

# Daily News Letter

Gossip of Staff Correspondents at World Centers of Population

BY H. K. REYNOLDS, International News Service Staff Correspondent

London, July 9.—The attempt of those who govern dancing in England to kill off the Charleston has failed.

Now that the Prince of Wales has given his approval to the eccentric American steps by dancing them at several recent parties, notices for prohibiting the Charleston have been removed from a number of leading hotel ballrooms, while authorities declare that the new dance has apparently come to stay.

Protests are still made by non-Charlestoners that the violent kicking of the dancers is dangerous and should be prohibited, and it is possible that a "Charleston conference" will be held in London in the Autumn to draw up a code for the Charleston and specify just what steps will be permitted in public ballrooms.

The Dancing Times, official organ of professional dancing circles, summing up the "Charleston situation," says that all arguments on the subject must be based upon two "incontrovertible facts":—"First, a very large section of the dancing public wish to dance the Charleston," and "Second, the majority of those who do Charleston are not only a nuisance, but even a source of danger to other dancers."

Dancing authorities now recognize that they are powerless to get rid of the Charleston because of its popularity among all classes of society, including royalty, and that the best they can do is to guide its evolution into something quieter and more sedate.

Air communications within the British Empire are being developed so rapidly that definite schedules have been worked out for flying from London to the leading Dominions. These include:

To India, four days; to Australia, ten days; to New Zealand, twelve days; to Cape Town, six days; to Canada, two and a half days.

Constant experiments are being carried out with ships designed to operate on these routes, although it is expected that a few years will elapse before regular services for passengers and light freight are established. In the case of Canada, the competition of the fast steamships makes it difficult to establish a trans-Atlantic route.

The Bribery and Secret Commissions Prevention League has opened a campaign against blackmailing servants who compel firms to give them commissions for letting them have the trade of their employers.

E. L. Vinton, a South Kensington florist, alleged in a statement to the league that an organization exists among cooks and other servants in fashionable households with the sole object of extorting commissions from tradesmen, the petty blackmailers waxing rich on their daily graft. "If a tradesman refuses to pay toll," said Vinton, "the cook deliberately spoils the food he supplies. She puts soda in the meat and waters the milk, while the maid tears and soles the laundry sent by any laundress who refuses to pay the usual five per cent commission for custom. Then the cook and maid complain to the mistress and her orders are

placed elsewhere. There is hardly a single business in the West End which is not being bled by servants."

### TACNA ARICA.

The Pathfinder. Perhaps no proper name has become more of a bore, an eye-sore, a pest in the news columns than Tacna Arica—unless it is Muscle Shoals. Now the thing is all unsettled again and its shape is worse than before. Chile and Peru are under attack at each other, and Bolivia is in a bad humor too, for she had a fleeting glimpse of profit in the hoped-for settlement. But there was no settlement. A fair settlement was found impossible at the present time and in the present humor of the people. So we shall hear of Tacna Arica yet for a long time to come perhaps.

The United States made an honest effort to help, and for her reward she got what the would-be peace-maker often gets—abuse. That was one of the saddest things about it. This country had no selfish motives—there was room for none. She contributed money, material, time and labor in the interest of peace on the American continent and fellowship among Americans, but from some of the epithets applied to her, and accusations made against her she was held up as the darkest villain of the whole drama.

First General Pershing and then General Lassiter spent months of their very best efforts to prepare for the pacificist that was to settle the age-old dispute, according to the award of the arbitrator, President Coolidge. They found conditions there about as calm and benign as around a beehive just turned over. Their every move was looked upon with suspicion and attempts were constantly made to thwart them. They lingered and labored in a patient but vain attempt to induce a more peaceful atmosphere and a more reasonable state of mind. But everybody kept getting madder; violence increased, and there was no end in sight.

Gen. Lassiter told the world in a simple plain statement what the trouble was. Without apologies,

### Accuser



Sheriff Matt Starwich (above) of Seattle, conducted the investigation that led to the arrest of Bob Gaines on charges of murdering his daughter, Sylvia. Gaines charged his arrest was a political plot designed to discredit his brother, city commissioner.

evasion or even any apparent feeling in the matter he stated that Chile had made a publicity impossible by refusing, or failing, to guarantee fair voting conditions.

