

# JURY SAYS COLE IS NOT GUILTY

### JURY TOOK THREE BALLOTS WITH MUCH PRAYER AND DELIBERATION.

Rockingham, W. B. Cole was declared not guilty of murder at 10 o'clock Sunday morning but was returned to jail to be held in custody until Tuesday at 4 o'clock when, in Wilkesboro, Judge T. B. Finley will conduct an examination as to his sanity.

"May I shake hands with the jury, Your Honor?" the wealthy defendant asked with a glad smile lighting his face, when Chas. E. Rushing, foreman, solemnly, spoke the words, "not guilty."

Judge Finley spoke a few words of appreciation to the jury, largely conveying the idea of sympathy for them in their trying task. The defendant walked over and shook hands with the men who had pronounced him blameless, and looked up with a start when Judge Finley said:

"The prisoner continues in your custody, sheriff."

The verdict was returned behind locked doors of the courthouse, Rockingham had been waiting for the court house bell to ring, signaling that the jury had reached a decision. Sheriff Homer D. Hall, however, said that he had later received instructions from Judge Finley to notify him quietly when the jury was ready, a course which he followed and to which he adhered in the prisoner being taken back in jail before the people realized that any great moment for which they had been waiting had come.

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## POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

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### DIABETIC CHILDREN

THE discovery of insulin has entirely changed the outlook for persons suffering from diabetes. While it has been known for only about four years, it is now well proven that an adult who has developed to average size and whose body has grown to maturity can be restored to health and kept in a condition of health through the constant use of insulin. Whether the long continued use of this serum will in some cases at least, restore the diseased "island cells" in the pancreas to normal condition so that the patient can get along without insulin is not yet known. There are some indications that in favorable cases this may be possible, but so far it is too early to make any definite promises.

But how about the child which, for reasons yet unknown, develops this condition in early years, when the body is only half grown? Insulin we know will keep him alive as it will the adult. But will it make it possible for the child to grow in size and weight like a normal child; will it enable the child to develop mentally to the same extent as a healthy child?

This is the question that Dr. E. P. Joslin of Boston, one of the leading authorities on diabetes in this country, attempts to answer in a recent issue of the Journal of the American Medical Association. It is a question that has arisen only in the last few years, because, as Doctor Joslin shows, before the discovery of insulin by Doctor Banting it was the exception for the diabetic child to live. Before the time of insulin practically all children who developed diabetes died in the first year or two. None of one hundred and twenty children whom Doctor Joslin has treated with insulin since August, 1922, one hundred and twenty are living.

But will these children continue to live and will they develop into normal adults? They have had diabetes now for an average of 4.4 years and have had insulin treatment for an average of 3.1 years. Forty percent, or forty-eight of these one hundred and twenty children have either not had to increase the amount of insulin or have actually decreased it. That means that the disease has not progressed, and in some cases has actually decreased in that time. On the other hand, of one hundred and sixty-four children that were treated by diet and other methods without insulin, only twelve are still alive.

How about growth? Before the discovery of insulin, only one diabetic child out of twenty increased in height with insulin treatment. The growth of diabetic children is a question that has arisen only in the last few years, because, as Doctor Joslin shows, before the discovery of insulin by Doctor Banting it was the exception for the diabetic child to live. Before the time of insulin practically all children who developed diabetes died in the first year or two. None of one hundred and twenty children whom Doctor Joslin has treated with insulin since August, 1922, one hundred and twenty are living.

### A REAL SNAKE DOCTOR

THESE are the days when many interesting facts for those who can find them, are being reported. There is one such fact about a snake doctor of Atkinson, Ky.

Joseph had suffered for many years from rheumatism. Walking became more and more difficult until at last he was convinced that he couldn't walk at all. The doctors were not able to find any reason why he could not walk. He just didn't walk, that was all. One day he was wheeled out in the yard to get the fresh air. He sat there in the sun, wishing he could get about the way he did when he was young. He leaned back in the chair and closed his eyes, dreaming of other days. When he opened his eyes, a large snake was crawling across his foot. Joseph forgot all about his wheeled chair and his crutches. He forgot that he couldn't walk. He left rapidly and on short legs. The physicians now say that he can walk without any trouble. Joseph says he can, especially if there are any snakes in the neighborhood.

