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 of its subscribers and readers—the
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 wise suggestions and kindly advice.

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A THOUGHT

The ideal life is in our blood and
 never will be still. Sad will be the day
 for any man when he becomes con-
 tented with the thoughts he is think-
 ing and the deeds he is doing,—where
 there is not forever beating at the
 doors of his soul some great desire to
 do something larger, which he knows
 that he was meant and made to do.—
 Phillip Brooks.

THE CALL OF THE OUT-DOORS

The Boy Scouts, Camp Fire girls
 and other "exponents of the out-
 doors are now enjoying" benefits of
 life in the open. They see the things
 of the world in a new light and under-
 stand nature better. They meet friends
 in the same cause, swap stories and
 form congenial companionships. Every
 student of the big out-doors gets
 new object lessons, makes new re-
 solves and forms new links of char-
 acter with the day of sunshine.

Sunshine is the test of summer
 time. It ripens the grain and fruit
 and gives strength to the camper. All
 nature has a smiling face when the
 sun causes the plants to grow, the
 flowers to open and the fruits to ma-
 ture. Sunshine induces youth to get
 out, amid the fields and forests, drink
 in the pure air and enjoy the health-
 fulness of exercise in the open.

There are profits in sunshine that
 one does not always reckon on when
 planning an outing in the open. It
 creates beauty and attractiveness and
 thereby adds to efficiency and use-
 fulness. It helps in fitting one for fu-
 ture work and inculcates a desire for
 keeping young in order to continue en-
 joying the playfields of youth. Yes,
 there are countless benefits to be de-
 rived from mingling with the all-out-
 doors.

VALUE OF SOUTH CAROLINA CROPS

Federal agricultural statisticians re-
 port that the value of fourteen South
 Carolina crops in 1927 was \$152,854,-
 000 against \$126,316,300 in 1926 and
 of livestock on farms \$46,139,000 in
 1927 against \$41,251,000 in 1926.
 Crops and livestock in this state in
 1927 were valued at a total of \$198,-
 957,000 against \$167,567,300 in 1926.

Spartanburg, the report indicated,
 led in value of fourteen crops, \$8,842,-
 213, with Anderson second, \$8,230,503,
 and Orangeburg third, \$7,665,636. The
 fourteen crops include cotton, corn,
 oats, wheat, rye, hay, cowpeas, soy
 beans, white potatoes, sweet potatoes,
 peanuts, tobacco, sugar cane and sor-
 ghum and fruits.

By crop values in 1927 were:

| | |
|----------------------|--------------|
| Cotton | \$71,536,282 |
| Cotton seed | 12,788,678 |
| Corn | 22,904,000 |
| Oats | 7,745,000 |
| Wheat | 1,337,600 |
| Rye | 204,750 |
| Hay and velvet beans | 6,415,000 |
| Cowpeas | 1,701,000 |
| Soy beans | 152,000 |
| White potatoes | 5,764,000 |
| Sweet potatoes | 4,240,000 |
| Peanuts | 315,425 |
| Tobacco | 15,483,000 |
| Sugar cane | 882,000 |
| Sorghum | 1,384,500 |
| Fruit | 1,722,000 |
| Truck | 8,925,000 |

The fruit included: Apples, \$635,-
 000; grapes, \$77,000; peaches, \$922,-
 000; pears, \$88,000. Truck (for ship-
 ping) included: Asparagus, \$1,283,000;
 snap beans, \$343,000; cabbage (kraut
 included), \$909,000; cantaloupes, \$66,-
 000; cucumbers, \$871,000; lettuce,
 \$251,000; green peas, \$98,000; early
 white potatoes, \$3,926,000; spinach,
 \$139,000; strawberries, \$97,000; to-
 matoes, \$248,000; watermelons, \$712,-
 000.

