

Polk County Has a Growing Season 3 to 6 Weeks Longer Than any other Mountain County in the State

POLK COUNTY NEWS

C. BUSH Plisher

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ANNUAL REPORT

County Commissioners Polk County for Year Ending Dec. 1, 1920.

N T Mills for half fees to date	2 30
Dr Grady for services as quarantine officer to date	15 00
Geo A Gash salary as tax supervisor for Dec. 1919	75 00
Bostic Page for half fees ST 1918	55
Tilda Hooker for support of her child 1 mo	5 00
Geo Edwards for support of Lige Henderson 1 mo	12 00
Bettie Giles for support of Emily Hannon 1 mo	12 00
J M Henderson for support of Webb Toney 1 mo	15 00
J R Smith for support of Pink Green 1 month	15 00
C E Shore for goods for Pink Green	1 20
Edwards & Broughton per bill to C S C office for records, etc.	63 42
J T Wilhelm for half fees F T 1918	3 63
J C Walker for expense of insane to hospital, etc.	20 00
J M Henderson jail fees to date	32 00
J R Sams salary for Nov 1919	25 00
Polk County News for publishing annual report	37 90
F K McFarland for casket for Frank Patterson	25 00
W P Hume salary as county welfare officer	31 25
Geo E Morton for over payment of 1916 taxes	12 24
E W Teague for tax collector for 1919	20 05
Geo A Painter for services as County Comr. to date	22 00
F M Burgess for services as clerk to B and making out annual report for 1919	26 51
S W Weaver for half fees F T 1918	4 10
S Gallert for payment of state tax for 1918 of Hulton & Bonebaine Lumber Co. error	21 68
J W King for half fees F T 1918	4 30
D H Miller for half fees F T 1919	4 70
Geo A Gash for salary and expenses as tax supervisor to date	135 00
J B Livingston salary as assistant tax supervisor to date	84 00
Geo. Edwards for support of Lige Henderson for Dec	15 00
C E Shore for goods for county as per bill of this date	2 05
J M Henderson support of Webb Toney for Dec 1919	15 00
J M Henderson for jail fees to date	12 90
Jonathan Turner for his own support for Nov and Dec 1919	12 00
Bettie Giles support of Emily Hannon for Dec and clothes	19 25
W P Hume for salary as county welfare office to date	62 50
Monroe Sain for half fees F. T. 1919	1 45
J R Smith for support of Pink Green and clothes	25 60
B L Ballenger for rent from county land for 1919	50 00
Otis Feagan for capture of one still	20 00
C E Shore for goods for county as per bill on file	6 45
J R Sams for salary as farm agent for Dec 1919	25 00
The R L Bryan Co. for supplies to county in records etc.	18 60
Edwards & Broughton for bill to C S C office as for	

this date	29 13
Clayton Constant cutting wood for special term of court as for bill this date	12 00
Charles Davenport for service and work as for bill of this date for county	45 68
G L Thompson for service as county com. to date	23 60
J A Feagan for service as assistant tax assessor	44 80
J F Omand for salary as janitor to date	17 50
Jas. F Omand for bill for work filed this date	5 00
L L Tallant for certification of sale on land note located or listed by other parties	24 98
W F Harding judge superior court for holding special term Jan. 1920	100 00
Charlie Davis for half fees F. T. 1919	2 40
Z M Walker for half fees F. T. 1919	2 40
Frank Jackson for expenses special term of court as by order of Judge Harding	40 50
J R Sams salary as farm agent for Sept. 1920	30 00
J M Henderson for bill of goods for Webb Toney and his support for 1 month	30 80
J A Feagan for bill of this date by judge Shaw	36 60
E M Mitchell for bill of prisoner from Buncombe county	7 07
Geo. A Gash salary and expenses as tax supervisor	37 50
W B Feagan work on finance report	15 00
A L McMurray for work on finance report	25 50
W C Robertson for over payment in settlement as for finance report	814 70
W W Owens for one still captured	20 00
Bettie Giles for support of Emily Hannon to date	20 00
Geo. Edwards for support of Lige Henderson 1 month	15 00
Jonathan Turner his support for 1 month	4 00
J P Arledge for stenographer fee F. T. 1920	32 00
J M Henderson for jail fees to date	56 50
F M Burgess for work with finance committee	15 00
Geo. Edwards for 1 month support of Lige Henderson	15 00
Bettie Giles for 1 month support of Emily Hannon	20 00
Jonathan Turner for his support 1 month	6 00
J M Henderson for 1 month support of Webb Toney	25 00
W B Arledge for lumber to build election booth at Big Level	15 00
Tom Foster for half fees fall term	1 75
Dr. Grady salary as quarantine officer to date	30 00
Dr Grady for salary as county health officer to date	50 00
Clayton Constant for half fees superior term of court	1 70
J M Henderson for support of Webb Toney 1 month	15 00
Bettie Giles for support of Emily Hannon 1 month	12 00
J R Smith for goods for Pink Green and supplies for part of 1 month	3 60
C E Shore for goods for county jail	1 50
Geo A Gash salary and expenses as tax supervisor	150 00
Geo Edwards for support of Lige Henderson 1 mo.	15 00
Polk County News for bill of this date advertising and etc.	52 00

