

# THE MOUNTAIN SCOUT

Devoted to the Social, Moral and Financial Interests of the Citizen of Alexander County and Western Carolina.

VOL. XII NO. 562.

Taylorsville, N. C. Wednesday, Feb. 5, 1913,

\$1.00 PER ANNUM

## THE MOUNTAIN SCOUT.

Published every Wednesday, at Taylorsville, North Carolina.

J. P. BABINGTON, Editor and Publisher.

Entered at the Post Office, in Taylorsville, N. C., as second class matter, February 6th, 1902, under Act of Congress of March 3, 1879.

## THE ONLY WOMAN MASON

BIOGRAPHY OF MRS. CATHERINE BABINGTON.

Written by her youngest son, a Master Mason and member of Lee Lodge, No. 253, A. F. & A. M., Taylorsville, N. C. She was the only woman in the world that ever received all the secrets of Blue Lodge masonry. This book tells how she came into possession of the secrets and was obligated. Price, by mail, 25 cents. Address J. P. BABINGTON, Taylorsville, N. C.

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J. P. BABINGTON, Editor  
Mountain Scout  
Taylorsville, N. C.

## AT HOME AND ABROAD

Get the fresh air habit.

Avoid the public drinking cup. It is a germ vender.

A physic is a mighty poor substitute for exercise and temperance.

There is little left in Turkey but the gobble, and the allies want that.

Railway managers are beginning to realize that it is better to kill time than passengers.

Did not Castro always assert that the United States was afraid of him?

Mr. William Rockefeller is still as well as could be expected—by Mr. Pujio.

Increasing the Supreme Court from 9 to 11 suggests going from baseball to football.

Among the higher rewards of literature might be cited the large sums paid for the Archbold letters.

Hens are laying again, under the impression that spring has come, thus further disturbing the cold storage egg market.

Mr. Taft invites the larger part of the Republican party to come back and join the smaller part.

Col. Goethals, without being in politics through any action of his own, finds himself pretty nearly surrounded by it.

Fit His Case Exactly.

"When father was sick about six years ago he read an advertisement of Chamberlain's Tablets in the paper that fit his case exactly," writes Miss Margaret Campbell of Ft. Smith, Ark. "He purchased a box of them and he has not been sick since. My sister had stomach troubles and she was cured by them." For sale by all dealers.—Advertisement.

## The Banana A Fruit In A Sterile Package.

With the increasing demand for fresh fruits at all seasons of the year has come the difficulty of supplying them in a condition in which the dangers of contamination are largely averted. Decay is one of the limiting factors in the use of fresh fruits. Among the many fruits there is one which is equipped in its native form with a protective covering that calls for more than passing mention. Some time ago The Journal of the American Medical Association emphasized the advantages afforded by the banana as a wholesome food and ventured the suggestion that this fruit, though growing in popularity, is still understood in American households. The banana consists, in its green state largely of starch and water. The essential change during the process of ripening is a conversion of the starch into sugar. The rate of ripening is dependent on the temperature. The edible portion of each fruit is packed away in a peel which serves a more useful purpose than has hitherto been realized. Experiments on the fruit in different stages show that the inner portions of the pulp of sound bananas are practically sterile. The peel is singularly resistant to invasion by bacteria. Even when bananas were immersed in fluids containing disease germs they did not penetrate into the interior. The probability of infection through the peel might be transferred to the consumer's fingers and hence to the mouth. This is an interesting example of a food delivered by Nature in practically sterile packages. Nature's wholesome services should not be undone by careless methods of marketing such foods.

An amendment to the State Constitution has been introduced for the purpose of giving the women of North Carolina the right to vote. We do not believe the good women of the State want it, for they are modest and realize that very great will be the decent to the ballot from their lofty and sacred position as "queen of the home." Woman will clamor for the ballot when, as someone has said of the modern suffragette, she gets to the point where she prefers to "raise hades than children." We have enough confidence in our North Carolina women to believe that they have not yet reached that stage of civilization—Lenoir Topic.

How to Bankrupt the Doctors.  
A prominent New York physician says: "If it were not for the thin stockings and thin soled shoes worn by women the doctors would probably be bankrupt." When you contract a cold do not wait for it to develop into pneumonia but treat it at once. Chamberlain's Cough Remedy is intended especially for coughs and colds, and has won a wide reputation by its cures of these diseases. It is most effectual and is pleasant and safe to take. For sale by all dealers.—Advertisement.

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by taking Cheeny's Expecto-rant also cures consumption, whooping cough, droppings from the nose, and throat, Bronchitis, and all throat and lung troubles. Expecto-rant a liquid preparation tested for 50 years. Thousands cures made where all else failed. Try it. Safe, sure and satisfactory. Druggists 15c and 50c.

## Southern Sweet Potato.

The southern sweet potato was given effective exploitation at a table, in Washington a few weeks ago, when the Southern Railway, the Cincinnati New Orleans and Texas Pacific Railway, the Alabama Great Southern Railroad, the New Orleans and Northeastern Railway and the Mobile and Ohio Railroad, joined in advertising the day as "Southern Sweet Potato Day," serving the sweet potato in various styles on their dining cars. The delicious and wholesome qualities of the southern sweet potato and the many ways which it may be prepared was brought prominently to the attention of all dining car patrons on that day and henceforth the potato will be regularly included on the menus of these lines, which are working with the idea of enlarging the market for this valuable product of the South, thus encouraging farmers and truckers to pay more attention to growing sweet potatoes as a money crop.

The committee in charge of the inauguration is having a serious time in determining what sort of social event is to follow the inaugural ceremonies. Heretofore the custom has been to hold an inaugural ball the evening following the inauguration. The Democratic simplicity of Gov. Wilson has led him to oppose this feature and it is probable that a huge reception to be held under the Capitol Dome will be substituted. This will be somewhat of a disappointment to the ladies who visit Washington, as the inaugural ball is looked upon by them as the climax of the inaugural ceremonies.

Cured of Liver Complaint.  
"I was suffering with liver complaint," says Iva Smith of Point Blank, Texas, "and decided to try a 25c. box of Chamberlain's Tablets, and am happy to say that I am completely cured and can recommend them to every one." For sale by all dealers.—Advertisement.

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THE GENTLE LAXATIVE  
SKIN SORES  
PAIN  
PAIN

The speech in the Senate by such an able statesman as Elihu Root, Senator from New York, in favor of submitting the question of tolls through the Panama Canal to the International Arbitration Court, has caused a good deal of comment. This speech, however, was eloquently answered by Senator O'Gorman, also of New York, who ridiculed the idea that the Canal, which we have built with

our own efforts, should in any wise be subjected to foreign control. 99 per cent of the American people fully agree with Senator O'Gorman that the Canal having been built by our labor and capital is our own property in fee simple, and we will have the right to let whatever ships we wish to pass through free, and to tax the others as we will, provided that all are treated alike.

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