


In Foreign Countries




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 elieve me, it was a hot one
Said another mani
II received my frst tusiness straining under a wise olld bank nicasonane day a leter came in from a cuntemer who made
"I sat up almost all night drifiting an ansswer to that lecter It was a beauty and 1 tokk it in to the ond man next morning
with pride. His head nodded approvinimly as he eread it. "'You've put the case just tight', he said. 'The position

 sake, dont tend tit, Aterwarids, I learnel that the man I frist ' quoted was paid

I.i.ke every yblecr mina in Dusines, , Irececive a certain number

 aroumld in my mind for seceralal days, forruing rect hot phrases
 answer them at all. I can imagine one of my critics going lown to the front kate every morning to met the postman,
looking eagerely for why answer, thinking up what he will say
in his sext outhurt, Day aiter day goes by, and no answer cumes. The fre that was to hurr the up, Durns him up initeat This method of dealing with one's enenics is certainly not

 peace.
${ }^{\text {Litif seems s.mehow too short for controversy, and much }}$ of my income in these days is received not so much for what
Ido as for what thave learned not to do
 while judigment unitormly commands a much higheier rate than well intentioned activity, What is judldment? you ask. Well, itss the little voice that
 Thats a spmart one: very smart indecel.' But, for Heaven's

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## © <br> 

We hear it, read it, sense it in the very air, "roughage." It's the slogan of the swivel-chair patriot, whose colon has been on a strike for the last twenty rubber-tired years. Treat 'em r these tired, lazy-stuffed colons; just got to have roughage! -

Well, the prodigal son ate the husks which the swine didn't take-and repented of his sins right away,-the first victory for soughage, so to speak. Th fatted calf-the smooth diet

Let's talk about bran-shorts, "tailings," husks of wheat, or what have you? The sort recommended by solemn physicians, smug dietitians and artful manufacturers; and, let's talk sense

I have not found one in twenty-five routine investigations, upon whom bran had the least effect in obstinate constipation. I have tested carefully in my own case; I might as well have taken that much Portland cement, so far as laxative effect was noticeable.

Sometimes I wonder how many pecks of bran one would have to eat. to acquire a single grain of iron? And what form of iron?
Possibly a trace of ferrous oxile-rust! There is as much iron in Possibly a trace of ferrous oxile-rust! There is as much iron in
a single Blaud pill as there is in a bushel of wheat bran,--so there. a single Blaud pill as there is in a bushel of wheat brand,- condemns
One of the latest and best books I have found, "roughage", as a routine procedure in lazy colons-a practice that may actually do serious harm,, and I agree most emphatically. The "smooth diet" is far more rational to coax the weary organ back to normal function; I do not believe in whipping the tired horse
to restore his vigor. If core his vigor.
If commercialism were taken out of this country, and our
Ind people used
live longer.

International for May foy 31 SEMNANE
JESUS IN GETHSEMANE


## (10N N PNOH

THE FORBIDDE
By Famic stean LLeave all and fonlow,
Lure of the sum ai:
Lure of the sum a:
Lure of a wind-paced
Lure of a wind-pac
Lure of the stars
Lure of the
Lure of the firave
Brave perished
"Leve all an ${ }^{\circ}$
The sun gris
Flickering wing
Blossmis tha
When itmillig
My heart will i.real
And die in a reef

Like water,
Oh, Beaty,
Paty
Py bed and ward
By
HUMORETTES
Dumnutt-I was on the ie.
past summer alone
thought.
Rebutt-What periect
Mrs. Chatterer: Good
you for the intere - ting n
Mrs. Idle-Coscip: P. .


## Consider your Olamis Opple!!* Don't Rasp Your Throat <br>  <br> "Reach for a LUCKY instead"

# "It's toasted" 

Now! Please! - Actually put your finger on your Adam's Apple. Touch it-your Adam's Apple-Do you know you are actually touch. Ang your larynx? This is your voice box-it contains your vocal cheyds, Wheen you con. sider your Adam's Apple, ycu are considering your throat-your vocal ch:oreds. Don't rasp your throat with hersh irritants - Reach for a LUCKY instead-Remember, LUCKY STRIK! is the only cigarefte in America that through its exclusive "TOASTING" process expels certain harsh irritants present in all raw to. baccos. These expelled irritants are sold to manufacturers of chemical compounds. They are not present in your LUCKY STR!KE, and so we say "Consider your Adam's Apple."

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[^0]:    notice of sale ender exe- Court of Jackson county in the above

    ## North Carolina, <br> Sorth Carolina, Sackson County

    In the Superior Court.
    Cander Nivelo
    Cozither Mathis. TION
    Curt.
    Hosp 1 st day of junce, 153, at Monday, the which the the and interes an exesution dirceted fendant, has in the folloving describ-