These statistics reflect the tendency
 of farmers to diversify. It is in the
 farmers' interest to produce several
 crops and not stake the year's income
 on a single crop. The average Carolin-
 ian is likely surprised that the 1927
 asparagus value was \$1,283,000; sugar
 cane and sorghum for syrup, \$2,266,-
 500. South Carolina is adapted to the
 raising of many sorts of vegetables
 and fruits. If a farmer depends on a
 single crop, it is because he so elects,
 not because his acres will not yield
 other crops. Considering the huge
 quantities of corn, oats and syrup
 brought from distant states, Carolina
 farmers are neglecting a great oppor-
 tunity. It is well known that Geor-
 gia, Florida and Alabama produce
 much of the syrups sold in South Car-
 olina stores.

This state can be self-sustaining if
 its farmers so will, and larger crops
 in wider variety will keep within the

state much of the wealth that is sent
 into other states. South Carolina's re-
 lative position among the states can
 be carried much higher and it should
 be. Prosperity is restricted because
 millions of Carolina dollars are drain-
 ed off. The outgoing stream can be
 lessened by wider productiveness.

Small Mill Town Is Facing Extinction

Newmarket, N. H.—This little tex-
 tile town is today fighting a strange
 and apparently losing battle for its
 existence.

It is a battle which involves the
 town's single industry, the great mill
 of the Newmarket Manufacturing
 company, which was founded here 100
 years ago, and which entirely sup-
 ports the town. It is a battle between
 the operators of the mill and the
 workers.

Five months ago, workers at the
 mill went on strike as a result of a
 wage disagreement. They are still out
 —more than 1,000 of them—and the
 mill is entirely inactive, save for a
 handful of craftsmen who failed to
 join the strikers' movement.

There were approximately 5,000
 persons in Newmarket when the strike
 began. There are less than 2,000 here
 today. Residents are moving daily to
 other cities. Two of the town's score
 of stores have gone out of business.
 Three other are reported in serious
 financial condition, which may neces-
 sitate their closing.

Gradually as the strike goes on
 without a sight of let-up, the town of
 Newmarket—one of the oldest towns
 in the United States—is disappearing
 before the very eyes of its populace.

The trouble struck the ordinarily
 peaceful town last January, when mill
 managers and a handful of girl em-
 ployees clashed over wages.

A short time ago the mill incor-
 poration served notice on more than 100
 families, who were living in houses
 owned by the corporation that they
 must quit the property.

That precipitated an added reason

for exodus. Many families, living in
 mill-owned houses, took their former
 employers at their word and left town.
 Others remained and prepared to bat-
 tle. The union heads, anxious to aid
 those who would stay and fight it out,
 erected the nucleus of a "tent city"
 on property on the Durham side of the
 town. The tents are there now ready
 for occupancy, but apparently not
 needed.

Farm Demonstration Notes

C. B. Cannon, County Agent

Four H Club Boy Wins Scholarship

Each year the Chilean Nitrate of
 Soda Educational Bureau offers a
 scholarship to the club boy in each
 county who produces the highest yield
 of corn on his club project. This schol-
 arship is for the short course given at
 Clemson college each year for one
 week for the boys doing outstanding
 work in club projects.

Sammie Drake, sixteen years old,
 son of John Drake, Waterloo, has been
 notified by the Chilean Nitrate com-
 pany that he is the winner from Lau-
 rens county. Sammie has been a club
 boy for several years, doing outstand-
 ing work ever since his enrollment.
 He has won the scholarship the past
 two years on corn production. Last
 year he selected an acre of corn,
 planting this acre in the Douthit va-

riety, in five and one-half to six foot
 rows, fertilizing this corn with 10-4-4
 fertilizer, and top dressing with 200
 pounds of nitrate of soda. The total
 cost of the acre was \$30.20, yielding
 83 bushels of corn. Valuing his corn
 and roughage at market price, the to-
 tal value of his crop was \$124.50, or a
 net profit of \$94.30. Sammie has not-
 ified the county agent's office that he
 expects to attend this short course at
 Clemson on July 8th to 13th.