These are the facts, as printed in the daily press. Every physician of wide experience can tell you of similar instances. Many persons who think that they can't move, do so easily in the presence of some influence in which they believe enough for which starts them enough to make them move without thinking.

If Joseph had gone to a voodoo doctor or the seventh son of a seventh son, his recovery would have been credited to whatever kind of treatment he had had.

Does this mean that anything in which a person believes will cure him? Not at all. It simply means that when the body is otherwise sound and when only the will to move is lacking, anything that makes the patient want to move worse than he wants to remain still will enable him to move, whether it be faith or fright.

But suppose Joseph had had a broken leg? The snake might have made him jump out of his chair, but it wouldn't have made his broken leg quit. Some afflictions can be cured by anything that the patient believes in. But if you break your leg, don't send for a snake.

## SERVE COTTAGE CHEESE IN MANY DISHES



Making Cottage Cheese for Market—A Farm Woman, Mrs. W. W. Bond of Jackson, Tenn., Who Sells About \$13 Worth a Week.

(Prepared by the United States Department of Agriculture)

Most people like plain cottage cheese, whether made at home or bought. It is especially pleasing in summer and can be used in a great many ways. It is often eaten, either salted or unsalted, with sugar and cream or whole milk. Rich sweet cream is usually blended with it when it is to be served in this way, but sour cream or melted butter may be used instead.

### Flavor Combines Well.

The flavor of cottage cheese combines well with a number of other flavors. Berries, peaches, or fresh fruits served with it are good; also canned fruits, dates, raisins, or other dried fruits, brown sugar, maple sugar, honey, jam, marmalade, or chopped nuts. The European combination of gervais or cream cheese with "blue-bud" strawberries or currants can be closely duplicated by mixing cottage cheese and strawberries or currant preserves.

Broken nut meats, chopped pimientos, finely cut green peppers, dried chile peppers, or other crisp vegetables may also be mixed with the cheese to make something complimentary, suggests the United States Department of Agriculture. Hops, radishes, onion, onion parsley, and cottage cheese blend well in flavor. The dry cheese, when made, should be seasoned well, packed into buttered earthenware or enameled

dish, chilled and turned out on platter to be served in slices. Ground sage may be used for seasoning, if liked. When put up for sale cottage cheese may be packed in cylindrical boxes made of waxed cardboard.

### Especially Fine in Salads.

Cottage cheese lends itself especially well to salads. If enough is used, the salad may be the main dish of the meal. French mayonnaise or boiled dressing go well with cheese salad. The cheese may be formed into balls or slices, molded in small cups, or passed through a pastry tube. A small quantity of finely ground leftover ham or corned beef may be mixed with cottage cheese, mustard used as seasoning, and the whole served on lettuce leaves with dressing. Other foods that combine well with cottage cheese in salads are crisp, fresh vegetables; cooked or canned vegetables; fresh canned dried or preserved fruits, nuts, olives, rice, potatoes. With the last two some lightly flavored and bright garnish like herbs, pimientos, or green peppers should be used; and celery, cucumbers, green peppers, crisp lettuce, or cabbage may be added to give snap and crunch. Ground raw carrots and onions combine nicely with cottage cheese.

Almost any of the foods that are used ordinarily with cottage cheese, either in serving in plain or in salad, can be combined with it for sandwich filling.

### Home Canning Methods for Various Products

The bureau of home economics of the United States Department of Agriculture is frequently asked what the water bath method of processing may be used in the home canning of fruits and vegetables. Whereas many of these articles must be processed under pressure, the explanation is that for vegetables containing the pectinase enzyme, which softens them, the water bath method is not suitable. The water bath method is suitable for canning of fruits and vegetables which are high in acid content, such as tomatoes, peaches, and berries. These are high in acid content and are therefore able to withstand the boiling water bath method of processing.

### Coloring and Perfuming Soaps Is Not Hard Task

Various colors may be obtained by using aniline dyes. Dissolve a small quantity of dye in water and add slowly until the proper intensity of color desired is attained. The following are used quite extensively in coloring soaps: Red, rhodamine B, yellow, fluorescein, green, naphthol green B. Various shades, such as orange, crimson, salmon red, can be obtained by mixing the rhodamine and rhodamine B. Your druggist can supply you with these coloring compounds. Saponification of the grease should be nearly complete before adding coloring solution, as an excess of lye will destroy the coloring.

