



SALT . . . vital necessity

I visited a locomotive factory not long ago. It was a hot day, and the sweaty workers made frequent trips to the watercoolers for a drink. Beside each cooler was a box labelled "salt," and I noticed most of the men took a little tablet out of the box and swallowed it with their cupful of cold water. I asked why.

"It staves off fatigue and heat prostration," the foreman told me. "When a man sweats he loses salt as well as water. We thought it was silly when the company doctor first told us to take salt in hot weather, but now we see he was right. Seems you can't be well if you lose too much salt."

I checked up on that with my own doctor. "That's right," he told me. "Human life, like all animal life, began in the sea, and we're still fish inside. We must have salt to be healthy, and when we lose salt too rapidly, by perspiration, we must replace it. Sea salt is the best, because it contains other minerals, but it's hard to get. That's why sea bathing is better than freshwater swimming."

SALARY . . . salt money

What the doctor said about salt set me to thinking. I remembered from my school days that the Latin for salt is "sal." I went to my dictionary to see how many common English words are derived from "sal," and the first one I found was "salary." It meant, originally, "salt money," for salt was the most precious commodity in early times.

Salt was universally used as money by primitive peoples, and still is in some parts of Africa and Asia. The world's great trade routes follow the trails of the salt-caravans over which this precious commodity was brought to the people of the inland towns. Today the traffic of the camel-trains of the Sahara desert is principally the trade in salt.

The word for "health" used by the old Romans was "salus," when we "salute" anybody we are wishing him or her good health. We still call a healthy climate "salubrious," and keep a box of salt or a chunk of rock salt in the cattle shed for the cows, who can't range around and find for themselves a salty piece of ground such as the "deer licks" to which the wild creatures have access. To call a man "the salt of the earth" is to pay him a high compliment.

SUGAR . . . stimulant

When I was a boy we used to keep our horses looking "slick" by feeding them sugar. I suppose horse fanciers still use that method of giving the horse's coat a glossy appearance, and putting "pep" into the animal. I often see mounted policemen in New York and other cities giving lumps of sugar to their mounts. Doctors have told me, and I have found it true from experience, that the best quick "pick-up" when one feels fatigued is a lump or two of pure cane sugar. It is the most efficient stimulant. We all have a sugar factory inside of ourselves, in the liver and when the body is called on for sudden severe exertion the liver pours more sugar into the blood to provide the needed energy. When you drop in at the soda-fountain for a dish of ice-cream or a sweet drink you are responding to Nature's demand for a stimulant. It's easy to take in more sugar than is good for the health, but it's the most convenient source of extra energy.

SPINACH . . . growing demand

A couple of miles from my country home is the largest truck farm I know anything about. They cultivate 6,000 acres, in only

half a dozen vegetable crops. This year they had nearly a thousand acres in spinach alone, and they plan to grow more next year, the spinach demand is growing so fast. The people of the United States ate 116,000 tons of spinach last year, whether they liked it or not.

Parents began feeding their children spinach a few years ago because doctors agreed that it contains iron and other minerals in easily assimilated form. So many of the grown-ups of today were raised on spinach and grew to like it that they continue to eat it, while a new crop of spinach-eaters comes along every year. I don't like it much, myself, but for those who do I'm glad to pass along the good news that frozen spinach and canned spinach are just as wholesome as the fresh vegetable.

The Massachusetts Agriculture Experiment Station found that spinach contains the essential vitamins, "A" and "C" which ward off infections, strengthen the bones and prevent rheumatism. Go ahead, children; eat your spinach!

WATER . . . chemical tricks

In a big industrial laboratory lately I was shown a new chemical for waterproofing fabrics. It can be used on cotton, rayon, silk or wool, and renders them absolutely impervious to water. It does not fill up the spaces between the threads of woven fabrics, so one wearing a suit thus treated can go out in the rain without getting his clothes wet, and at the same time get his skin thoroughly wet.

A chemist friend tells me of another new trick to make water wetter. The time and difficulty of getting some kinds of materials water-soaked is one of industry's tough problems; wool, cotton, many other things, have to be soaked for dyeing. A new chemical called "tergitol," a synthetic alcohol, mixed with water in the proportion of one ounce to ten gallons, makes the water so wet that it "soaks in" at once. One use of this new "wetter water" is washing poison spray residue off apples. Another is removing old wall paper.

