

NATIONWIDE FIGHT AGAINST DISEASE

American Red Cross Will Have Health Centers in All Parts of United States.

The American Red Cross has launched upon a nation wide campaign of fighting disease and physical defect among the American people. A new and unique health institution has come into being as the result of several months' study by the Red Cross Health Service Department at National Headquarters.

Officials in charge of the department predict that before long this new health activity will be in actual operation all over the country, and that the sign—"American Red Cross Health Center"—will become as familiar to the people everywhere as are now the signs of the telegraph companies.

Busy Long Before War.

The interest of the American Red Cross in the fight against disease is not, however, of recent origin. Long before the war the organization began this health service through its medical units in disaster relief work and its department of Town and County Nursing. During the war and following the armistice thousands of American Red Cross officials have been fighting disease in the war-stricken countries. At the same time tens of thousands of local Red Cross officials have been engaged at home fighting disease, notably during the influenza epidemics.

The American Red Cross has determined that all this valuable experience in health service abroad and at home shall not go to waste. So long as there are a half a million people dying yearly in this country from preventable causes, and so long as more than one-third of the American children and young people are victims of physical defects, the Red Cross recognizes the urgent need for continued Red Cross health service at home.

How Organization Works.

The Red Cross Health Center is governed by business principles, applies business methods, and, in its more simple form, can be established and conducted by lay people.

It proceeds upon the demonstrated fact that health is a commodity that can be bought and sold like brooms and soap. Therefore, it establishes itself in a storeroom in the principal business section of the community. It displays its goods in the form of attractive health exhibits in its show windows. It advertises constantly and extensively. And it uses every business and social device to attract customers.

The Red Cross Health Center is of service to the sick in that it gives out reliable and complete information about existing clinics, hospitals, sanatoria and other institutions for the sick and the defective; about available nurses, both trained and practical; about when to consult a physician, and why to shun the quack and his nostrums.

Teaching Disease Prevention.

The Red Cross Health Center is, however, of even greater service to the well. It teaches people how to prevent sickness and disease. This is done in many interesting and attractive ways—first of all, by the distribution of popular health literature and through health lectures illustrated with lantern slides or with health motion picture films. Then special exhibits are given, one after the other, on various health subjects. Practical demonstrations are made; also health playlets by children to interest and instruct themselves and their elders. Classes are organized in personal hygiene, home care of the sick, first aid and in food selection and preparation. Health clubs, both for younger and older people, are formed; also Little Mothers' Leagues. Nutrition and growth clinics are conducted for children.

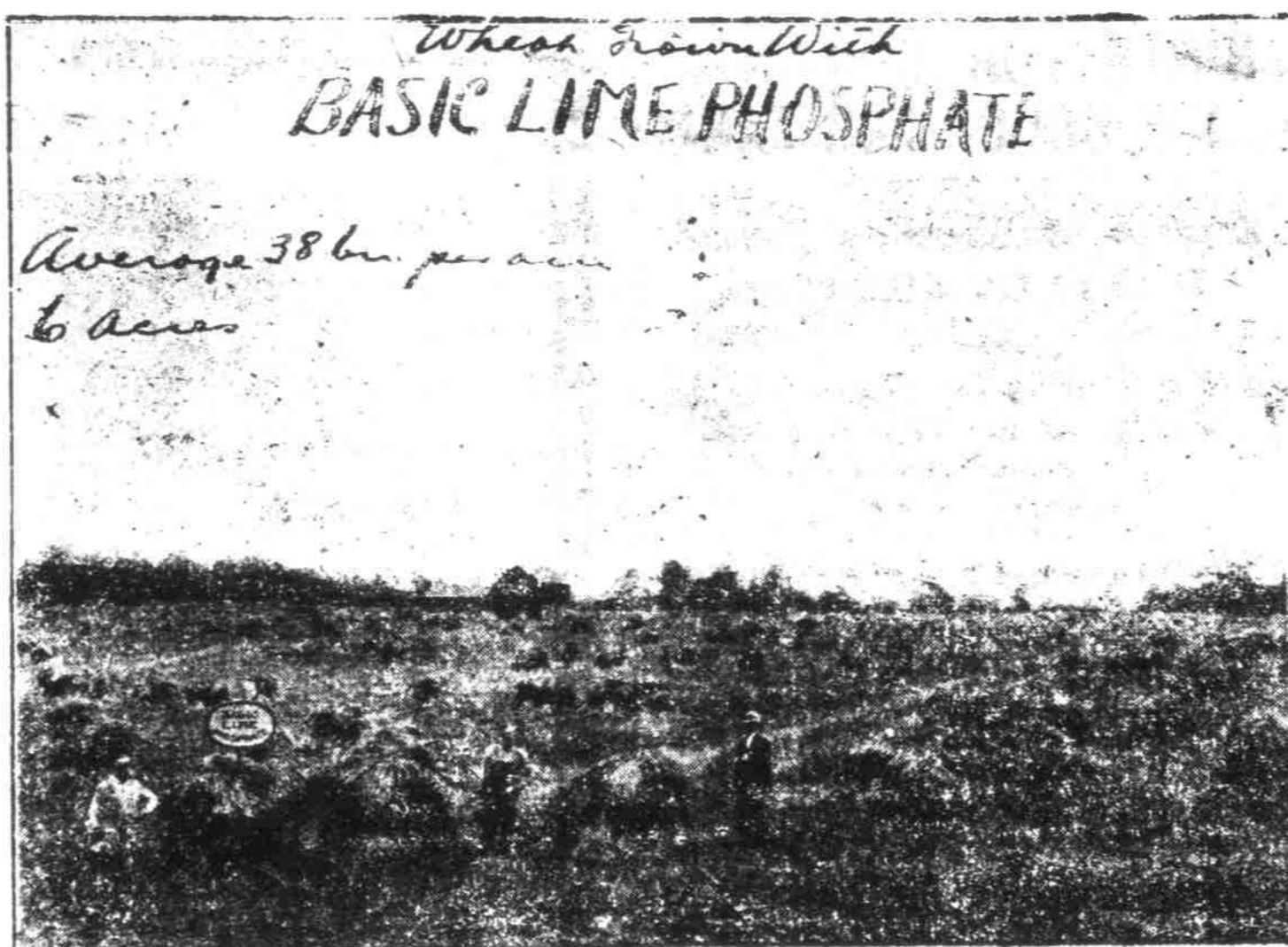
Already more than a hundred of these Red Cross Health Centers are in actual operation throughout the country. Many of them also conduct medical clinics, but the one chief, outstanding feature of the American Red Cross Health Center is its health education service which teaches well people how to keep well.

