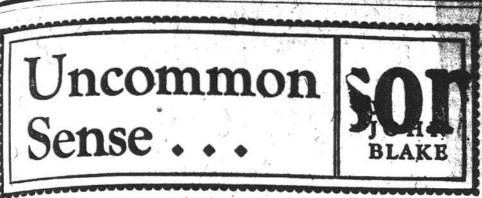
JACKSON COUNTY JOURNAL, SYLVA, N. C.



"STOP AND START" MEN | mysteries, even to men who can con-

THE incompetent locomotive engineer is known on the railroad as a "stop and start" man. He can use the brake and the throttle, but he

doesn't know how to take care of his engine. The "stop and start" man is never

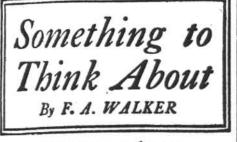
too' valuable to be entrusted to ignorance.

Fire run a locomotive a man need not have a technical education or know how to build one. But he must have a good understanding of the principle of steam power, of the mechanism of the air brake. And he must, if he is worth his salt, know how to care for his engine so that, while it is in his charge, it will be most efficient.

Every human being lives and moves in a machine far more complicated than the most modern locomotive. And ninety-nine men out of a hundred know no more about this machine than the "stop and start" engineer knows about his locomotive.

It is no wonder that so many human locomotives spend so much time in the hospital repair shop, or break down and become worthless long before they should.

How it is constructed, how it should he operated, what kind of fuel and how much of it is required for the hest results-all these are profound



IMAGINATION

TN ALL that has to do with master-I ful effort and extraordinary achievement, there must first be in the mind of the prospective operator an imag-Inative activity.

In order to write a book or a play It is necessary in the beginning of the work of either, to set our imagination to work, going carefully step by step over the plots and characters, and picturing them to the limit of our ability as they appear when they make their obeisance to the public, for whose entertainment they have been produced. This same principle applies to every form of labor, whether by the hand or the brain, the man or woman possessing the greater power of imagination having a decided advantage over those who constantly have to be told what to do and guided at every turning point. before he mixes his colors and takes up his brushes; the architect sees in his mind the outward form and proportions of a building or a bridge, prior to making the preliminary sketches. and so it goes at the start of everything created.

jugate Latin verbs or know the names of the Roman emperors in their order.

It is natural to desire long life. It is pleasant to look forward to a "green old age."

But these can be attained only by men who know enough about their given a good locomotive or an im- bodily machinery to take care of it pertant train. Life and property are properly, and to keep it up to the work it is called upon to do.

It is not necessary or possible for everybody to study medicine. But every man can, with little trouble learn something more than how to start and how to stop his own machine.

He can learn how to feed it, how to exercise it, how to tell when something is working wrong, and when to call in the doctor, who is the technical

engineer of the human railroad. If all men would do that there would be far less work for the hospitalswhich are the "shops" for human locomotives, and the doctors would find time to learn more about preventive medicine, which is the most important branch of medical science.

(C by John Blake.)

MEET ME TONIGHT, DEAREST, DOWN BY THE GATE .

WHERE THE LANY MOON

SOFTLY RECLINES

LOVINGLY SHIMES.

WHERE

AMUOUSLY, LONGWERY, FOR THEE I'LL WANT

HER BRAMMO EN

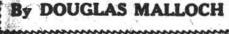
THE GATE

GOAT FIR LUCK

THEE, LOVE, DOWN BY

25

DAY BY DAY



TEP by step we walk the way, Stair by stair we climb, Day by day we live-today Makes the sum of time. All our yesterdays are done, With their smile or tear, All our days are only one-And that day is here!

