B. Caldwell, Miss Pauline Owens,

Miss Annie Bostian, Miss Mildred

English, Miss Blanche Penny, Miss

Myrtle Mason, Miss Hattie R. Fow.

ler, Pres. H. T. Hunter, Mr. T. R

Browne, Mr. B. B. Dougherty, and

Black Walnut trees planted by

4-H club members in McDowell

Polk county farmers are planning

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Read and use the Want Ads.

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LIFE, SHE STATED

"I took nearly every medicine

recommended for my troubles but

nothing did me any real good until

I took Sargon, and it gave me the

Mrs. R. W. ALBERT

surprise of my life. I could hardly

retain food, my liver was disordered

suffered with sick headaches. I had

lost so much weight and strength

that I hadn't the energy or life to

do anything. Sargon gave me a

splendid appetite and my digestion

is perfect. I never have headaches

and have just lots of new strength

and energy.

county last Fall are nearly all liv.

Pres. Robt. H. Wright.

ing and growing nicely.

Gives Newspaper Views On Recent Defeat of Senator Furnifold M. Simmons

DIFFERENT VIEWS HELD

The Literary Digest.

The Tarheel "Little Giant" will be missed in Washington.

Not because he is physically conspicuous-far from it! Senator Simmons is a short, gray, frail sort of man, seventy-six years old, with a soft voice, who walks down those Senate aisles he knows so well with a short, shuffling step.

Yet this inconspicuous Furnifold McLendel Simmons has been power on Capitol Hill. Now senior United States Senator in point of service, he is ranking Democratic member of the tariff-making and tax-framing Finance Committee, Republican Administration of natand was its chairman when in the days of Democratic supremacy he helped frame the Underwood-Simmons tariff.

And he has been a power in North Carolina, where his five successive terms as Seneator have made him North Carolina's most potent champion in Washington since the Civil War, and where for more than thirty years he has been the almost undisputed boss of North Carolina politics.

Now his political career ends in his defeat by Josiah W. Bailey in the recent Democratic primaries in his State. The defeat is attributed first of all to his unpardonable crime of party irregularity in bolting the Smith ticket in 1928. North Carolina papers insist, tho they call attention to other contributory causes. There was nationwide interest in the North Carolina primary, because it was expected to furnish some indication whether the break in Southern political solidity in 1928 was permanent. The defeat of Mr. Simmons by a 75,000 majority convinces most observers that the

Democratic South is resolidifying. Now first of all let us hear a little of what is being said in North Carolina. In the absence of comment from colleagues of Senator Simmons, we find former Representative John H. Small of North Carolina calling the result "a righteous retribution for a treasonable desertion of his party in 1928." And this note appears in much North Carolina Democratic editorial comment. As the Wilmington Star-News puts it: "the Democratic party of North Carolina has gone on record to the effect that a public office-holder who deserts the national party must pay with his official head." The Charlotte News bears witness to "the simple truth that the self-respect and integrity of the Democratic party of North Carolina has been paramount. ed anew." This, declares the Henderson Dispatch, is the "emphatic

"In North Carolina party regularity amounts to a religious passion, and the man who bolts or scratches has little on which to hang his hopes for success in seeking political preferment. North Carolina Democrats simply do not do business that

In its editorial columns the Raleigh News and Observer-whose owner, Josephus Daniels, maintained careful neutrality during the primary campaign—summarizes the reasons that retire Mr. Simmons to private life after thirty years of honorable service. They are: the hostility caused by his bolting the national ticket in 1928; the growing resentment against the long-powerful Simmons machine; the growing up of a generation of young voters, almost ignorant of a Senator who has done no active campaigning for nearly twenty years; the unpopularity of the Hoover Administration in North Carolina, based partly on industrial distress and the absence of effective Prohibition enforcement promised by Hoover; and the Senator's "ancient opposition to woman suffrage."

The Durham Herald, too, mentions several of these reasons and emphasizes the fact that "the old order passeth, and the younger element of the party is taking charge." And the Gastonia Gazette finds in Mr. Bailey's nomination the beginning of a new machine in North Carolina. In Mr. Bailey's home city

W. H. BOYD

Registered Engineer Law Building Henderson, N. C.

From Youth to Age

There are three trying periods in a woman's life: when the girl matures to womanhood, when a woman gives birth to her first child, when a woman reaches middle age. At these times Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor.