Carolina Hdw Co. for bill of goods to county	11 75
Ballenger Co for bill of goods to county jail	33 35
John L Jackson for clothes bed and etc for Pink Green	14 80
Northrup McDuffe Hdw Co window shades for court rooms	35 00
J W Jack for services as janitor during special term of court	15 00
Jonathan Turner for his support 1 month	6 00
W P Hume for salary as county welfare officer to date	62 50
Tilda Horton for support of child 2 months	10 00
J P Arledge C S C half fees and extra court fees to date	107 75
C D Elliott for half fees to date	10 30
Charles Davenport for services as county commissioner to date	28 00
J R Sams salary as farm agent 1 month	25 00
J M Henderson for jail fees to date	19 20
J M Henderson for support of Pink Green	25 00
J A Feagan for work assisting tax supervisor	39 00
E C Powell for register of deaths and births	4 00
E B Cawthray for registering births and deaths	2 75
Frank Jackson for half fees S T 1920	11 60
W C Robertson for half fees special term 1920	2 05
J F Omand for half fees for special term of court	2 85
C C West for half fees for special term of court	8 10
R F McFarland for half fees for special term of court	3 10
H Reich for half fees for special term of court	1 60
J M Henderson for support of Webb Toney 1 mo	15 00
J M Henderson for support of Pink Green 1 mo	25 00
Geo Edwards for support of Lige Henderson 1 mo	15 00
Bettie Giles for support of Emily Hannon 1 month	12 00
J T Eplee for half fees special term of court	3 70
Elizabeth Turner for half fees special term of court	1 35
Emily Turner for half fees special term of court	1 35
T B Horton funeral expenses and Dr. Bill for Tilda Horton's child	29 46
J B Livingston for salary and expenses as assistant tax supervisor	58 00
Geo. A Gash salary and expenses as tax supervisor	150 00
Edwards and Broughton for record books and supplies	70 45
W T Head for registering deaths and births	14 75
State of N. C. for supreme court reports as for bill of this date	105 00
Polk County News for bill of this date filed	9 50
J R Splawn for half fees to date	2 10
P N Hood for registering deaths and births	3 50
Thad Lawter for half fees special term of court	4 95
Dr. Grady for services as quarantine officer to date	15 00
J M Henderson for jail fees to date	48 55
J R Sams for salary as farm agent to date	25 00
G L Thompson for services as county Com. to date	19 90
W P Hume for salary as county well fare officers to date	62 50
J A Feagan for salary as assistant tax supervisor	78 00

Charles Davenport for freight and charges on lime	5 00
C E Shore for goods for county as per bill filed	60
Geo. A Painter for services as county Com. to date	15 00
E B Cawthery for registering births and deaths	7 25
Bettie Giles for support of Emily Hannon 1 month	12 00
Geo. Edwards for support of Lige Henderson 1 mo.	15 00
J M Henderson for support of Webb Toney 1 mo.	15 00
F K McFarland for burial expenses of Everett Sutter and Pink Green	70 00
C L Hill for salary as assistant tax supervisor	420 50
M Allard Case for jail fees for Homer Washington	13 65
J D Carpenter for Eslier Peety's land sold for taxes when same was listed regular in another township	2 07
Polk County News for publishing notice of special election	5 20
E McQueen Salley for autopsy on Dempsey Walker	15 00
R B Williams for inquest over Dempsey Walker	6 80
C L Hill for inquest juror over Dempsey Walker	1 50
J F Bishop for inquest juror over Dempsey Walker	1 50
H C McCallister for inquest juror over Dimpsey Walker	1 50
G L Thompson for inquest juror over Dimpsey Walker	1 50
O R Pruitt for inquest juror over Dempsey Walker	1 50
R L Newman for inquest juror over Dempsey Walker	1 50
J B Livingston for salary as assistant tax supervisor	47 00
Geo. A Gash for salary as tax supervisor and expenses	150 00
J M Henderson for support of Webb Toney Bal of Mar. and Feb.	10 00
J M Henderson for jail fees to date	13 20
J M Henderson for 16 days support of Pink Green	19 34
Dr Grady for quarantine officer to date	15 00
Dr Grady for county health officer to date	25 00
J R Sams for March 1920	25 00
L L Tallant for tax certificate for Grant Walker land sold for taxes	4 05
Edwards and Broughton for bill to C. S. C.	9 25
W B Arledge for team and burial of Pink Green	6 00
Carolia Hdw. Co. for glass	9 50
J M Henderson for jail fees to date	13 20
J W Jack for bill for work filed this date	9 10
C E Shore for Zeb Rogers tax sale certificate	5 03
J A Fagans for assistant tax supervisor	96 00
W P Hume for welfare officer to date	62 50
Jonathan Turner for his support for 2 months	12 00
Charles Davenport 3 days as county commissioner	12 00
F M Burgess as elerk to board of county commissioners	37 27
Charles Davenport for George Edwards for supplies of Lige Henderson	15 00
G J Scoggins for half fees F T 1919	2 35
Calvin Hill for registering births and deaths	4 50
A P Moore for goods by J M Henderson	2 70
H M Whitesides for judge for bond election at Big	

