

BRUCE BARTON Says:



There's a Pollyanna Rebuttal I happened to be in the office of a manufacturer when a heated customer arrived. "Joe," he shouted, "when am I going to get that shipment? I'm tired of being given the run-around. Every day you hold me up is costing me a hundred dollars." On he went, breaking into profanity, pounding the desk, threatening to take his business elsewhere.

Joe, the manufacturer, listened coolly, promised to do his best, and had hardly got the wrathful gentleman out of the office when another customer came in. He also wanted a shipment and wanted it very badly. He settled himself in a chair, smiled, and said: "Joe, I know you're in a terrible jam. I don't want to ask anything unreasonable, but if you could possibly let me have even a part of my order this week it would be a tremendous help."

After a little while his second customer left. Joe turned to me and said: "I can't possibly take care of both of those fellows. I'll give you three guests as to which one of them is going to get the break."

In another office I found a lawyer in a complacent mood. He told me he had just come from a visit to an important client. "He's very difficult to deal with," the lawyer explained, "and lately he's been most unreasonable. But this afternoon before I went to see him I sat alone in my office for half an hour and tried to think of everything that could possibly be said in his favor. I reminded myself that he pays his bills promptly; that he has done some very generous acts in his life; that he is really a sick man for whom allowances must be made. I got myself into a frame of mind where I thought he was a pretty swell fellow. And, believe it or not, I've just come back from the best interview with him I ever had in my life."

If this be called Pollyanna stuff, all I can say in rebuttal is that it does get the orders.

They're Interesting Writers My friend, Lockwood Barr, has a hobby that is both entertaining and inexpensive. He scans the Personal Columns of newspapers as assidu-

ously as an art collector studies the catalogs. Out of the mass of little items he gathers, his germs. Here are a few specimens from his latest collection:

Found—Lady's purse left in my car while parked. Owner can have same by describing property and paying for this ad. If owner can explain satisfactorily to my wife how purse got into car, will pay for the ad myself.

Advertising—"Yes" Man—6 years experience saying "yes" and "swell" to stupid executives in best agencies. Making change to increase salary. All inquiries confidential.

Reward for Eskimo—We will pay \$10 for the first one who can locate an Eskimo for us in New York City. Preferably an Inuit, Coppermine or MacKenzie.

Wanted—To buy a church between East 60th and East 100th Sts.

"No change, no pause, no hope, yet I endure" (Shelley.) Young lady, attractive, creative, must have work to survive.

Wanted—Ten henpecked husbands for experimental purposes, easy preview broadcasting work; fee basis, state qualifications.

Impoverished poet would enjoy butter on his bread.

Mary, with gray eyes and diverse interests, including music and medicine, thinks it might be fun to correspond with someone far away.

I once published an editorial on the fun of reading the classified columns, and a cynical gentleman wrote a caustic letter accusing me of trying to curry favors with my editors. Well I should like to curry favor with them; they help to pay my rent. But apart from that I submit that the above sentences from the classified columns are much more interesting than any writer could possibly think up. Even I.

CARD OF THANKS

We wish to express our sincere thanks and appreciation to our friends and neighbors for their kindness and sympathy shown us at the death of our Uncle, H. P. Jackson. Mr. and Mrs. O. T. Haynes.

Patronize Tribune advertisers. They offer real values.

HEALTH NOTES

SURRY COUNTY HEALTH DEPARTMENT

RALPH J. SYKES, M. D., Health Officer

An undernourished child should have more sleep and rest than the well-nourished child. From two to six years of age he should rest at least one and a half hours during the day and twelve to thirteen hours at night. The school child should have 1-2 hour rest after lunch and from eleven to twelve hours at night.

On sunny days the child should play outdoors for a part of each day. Moderate play and exercise are recommended. Some quiet amusement should be provided indoors.

Malnutrition is sometimes due solely to poor eating habits. Serve your meals as attractively as possible. Make mealtime a pleasant time. Never coax or try to force a child to eat. If you do not feed him between meals he will be hungry and ready to eat at the next meal.

Milk is a food no child should be without. It is especially needed for good teeth and bones. Practically all the elements required by the body except roughage and certain of the vitamins are found in milk.

Certain physical defects may interfere with a child's nutrition. A careful physical examination should be made by your family physician at least once a year.

VITAMINS

The term vitamin is a group name for substances other than proteins, fats, carbohydrates, and salts which occur in minute quantities in natural food materials. They have been found to be essential for normal nutrition and to be responsible for the prevention of various pathological conditions known collectively as deficiency diseases. At present there are six independent vitamins, the existence of which have been definitely established. Vitamins are the vital food elements on which growth, the assimilation of other foods, and resistance to disease depend. The known vitamins are A, B, C, D, E, and G.