LYDIA E. PINKHAM'S EGETABLE COMPOUND YOLA E. PINKHAM MED. CO., LYNN, MASS.

of Raleigh, The Times, expressing satisfaction with the Democratic nominee, speaks of him thus:

Warrenton, North Carolina

"A keen, intense character, with a youthful impulse to new doctrines, he has grown and mellowed and comes to a safe mental anchor. He

is fifty-seven years old." And now that we are talking about Mr. Bailey, we might interrupt this roll-call of North Carolina papers to say that Mr. Bailey is a former Simmons leader, a lawyer, once the editor of the Baptist Recorder, and naturally a Baptist by faith. In former years he was an active Prohibitionist. And during the campaign he has reaffirmed his dryness, altho there were assertions

that the wets were supporting him. Well, here is the Asheville Citizen, in that western mountain section of the State which gave Mr. Bailey such a big vote, describing him as a man of brains, character, courage, and force, and speaking of his victory as "North Carolina's verdict on President Hoover and the present ional affairs." Less enthusiastic over Bailey personally, the High Point Enterprise feels that he still has before him the general election "as a hazard of unknown bounds." The Winston-Salem Journal, which supported Simmons, thinks Mr. Bailey can win in November "provided he convinces a majority of the people that he is not going to the Senate to join hands with Raskob and the National Association against the Eighteenth Amendment to modify or repeal our Prohibition laws." Incidentally, it may be noticed that the Democratic press, irrespective of pre-primary sympathies, call upon all Democrats to rally behind Bailey

in November. Naturally, there is intense interest in other Southern States. In Virginia-where not long ago Pollard, a Smith Democrat, overwhelmed Brown, who was supported by Bishop Cannon-Richmond and Norfolk newspapers hail the North Carolina results as further notice to the country that the traditional solidarity of the South is to be maintained. In Alabama, where Senator Heflin was thrown out of his party as a bolter, and is now running independently, the Birmingham Age-Herald re-

social peace, and the orderly pro- dications are than a number of cesses of government and prosperity in their States demand their return to Democratic party regularity," is how the Atlanta Constitution in Georgia sums it all up.

"Ephraim continues to be joined to his idols" is the way W. W. Jermane of the Seattle Times phrases the view widely held among political writers that the defeat of Senator Simmons proves that the break in the Solid South in 1928 was only

"Under ordinary political conditions it is still the Solid South," concludes the Kansas City Star, speaking for a host of dailies representing both parties in all sections.

"Democracy at the South is more than a political faith," reflects the New Haven Journal-Courier, "it is a social faith, and while we have had occasion to learn that even so powerful a motive as that may have to surrender at times, it carries with it no certainty of a permanent reaction." "The Hoovercrats are not going to inherit the South," concludes the Cleveland Plain Dealer (Dem.): "the 'Hooverizing' of the South is over and done with," echoes the Providence News-Tribune.

However, several Washington correspondents point out that the Republicans in North Carolina are likely to wage a more vigorous campaign against Bailey than they would have done against Simmons, to whom they owe a certain debt of gratitude, and so several Republican papers in the North suggest that with the possible aid of disgruntled Simmons supporters, there may be a chance for the Republican Senatorial candidate in the Fall.

An exceptional point of view is taken by the Democratic Dallas News when it says while Simmons was court-martialed according to the manual of party discipline, nevertheless- "if 1932 repeats 1928 at the national convention, it may likewise repeat it at the polls, North food. Each food should be chosen Carolina included."

briefly. Several editors feel that the whole wheat, is always an economiage of Senator Simmons had something to do with the result, that he any diet. The form may be left to was in part the victim of a "youth the individual when he remainder movement." As the New York World of the diet is so constituted as to puts it, "the younger men and marks that "the Simmons upset is women of the State saw an opportoo colossal to be confined to a tunity to overthrow a political dynasty that had ceased to represent The Memphis Commercial Appeal the energy and spirit of North Caroin Tennessee thinks of Simmons as lina." And other dailies discover a who give out information on food "the first big leader of the 1928 move to infuse new blood into the values should be particularly careful munity to receive his punishment." Senate, the Columbus Ohio State not to draw unwarranted conclu-Southern Democrats have resumed whose terms expire this year are presence or absence of some partic-

others whose terms end this year will not win." Furthermore:

"Probably the country will find it helpful to have a goodly number of changes in the Senate. That body has not been close to the public for years. It has moved still farther away during the past year . . .

"New blood is needed in that body; more men fresh from contact with the people at home will improve the membership, may help make it more serviceable to the nation."

Says White Bread Is Regarded Wholesome

The person who has been told that he must eat whole wheat bread for his health's sake, will rejoice to know that white bread is also regarded as a wholesome and nutri-

No less an authority than the food experts of the United States Department of Agriculture are cited by Mrs. Jane S. McKimmon, of the State College Extension Service, in support of this statement. A group of scientific folks headed by Dr. A. F. Woods, director of scientific work in the federal department, concurred recently in a statement made public by the department This group said that white and whole wheat breads are both wholesome foods. They are among the important and cheapest sources of energy and protein in the diet. Composition of the two kinds of bread varies of course with the differences in the flour used and with the amount and character of the added constitutients.