It struck me this treatment of water ought to make it easier to wash clothes in "hard" water. I suggested that to my friend. He tried it out and said I had guessed right.

SHOALY BRANCH

Rev. A. B. Hays will fill the vacancy of our deceased pastor next Saturday and Sunday. There will be a baptizing at 2 o'clock Sunday afternoon, preaching at 2:30.

Mrs. B. F. Tulbert is spending some time with her son, Mr. and Mrs. H. F. Tulbert.

Mr. and Mrs. Harvey Gentry and their father and mother at Booneville, visited Mr. and Mrs. W. F. Gilliam Sunday.

Miss Susie Grace Hemric spent Friday night with Miss Mabel Tulbert.

Mr. and Mrs. Robert Spencer visited the latter's parents, Mr. and Mrs. M. F. Barker Sunday.

Mr. and Mrs. Worth Tulbert of Elkin, spent the week-end with his parents, Mr. and Mrs. H. F. Tulbert.

Mr. and Mrs. Jack Gilliam visited Mrs. M. A. Cockerham Sunday.

Miss Sallie Gilliam and Miss Kathleen Morrison spent Friday night with Miss Evon Gentry.

FEVER DEATH RATE IS MUCH LOWER

Raleigh, Oct. 11.—The death rate from typhoid fever in North Carolina was reduced from 35.8 per 100,000 in 1934 to 2.1 in 1936, figures compiled by the State Board of Health show.

But there should not be any deaths from this disease, health officials say, because it is practically 100 per cent preventable.

During the period referred to the death rate in this State from tuberculosis, formerly the "captain of killers" was reduced from 139.3 to 60.0.

Physicians now know how to treat tuberculosis. Then can teach people how to guard against it better than they could in former times.

Cancer, which is neither preventable nor curable, has continued its ravages, unconquered, while syphilis, curable but not preventable, from a practical standpoint, is a raging epidemic in North Carolina and throughout the civilized world, except in Norway, Sweden and Denmark. It is controllable and these countries have applied control methods. The results have spoken for themselves.

POSITIVELY. Yes, Saturday is positively the last date we are going to give away a beautiful fountain pen and pencil set with each new or renewal subscription to this paper. Visit The Tribune office this week, sure.

NOTICE OF FORECLOSURE SALE

BCA-1954, Holcomb
Under and by virtue of the power of sale contained in that certain deed of trust executed by John M. Holcomb and wife, Lillian Holcomb, to Carolina Mortgage and Indemnity Company, Trustee, dated 1st day of December, 1925, and recorded in Book 99, page 189, Registry of Surry County, North Carolina, the undersigned as the duly appointed substituted trustee (see Book 129, page 434, of said registry) will offer for sale at public auction at the Court House door in said County, in the city of Dobson, N. C., at 12 o'clock Noon, on Tuesday the 9th day of November, 1937, and will sell to the highest bidder for cash the property described in said deed of trust as follows:

Certain lot or parcel of land in or near the Town of Elkin, Township of Elkin, County of Surry, and more particularly described as follows:

Beginning at an iron stake on the North side of Elk Spur street 300 feet East of intersection of Elk Spur Street and West Main Street, runs South 85 degrees East 110 feet to an iron stake, Luther Cockerham's corner; thence with Luther Cockerham's line North 12 degrees West 235 feet to an iron stake in Luther Cockerham's line; thence North 70 degrees West 100 feet to an iron stake, H. H. Barker's corner; thence South with H. H. Barker's line 8 degrees East 240 feet to the beginning. For further description reference is made to deed from C. W. Harp and wife, to J. M. Holcomb and wife, recorded in book 80, page 343, office of Register of Deeds, Surry County, said deed being dated November 6th, 1919 and filed for registration on the 6th day of January, 1920.

This sale will be made subject to all outstanding and unpaid taxes and other assessments, if any.

This sale is to be made on account of default in the payment of the indebtedness secured by the aforesaid deed of trust, and is made pursuant to demand made upon the undersigned by the holder of said indebtedness.

This 18th day of August, 1937.
KESWICK CORPORATION,
Substituted Trustee.