POISON FOR CABBAGE WORMS

Insect Powder Mixed With Flour Will Be Found Satisfactory—Harmless to Humans.

Insect powder mixed with three or four times its bulk of flour and left over night in a tight container is an effective poison for the common cabbage worm. It is harmless to persons. Apply when the dew is on, using a sifting top can or a powder blower.

The Progress will keep you posted as to McDowell county news better than any other means.



For Good Results

Use Basic Lime Phosphate

This field of wheat was grown by R. L. Dwiggin of Mocksville, N. C., by the use of basic lime phosphate. Use basic lime to get like results.

We also have other fertilizer and our prices are right.

FARM SUPPLY CO.
Marion, N. C.

Big Sale Continues Until SATURDAY NIGHT OF THIS WEEK

Everybody has been taking advantage of this Sale. Never has our store been crowded with buying customers as it was last week. Everybody pleased with prices. Not one dissatisfied customer have we heard.

Extra Specials For Thursday, Friday and Saturday

Every piece of 37 inch Gingham, such as Tal de Nard, will not fade, worth 50c per yard, at 39c
 Outing, worth 45c and 50c per yd, at 34c
 Percal in light and dark, worth 45c per yard, at 34c
 Spool Thread, 100 yards, at 5c
 Men's and Ladies' Hose 8c
 Ladies' black and blue wool Serge and Poplin Skirts, worth \$9.50, at \$5.98
 Men's Hats, worth up to \$3.00, at \$1.98

Men's Hats, worth up to \$3.50, at \$2.69
 Blue Buckle Overalls at \$2.59
 Good guaranteed Work and Dress Shoes for Men at \$4.98
 Good heavy Sheeting, worth up to 30c, at 19c
 Good Dress and Apron Gingham at 19c
 Good Cotton Plaid at 19c
 Nice Drapery at 19c
 Striped Suiting for Skirts 19c
 Window Curtain goods 19c

MEN! We want to especially call your attention to our line of CLOTHING that we are saving you at least \$10.00 on the SUIT. We guarantee every "Curlee" and Hart, Schafner & Marx Suit we sell. We cordially invite you to call in and inspect the line.

Everything in the house has been reduced. Nothing held back.

Big Aluminum Ware Sale Saturday, 3 p. m. sharp, at \$2.19.

This is the last chance this year to get good guaranteed Aluminum Ware, worth from \$3.00 to \$5.00, at \$2.19.

11 Stores **Bryson-Snyder Co.** Buy and Sell For Less
 J. C. Rabb old stand Main St., Marion, N. C.