

Way of Life

BRUCE BARTON

I once had the misfortune to know a pessimist. There was some excuse for his pessimism. He was a narrow chested chap threatened with tuberculosis. He had given himself up for lost. One night somebody induced him to go to a singing school. A year later his chest was filled out; there was a sparkle in his eye; his laugh could be heard a city block. He had learned how to breathe. Even when you practice deep breathing exercises you probably do not fill your entire lung capacity. You expand your chest; but the really important part of your breathing is done with your diaphragm—a big flat muscle that forms the floor of your chest. And the abdominal muscles

are the boys you need to train if you are to get the most out of your diaphragm. Fill your lungs until you feel your stomach muscles hard against your belt. That means that your diaphragm has straightened down stomach and intestines—helping and is massaging the top of your along with the process of elimination. When you breathe out do it forcibly with the stomach muscles; like a horse snorting—but without the snort. Your stomach and intestines will be forced up against the diaphragm again and given another massage. Breathing in is important, but breathing out is much more important. Read sometime a book by a

man like Thoreau, or John Burroughs, or Stewart Edward White—one of the great open-air writers.

Then, while the impression of its rich, bounding optimism is still strong upon you, pick up a book written by one of the Russian novelists, or by one of our modern longhaired writers who believe that realism necessarily means murder and drunkenness and prostitution.

What a difference! And what makes the difference? The realist will tell you that it is because he thinks deeply, while the optimistic writer thinks superficially.

As a matter of fact, the difference is not in the brains of the two men, but in their lives.

It is not the depth of their thinking so much as the depths of their lungs.

The corpuscles of the one are red and fed with oxygen; the corpuscles of the other are pale and fed with cigarette smoke and germs.

"For what, after all, is Life" asks an old Sanskrit quotation. And answers:

"Life is the interval between one breath and another—he who only half breathes only half lives."

ception. The doctor knows that two babies could be raised properly by the average couple, where ten would produce invalidism, drudgery, poverty, squalor, and utter incompetency.

Hints for the Home

by Nancy Hart

Cottage Pie

Cut cold mutton into inch dice and place in a baking dish. Cover with hot gravy. A thinly sliced onion may be added if liked. Boil, mash and season one quart of potatoes and heap on the pudding dish. Bake in the oven until the potatoes are browned.

To Frost the Cake

The making of a cake is in the frosting. That is, a good cake may be ruined by poor frosting and a mediocre cake may be much improved by good frosting. Marshmallow frosting is delicious. This is the way to make it.

Heat in a double boiler one-fourth a pound of marshmallows cut up into small pieces. When very soft add two tablespoons of boiling water, cover, and let cook until smooth. Meantime, heat six tablespoons of sugar in two tablespoons of milk over the fire; stir until sugar is melted, then boil with constant stirring five or six minutes, and immediately beat into the softened marshmallows. Continue beating until nearly cool; add flavoring to taste, and spread at once over the cake.

Curried Beef Moulds

Half pound cold beef, four ounces breadcrumbs, two ounces butter, one egg, a seasoning of salt and pepper, half teaspoon

curry powder, two tablespoons gravy, one tablespoon chutney, mashed potatoes or rice. Put the meat through a mincer, mix with it the pepper and salt, curry powder mixed with the gravy, the melted butter, breadcrumbs and the beaten egg. Press firmly into small buttered moulds and steam gently for three-quarters of an hour. Serve turned out and surrounded with well-seasoned mashed potatoes, or rice sprinkled with chutney.

Chicken Croquettes

Two cups minced chicken, half cup fine breadcrumbs, some gravy or melted butter, one well-beaten egg, two hard-boiled eggs (yolks only), pepper, salt, chopped parsley to taste, flour, and fat for frying. Mix into paste the chicken, breadcrumbs and egg, adding enough gravy to moisten the whole. Next put in the seasonings and the yolks of the hard-boiled eggs, rubbed fine with a silver spoon. Mix into a paste, which must not be too wet with the gravy or melted butter. Flour your hands, and shape the mixture into croquettes with your fingers, coating the well with flour. Fry a few at a time in hot fat.