NOTICE OF SALE OF LAND

WHEREAS, on the 19th day of April, 1935, W. J. Lawrence and Katie Lawrence executed and delivered unto W. O. McGibony, Trustee for The Federal Land Bank of Columbia, a certain deed of trust which is recorded in the office of the Register of Deeds for Surry County, North Carolina, in Book 132, at page 29; and

WHEREAS, default has been made in the payment of the indebtedness thereby secured as therein provided, and the trustee has been requested by the owner and holder thereof to exercise the power of sale therein contained;

NOW, THEREFORE, under and by virtue of the authority conferred by the said deed of trust the undersigned Trustee will on the 22nd day of October, 1937, at the Court House Door of Surry County, North Carolina, at twelve o'clock noon offer for sale to the highest bidder for cash, the following real estate:

All that certain piece, parcel or tract of land known as the former D. J. Melton farm and containing One Hundred Twenty and one-half (120.50) acres, more or less, situate, lying and being in Bryan Township, County of Surry and State of North Carolina, having such shape, metes, courses and distances as will more fully appear by reference to a plat thereof made by C. F. Fields, Surveyor, on the 9th day of June, 1923, a copy of which is now on file with The Federal Land Bank of Columbia, and being bounded on the North by the lands of E. W. Hanes; on the East by the lands of J. M. Bates and J. P. Fields; on the South by the lands of W. T. Snow; and on the West by the lands of M. A. Dockery and W. T. Snow.

This 21st day of September, 1937.
W. O. MCGIBONY, Trustee.
ROBT. A. FREEMAN, Agent
10-14 and Attorney for Trustee.

NOTICE OF SALE

State of North Carolina
County of Surry.
The Federal Land Bank of Columbia, Plaintiff,
Vs.
P. G. Scott and Others,
Defendants.
Notice of Foreclosure Sale of Land

Pursuant to a judgment entered in above entitled civil action on the 20th day of September, 1937, in the Superior Court of said County by the Clerk, I will on the 15th day of November, 1937, at 12 o'clock M., at the County Courthouse door in said County sell at public auction to the highest bidder therefor the following described lands, bounded and described as follows:

All that certain piece, parcel or tract of land containing one hun-

dred and ninety-nine (199) acres, more or less, situate, lying and being in the County of Surry, Shoals Township and State of North Carolina. This tract of land is made up of ten different tracts adjoining each other. The whole tract of one hundred and ninety-nine acres having such shape, metes, courses and distances as will more fully appear by reference to a plat thereof made by S. R. Harbour, Surveyor and being bounded on the north by the lands of T. H. Scott and H. E. Spainhour; on the east by the lands of G. W. Scott; on the south by the lands of J. N. Owen, L. E. Brown and G. W. Scott, and on the west by the lands of W. H. Houser and S. W. Scott. This being the same tract of land heretofore conveyed to P. G. Scott in ten different tracts by deeds as follows: **FIRST TRACT**, containing 18.21 acres deeded to P. G. Scott by German Bernard, Trustee of T. H. Gilliam and heirs, by deed dated November 30, 1892, and recorded in the office of the Register of Deeds for Surry County in Book 35, page 85. **SECOND TRACT**, containing 7 acres, more

or less, deeded to P. G. Scott by L. S. Scott and wife, M. F. Scott by deed dated February 2, 1892 and recorded in the office of the Register of Deeds for Surry County in Book 33, page 569. **THIRD TRACT**, containing 6.50 acres deeded to P. G. Scott by Samuel Scott and wife, Mary Scott by deed dated January 19, 1894, and recorded in the office of the Register of Deeds for Surry County in Book 33, page 573. **FOURTH TRACT**, containing five acres and **FIFTH TRACT**, containing 1.50 acres and **SIXTH TRACT**, containing one acre, deeded to P. G. Scott by Samuel Scott and wife, deed dated January 17, 1899, and recorded in the office of the Register of Deeds for Surry County in Book 35, page 86. **SEVENTH TRACT**, containing 34.50 acres, deeded to P. G. Scott by W. E. Scott and wife, Julia Scott by deed dated December 18, 1909, and recorded in the office of the Register of Deeds for Surry County in Book 54, page 116. **EIGHTH TRACT**, containing 35 acres deeded to P. G. Scott by Annie T. Boyd, Executrix of McD. Boyd and Annie T. Boyd, indi-

