE

NEWTON, N. C.
NOTICE

The annual meeting of the shareholders of the First National Bank of Hickory N. C. will be held in its Banking House on Tuesday January 8th

3 p. m. for the purpose of electing directors for the ensuing year and the transaction of such other business as may arise

K. C. Menzie, Cashier

FOR HIRE AUTOMOBILE

G. C. IVERY [Safe Driver]
PHONE LUTZ'S DRUG STORE 17 and 317

Fraternal Directory

Hickory Lodge No. 343
A. F. & A. M.
Regular communication First and third Monday nights.
When cordially invited to attend.
F. L. MOOSE, W. M.
D. L. MILLER, Sec'y.

Piedmont Council
No. 43, Jr. O. U. A. M.
Meets every Monday evening at 7:30 P. M. All visiting members cordially invited.
D. D. TAYLOR, Councilor
W. I. Caldwell, Rec. Sec

Catawba Lodge No. 54 K. of P.

Meets every Thursday night.
Visiting brethren invited.
HUGH D'ANNA, C. C.
R. L. HEFFNER, K. R. and S.

Used 40 Years

CARDU The Woman's Tonic

Sold Everywhere

War Saving Stamps for sale at the First National Bank
If you did not feel able to buy a bond, and still wanted to help the government, these Thrift Stamps are just what you want. They come in denominations of 25c, 50c, \$1.00, \$5.00 and up to \$80.00. They make the very best kind of a gift, and may be the means of starting the person on the road to saving. They earn a good rate of interest, and are really Small Government Bonds. We will be glad to explain the many advantages and furnish the cards etc to keep them on. We make no profit nor commission. Get in line today and make some little sacrifice to help the government and make a good investment for your self.

SAVE FOR A HOME
Start your account HERE
Every healthy minded man longs for a home of his own.
The first step to the ownership of that home is to start a savings account and add to it each week or month as you can spare from your earnings.
It Is Easy To Save
when you once cultivate the habit, and you will be surprised to see how soon the purchase price is reached.
Make your start today and you will get there sooner.

4% INTEREST ON SAVINGS AND TIME DEPOSITS
CONSOLIDATED TRUST CO.
CAPITAL \$60,000.00
HICKORY, N. C.

San-Tox Fig Cascaros
As a mild, palatable, yet thoroughly effective over night laxative, they are unequalled. Children take them willingly. After a single trial, you will want to keep a box in the medicine cabinet always. Money refunded if not satisfied.
GRIMES AND MURPHY, Druggists
"On the Corner" - Opposite Post Office
"IN BUSINESS FOR YOUR HEALTH"
PHONE 300

The Hickory Daily Record
\$4.00 a Year in Advance

AN AMBITION AND A RECORD
THE needs of the South are identical with the needs of the Southern Railway: the growth and success of one means the upbuilding of the other.
The Southern Railway asks no favors—no special privileges not accorded to others.
The ambition of the Southern Railway Company is to see the unity of interest that is born of co-operation between the public and the railroads; to see perfected that fair and frank policy in the management of railroads which invites the confidence of governmental agencies; to realize that liberality of treatment which will enable it to obtain the additional capital needed for the acquisition of better and enlarged facilities; to indicate the demand for increased and better service; and, finally—
To take its niche in the busy traffic of the South alongside of other great industries, with no more, but with equal liberty, rights and equal opportunity.
"The Southern Serves the South."
Southern Railway System