So the peace-maker comes out with the scars of battle. Though there is something to deplore there is nothing to regret. The United States tried to help like a big brother, and if there was another effort for peace, it would be made. It would be stupid and little for this big nation to become angry or resentful. The trouble is with our ebullient neighbors to the south. They are still in the childhood period of national life. They have not learned self-restraint, or self-mastery. They give vent to their feelings, emotions and passions in a puerile way. There is a painful want of poise, judgment and discernment. Their method of settling a contest is too much like that of dogs and cats disputing over a bone. Hence so many riots, revolts and revolutions; so many uprisings, coup d'etats and changes of government. Every man wants what he wants, and that is all he can see. They are more to be pitied than censured. They need to develop a national conscience and conscientiousness, temperance and deliberate judgment. Time will help.

### Made \$1,000 Worth of Vegetables on One-Sixth Acre.

Monroe Enquirer. Should I make the statement that a Union county farmer already this season has produced one thousand dollars' worth of vegetables on one-sixth of an acre, some might be so uncharitable as to doubt it.

But that is what Farmer Tom Redwine has done right here in Monroe (which is in Union county), on a small garden plot in growing sweet potato plants (which are of the vegetable kingdom).

Some weeks ago Mr. Redwine advertised in the newspapers potato plants at 80 cents a hundred, or \$2.75 per thousand. Orders swamped him and numerous checks received were returned because he could not possibly furnish plants ordered.

Yet—and yet again—I am told every day by my farmer friends that there ain't no money in farming.

### Firm Believer in Fate.

(By International News Service.) Pine Bluff, Ark., July 10.—Alex. Breathwit, of Pine Bluff, is a firm believer in Fate, and not without reason. In the past month Breathwit has had three narrow escapes, any of which could have been fatal.

A golf ball which he was holding in his hand exploded, and some of the acid used in the composition of the ball entered his eyes. Medical aid saved his sight.

A week later Breathwit went to a fire, and was aiding firemen in carrying articles from the burning building. While inside the buildings Breathwit was either shocked or collided with something that rendered him unconscious. The firemen saved him.

A few days later while bathing in a local pool, Breathwit accidentally fell from a diving platform. Quick work on the part of life guards saved him from drowning.

The Pirates bore little resemblance to a championship team in the recent series with Cincinnati.

### MORE "BUTTER AND EGG" MEN IS THE NEED

Gov. McLean Tells What Dairying Has Done for Other States. Tribune Bureau Sir Walter Hotel

Raleigh, July 9.—More butter and egg men—but principally of the latter variety—is what North Carolina needs, despite the vandyke jokes and newspaper stories in which "butter and egg men" figure. Governor A. W. McLean told the board of agriculture in its annual meeting, stressing the need for greater development of the dairying industry in the state. The governor cited instances of what dairying had done for other states in the South and called attention to the fact that North Carolina ran away down at the bottom of the list in dairying, yearly importing vast amounts of milk and butter to supply the demand in the state.

As a result, machinery was set in motion looking toward the stimulation of dairying in this state and plans are to be worked out to get the farmers of the state more interested in dairying. Meetings are to be held where experts will explain how dairying has been increased in other states and who will show how it will increase the farmer's dollars in this state. Experts will be sent to other localities, principally Mississippi, to see what dairying has accomplished there, and these observers will report what they found to the farmers of North Carolina. This is the tentative plan.

Each person in North Carolina, on an average, gets at least seventeen pounds of butter a year according to the latest statistics available. Of this seventeen pounds, only ten pounds are produced in the state, the other seven having to be shipped in. And of the ten pounds produced at home, only one of the ten pounds is creamery butter, the other nine pounds being country butter, mostly of low grade. Putting this in total figures, North Carolina produces in round figures about 25,000,000 pounds of country butter, and about 2,000,000 pounds of creamery, while the total supply needed to provide for the wants of the people in the state is about 43,504,891 pounds yearly, or nearly 16,000,000 pounds more than is made here.

So much for the butter. And now for the milk situation.

It is a well known fact that at present the creameries in the larger cities are constantly compelled to ship milk from sources outside the state to supply the demand, much of it coming from points as far distant as Pennsylvania, Ohio and Wisconsin.

In fact, the Southern Dairies, Inc., which specializes in making ice cream, and which has creameries and sales depots in Charlotte, Salisbury, High Point, Albemarle, Greensboro, Rocky Mount, Wilson, Henderson, Greenville and Burlington, ships milk and cream to its plants by the car load, chiefly from the dairy sections of Pennsylvania.

