

GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



ARE VACATIONS HARMFUL OR BENEFICIAL?

Summer vacations are here. This is the time of the year that your employer has set aside to give his office workers a chance for complete relaxation and rest. Every wise employer realizes the truth in the words: "All work and no play makes Jack a dull boy." And so he says to you: "Take and enjoy these two weeks and forget everything connected with the office. How are you going to spend that vacation? Will it be a well balanced period of rest and play, giving your mind and body a chance to rebuild the worn and broken down tissues? Or will it drain you mentally and physically so that you return to your duties exhausted and irritable because your time is up? Which is fair—both to employer and yourself? And which is really most fun in the long run?"

With a little forethought it is entirely possible to combine the pleasure you seek with the right kind of living. There is no better tonic or medicine in the world than good, wholesome, clean fun. And there is no more destructive poison than that type of enjoyment that saps your vitality and weakens your physical and moral resistance. Here are a few dos and don'ts that will help you to get the most out of your vacation and will in no way spoil your good time:

Don't choose a place simply because it is popular and someone has told you you will have a "wonderful time." Don't gauge its desirability by its costliness. There are many unostentatious summer resorts that are much more desirable and less expensive. Don't go to a place unless you know beforehand that they serve fresh vegetables and plenty of good milk. A

great many summer hotels and boarding houses buy up quantities of canned foods. Don't go to a place where they are overcrowded and where your accommodations will be cramped and uncomfortable.

The ideal vacation is the one spent out of doors, although camping should not be considered unless you are well equipped against inclement weather. If you are unaccustomed to violent exercise and athletics don't overdo. Beware of fatigue! Make it a point to lie down for at least an hour during the afternoon. Get to bed every night by eleven o'clock; if you can make it ten, all the better, for it is during our sleeping moments that Nature does her most valuable reconstruction work.

Take daily sunbaths, but take them gradually and avoid severe sunburn. Don't keep thinking about how many more days you have before you must return to work. It will make you restless and dissatisfied. Don't get the idea that you can exercise all day and dance all night day after day for two weeks and not be a physical wreck at the end of that time.

Above all: Don't let your vacation cost you in lost energy and health what you could never buy with dollars and cents. The prime purpose of your vacation is to bring you the greatest amount of happiness and the highest degree of physical benefits. It is an arrangement designed for the mutual benefit of employer and employee. It is your playtime, but he has every right to expect that you will come back from your vacation fresh and in splendid condition for the next year's work.

British Mills At Standstill

Manchester, July 29.—Lancashire's great cotton industry was brought almost to a standstill today by a great stoppage of work caused by the enforcement of a 12 1-2 per cent wage reduction. Half a million men and women are directly affected in 1,500 mills. Loss of wages amounting to \$5,000,000 is involved.

As yet there is no sign of a quick solution of a very intricate labor dispute which has threatened this country for weeks and which now presents a more serious problem than any of its kind since the great general strike of 1926 in England.

The situation is the result of continued depression in the textile trade which led to an announcement by employers that the wage reduction would be made effective Saturday. The trades union refused to accept the reduction and although all mills were open as usual today the unions were staunch in their defiance of the order.

The stoppage, strike or lockout, as it is termed by different observers, has aspects which differentiate it from usual labor disputes on such a large scale.

Faculty Given For Colored Schools

The faculty for the Clinton colored schools for the approaching session has been completed. The schools will again be headed by J. M. Johnson as superintendent. The list of teachers follows:

Bell Street School
J. M. Johnson, principal, Helen Holmes, Lillie Smith, Evelyn Lester, Mary V. Bailey, Ruth Alexander, Ponnola Harris, Clara Wright, Claudia Dorroh, Ida Boyd, Ellen Mills, Bertha Henry, Dorothy Lomax.

Bethel School
Supearley Beasley, principal, Esther Wilson.

BELIEVE IT OR NOT—A FIVE OUNCE EGG

A large black giant hen egg, topping the scales at five ounces, was brought to The Chronicle office yesterday. It came from the poultry yard of Mrs. J. S. Crapps of this city, who has an unusually fine collection of this celebrated breed of egg producers. Believe it or not, the story is true and vouched for as the largest hen egg ever seen by the reporter.

THE NEW SHOE HOSPITAL

W. Pitts St. — Next To Magistrate's Office

Have your shoes rebuilt by the Goodyear Welt Shoe Repairing System.

ALL WORK GUARANTEED.

Your Clothes Are Cleaned Cleaner

In the Most Scientific Manner When You Send Your Family Wash To This Modern Laundry.

The cost is little or no more than the old fashioned washerwoman charges.

PHONE 28 NOW.

BUCHANAN'S LAUNDRY

PHONE 29

August Sale

Begins Friday Morning, Aug. 2, 9 A. M.

Our August Sale opens Friday morning at the stroke of nine. Our stock of ready-to-wear and many other articles throughout the store—regardless of prices, have been reduced to effect immediate disposal and to make way for our new fall merchandise. Thrifty women who seek the finer things in wearing apparel will find these savings to their delight—be on hand promptly — come early and supply your needs.

Final Clean-Up of All

Summer Dresses

Every Dress and Ensemble of the newest styles, the materials are beautiful—the values amazing.

- DRESSES AT \$2.95
Values up to \$5.95
- DRESSES AT \$4.95
Values up to \$10.00
- DRESSES AT \$9.90
Values up to \$16.75
- DRESSES AT \$16.95
Values up to \$29.50

OFFERING

OUTSTANDING BARGAINS

August Sale

OF SUMMER FOOTWEAR

Beautiful styles, all good quality.

