

manufacturer when a heated cusomer arrived. "Joe," he shouted, when am I going to get that ship-I'm tired of being given the un-around. Every day you hold me is costing me a hundred dollars."

On he went, breaking into profanity, ounding the desk, threatening to take his business elsewhere. Joe. the manufacturer, listened

cooly, promised to do his best, and had hardly got the wrathy gentleman out of the office when another ustomer came in. He also wanted 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 MacKenzie. 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 ooth 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 diffi-cult to deal with," the lawyer explained, "and lately he's beeen 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. 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. 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 He

If this be called Polyanna 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- They offer real values.

. There's a Pollyanna Rebuttal | ously as an art collector studies the I happened to be in the office of catalogs. Out of the masss of little items he gathers his germs. Here are a few specimens from his latest col-

lection: well-nourished child. Found-Lady's purse left in my six years of age he should rest at car while parked. Owner can have least one and a half hours during same by describing property and the day and twelve to thirteen hours paying for this ad. If owner can ex- at night. The school child should plain satisfactoritly to my wife how have 1-2 hour rest after lunch and purse got into car, will pay for the from eleven to twelve hours at night. ad myself.

Advertising-"Yes" Man-6 years play outdoors for a part of each day experience saying "yes" and "swell" Moderate play and exercise are to stupid executives in best agencies. recommended. Some quiet amuseto stupid executives in best agencies. Making change to increase salary. ment should be provided indoors. All inquiries confidential. Malnutrition is sometimes du

Malnutrition is sometimes due solely to poor eating habits. Serve Reward for Eskimo-We will pay \$10 for the first one who can locate your meals as attractively as pos-an Eskimo for us in New York City sible. Make mealtime a pleasant Preferably an Innuit, Coppermine or time. Never coax or try to force a MacKenzie. Wanted—To buy a church between him between meals he will be hunchild to eat. If you do not feed

East 60th and East 100th Sts.

"No change, no pause, no hope, yet I endure" (Shelley.) Young lady, meal. Milk is a food no child should be without. It is especially needed for attractive, creative, must have work to survive. Wanted—Ten henpecked husbands all the elements required by the body

for experimental purposes, easy pre- except roughage and certain of the view broadcasting work; fee basis, vitamins are found in milk. state qualifications. Certain physical defects may inter-

Impoverished poet would enjoy fere with a child's nutrition. A carebutter on his bread. ful physical examination should be Mary, with gray eyes and diveres made by your family physician

interests, including music and medi- least once a year. cine, thinks it might be fun to correspond with someone far away.

I once published an editorial on the fun of reading the classified col-for substances other than proteins. umns, and a cynical gentleman wrote fats, carbohydrates, and salts which a caustic letter accusing me of trying occur in minute quantities in natural to curry favors with my editors. Well food materials. They have been should like to curry favor with found to be essential for normal nuthem; they help to pay my rent. But trition and to be responsible for the apart from that I submit that the prevention of various pathological above sentences from the classified conditions known collectively as decolumns are much more interesting ficiency diseases. At present there than any writer could possibly think are six independent vitamins, the up. Even I.

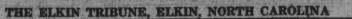
## CARD OF THANKS

We wish to express our sincere resistance to disease depend. The thanks and appreciation to our known friends and neighbors for their kind- and G. ness and sympathy shown us at the

death of our Uncle, H. P. Jackson. Mr. and Mrs. O. T. Haynes.

low corn, spinach, carrots and sweet Patronize Tribune advertisers. potatoes. Vitamin B, wheat germ, yeast, eggs, vegetables and legumes,

**CAMEL'S TRY IO" OFFER STILL OPEN! READ OUR** Smoke 10 fragrant Camels. If you don't find them the mildest, INVITATION best-flavored cigarettes you ever TO YOU smoked, return the package with the rest of the cigarettes in it to us at any time within a month from this date, and we will refund your full purchase price, plus postage. PREFER (Signed) R. J. Reynolds Tobacco Co., Winston-Salem, N. C. CAMEL'S FLAVOR COSTLIER TOBACCOS!



HEALTH

NOTES

SURRY COUNTY HEALTH

DEPARTMENT

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

On sunny days the child should

gry and ready to eat at the next

VITAMINS

existence of which have been defi-

nitely established. Vitamins are the

vital food elements on which growth

known vitamins are A, B, C, D, E,

The main sources of vitamins are:

Vitamin A, cod liver oil, butter and

dairy products, liver, vegetables, yel-

glandular organs. Vitamin C, citrus fruits and juices, tomatoes,

leafy vegetables. Vitamin D, ultraviolet rays, natural or artificial, standard cod liver oil. Vitamin D, bread, egg yolks. Vitamin E, wheat and cereal germ, green vegetables,

beef muscle and fat, egg yolk. Vita-

min G, wheat germ, yeast, milk and

The main purposes and benefits derived from these vitamins are: Vitamin A: promotes growth and

maintenance of health. Increases appetite and aids digestion. Les-sens dangers of disease to eyes, ears,

etc. Vitamin B: helps appetite and digestion. Promotes growth. Les-sens danger of nerve disorders. Pre-

vents beri-beri. Vitamin C: strengthens bone and body in conjunction

nose, throat, lungs, kidneys,

vegetables.

the assimilation of other foods, and

The term vitamin is a group name

From two to

at

green

skin.

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

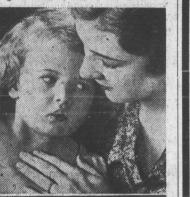
children, Virginia and Marvin, are moving from Winston-Salem to this community. Mr. Harris expects to farm.

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. Weath-An undernourished child should erman, of North Elkin, last Sunday. have more sleep and rest than the

Read Tribune Advertisements!

don't experiment with your

**Child's Cold** 



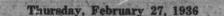
Rub OM VICKS VAPORUB

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 poulticevapor action loosens phlegmsoothes irritated membranes difficult breathing - helps break congestion. Often by morning the worst of the cold is over.





## MAKE DREAMS COME TRUE BY ILDING N

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.

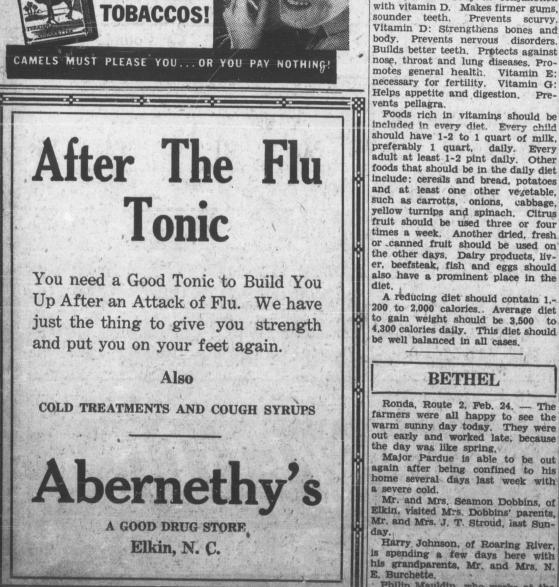
Roofing of all kinds, including asphalt shingles, roll roofing, metal roofing and cedar shingles. Moore's Paint and Varnishes. Ceiling, flooring, siding, casing, moulding, framing and sheathing. Brick, lime, cement, Brixment, plaster, gypsum lath. All kinds of nails and build-

Call on Us for an Estimate on Any Job. No Obligation of Course.

ers hardware.







Prevents scurvy. gthens ho Prevents nervous disorders. 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 carrotts, 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, liv-er, beefsteak, fish and eggs should also have a prominent place in the

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 Sun-

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