In general, however, the whole wheat or graham flours contain more of the essential minerals and vitamins and more roughage than

But no one person subsits on one in relation to the other constituents One other angle can be touched of the diet. Bread, either white or cal source of energy and protein in contribute the necessary minerals, vitamins and any necessary rough-

All dietitians recommended a diversified diet these days and those now convinced that the welfare, the the primary test, three have lost, in. Mrs. McKimmon.

Suggests Methods Of Educators Plan To Cooking Vegetables

When vegetables cannot be served raw, they should be cooked as quickly and with as little water as pos-

"Cooking has a tendency to destroy some of the necessary vitamins and if the vegetable is cooked in water some of the valuable mineral salts are left in the liquid," says Miss Mary E. Thomas, nutrition specialist at State College. "Baking and boiling are the best methods to use in cooking vegetables if these elements are to be saved, but, since boiling it most popular, care should be taken that the loss is not great."

When a vegetable is to be boiled have the water boiling when the vegetable is put in and then bring it to the boiling point again as quickly as possible. This tends to retain the food value as well as the natural color and flavor, says Miss

In cooking green vegetables, leave the vessel uncovered to retain the

natural color. According to Miss Thomas, ten to fifteen minutes is long enough to cook most leafy vegetables and the cooking should never exceed thirty minutes. Overcooking causes a great loss in food value and makes the vegetables tasteless and mushy.

The size of the vegetable also has much to do with its food value, says Miss Thomas. To get the greatest benefit, vegetables of medium size should be used. The larger ones are woody, strong in flavor and are not so rich in vitamins. Then, too, they require longer cooking which destroys their food value. Two vegetables a day, in addition

to potatoes, should be served every day, and one of these should be the leafty kind. If possible, one should also be served raw, advises Miss

The dreaded Granville tobacco wilt has appeared in a field near Fountain in Edgecombe county.

A Great Discovery

When Pasteur discovered, in 1852, that the infection of wounds was caused by malignant bacteria, he performed a service of inestimable value to mankind. Since then medical science has been producing better and better antiseptics, to kill these germs that may enter the smallest cut and give us diseases such as typhoid, tuberculosis and lockjaw. Now, all you have to do to be sure that these dreadful germs will not infect a wound, is to wash that wound, however small, thoroughly with thinking rank-and-file of Journal saying: "Nine Senators sions as to food values based on the Liquid Borozone, the modern antiseptic. You can get Liquid Borozone, in a their reasoning faculties, and are not candidates, two have survived ular factor in any one food, says size to fit your needs and purse, from

Boyce Drug Co., Warrenton, N. C.

Interest on all

savings.

Attend Conference

RALEIGH, June 25 .- Many educators from all sections of the State have already expressed their intention of attending the Sixth Annual North Carolina Conference on Elementary Education, which will meet in Chapel Hill on July 17 and 18, according to Dr. M. C. S. Noble Jr., who is serving as Secretary to the

The Conference on Elementary Education is devoted to a scientific and practical study of educational conditions in the public elementary schools of North Carolina. Every person who is interested, even remotely, in the public elementary schools of this State is invited to be present during all of the sessions of the Conference.

The program for this year's Conference will consist of concrete illustrations, which reveal how the elementary schools in North Carolina are seeking to achieve the six cardinal objectives of elementary education. The materials to be presented will be taken from actual studies which have been conducted during the current school year in the public schools of this State.

The committee in charge of the program for this year's conference is as follows: Dr. John H. Cook, Supt. C. C. Haworth, Supt. R. G. Anders, Supt. E. J. Coltrane, Mr. A

Mr. R. C. King Tells a Wonderful Story About Rats. Read It.

"For months my place was alive with rats. Losing chickens, eggs, feed. Friend told me to try RAT-SNAP. I did. Somewhat disappointed at first not seeing many dead rats, but in a few days didn't see a live one. What were not killed are not around my place. RAT-SNAP sure does the trick." Three sizes, 35c 65c, \$1.25. Sold and guaranteed by W. A. Miles Hardware Co., Waradv I was dreadfully constipated and

-famous the world over Pinaud's



Shampoo I'm fast regaining my lost weight Leaves your hair lustrous,

"Sargon Pills relieved me of conhealthy, and not too dry! stipation, cleansed my system of Alt your dealer's - or send 500 poisons and left me feeling toned up for full-size bottle to Pinaud instead of causing that weak, let-L'ept. M., 220 E. 21 St. laxatives."—Mrs. R. W. Albert, 1802 New York. [Sample bottle free Blanding St., Columbia, S. C. Boyce Drug Co., Agents, Warrenton.

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Men of vision look beyond the bank wicket, and see the potential fruits of their savings regularity: home, auto, travel, substantial investments.

Small week-to-week deposits, easily though they are made, hold a pat and magic answer to your future financial problems.

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