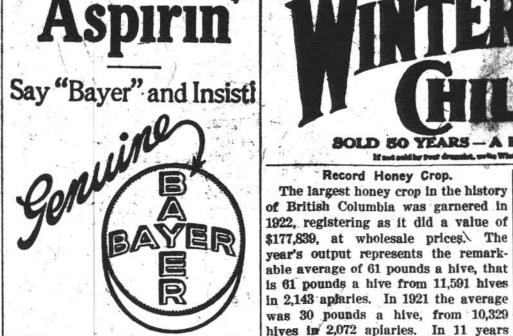
Day by day, as chip by chip Sculptors shape the stone, In the moment's fellowship, In the hours alone, So we shape the thing we are, Not the thing we seem, What the yesterdays afar, What tomorrows gleam.

Day by day! We cannot wait For tomorrow. We From the present must create All we are to be.

What we are to be depends On no future hour, But the hand that plants and tends Now the opening flow'r.

Day by day we upward go, So we build the stair; Do today the best you know, Building firm and fair. They who conquer in the strife, They who win, are they Who, through every day of life, Do their best Today!

(C by McClure Newspaper Syndicate.)



Unless you see the name "Bayer" on the province's output has grown from package or on tablets you are not get-20 tons to 355 tons. ting the genuine Bayer product prescribed by physicians over twenty-two A FEELING OF SECURITY years and proved safe by millions for

Headache Colds Toothache Lumbago Rheumatism Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.-Advertisement.

Making a Lawn. .

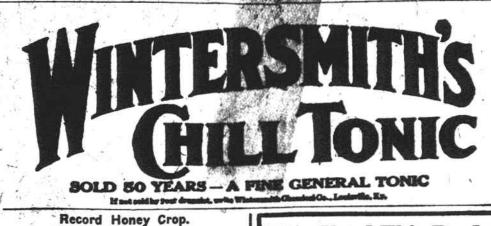
"My place is new," remarked a man who bought a home on Alter road, "and the soil doesn't seem to be able to produce a stand of grass. I have been told to plant oats with my grass seed. When the oats come up they are to be cut off and allowed to wilt and die. But their roots help to form a sod. This was a new one on me, and whether it's old or new, good or bad, I don't know."-Detroit News.

Cuticura Soothes Baby Rashes That itch and burn, by hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each.—Advertisement.

whose Christian name is Joseph and FINDS IT HARD TO GET AWAY who works at a factory down town.

Scotsman Who Would Leave This "Land of the Free" Discovers Red Tape Intervenes.

plant cut off electric current from "Immigrants who think it is hard to get into the United States should many homes of the city. This man



The largest honey crop in the history

You naturally feel secure when you

now that the medicine you are about to

take is absolutely pure and contains no

Such a medicine is Dr. Kilmer's Swamp-

The same standard of purity, strength

and excellence is maintained in every bot-

It is scientifically compounded from

It is not a stimulant and is taken in

It is not recommended for everything.

It is nature's great helper in relieving

A sworn statement of purity is with

every bottle of Dr. Kilmer's Swamp-

If you need a medicine, you should

have the best. On sale at all drug stores

in bottles of two sizes, medium and large.

However, if you wish first to try this

great preparation send ten cents to Dr.

Kilmer & Co., Binghamton, N. Y., for a

sample bottle. When writing be sure and mention this paper.-Advertisement.

JINX STRICTLY ON THE JOB

Good Reason Why Indianapolis Man

Felt That His Week Had

Started Out Wrong.

This story has to do with a man

Monday is wash day at his home.

That, be it remembered, was the day

when an explosion at the Indianapolis

Light and Heat company's Mill street

and overcoming kidney, liver and bladder

Root, kidney, liver and bladder remedy.

harmful or habit producing drugs.

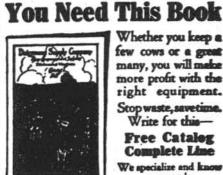
tle of Swamp-Root.

regetable herbs.

teaspoonful doses.

troubles. ~

Root



Stop waste, savetime. Write for this-Free Catalog **Complete Line** We specialize and know your needs.

Dairymen's Supply Co. 2 N. 13th Street Richmond, Va.