Perfumed soaps are made by the addition of artificial perfumes known as essential oils. The following are suggestions: Lavender, geranium, rosemary, hyacinth, wintergreen, sassafras, cloves, almond and bitter almond, caraway, banana, rose, palmarosa. The perfume is added just before the soap is ready to pour, and worked in by stirring. The quantity to use for a batch of soap will depend on the strength of the perfume and the individual taste. This will vary from a fraction of a dram to several drams. Your druggist can supply you with essential oils.

### Meal Well Adapted for a Child.

served to children in proper quantities, cannot be overestimated as a factor in assuring them normal health and sturdy development. A child between three and ten years old is usually well fed if he or she has plenty of milk, bread and other cereal food, an egg or its equivalent in meat or fish once a day, a little butter, a small portion each of carefully prepared fruits and vegetables, with a small amount of sweet food after his appetite for other foods is satisfied. If any one of these, except perhaps the sweet, is omitted his diet is likely to be one-sided.

In the feeding of children too much emphasis is often placed on the foods that they ought not to eat and too little on those that they need. The first thing to do, therefore, in planning a day's food is to arrange three attractive meals that furnish all the needed substances.

### Pulp Through a Sieve

To rub apple or any other pulp through a sieve, try a flat-bottomed jam jar. It is far quicker to do it with this than with the spoon that most cooks advise.

## Fish Liars Realized They Were Outclassed

The story, "Trout by the Handful," that appeared in a recent number of the Companion reminds a subscriber of the following "fact" one that she often heard her grandfather tell:

"At one time when my grandfather was on his way to Porto Rico he met on the boat a number of sportsmen, among whom was a doctor. They all gathered in the captain's cabin one night to swap yarns. With a serious face each told the biggest one he knew, and there were some pretty big ones. They had all finished and were about to vote to see who had told the biggest when the doctor, who had hitherto been silent, announced that he would tell a yarn himself. So they all settled back again to listen.

"Well," he began, "once when I was up in Canada where the big salmon fisheries and canneries are I happened on a little stream about a foot wide up which the salmon were going to spawn. The stream was so narrow and the fish so large that they could not pass one another, so they were going up the stream in single file with only a few inches between them.

"It looked like a good opportunity to get a big fish, so, straddling the stream, I reached down suddenly and caught a fish in my hands. I held it under the water a second to get a good hold before I jerked it out, and instantly the fish heaved it bit its tail to make it hurry. I pulled my fish out of the water, and the other fish came too as well as the one behind it and the next one and so on. Each fish, you see, had hold of the tail of the one in front of it.

"I started pulling in hand over hand, and for three hours I stood there and pulled in the fish. When I finished I had an unbroken string of salmon three miles long."

As he concluded the basis of his yarns were perfectly blank. They sat looking at one another in silence for a few minutes; then one of them rose and, going to the table, wrote something on an envelope. He passed the envelope round, and every one read and signed it. Then he ceremoniously presented it to the doctor, who, after reading it aloud, pocketed it and bowed gravely.

"This is to certify that we, the undersigned, hereby proclaim Doctor X to be the champion fisher of this boat. We, your fellows, thought we could tell you, but we resign in favor of the doctor—Your's Companion."

### Playing the Game

From London comes the story of Sir James M. Barrie, first meeting with Robert Louis Stevenson. They were young men then, and strangers. Stevenson jumped Barrie on a street in Edinburgh. Barrie chased Stevenson down.

"After that," he said in his autobiography, "I was a young man, and Stevenson was a young man, and we were young men then, and strangers. Stevenson jumped Barrie on a street in Edinburgh. Barrie chased Stevenson down."

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### Do You Know Me?

For the sake of the world, I am asking you to help me. I am a young man, and Stevenson was a young man, and we were young men then, and strangers. Stevenson jumped Barrie on a street in Edinburgh. Barrie chased Stevenson down.

