



Florentine's Eastern Lydia, famous Guernsey heifer bought by J. C. Penney for \$1,000 from Southern 4-h club boy will be shown at state fairs throughout the South this year. Dorothy Bryant noted horseback rider is studying heifer.

Hints for the Home

by Nancy Hart

Before you start to do any canning, it is advisable to have scientific directions for each step of the work. The United States Department of Agriculture has a bulletin that is free for the asking. It is known as Farmers' Bulletin 1471-F, "Canning Fruits and Vegetables at Home." Every part of the canning process is described; illustrations showing just what is meant, and a full explanation of the reasons that lie behind recommendations made is also included.

On the success of your canning and preserving depends much of the prosperity of your special department in farm management. So do not risk a single failure through spoilage or second-class results. Send for a copy of that booklet before you are confronted with too many harvest fruits and vegetables that require immediate preservation.

We have just returned from a vacation spent at an old New England home on the sea-girt coast of Maine, where electric lights and push-buttons formed no part of daily living. But the big, powerful flashlight belonging to the man of the house came to the rescue so frequently that it left with us a most emphatic impression of its usefulness.

How many of you possess a trusty flashlight to point the way over dark roads and paths, or for use at night about the house, for peering into nooks and crannies where the stationary light cannot penetrate—or strolling along the beach after dark when rocks and hummocks just lie in wait to stub unwary toes?

Remembering the comfort and convenience of such a light during these past weeks, we are moved to observe that this bit of equipment contributes more genuine service day by day than most household appliances of our acquaintance.

For Bridge Luncheon

Tomato aspic salad Mayonnaise
Cream cheese sandwiches
Olives
Sponge cake filled with whipped cream to which chopped pineapple, nuts and cherries are added.

Corn Pudding

Cut corn from cob, boil until tender, add 2 eggs slightly beaten, 1 teaspoon salt, 1-4 teaspoon pepper, 2 tablespoons melted butter, 1 pint hot milk; mix well and turn into buttered baking dish; bake in slow oven until firm and brown.

Tomato Relish Sauce

10 large tomatoes, scalded and peeled, 2 medium sized onions, 1 small red pepper. Grind all through a meat grinder, then add 1 1-2 cups vinegar, 1 cup sugar, 1-8 teaspoon cloves. Boil until mixture is quite thick. Bottle while hot.

Special Sandwich

Blend together with French mustard or spicy mayonnaise, equal quantities of minced tongue and chopped cooked mushrooms. Spread between thin buttered bread; remove crusts, cut in triangles.

Beef Roll

3 lbs. chopped beef, 1 lb. chopped fresh pork, 3 eggs, 66 crackers rolled fine, 2 tablespoons milk, 1 teaspoon black pepper, 1 scant teaspoon salt, 1 tablespoon parsley, 2 tablespoons onion chopped fine. Butter size of an egg. Mix well, mold in roll, bake 45 minutes in a quart of water, basting frequently.

An Economy Hint

Never throw away the bones left from a roast or fowl. Put them in cold water and cook for several hours and use this stock for gravies or as the foundation for a vegetable soup.

Care of Floors

If you would keep your floors in best condition, and with least effort to you—see that they are waxed and polished once a month. Then dusting over them between times will be sufficient to keep them immaculately.

Protects Cut Fruit

If you place a sheet of oiled paper over cut fruit such as oranges, grapefruit, melons, and lay the fruit cut side down on a flat plate no juice will be lost and the fruit will keep perfectly fresh.

LADIES

Our Beauty Shop will be closed for one week, from August 22, and will be open for work on August 30.

ABRAMS BARBER SHOP

MANY STUDENTS SIGN AT WINTHROP

Over Seventeen Hundred Admitted. Other Announcements About New Session.

Rock Hill, Aug. 18.—Over 1,750 students have already been admitted to Winthrop college for the new session that starts next month, the president, Dr. James P. Kinard, announced today. As happens every year, several hundred applicants have been denied admission because of lack of rooms and equipment for a larger number than has been admitted, the president states. It is pointed out that eligible applicants are admitted strictly according to the date of application.