Clemson college gives a scholarship
 to four club boys who do outstanding
 work each year; also a scholarship is

given to one local leader from each
 county. In checking over the records
 of this office, of the boys who turned
 in their records on club work, the fol-
 lowing have been awarded this schol-
 arship:
 Tommy Martin, Mountville club.
 Fred Carlisle, Poplar Springs club.
 Clyde Wilson, Hickory Tavern club.
 David Roberts, Barksdale-Narnie
 club.
 G. C. Roper, Hickory Tavern, local
 leader.

Oats Demonstration

On May 23rd a field meeting was
 held on the farm of E. E. Simpson,
 Ware Shoals, Poplar Springs section,
 for the purpose of showing the result
 of a top dressing demonstration con-
 ducted by Mr. Simpson. At this meet-
 ing a guessing contest was held, \$5.00
 being offered for guessing the near-
 est yield of the checked plot and the
 five acres that was top dressed. This
 \$5.00 prize was divided into a \$3.00
 and a \$2.50 prize. The oats sown by
 Mr. Simpson was the Fulghum vari-
 ety. These oats were drilled with two
 rows to the cotton middle, the last
 part of October, 1928. The stands
 were only fair. No fertilizer was used
 at the time the oats were planted. On
 March 7th and 15th these oats were
 top dressed with nitrate of soda at
 the rate of 75 pounds per acre at each
 application. The oats were harvested
 on June 6th and threshed June 18th
 and 19th. A checked plot was left, 1-10
 acre, where no top dressing was used.
 This checked plot produced at the
 rate of 5 bushels of oats per acre. On
 the 5 acres where 175 pounds of ni-
 trate of soda was used as top dress-
 ing the yield of oats was 21 2-10
 bushels.

Prof. F. W. Taylor, Laurens, won
 first prize with four bushels on check-
 ed plot, and 20 bushels average on the
 five acres. N. B. Woods, Ware Shoals,
 won second prize with 4 bushels per
 acre on the checked plot, and 17 1-2
 bushels on the five acres.

Cotton had been on this land for
 1927 and 1928, the cotton being fer-
 tilized with 300 pounds of 8-3-3 fer-
 tilizer per acre. There has never been
 any cover crop turned under on this
 soil.

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Heart to Heart
 By John Wesley James, M.D.

FAITH OF OUR FATHERS

We hear a great deal about the il-
 lustrious framers of our Constitution
 —all of it to their credit, by the way.
 They must have been good men. I
 cannot believe they were ignorant,
 tricky or designing; the destiny of a
 great nation depended on their integ-
 rity of purpose—their wisdom of ac-
 tion. They lived at a time when, "an
 appeal to arms, and to the Lord of
 hosts," was all that was left for them.

One of their permanent creations
 was metallic money—a highly essen-
 tial medium in any sort of commer-
 cial transaction. These men caused to
 be stamped deep into the precious
 metal, "In God We Trust." I do not
 doubt the absolute sincerity of the
 declaration. I believe they were right,
 not wrong.

We are supposed to be living today,
 in a stage of great enlightenment—
 in a day of supermen. We are drifting
 rapidly from the old ways. In this par-
 ticular and highly-important declara-
 tion of our forefathers, some of us
 rush into print with the assertion that

it is a mere fabrication, based on su-
 perstition and ignorance! If that be
 true, then, why not do away with the
 rest of the historic document?

To trust in a supreme being does not
 fit into the ideas of some of our peo-
 ple. They can't bear to admit their de-
 pendence on any higher power. Lis-
 ten, now: They will, in time, come to
 a defiance of all law; if we can't trust
 in a just God, as our forefathers did,
 shall we put our trust in Man? Men
 who today "swear by" the sacred Con-
 stitution—who preach adherence to
 the sacred document, peddle the propa-
 ganda of the very people who seek to
 overthrow it!