Level	2 00
Jerry Jackson for judge of bond election at Big Level	2 00
Walt Feagans for judge of bond election at Greens Creek	2 00
Grove Fagans for judge of bond election at Greens Creek	4 00
J E Carswell for registering bond election Pea Ridge	4 00
N D Moore judge of bond election at Pea Ridge	2 00
O W Ponder for judge of bond election at Pea Ridge	2 00
W D Helton for half fees ST 1920	5 15
W B Arledge for registrar of bond elections Columbus	4 00
J W Jack for judge of bond election at Columbus	2 00
J W Newman for judge of bond election at Columbus	2 00
Taylor Whitesides for judge of bond election at Mill Spring	2 00
J R Splawn for register of bond election Mill Spring	8 68
F E Whitesides for judge of bond election for Big Level	4 00
J M Henderson goods for jail	15 04
Bettie Giles for support of Emily Hannon 1 month	20 00
J R Blanton for over payment of tax 1918	2 07
Geo A Gash for tax supervisor for April 1920	150 00
R L Newman for bill from Henderson Co filled this date	57 25
L L Gallert for over payment of 1919 tax	22 21
J M Lewis as judge of bond election at Mill Spring	2 00

given every day are dried or fresh peas and beans, spinach, onions, string beans, squash, cauliflower, asparagus, carrots, stewed celery and for older children parsnips, oyster plant and turnips. In summer all kinds of "pot Greens" such as beet tops, turnip tops, dandelions and cooked lettuce. Dried and canned vegetables of good quality may be given in winter. Vegetables should be cooked long enough to become tender. There should be some fruit in the diet every day, either fresh or dried. Sweets should never be given until at the end of a meal and desserts should be simple.

Fat is essential for growing children. Milk fat (cream and butter) is the most important kind. Children should have whole milk if possible. Vegetable oils maybe given to increase the energy of growing children. Children should not have cooked fat except bacon. All fried foods should be avoided.

Suggestions for school luncheon. The most practicable are; sandwiches, dessert, fruit and a bottle of milk. For sandwiches use whole wheat bread, oat meal, brown, raisin or nut bread. Good fillings are chopped meat, american cheese, fresh cottage cheese, plain or combined with dried fruit, sliced tomato, chopped vegetables, such as beets or lettuce or jelly, or peanut butter and chopped raisins or dates. For desserts, plain cookies ginger cookies, date cookies, sponge cake, ginger bread or sweet chocolate are practical.

Report of the Condition of the **CAROLINA STATE BANK** at Saluda in the State of N. C. at close of business, November 15th. 1920.

RESOURCES

Loans and Discounts	57,604.18
Demand Loans	8,375.00
Overdrafts	250.95
U. S. bonds and Liberty bonds	2,601.40
All other Stocks, Bonds and Mortgages	14,600.00
Banking Houses, Furniture and Fixture	2,250.00
All other real estate owned	301.57
Cash in vault and net amount due from banks, bankers and trust companies	18,452.40
Check for clearing	38.95
Collection	227.56
Total	104,732.01

LIBILITIES

Capital Stock paid in	\$ 5,000.00
Surplus Fund	2,500.00
Undivided Profits, less current expenses and taxes paid	3,760.93
Deposits subject to check	50,900.00
Time Certificates of Deposit	42,328.12
Cashier's Checks outstanding	242.96
Total	104,732.01

State of North Carolina, County of Polk. November 27th. 1920.

I, Louise A. Lane, Cashier of the above named Bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.

LOUISE A. LANE Cashier.

Correct—Attest:
W. C. Robertson
Q. C. Sonner
Directors.

Subscribed and sworn to before me, this 27th day of November, 1920.
P. H. Bailey Notary Public.

Excellence.
All excellence of every kind is but variety of truth.—Washington Allston

Notes From State School Nurse

"Eat right, live right and be right."

There are five million underfed children in the United States today. The fact that 20 per cent of the school children of the United States are handicapped by mal-nutrition should make parents take stock of their individual families. Underweights should be regarded as a warning for children suffering from poor nutrition are much less able to resist disease. Here are a few simple food rules for school children:

1. Plain well cooked food best.
2. Milk, the most important of all for growing children, at least two glasses every day.
3. Eggs, butter, vegetables, and fruits are essential.
4. Regularity, eat slowly, chew food well.
5. No eating between meals.
6. Pure candy only after meals.
7. Pure water, nature's drink, six glasses a day.
8. Hot milk or cocoa best drink for breakfast, no tea or coffee, no coca cola.
9. Cereals important breakfast food, well cooked oatmeal best.
10. Cheerfulness at table.
11. Teach children to eat things which are good for them,
12. Wash hands before eating.
13. Wash or peel fruit before eating.
14. Do not drink from a cup or eat from spoon or fork or plate used by another.

Breads and cereals should be well cooked.

Vegetables form a very essential part of the diet, they give volume or bulk to the food. Potatoes, baked, boiled or mashed, should be given practically every day. Other vegetables some of which should be