The college will open a week earlier this year than last, an announcement in the Winthrop catalog, which will be sent to all students, will say, thereby enabling the students to go home a week earlier next June.

All new students are expected to be at the college at 9 a. m. the morning of September 7. Saturday, Monday and Tuesday following the new students will be introduced to the college. All teachers will be present on these days.

One of the interesting things done during this time will be the giving of an intelligence test to all new students. This test is considered of much value to the teachers in checking up later on the classroom work of the students.

Saturday and Monday, September 7 and 9, opportunity will be given for all old students who need to do so to stand examination on work not completed. Wednesday, September 11, is "Convocation day" at the college. On that day at 10 a. m. all the students, old and new, will assemble in the auditorium for announcements necessary at the beginning of the year's work. Convocation day is the only day in the year on which all the students meet together in the auditorium. The auditorium, it is pointed out, is not large enough to seat all the students comfortably. For chapel exercises throughout the year the seniors and freshmen meet on Mondays and Thursdays and the juniors and sophomores on Tuesdays and Fridays.

Thursday and Friday, September 12 and 13, students will enroll in classes, and Saturday class work will begin. Construction of the new classroom building is progressing rapidly. This building will contain 29 new classrooms with space for the college museum. Since the close of summer school carpenters and plasterers have been busy making the necessary repairs for the beginning of the new session.

ANNUAL MEETING OF STOCKHOLDERS

The regular annual meeting of the stockholders of the Citizens' Building and Loan Association of Clinton, S. C., will be held at the office of the First National Bank of Clinton, S. C., on Thursday, September 6, 1929, at 4 o'clock P. M.

All stockholders are requested to keep this notice in mind and attend the meeting, as business cannot be transacted unless a majority of the stock is represented at the meeting.

B. H. BOYD,
Secretary and Treasurer.
August 17, 1929.—9-5-3tc

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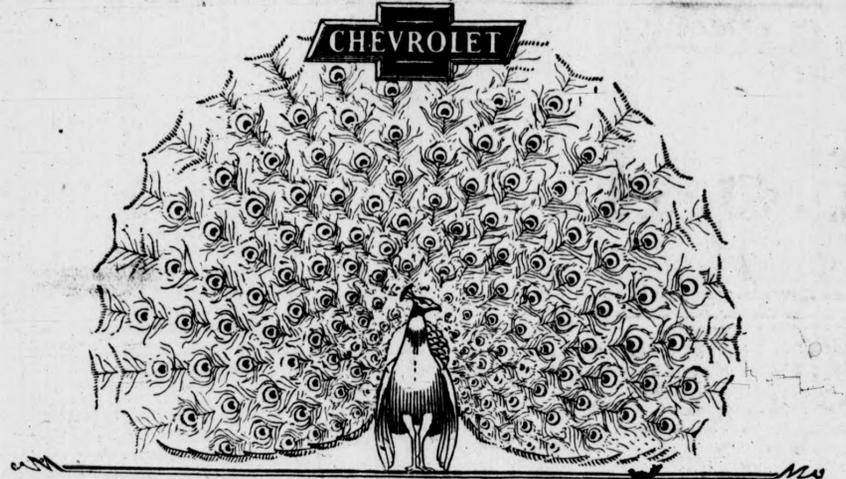
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A SIX IN THE PRICE RANGE OF THE FOUR

SUNDAY SCHOOL LESSON

By Rev. Samuel D. Price, D. D., Associate General Secretary of the World's Sunday School Association.