Direct from 5th Ave., New York City A 24-inch indestructible French Pearl Neck-lace with sterling silver clasp set with three Rhinestones and beautifully encased. \$8.75-A LOVELY GIFT These exquisite necklaces, perfectly matched and graduated, were imported from Paris just before the placing of a 60% duty-tax on imported Franch maris. This extraordinary

just before the placing of a 00% duty-Lik on imported French pearls. This extraordinary value cannot again be duplicated anywhere in America. Sent prepaid on receipt of check or money order. S. W. JOHNSON, Importer, 358 Fifth Avenue, NEW YORK CITY, N. W.

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New York

to learn the Wanted Young Men barber trade for the spring and course. Good jobs await our graduates. Charlotte Barber College, Charlotte, N. C.

Chinch Bug Pest.

The mild weather has favored the successful overwintering of the chinc southern and central Illinois, in 65 Jefferson county west at least to Furwhere it is a southward extension of a serious manifestation in southeastern South Dakota; in eastern Kansas it seems to be more abundant than during average years. The temperatures have been above normal and very dry. Burning of hibernating quarters is being practiced through-



Earache Neuralgia

Without imaginative activity the world would soon retrograde.

Cities would become unsightly, there would be no music or art, no schools or colleges-nothing to give inspiration to the young and urge them on to surpass their elders.

The force of will, unless it is supplishes anything above the ordinary- | you where it will. never pens a poem that will go down

The artist first visions his picture the ages, never chisels a statue whose | Omenand and a statue whose | grace and charm excite enduring adoration, never writes a song that millions of people love to sing over and over again long after the hand that wrote it is turned to dust.

monuments near Cairo, Egypt, on the west side of the Nile, grew from imagination to imperishable piles which have excited the wonder and admiration of mankind for centuries. "Where there is no vision," says the Book of Books, "the people perish."

If you are blessed with an imaginative mind, a conscious aiming at a ported by imagination, rarely accom- result, give it free rein and let it lead

(©. 1923. by McClure Newspaper Syndicate.)

Mother's Cook Book

Serve with fish.

the green hill far away, who naturally hate disharmony, and the greed, ugliness, restlessness, cruelty, which are is parents and children.-John Gals-Worthy.

GOOD THINGS FOR THE FAMILY

A NICE cake which is not too exfor some time is:

California Pound Cake. Cream one-half pound of butter until light and white, then add, gradually, one-half pound of sugar and beat the two until frothy. Break into the mixture, one at a time, five unbeaten eggs and beat each egg until it is thoroughly incorporated before adding the next. The success of the cake depends upon the foregoing directions. Sift one pound of flour with one-half teaspoonful of salt; slightly warm the mixture, sift again and add to the butter, sugar and eggs alternately, with one cupful of any fruit juice from canned fruit. Lastly, add one cupful of each of the following, all chopped fine: Candied cherries, blanched almonds and candled peel. Grease and flour the cake pan, and bake in a slow oven for forty or fifty minutes.

There are not enough lovers of beau- | cupful of boiling water over one-half ty among men. Not enough who want cupful of seedless raisins; let stand thirty minutes; strain, cool and pour over the frappe just before serving.

Bran Bread.

with one yeast cake, stir in one quart cupful of seeded raisins. Beat again; of flour and beat hard to a smooth grease two bread tins and pour the pensive and one which will keep of nour and bear hard to a smooth mixture into them. Let rise in a warm





SCHOOL DAYS

YOU BELIEVE

DONTCHA?

The Pyramids, those impressive

By E. R. PEYSER

MEN YOU MAY MARRY

Has a Man Like This Proposed to You?

Symptoms: Frowsy haired, beloved of women, adores adoration, unpunctual, wears bow collars to the naked point, vests with deep Vs. Music is his life and profession. You saw him first at a musicale and met him at a reception in his honor. He likes you because you are not a bubbler or a babbler and, though liking admiration, he does get a bit fed up. . . .

IN FACT

The Rapture club is his doing and his undoing.