### Unit of Illumination

Candle power is the illuminating power of a lamp or flame as reckoned in terms of the light of a standard candle. The standard candle of the lighting engineer is one made as to burn at the rate of 120 grains, or 7.8 grams, per hour. It is commonly of spermaceti. The unit of illumination is the candle meter, which is the illumination given by such a candle at a distance of one meter (39.37 inches). Great Britain does not usually employ the candle meter, but uses instead the candle foot—the standard candle's illumination at a distance of 12 inches.

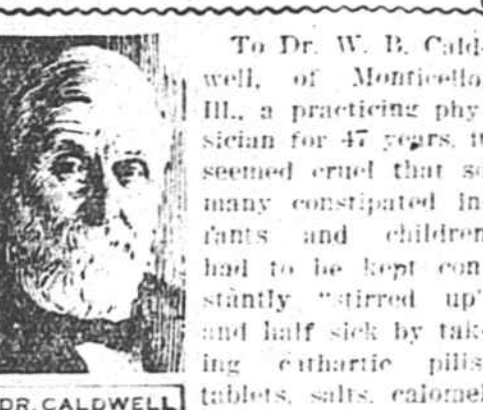
### Peeved

The big car was speeding through the village at a high 45 miles an hour. "Henry, dear," said the postmistress wife, "I don't think you ought to be driving so fast."

### Not in Class by Herself

Heaven has its troubles as well as earth, only Heaven does not worry about them so much as we do. This fact was revealed by Betty, who was getting into bed when mamma came to kiss her good night. "And did you ask God to forgive you?" she asked, having in mind the little temper which Betty had shown during the evening. "Oh, yes, mamma," came the reply, "and God said it was all right. He had many little girls worse than me." —San Francisco Argonaut.

## Mother! Don't "Physic" a Child



DR. CALDWELL AT AGE 83

To Dr. W. B. Caldwell, of Monticello, Ill., a practicing physician for 47 years, it seemed cruel that so many constipated infants and children had to be kept constantly "stirred up" and half sick by taking cathartic pills, tablets, salts, calomel and nasty oils.

While he knew that constipation was the cause of nearly all the children's little ills, he did not believe that a sickening "purg" or "physic" every little while was necessary.

In Dr. Caldwell's Syrup Pepsin he discovered a laxative which regulates the bowels. A single dose will establish natural, healthy bowel movement for weeks at a time, even if the child was chronically constipated. Dr. Caldwell's Syrup Pepsin not only causes a gentle, easy bowel movement, but, best of all, it is often months before another dose is necessary. Besides, it is absolutely harmless, and so pleasant that even a cross, feverish, bilious, sick child gladly takes it.

Buy a large Dr. Caldwell's Syrup Pepsin bottle at my store that sells medicine, and just see for yourself.

**SPOHN'S DISTEMPER COMPOUND**  
Keep your horses working with "SPOHN'S" Standard Remedy for 32 years for Distemper, Strangles, Influenza, Coughs and Colic. Give to sick and those exposed. Give "SPOHN'S" for Dog Distemper. Sold by your druggist. If not, order from us. Small bottle, 50 cents; large bottle, \$1.00. Write for free literature to SPOHN MEDICAL CO., Dept. COSHEN, IND.

**Why That Bad Back?**  
I backache keeping you up? Feel all tired out so nervous and distressed you can hardly keep going? Then look to your kidneys! Your kidneys are the body of poison waste. But if they fail, they bring on headache and poison the whole system. Then you are a sufferer from kidney trouble. You need a kidney remedy. Doan's Pills are the best. They are the best. They are the best. They are the best.

**DOAN'S PILLS**  
60c  
STIMULANT DIURETIC TO THE KIDNEYS  
Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

**FOR OVER 200 YEARS**  
haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

**GOLD MEDAL HAARLEM OIL CAPSULES**

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

**Esthonian Cellulose**  
Esthonian cellulose is rapidly developing so rapidly with increased consumption of wood that exportation of pulp wood may be restricted long before long.

**Sure Relief**  
BELLANS FOR INDIGESTION  
6 BELLANS Hot water Sure Relief

**BELLANS FOR INDIGESTION**  
25c and 75c Pkgs. Sold Everywhere

**Cuticura Soap and Ointment**  
Keep the Scalp Clean and Healthy Promote Hair Growth