All of these plants would much prefer to buy direct from the farmers in their territory, had the farmers in this territory milk and cream to sell. But they do not have it.

"North Carolina farmers cannot get away from the idea that milking cows is a woman's work—or at least not a man's work," Governor McLean said not long ago in discussing the same question, and members of the department of agriculture heard him out, saying that many farmers of the State simply will not raise cows and keep a dairy herd because they did not like to "both" with milking them and the careful attention which must be given a dairy herd.

But a failure or two in the cotton crop may show the North Carolina farmers what it has shown the farmers of Mississippi, and that is that butter and milk command a good price the year around, no matter what the price of cotton may be, and that the boll weevil may have been a friend in disguise, in that it brought dairy farming and crop diversification, at the same time cutting the bill for commercial fertilizer in half, by providing a quantity of barn-made fertilizer, with even greater efficacy.

"Proper Food and Exercise," by ARTHUR A. McGOVERN Former physical director, Cornell Medical College.

## Correct posture aid to good health

GIVEN a fairly good physical constitution and the determination to follow a strict program of proper exercises, there are few people who cannot correct their posture in a short time. Most trouble of this sort comes from not giving the muscles sufficient exercise to keep them toned up, and is further aggravated by relaxed muscles.



A STRAIGHT BACK CHAIR IS A GOOD HABIT

A person in poor physical condition will tire easily and in order to rest will sink into an easy chair and cuddle up in an unusual position. Instead of complete rest, such a position really means continuing to exhaust one's self by putting an intense strain on one's muscles. Unfortunately, all people are not as up to date as they would like to be in the matter of physique. Hollow chest, round shoulders, scoliosis, curvatures and faulty postures are bound to occur among those who have lived a fairly inactive life without any regular system of physical training.

The habit that most people acquire when sitting is to let one shoulder or side fall lower than the other. This causes the chest to sag also. The man who sags on the left side while sitting is apt to keep his left hand to his face or chin for support, which results in a position that crowds the liver, stomach and intestines. Another common habit is that of putting the feet on a rest of some sort, eventually causing round shoulders. The only way I know of for a

person to correct bad sitting posture is to deliberately watch himself over a considerable period of time. Remember that you are most likely to slouch and sag in an easy chair, and at the same time you take shorter breaths because you are breathing merely with the lungs. The man who works at a desk should always use a straight back chair; for writing he should move forward from the hips with his back straight, keeping his chin and chest in a straight line.

The first tendency of a person who is not in good physical condition is to use his hand and elbow to support him when working at a desk; this means a distortion of the correct sitting posture. There are many comfortable, easy chairs with straight backs. Make a habit of using one of these, if you can, when reading or resting at home. Lean back if you want to and relax the abdominal muscles, but avoid letting the head sag forward over the chest at any time; as long as you keep the chest and the chin in a straight line, your posture is not likely to displace the stomach and intestines.

I have an illustrated chart of 12 exercises which I will gladly furnish free upon request of any of my readers who will send a self-addressed stamped envelope to McGovern's Gymnasium, 5 West 66th Street, New York City. These exercises are too lengthy to put into this small article.

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### A General Health Diet

**BREAKFAST:** A breakfast cereal and cream, very little sugar. Bran muffins or toast made from graham, whole wheat or rye bread. Coffee substitute preferred.

**LUNCHEON:** A vegetable luncheon or vegetable salad of any of the following vegetables: Lettuce, tomatoes, string beans, turnips, cauliflower, celery, cucumbers, watercress. Fresh cheese. Dark bread. Buttermilk or some fermented milk.

**DINNER:** Any vegetable soup. One broiled lamb chop or piece of chicken, with at least two vegetables. Dark bread. Unsweetened cocoa or coffee substitute. Any stewed fruit for dessert. Drink at least eight glasses of water daily.

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The latest figures show that North Carolina produces approximately 88,217,128 gallons of milk annually, while the needs of the state, based on the average per capita consumption of 43 gallons or 344 points of milk a year—less than a pint of milk a day per person—would require an annual production of 110,042,289 gallons, which is 27,825,000 gallons more than is now being produced.

### USE PENNY COLUMN—IT PAYS

### TILLIE THE TOILER



### JERRY ON THE JOB



### MAC'S OPINION DOESN'T CARRY MUCH WEIGHT



### THE DELAYED START



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