International Sunday School Lesson for August 25
REBUILDING THE TEMPLE

Ezra 3:10-13; 6:14-16; Psalm 84:1-4

Return from Babylon had been for a purpose and that was to re-establish former conditions in the land from which the Jews had been taken into Captivity. Attention was naturally first given to homes for their families. Then came attention to the rebuilding of the Temple. While one can approach Jehovah from anywhere religious experiences in all lands has shown that formal places help greatly in developing right habits in prayer. We have our special places in our homes where we voluntarily go when we desire to approach the Throne. Then we have the Holy Sabbath and on that day we join with others in worship at a common place.

The return of the seventh month, in which there are so many sacred days for the Jews, resulting in the climaxing of their purpose to enter upon the great undertaking of building again the temple on Mount Moriah, which had been a place of Jehovistic worship since Abram replaced Isaac with the ram for the sacrifice.

This second temple was larger at the base than the one erected by Solomon, though not as high. National conditions were such that the rich ornamentations could not be as elaborate as before, for their resources were greatly lessened now. It was a temple to stir the heart of any.

Throngs were in the temple area within the city and multitudes more had taken their places on the opposite side of the Kedron valley, now known as the Mount of Olives, which overlooked Jerusalem. They were confused by the sounds during the ceremony. Rejoicing was heard and also the sound of lamentation, for many of the older Hebrews could consider only the glory of the former temple. When the past overlords the present incentive is taken from undertakings that are close at hand.

Read from Ezra 3:1-6:22 for the full context. Serious problems had to be faced. For example, the Samaritans wanted to assist and were refused. These were colonists from among the northern tribes who had intermarried with the heathen tribes. In John 4 it will be noted that in New Testament times the Jews had no dealings with the Samaritans. Hindrances also arose as poison letters were written to the king in Babylon, in an effort to prevent the working going forward. Credit must be given to the prophets Zechariah and Haggai for injecting enough spirit into the people so that the record could be "They builded and finished it." A most practical application of the lesson is to survey your own church property and see what needs attention.

GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



WHY YOU NEED YOUR TONSILS

Modern science has accomplished wonders. And in the brain of man marvelous thoughts have been born. But man and science put together will never achieve the miracles that nature performs daily, as a matter of course.

Consider the human body. Neither science nor man has ever succeeded in making a machine that anywhere near approaches it in delicate construction and perfect coordination. True, we cannot always understand why nature does certain things, nor why she has implanted into the human body certain organs. Tonsils, for instance. To us, they appear useless. And yet, isn't it logical that Nature, noted for precision, put them there for a definite purpose? Did you ever know her to work in a haphazard manner?

Whether or not you approve of tonsils, the truth is that they perform a very necessary and thorough job. The tonsillar tissue forms a complete ring around the throat. Practically everything that enters the body through the mouth has to pass this ring, which picks up everything of an infectious nature and destroys it. A marvelous safeguard!

But what has happened when the tonsils are swollen and inflamed—when the doctor says: "They must come out." The explanation is simple. It simply means that the tonsils have encountered a too powerful infection and in order to put forth the greater effort necessary to conquering it, they require a greater supply of blood.

They become literally gorged with blood and naturally they swell up and become redder. Sometimes this infection is so severe that the tonsils cannot cope with it and the tonsillar tissue is injured. Pus forms in the deep openings called crypts. Then they are called "diseased tonsils" and most likely you will have them out.

Such a procedure is as sensible as taking out of the barrel the few spotted apples on top, without going down to the bottom of the barrel and finding all the spoiled apples that is causing all the trouble. "Diseased tonsils" are the result of some faulty body condition that must be located and treated. They have been overworked in a way that nature never intended. They are not the "breeding grounds of germs."

So you see, the tonsils, like every other organ of the body, require normal physical condition if they are to function properly. They need healthy blood, circulating through them, and healthy blood is produced only by clean living, proper, natural foods and sufficient exercise and sleep. Tonsils are traps. And as traps they must trap something. That something is the ordinary poisons that enter the mouth. Introduce any foreign element, such as nicotine, alcohol, drugs, etc., and you will soon have a fine case of chronic tonsil inflammation.

Don't blame the tonsils. You would not expect a mousetrap to catch a bear!