

# GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



## THE PROPER WAY TO "SUN-TAN"

Most fads are foolish, vain and short lived. This summer, however, we have with us a fad that I hope has come to stay. I refer to "sun-tan"—but not the drug store variety.

There are on the market creams and lotions which guarantee to give the wearer a beautiful coat of tan without coming into contact with the sun. There are beauty parlors that specialize in the sun-tan treatment by means of artificial light. In the rush of modern life I suppose these substitutes are inevitable; not everyone has the leisure time to bask on the beach. And yet—a genuine sunbath, if taken only once a week, is by far the most healthful and satisfactory method of acquiring that bronzed look.

It goes without saying that the sun-tan creams and lotions are utterly useless, as far as any beneficial properties are concerned. The sun lamp, on

the other hand, really has health value and is indispensable in the treatment of certain disorders. But even that is only a substitute for the sun.

Get your sun-tan first hand! Besides beautifying your appearance and keeping you up with the latest fashion, it will improve your general physical condition and give you the sparkle and vigor that makes even the homely person attractive.

But sun-tan also has its attending dangers. I have heard of several over-enthusiastic young people this summer who have become dangerously ill through excessive sunburn. There is not much difference between a severe sunburn and a severe steam burn. People have died from both.

Lying for hours at a time in the sun is as bad as no sun at all. Moreover, it is not the way to acquire an even, pretty coat of tan, for with excessive sunburn the skin peels and the tender, flaming underskin is exposed.

Further exposure to the sun causes this skin to blister and peel again. This can go on indefinitely.

For beauty and health results take your sun-baths gradually. Begin with only fifteen minutes exposure. Next time add fifteen minutes. Increase the time according to the texture and pigment of your skin. Thin skin naturally burns more quickly. Auburn or sandy haired people sometimes find it impossible to acquire a coat of tan. They merely burn.



**THIS is Mr. Willow! Mr. Weeping Willow! He shipped by truck and it ran smack! Rotten luck! All his goods in the gutter! Ruined and no insurance!**

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**S. W. SUMEREL ETNA-IZER**



## Kings Off On Buying Trip

B. L. King and daughter, Mrs. H. R. Phillips of Spartanburg, and Mr. and Mrs. William G. King of Lyman, left Tuesday morning through the country for Baltimore and New York on a fall buying trip. Mr. King will purchase a complete line of ready-to-wear, millinery, notions, etc., for his ladies store and stated before leaving that he expects to offer within the next two weeks, one of the most attractive stocks ever assembled in his store. Mr. and Mrs. King are likewise purchasing fall merchandise for their new store recently opened in Lyman.

## Union Service At Presbyterian

The union service next Sunday evening will be held at the First Presbyterian church. The Rev. Samuel P. Bowles of the orphanage, will occupy the pulpit and all congregations in the city are invited to unite in the service.

## LIST OF TEXTBOOKS FOR IMMEDIATE USE IN THE CLINTON PUBLIC SCHOOLS FOR THE SESSION OF 1929-1930.

**First Grade**  
Pupil's Hand Chart.  
**Second Grade**  
Child's World Second Reader.  
McCall's Complete Speller.  
Morey's Little Folks Number Book.  
Practical Writing, Book 2.  
Practical Drawing, Book 2.

**Third Grade**  
Child's World Third Reader.  
McCall's Complete Speller.  
McCall's Complete Speller.  
Kinard, Brown, Rogers' Our Language, Book I.  
Smith's Modern Primary Arithmetic.  
Shepherd's Geography for Beginners.

Practical Writing, Book 3.  
Practical Drawing, Book 3.

**Fourth Grade**  
Winston Fourth Reader.  
McCall's Complete Speller.  
Kinard, Brown, Rogers' Our Language, Book I.  
Smith's Modern Primary Arithmetic.  
Human Geography, Book I.  
Emerson and Betts' Hygiene and Health.

Practical Writing, Book 4.  
Practical Drawing, Book 4.

**Fifth Grade**  
Winton Fifth Reader.  
McCall's Complete Speller.  
Kinard, Brown, Rogers' Our Language, Book II.  
Smith's Modern Advanced Arithmetic.

Estill's Beginners' History of Our Country.

Human Geography, Book I.  
Health Habits by Burkhard, Chambers and Maroney.  
Practical Writing, Book 5.  
Practical Drawing, Book 5.

**Sixth Grade**

Searson, Martin and Tinsley's Studies in Reading, Sixth Reader.  
McCall's Complete Speller.  
Kinard, Brown, Rogers' Our Language, Book II.  
Smith's Modern Advanced Arithmetic.

Olyphant's South Carolina History Reader.  
Frye-Atwood's The New Geography, Book II.  
Ritchie's Primer of Sanitation and Physiology.