Prescription for bride-to-be: Be a good carpenter and nail his feet to the floor. Absorb This: SOLOS ARE SAFER THAN DUETS. A GOOD ACCOM-

PANIST IS A RARE FIND. (C by McClure Newspaper Syndicate.)

cupful of lard one cupful of fine granulated sugar and two teaspoonfuls of salt. Add this to the yeast mixture Measure a pint of warm water, blend and add four cupfuls of bran and one until light. Beat into one-half place and bake in a slow oven for an

Raisin and Rhubarb Pie.

A nice combination for a pastry shell is two cupfuls of rhubarb cooked with one-half cupful of raisins, thickened with a little flour; add butter and sugar: cover with the beaten whites of two eggs. The shell is baked before the filling is added. Brown the meringue and serve cold.

rac well. (C, 1923, Western Newspaper Union.)

A Budding Spcialist. "How awfully greedy you are!" said one little girl to another. "You took the biggest apple from the basket just as I was going to take it myself." -Judge.

try to get out after once they are in, if they wish to encounter a real problem," said a native of Scotland, who has lived in Indianapolis several years and who has taken out his first naturalization papers.

The man wished to return to Scotland to live, and several months ago took up with the British representatives in the United States his proposal to quit this country for his old home. "I have been in correspondence with several British representatives," said

the Scot, "and there seems to be an endless amount of red tape in the procedure. The British representatives seem fearful lest I may become a charge on Great Britain. I have sworn to almost everything and hope soon to get my passports."-Indianapolis News.

Mixed Trouble.

Hit on the head by a blackjack while he was robbing a Pasadena home, Harry Edmonson, twenty-two, was wounded while running down the streets here this afternoon with a shotgun in the hands of detectives.-San Francisco Journal.

True. "He thinks he's going to play a good game of golf this year." "Shucks. All golfers are optimists in April."

arose somewhat earlier than usual, helped fill the boiler with rainwater, bug, according to reports received by wheeled out the electric washer, and the United States Department of Agtried to start operations. The washer riculture. It is now found to be preswould not work. He spent two hours ent in winter quarters in threatening trying to find what was wrong with numbers over the greater part of the washer, and finally gave up in disgust, going to work, and arriving late, counties; in southern Nebraska, from he found the power off there.

"H-m, that explains why I couldn't nas county, and in the northeastern get that washer started," he said. "It corner of the state in Boyd county, surely started my week off wrong."-Indianapolis News.

Cluck! Cluck!

Her father is a doctor, a specialist with a large following. Little Miss Three-year-old was being entertained by her nurse the other afternoon, and the youthful miss decided that she wished to be amused with imitations. The nurse had run through her full list of mimicry when the command came to imitate the chicken.

"Make a noise like a chicken," the order came.

"Oh, I can't imitate a chicken," the nurse protested.

"Well, if you can't I'll ask daddyhe can. He treats 'em !"

Marital Reaction.

Flubb-Marriage seems to exercise a sobering influence on some men. Dubb-Yes; it's a sort of aftermath to love's intoxication.-From Life.

Finance and Publicity.

out the state of Kansas.

"What are you going to do about this rumor that you have made a lot of money in speculation on inside tips?"

"Nothing," replied Senator Sorghum. "You can't stop a rumor, so we may as well take the individual benefit. At least, it will improve my credit."

Old-Fashioned.

"She's old-fashioned," "So." "She still has a dressmaker come to the house."

No kick-back in this mealtime cup

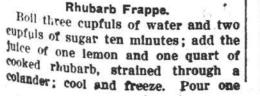
THEN you find that coffee makes you nervous, keeps you awake at night, or causes. frequent headaches, it's time to change to Postum.

This delicious, healthful cereal beverage gives you all the comfort and satisfaction of your usual morning cup. It has charm without harm to nerves or digestioncheer without fear of a dangerous "kick-back."



Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in thecup by the addition of boiling water. Postum Cereal (in packages) for those who prefer the flavor brought out by beiling fully 20

hour.



Separate Domicile, As It Were. It is better to dwell in the corner of the housetop than with a brawling woman and in a wide mansion .- Sol-