

Jackson County Journal

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FRIDAY JULY 18, 1913

On another page of the JOURNAL you will find published the Compulsory School attendance Act as passed by the General Assembly of 1913. This act and the six months school term act were passed largely by reason of the pressure of public clamor and public sentiment that was brought to bear upon the members of the Legislature. Both are excellent laws and have been needed in this state for a number of years. But as is usual, it is necessary, in order that the best effects may be obtained, that they be strictly enforced and backed up by public sentiment. There is not a child in Jackson County that cannot under ordinary circumstances attend the schools. If parents either negligently or wilfully allow their children to absent themselves from school then it is clearly within the province of the state to see to it that the parents are forced to send their children to school, and under the compulsory school attendance act is that under it no child coming within the ages specified is allowed to miss more than three days from school in any month unless he has a valid excuse. No child can do the work in the schools that he should if he misses part of the days of the term. It is necessary that he be at his work every day. This act secures to the children that which is clearly his right, to attend school and obtain an education so that he may be of greater service to himself and his State. Let's everybody back up the law and have the largest attendance and best schools that the history of Jackson County ever recorded.

The following propositions are before the Constitution Commission and will in all probability be submitted to the people for a vote:

1. The Initiative and Referendum.
2. To prohibit the General Assembly passing certain Local, Special, and Private Acts.
3. To increase the pay of members of the General assembly from \$4.00 to \$6.00 per day.
4. To make certain changes in the revenue and taxation system.
5. To strike out the word "Rebellion" in several places and insert the words "War between the States."
6. To make certain changes in the issuing of charters to corporations.
7. To allow Holy Bible to be used in the public schools of the State.
8. To make certain changes in regard to judges being residents of the districts from which elected and changing circuits of the courts.
9. Certain changes in the Homestead Exemption clause.
10. To allow the General Assembly to establish Appellate courts.
11. To amend Article Nine Section 5.
12. To amend Article Nine Section 3.
13. To make changes in regard to poll tax and residence.

These questions will be given in full in the JOURNAL and we give only a brief outline now so that the people may begin to think about them.

EXPLANATION OF PREMIUMS OFFERED AT WOMEN'S INSTITUTES

The following explanation in regard to the premiums that we are offering to the girls and women living on the farm for the best exhibits of bread and school lunches at women's institutes may be of value to the would be exhibitors.

The school lunch exhibit is open to women over 18 years of age only. This ruling will be strictly adhered to. In either exhibit the exhibitor must sign a statement, giving name, postoffice address and age, whether she is over or under 18, stating that she made the bread or prepared or prepared the lunch, place this information in an envelope, seal it and place with the exhibit. By this means the judge can be sure of getting the name and address of the exhibitor.

The school lunch is deserving of more consideration than many parents give it. Childhood is an impressionable age and great care should be exercised as to the influences that are brought to bear on the child during this critical period in its life. Influences that to us grown people seem small may leave an impression with children throughout their lives. For this reason we should be exceedingly careful as to the kind of influences that surround our children. Cleanliness and neatness should be among the early impressions made upon the mind of the child. The school lunch is a good means of impressing the child with these habits, or perhaps I might say virtues, for they are virtues.

The school lunch should have three characteristics, appetizing, nourishing, and easily digested. A normal child of school age requires considerable food to meet the demands of up-keep and growth, so a school lunch should be sufficiently appetizing to induce him to eat freely. It should be composed of the things things that will satisfy the hunger of a robust child, and at the same time be so easily digested as to permit the child to study in the afternoon rather than to be put to sleep from the effects of the lunch.

In preparing the school lunch avoid all soggy foods, all fried meats, unless a small quantity of well fried breakfast bacon may be permissible. Good bread and biscuits, boiled eggs, chicked and fresh meats, butter, sandwiches, ripe fruit, salted peanuts or other nuts, plain cakes and a bottle of fresh milk are sufficient to draw from and will supply the requirements of almost any school child. Sandwiches may be made from any home grown vegetables with or without mayonnaise dressing as the child may prefer. The lunch should be put up in a neat basket or bucket and never in a pasteboard box. The latter is not as sanitary as the basket or bucket.

The basis of award will be as follows.
Neatness in packing 30 per cent
Suitability of food to purpose 30 per cent.
Suitability of food to season 40 per cent

In judging bread the follow score card will be used: Flavor, 35 points; crust, color, depth, texture, 20 points; lightness, 15 points; grain and texture, 10 points crumb—color and moisture, 10 points. Size recommended. 7 1-2 x 3 2-1 x 2 3-4 inches.

No award will be given for bread scoring 75 points, nor for school lunches scoring less than 70 points. The premium for the best loaf of bread will be one year's subscrip-

tion to "The Woman's Magazine." Only girls under 18 years of age can compete for the bread prize.

The premium for the highest scoring school lunch will be one year's subscription to "American Motherhood." Only women over 18 years of age can compete for the school lunch prize.

These are valuable magazines and will be appreciated by the winners of the prize.

Quallatown Monday July 28.

Cullowhee Tuesday July 29.

T. B. PARKER,

Director of Institutes.

RID YOUR CHILDREN OF WORMS

You can change fretful, ill-tempered children into healthy, happy youngsters, by ridding them of worms. Tossing, rolling, grinding of teeth, crying out while asleep, accompanied with intense thirst, pains in the stomach and bowels, feverish and bad breath, are symptoms that indicate worms. Kickapoo Worm Killer, a pleasant candy lozenge, expels the worms, regulates the bowels, restores your children to health and happiness. Mrs. J. A. Brisbin, of Elgin, Ill., says: "I have used Kickapoo Worm Killer for years, and entirely rid my children of worms. I would not be without it." Guaranteed. All druggists, or by mail. Price 25c. Kickapoo Indian Medicine Co., Philadelphia and St. Louis.

The advertisement of the Agricultural and Mechanical College at Raleigh appears in another column. This College is fulfilling its mission as a place for first-class technical training. Turn where you will and its graduates are making their mark on the industrial life of the State. The demands on the institution for men are increasing from year to year. If a young man wants to equip himself for leadership in agriculture, engineering, cotton manufacturing and allied pursuits he should consider the admirable opportunities offered by this busy College.

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