Practical Writing, Book 6.  
Practical Drawing, Book 6.

**Seventh Grade**

Searson, Martin and Tinsley's Studies in Reading, Seventh Reader.  
McCall's Complete Speller.  
Kinard, Brown, Rogers' Our Language, Book III.  
Smith's Modern Advanced Arithmetic.

Thompson's History of the People of the United States.

Frye-Atwood's The New Geography, Book II.

Ritchie's Primer of Sanitation and Physiology.  
Practical Writing, Book 7.  
Practical Drawing, Book 7.

**Eighth Grade**

Hitchcock's Junior English Book. Literature and Life, Book I.  
Payne's Common Words Commonly Misspelled.  
West's Short History of Early Peoples.\*  
Wells and Hart's Modern High School Algebra.

Caldwell and Eikenberry's Elements of General Science.\*  
Smith's Elementary Latin.\*

**Ninth Grade**

Hitchcock's Junior English Book. Literature and Life, Book II.  
Payne's Common Words Commonly Misspelled.  
Wells and Hart's Modern High School Algebra.

Smallwood, Reveley and Bailey's Biology.\*  
Ullman and Henry's Second Latin Book.\*

Chamberlain's Physical, Economic, Regional Geography.\*

**Tenth Grade**

Hitchcock's High School English Book.  
Miller's English Literature.  
Chew's Practical High School Speller.

West's Modern World.  
Bradbury's A First Book in Chemistry.\*

Bennett's Cicero's Orations.\*  
Chardenal's Complete French Course.

**Eleventh Grade**

Hitchcock's High School English Book.  
Literature and Life, Book IV.  
Chew's Practical High School Speller.

Latane's History of the United States.

Wells and Hart's Modern Plane Geometry.\*

Wells and Hart's Modern Solid Geometry.\*

Bennett's Vergil's Aeneid.\*  
Talbot's La France Nouvelle.

**Twentieth Century Bookkeeping and Accounting.\***

\*—Optional.

**Canton Punch**

Boil 4 cups water with 1 cup sugar and 1-2 cup Canton ginger cut fine. Let cook about 20 minutes; strain and add 1-2 cup lemon juice and 1 cup orange juice. Chill and when ready to serve, add charged water. Pour over crushed ice in tall glasses.

## Home Demonstration Notes

Miss Mary Shaw Gilliam, Agent

### Schedule for Home Demonstration Clubs

August 15—Barksdale-Narnie.  
August 16—New Prospect.  
August 21—Mountville.  
August 22—Brewerton.

### Mrs. Dunlap Wins Honor At Clemson

The pleasures of Farmers' Week are not enjoyed by the men alone, because there are large numbers of women from the various counties of the state to enjoy special features of the program.

One of these special features occurred last Wednesday at the noon hour in the Clemson auditorium when the women of the different counties assembled and passed in a cotton dress review. Each of these dresses was made by the wearer and was a frock that could be worn for one of four occasions, morning, sport, afternoon, and evening.

Laurens county was represented by Mrs. Annie Dunlap of Mountville, who

appeared in a cotton morning dress, made of the South Carolina product, by the Judson mills in Greenville. She was awarded second place in the group, having met the requirements of a dress designed to suit the individual, the occasion, and which was of reasonable cost.

It may be of further interest to know that one outfit from York county, entered in the sport dress class, consisted of a hat, coat, and dress, made from fertilizer sacks, the entire

cost of this costume being twenty cents.

This individual is reaching the goal suggested by the South Carolina Council of Farm Women, "Buy everything you can in cotton sacks; this will help maintain a good price for cotton."

**What Do P. S. JEANES Do?**

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## COOL SUMMER FOODS

Hot weather meals are problems, but A & P Food Stores solve them easily with foods which are tempting and suggest cool, appetizing menus.

Orange Pekoe or India Ceylon  
**NECTAR TEA**  
1-4 lb. 17c 1-2 lb. 33c  
pkg. pkg.

**EAGLE BRAND MILK**  
Large Can 19c

**N** Toasted Marshmallow Mounds  
**B** Fruited Beehive Cakes, Ass't'd LB. 27c  
**C** Ice Cream Cakes, Assorted

Sunnyfield **CORN FLAKES** 3 PKGS. 20c

**SALAD DRESSING** Rajah Brand 8 oz. jar 17c

**OLIVES** ENCORE PLAIN Small Jar 10c

**GRAPE JUICE** A & P Pure Pint Bottle 25c

Cantrell & Cochrane **GINGER ALE** 2 Bottles 25c Tax Extra

**OLD DUTCH CLEANSER** 2 Cans 15c

**LIFE BUOY SOAP**

6 Cakes 35c

**CHIPSO**

3 12 Oz. Pkgs 25c

The Great **Atlantic & Pacific Tea Co.**