Cranberries

Many persons like cranberry sauce better than any other sort of cranberries. Others choose carefully made for the Christmas jelly. Either one should be most feast. You can make the jelly in a big mould, and serve it thus on the table, or you can make it in a flat pan and cut it in measurement—and pass those.

Cranberry sherbet is another delicious way to serve this appetizing winter berry. To make the sherbet, first stew the berries and then flavor them with plenty of sugar and drip them as you would for jelly, or if you like a thicker sherbet—and it is just as appetizing and slightly—rub water enough to make a quart (for a pint of berries—and freeze as you would any other sherbet. If

you like, you can add the juice of a lemon and more sugar to give added flavor. But the straight cranberry flavor, properly sweetened, gives excellent results.

Her family cow paid Mrs. L. N. Land of Middlesex in Nash county \$263.54 in 31 weeks according to records kept by the owner.

One good tobacco grower says that using dolomitic or magnesium limestone under his tobacco has paid him between \$50 and \$75 a year for the last four years.

Because of bad weather cutting the acreage to small grain


last fall, piedmont farmers have planted more spring oats than usual.

Four-H club boys of Yadkin county are canning their cockerels and selling them at good prices. E. E. Gough received \$124.27 for one shipment.

Alamance farmers cooperated to buy 12,000 pounds of grass and clover seed for pasutres and 12,500 pounds of lespedeza for pasture and soil improvement as a result of the recent campaign for more pastures in that county.

Germany foreign trade in iron and steel products is again increasing.

CARLOAD OF TENN. MULES



Have arrived in Elkin

This is one of the finest bunches of mules we have had this season.

All well broken and ready for harness. Ages range from 3 to 7 years old.

We will have an auction sale at our stables every Saturday, at 1 o'clock. Be here—buy your stock at your own price.

C. A. BOLES

Mr. Farmer:

In this time of most urgent need for greater farm profits the use of a

SUPERIOR FERTILIZER
Is Very Necessary

A very prominent tobacco grower has the following to say:

Jonesville, N. C.,
December 17, 1929

International Agricultural Corp.,
Charlotte, N. C.
Gentlemen:

I have been planting tobacco for thirty years and last year, International Crackerjack made me the best crop I have had in my whole experience.

After experimenting with various brands, the results that I got this year have proven beyond doubt that Crackerjack will make more money per acre for the farmer than any fertilizer he can use. My crop this year will run over 1200 pounds per acre and the quality is fine.

Yours truly,
THOMAS ROSE.

The reason that the use of
INTERNATIONAL TOBACCO
FERTILIZERS

are increasing so rapidly is because of their unusual power in producing greater profits—increased yields per acre—lower costs of production—larger farm income.

Use the Best
INTERNATIONAL

For Sale by

CASH & CARRY STORES
Elkin, N. C.

The Family DOCTOR

JOHN JOSEPH GAINES MD

A subject that has been engaging the reading, intelligent American public for some time. It is unfortunate that the ignorant shack-dweller, who reads nothing, and would not understand if he did, cannot participate in this eminently vital question.

I am a believer in rational birth-control, obtaining my convincing evidence from my environment. In understand that both church and state oppose the movement.

I know of many families that could support two children, and make of them respectable citizens, that utterly founder on six. The day of quails and manna being showered over the Israelites has passed: it is only the man who can pass the cash over the counter that can afford to eat. We need educated, enlightened citizenry in America now more than ever before. The dozen poor children huddled together in rags, with no money to buy clothing and school equipment, preaches a sermon for birth control stronger than words can portray.

These stravelings grow up into men and women the same as all animals grow up—with the one distinction that they vote. What they vote for can better be imagined than described. They are compelled to pay for what they consume—or do without; the bonus of crime appeals strongly: they have little dread of prison life; they may live better in prison than at "home." Their battered, hungry natures crave stimulation—they get it if they have to kill for it. If they marry and reproduce, it is in conformity with the inexorable law that like begets like.