The main sources of vitamins are: Vitamin A, cod liver oil, butter and dairy products, liver, vegetables, yellow corn, spinach, carrots and sweet potatoes. Vitamin B, wheat germ, yeast, eggs, vegetables and legumes, glandular organs. Vitamin C, citrus fruits and juices, tomatoes, green leafy vegetables. Vitamin D, ultraviolet rays, natural or artificial, standard cod liver oil. Vitamin E, bread, egg yolks. Vitamin K, wheat and cereal germ, green vegetables, beef muscle and fat, egg yolk. Vitamin G, wheat germ, yeast, milk and vegetables.

The main purposes and benefits derived from these vitamins are: Vitamin A: promotes growth and maintenance of health. Increases appetite and aids digestion. Lessens dangers of disease to eyes, ears, nose, throat, lungs, kidneys, skin, etc. Vitamin B: helps appetite and digestion. Promotes growth. Lessens danger of nerve disorders. Prevents beri-beri. Vitamin C: strengthens bone and body in conjunction with vitamin D. Makes firmer gums, sounder teeth. Prevents scurvy. Builds better teeth. Protects against nose, throat and lung diseases. Promotes general health. Vitamin E: necessary for fertility. Vitamin G: Helps appetite and digestion. Prevents pellagra.

Foods rich in vitamins should be included in every diet. Every child should have 1-2 to 1 quart of milk, preferably 1 quart, daily. Every adult at least 1-2 pint daily. Other foods that should be in the daily diet include: cereals and bread, potatoes and at least one other vegetable, such as carrots, onions, cabbage, yellow turnips and spinach. Citrus fruit should be used three or four times a week. Another dried, fresh or canned fruit should be used on the other days. Dairy products, liver, beefsteak, fish and eggs should also have a prominent place in the diet.

A reducing diet should contain 1,200 to 2,000 calories. Average diet to gain weight should be 3,500 to 4,300 calories daily. This diet should be well balanced in all cases.

BETHEL

Ronda, Route 2, Feb. 24. — The farmers were all happy to see the warm sunny day today. They were out early and worked late, because the day was like spring.

Major Pardue is able to be out again after being confined to his home several days last week with a severe cold.

Mr. and Mrs. Seamon Dobbins, of Elkin, visited Mrs. Dobbins' parents, Mr. and Mrs. J. T. Stroud, last Sunday.

Harry Johnson, of Roaring River, is spending a few days here with his grandparents, Mr. and Mrs. N. E. Burchette.

Philip Mauldin, who works at the Cash and Carry Store No. 2, at Elk-

in has been at his home here the past week suffering with cold and flu, but is much better.

J. T. Triplett has been on the sick list for a few days, his friends will be sorry to learn.

Mr. and Mrs. Cling Harris and children, Virginia and Marvin, are moving from Winston-Salem to this community. Mr. Harris expects to farm.

Mr. and Mrs. J. F. Mathis and children, Mary Lou, Joe, Jr., and Edna, were the guests of Mrs. Mathis' parents, Mr. and Mrs. W. N. Weatherman, of North Elkin, last Sunday.

Read Tribune Advertisements!

MOTHER! don't experiment with your Child's Cold



Robson VICKS VAPORUB

Often, "mere colds" have serious consequences. It is dangerous to neglect a cold—equally dangerous to experiment with half-way measures.

Feel safe! Use Vicks VapoRub—the proved external method of treating colds. No risks of constant internal "dosing", which so often upsets delicate digestions and lowers resistance when most needed.

DOUBLE DIRECT ACTION

Just rubbed on at bedtime, VapoRub fights a cold direct—two ways at once—by stimulation and inhalation. This combined poultice-vapor action loosens phlegm—soothes irritated membranes—eases difficult breathing—helps break congestion. Often by morning the worst of the cold is over.



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There's no better time to build than right now! Make those dreams come true and at the same time save money by building that home before the cost of building materials go higher. We are prepared to furnish you with every building need—and we'll be more than glad to aid you in any other way possible. We'll be glad to talk it over with you at your convenience.

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CAMELS MUST PLEASE YOU... OR YOU PAY NOTHING!

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Through a very lucky purchase we are featuring a gorgeous array of new Spring silks in every new shade and pattern. Dress lengths in 3 1/2, 4 and 4 1/2 yards that you will snap up at our very low price. These silks are of far higher quality than the price indicates, as they are from very fine and expensive silks that sell for far more! Be among the first to take advantage of this real opportunity!

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