- Lot No. 1 \$1.95
- Lot No. 2 \$2.95

Final Reduction

ALL HATS

Regardless of former prices every Hat in our store will be sold at low prices. Beautiful straws and felts in the most adorable styles of the season. All popular shades.

- Lot No. 1, 95c - Lot No. 2, \$1.39
- Lot No. 3, \$1.95

JOE L. CARTER

Clinton, South Carolina

Extra heavy Bath Towels, size 20x42, all white or colored borders—
Only 19c

One table Prints, Gingham, Cretonne, etc.,
10c yard

One table Chambrays, Gingham, Curtain Goods, etc.—
5c yard

Druid LL Sheeting—
9c yard

One lot fast color Printed Voiles, Dimities, etc., values up to 50c —
29c yard

Good quality, full cut Rayon Bloomers, assorted colors and sizes—
49c

One lot Silk Bloomers—
\$1.39

3 pieces Printed Silk Shantung, \$2.50 value,
\$1.89

All Other Silks Greatly Reduced.

Ladies' Wash Dresses
Values to \$1.95 \$1.49
Values to \$1.00 50c
One lot Children's Wash Dresses—
Only 69c

Store Closed All Day Thursday
Arranging for Sale.

Tobacco Markets In State Open

Florence, July 30.—Tobacco sold on the auction markets of the South Carolina bright belt today averaged 16 cents a pound or better, according to the figures available tonight. Of 12 South Carolina markets reporting, including Mullins, Lake City and Timmonsville, the three largest markets in the state, the total sales amounted to approximately 2,640,000 pounds. At the average price of 16 cents a pound this would run the pay off for the day to \$422,400.

South Carolina markets reporting were: Mullins, 800,000 pounds at an estimated average of 15 cents; Lake City, 500,000 pounds at an estimated average of 16 cents; Marion, 55,000 pounds, official average of 15.80; Timmonsville, 300,000 pounds at an estimated average of between 15 and 16 cents; Florence, 400,000 pounds, official average 16.06; Dillon, 100,000 pounds at official average of 15.39; Conway, 200,000 pounds at estimated average of between 13 and 15 cents; Hartsville, 70,000 pounds, at official average of 13.09; Pamplico, 60,000 pounds at an estimated average of 15 cents; Manning, 130,000 pounds at an estimated average of 17 cents; Kingstree, 250,000 pounds at an estimated average of 14 cents.

Bolt Released From Jail

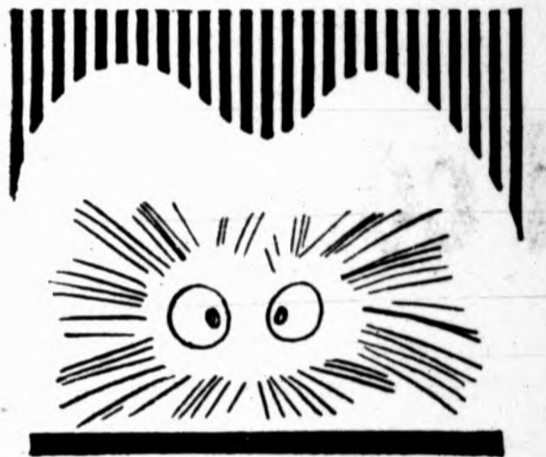
Laurens, July 30.—Lawrence Bolt, who was arrested a week ago on the charge of murdering his wife June 24, was today given his release from jail on a bond of \$3,000, bail in this amount having been granted yesterday at Greenwood by Judge C. C. Featherstone. The bondsmen are L. H. Abercrombie, John W. Butler, J. W. Tumbler and T. D. Tumbler, of the Hickory Tavern section and vicinity, and L. C. Hiers of Laurens.

The Tumblers, it is understood, are kinsmen of the late Mrs. Lawrence Bolt, whose maiden name was Miss Anna Tumbler.

Apparently suffering from the reaction of a week's solitude in the county jail, Bolt showed considerable agitation when he appeared with his attorneys in the clerk's office to sign the bond. He nervously touched the clerk's pen as his mark was made at his signature on the document and then sobbed for a few seconds. Finally he regained his composure and later went to the home of his mother near the city.

New Home For Chevrolet Firm

The Giles Chevrolet company, headed by C. C. Giles, expects within the next two weeks to move into its handsome new home on West Main street. The old Ellis garage building destroyed by fire, is being completely built over, an attractive pressed brick front added, sales room facilities provided, and a commodious repair room added in the rear. The building will be well adapted for garage purposes and will give the Chevrolet company a modern and attractive home. Mr. Giles stated yesterday that Chevrolet business "grows greater day by day," and soon located in his new plant, he will be better prepared to serve the public than ever before.



Boo-oo-oo!

"Out of the darkness suddenly loomed a pair of wild and woozey eyes. Headlights! Blazing! Blinding! Crash! Smash! Thank goodness we had a combination Auto Policy. Yes, it covered everything."

YOU?

Æ T N A - I Z E R

S. W. SUMEREL
ÆTNA-IZER



WE PAY

6%

3% Semi-Annually
Feb. 15 and Aug. 1

on our

Fully Paid STOCK

ENTER ANY TIME
WITHDRAW ANY TIME

High Yielding
Convenient
SAFE

Secured by \$283,000 Assets

INVEST ANY AMOUNT
In Denominations of \$100
For Full Explanation Write
or Telephone

Wm. P. Jacobs,
Sec.-Treas.

Clinton B. & L.
Association

Clinton, S. C.
Phones 238 and 222