To proclaim a trust in God when
 we don't do anything of the kind—if
 not hypocrisy it's just plain lying!

Fortunately for our beloved coun-
 try, the people who live in the "Faith
 of our Fathers," are in the majority.
 I can't help shuddering at the growth
 and publicity of the tribe who don't
 believe in anything but themselves!

GUIDEPOSTS TO Health and Happiness
 By Bernarr Macfadden

BATHS—INTERNAL AND EXTERNAL

Like many old sayings, "cleanliness
 is indeed next to Godliness," is well
 founded in truth, although in the six-
 teenth century when John Wesley,
 founder of the Methodist Church,
 spoke those words in one of his ser-
 mons, a bath was considered extreme-
 ly foppish and a bath-tub a needless
 luxury. In many countries that idea
 still exists, especially in those locali-
 ties where water, even for drinking,
 is at a premium.

It is hard for us, who simply have
 to turn on a faucet and clear, pure
 water gushes forth, to imagine a sit-
 uation of that kind. And yet we—
 billions of gallons of bathing and
 drinking water constantly at our dis-
 posal—do not take advantage of such
 good fortune. Many people, of course,
 bathe because they have a natural ab-
 horrence of dirt and because a bath is
 refreshing. Too few, however, realize
 what a salient factor water is in main-
 taining and promoting general good
 health.

The truth is that bathing is an ab-
 solute necessity. It is a powerful en-
 emy of disease and a proloner of life.
 And it modus operandi is simple and
 convincing.

The daily bath keeps the pores free
 from clogging and permits them to
 throw off impurities the system has
 accumulated in going about the busi-
 ness of life. The pores must also
 breathe, and in order to do this they
 must be kept clear, active and elastic.

Aside from the disease prevention
 insured by bathing, the use of both
 hot and cold water has many curative
 effects that intelligent people over-
 look. A hot bath relaxes the tissues

and blood vessels and relieves conges-
 tion. A cold bath speeds up circula-
 tion and tones up the tissues and mus-
 cles in general, while the sitz bath,
 hot or cold, provides an excellent
 means of relieving many internal
 weaknesses and disorders to which
 both sexes are subject.

Then there is the internal bath
 which is equally, if not still more im-
 portant.

There are people who make a prac-
 tice of taking a physic every so often
 not the natural physic such as fruit
 juices, quantities of water, etc., but
 powerful purgatives that irritate the
 membranes and do not begin to
 cleanse. They call this "a good clean-
 ing out." Such a procedure is nearly
 always followed by a period of con-
 stipation.

As against this bad habit we have
 the more simple, cleanly and hygienic
 process of flushing out the bowels
 with warm water. (Do not confuse
 this with the enema taken to relieve
 constipation. That kind of enema
 should be taken only in case of an
 emergency. If you are a sufferer of
 chronic constipation you need an im-
 mediate and radical change of diet.)

But the enema-bath is only part of
 the internal bath. There is the entire
 digestive tract that needs washing
 and this is best accomplished through
 drinking quantities of water after a
 short period of fasting. Much ill
 health could be avoided if the average
 individual would remember to drink
 six glasses of water a day; more is
 still better. Water never hurt anyone
 —inside or out.

Use The South Carolina Iodine Label On Your Stationery

Help advertise the advantages South Carolina Pro-
 duce has over that grown in other sections of the coun-
 try. Much advantage is expected to come to our agricul-
 tural industry by the proper exploiting of the iodine
 content in our food products.

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 generally in this section can come to the aid of the agri-
 cultural interests than to join in the movement to push
 South Carolina Food Crops by advertising this iodine
 content on their stationery.

We have in stock a supply of Letter Stationery bear-
 ing this Iodine Label neatly lithographed in four colors,
 and are prepared to render prompt service on all or-
 ders.

In using this label on your stationery, you are mak-
 ing a contribution to our country's basic industry at
 very little extra cost.

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