Honest, earnest working mothers appeal to the doctors for relief from the calamity that another baby would bring. The law makes it a crime for the tender-hearted family doctor to tell such women how to prevent con-

Thin, Pale, Weak

"I HAD been through a bad spell of sickness which left me very weak," says Mrs. Virginia Spruce, of Stapleton, Va. "I was pale and felt lifeless, and my strength did not return. I spent most of my time on the bed. I was very nervous, and the least thing upset me. I did not have strength enough to lift a broom. At times I would have had headaches, which would hurt me until I could hardly see. "Someone asked me why I did not try Cardui. I had read of it, so I thought I would see what it would do for me. It was really remarkable how I came out. My strength returned, and my health was better than it had been in years. I gained in weight about ten pounds. My color was good, and I ceased to suffer from headaches. I have told my friends about Cardui because I was benefited after taking it."

CARDUI

Helps Women to Health

Takes Theford's Black-Draught for Constipation, Indigestion, Biliousness. 1 cent a dose.

for Economical Transportation



Chevrolet announces

A NEW

SERVICE POLICY

The Chevrolet Motor Company and its nation-wide dealer organization are pleased to announce a new and broader service policy—one of the most liberal ever offered on a low-priced automobile.

Put into force as a written and signed agreement given to the purchaser by the Chevrolet dealer when the car is delivered—it offers the following provisions:

- 1** Every Chevrolet owner receives his car from the dealer in perfect condition—thoroughly lubricated, properly adjusted, and ready to operate with maximum efficiency from the very first mile of ownership.
- 2** Every Chevrolet owner is entitled to free inspection and adjustment of his car at the end of the first 500 miles of usage.
- 3** Every Chevrolet owner is entitled to free inspection of his car every 1000 miles thereafter, so long as the car is in operation.
- 4** Every Chevrolet owner is entitled to free replacement of any part which may prove defective in workmanship or material, within the terms of Chevrolet's standard warranty. This includes both parts and labor.
- 5** Provision number 4 will be carried out by any Chevrolet dealer in the United States. As a

result, the Chevrolet owner may travel to any part of the country, with assurance that the guarantee on materials and workmanship will remain in force.

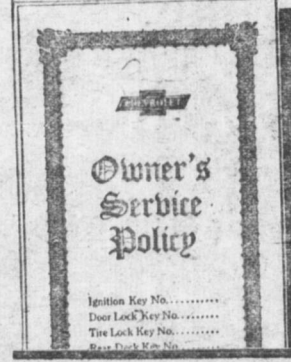
This new policy constitutes definite proof of Chevrolet's high quality—for such liberal provisions could only be made in connection with a car built of fine materials to exacting standards of workmanship.

Back of this policy, and assuring its successful operation, is one of the most complete and efficient service organizations in the world.

There are more than 10,000 Authorized Chevrolet Dealer Service Stations in the United States alone. Each employs skilled mechanics thoroughly trained at Chevrolet Service Schools. Each has specially designed tools and machinery developed exclusively for Chevrolet service work. And each has on hand, at all times, an adequate stock of genuine Chevrolet replacement parts.

As a result, Chevrolet's flat-rate charges, including both parts and labor, are the lowest in the industry on many service operations!

In considering the purchase of a low-priced automobile, think what this service means—in terms of lasting satisfaction, as well as in increased economy.



The Roadster, \$495; The Phaeton, \$495; The Sport Roadster, \$555; The Coach, \$565; The Coupe, \$565; The Sport Coupe, \$655; The Club Sedan, \$625; The Sedan, \$675; The Sedan Delivery, \$595; The Light Delivery Chassis, \$365; The 1½ Ton Chassis, \$520; The 1½ Ton Chassis with Cab, \$625; The Roadster Delivery (Pickup Box Extra), \$440. All prices f. o. b. factory, Flint, Michigan.

CHEVROLET MOTOR COMPANY, DETROIT, MICHIGAN
Division of General Motors Corporation

A SIX IN THE PRICE RANGE OF THE FOUR