vidually, deed dated August 1, 1916 and recorded in the office of the Register of Deeds for Surry County in Book 70, page 263, less 11.25 acres which was sold off this tract by P. G. Scott and is not included in this description. **NINTH TRACT**, containing 82 acres and **TENTH TRACT**, containing 21.80 acres deeded to P. G. Scott by R. M. Cox and others, heirs at law of Chas. P. Cox, by deed dated April 27, 1912, and recorded in the office of the Register of Deeds for Surry County in Book 60, page 214. Also, all that certain piece, parcel or tract of land containing 220 acres, more or less, situate, lying and being in Shoals Township, County of Surry and State of North Carolina, on the Yadkin River, Grassy Creek and the Southern Railway Right-of-way having such shape, metes, courses and distances as will more fully appear by reference to a plat thereof, made by E. L. Gaither, Surveyor on the 8th day of June, 1914, a copy of which is attached to the abstract now on file with The Federal Land Bank of Columbia, and being bounded on the North by the

lands of J. W. Barber, Ernest Barber and J. Y. Phillips, on the East by the lands of J. Y. Phillips and Grassy Creek and Miss C. V. S. Boyden, on the south by the Yadkin River and on the west by the lands of Robert Houser, Hubert Houser and J. W. Barber.

The terms of sale are as follows: **CASH.** All bids will be received subject to rejection or confirmation by the Clerk of the said Superior Court and no bid will be accepted or reported unless its maker shall deposit with said Clerk at the close of the bidding the sum of Two Hundred (200.00) Dollars, as a forfeit and guaranty of compliance with his bid, the same to be credited on his bid when accepted. Notice is now given that said lands will be resold at the same place and upon the same terms at 2 o'clock P. M., of the same day unless said deposit is sooner made. Every deposit not forfeited or accepted will be promptly returned to the maker.

This the 20th day of September, 1937.
ROBT. A. FREEMAN,
Commissioner.
10-14

Tax Collection Notice

October Round

PAY YOUR 1937 TAX AND SAVE THE 1% DISCOUNT.

PAY YOUR 1936 TAX AND SAVE THE COST OF ADVERTISING.

PAY YOUR 1935 AND PRIOR TAXES AND SAVE THE COST OF A LAWSUIT.

On December 1st, 1937, all land will positively be sold for 1936 taxes. Prior to December 1st, 1937, the law compels us to start foreclosure proceedings on all old Land Sales.

We want to give everyone a fair chance—so we are giving plenty of time at the several points for everyone to get out and pay his tax, and we will have the books for all the years.

MOUNT AIRY BOOKS

The Mount Airy books will remain in office over Lamm's Drug Store all the time. The books of Stewarts Creek, Westfield and Eldora will be in Mount Airy except when out on tax round or on public days in Dobson.

ELKIN BOOKS

The Elkin books will remain in Elkin with W. J. Snow all the time. The Bryan and Marsh books will be in Elkin except when on tax round or public days in Dobson. All other books will be found at office in Dobson when not on tax round.

Pilot—Friday and Saturday, Oct. 22nd and 23rd

All Day at Swanson's Store

Shoals Monday, Oct. 25th

All Day at New School House

Siloam Tuesday, Oct. 26th

All Day at Siloam

Rockford Wednesday, Oct. 27th

Copeland School House, 9 A. M. to 3 P. M.
McCormick's Store, 3:30 P. M. to 5 P. M.

Marsh Thursday, Oct. 28th

Phillips' Store, 9 A. M. to 1 P. M.
Crutchfield, 1:30 P. M. to 4 P. M.

Bryan Friday, Oct. 29th

Thurmond 9 A. M. to 12 Noon
Mountain Park 12:30 P. M. to 4 P. M.

Franklin Friday, Oct. 29th

Low Gap, All Day

Stewarts Creek Monday, Oct. 25th

Sid Jarrell's Home, 9 A. M. to 12 Noon
Sparger's Store, 12:30 P. M. to 5 P. M.

Westfield Tuesday, Oct. 26th

Westfield, 9 A. M. to 12 Noon
Cook's School, 12:30 P. M. to 5 P. M.

Long Hill Thursday, Oct. 28th

Ararat, 9 A. M. to 12 Noon
New Shell Filling Sta. 12:30 P. M. to 4 P. M.

Eldora Friday, Oct. 22nd

Union, 9 A. M. to 12 Noon
Eldora School, 12:30 P. M. to 4 P. M.

B. F. Folger,

TAX COLLECTOR, SURRY COUNTY.



Expert Repairing
Watches, Clocks, Jewelry

We Now Have Equipment to Make Any Kind of Duplicate Keys.

W. M. Wall, Jeweler
Phone 56 Elkin, N. C.