

**STUDENTS HEAR DR. WM. WESTON**

Leader of "Iodine" Movement Makes Interesting Address in College Chapel.

The student body, faculty and visitors to the college heard an interesting lecture by Dr. William Weston of Columbia, during the chapel hour Friday morning, on the "Possibilities of the Nutritional Foods and Natural Resources of South Carolina." Dr. Weston is chairman of the South Carolina Food Research commission and director of the South Carolina Natural Resources committee, and has done great work in the strides taken by these two groups.

In opening his talk, Dr. Weston stated that South Carolina held the lead in the development of government policies from the time of the Revolution to the Civil war period, making a plea to the oncoming generations to carry on this work and regain the national prominence that South Carolina once held. He pointed out that South Carolina had probably been hurt more than any other state in the Revolution, as more of the battles took place on her soil, and then going on to show that the damage done to her and her young men in the Civil war, the Mexican war, the Spanish-American war and the world war, could not be counted in dollars and cents, or any other way for that matter.

As he built up the basis for his proof, Dr. Weston showed that research in bacteriology in the 19th century was one of the greatest forward steps in the history of civilization in that it eliminated the possibility of a great epidemic in any part of the world today. But going on, he stated that the research work of today in the field of nutrition would even eclipse that of bacteriology, for, he said, scientists have now proved that the food one eats determines the size of his body, his capacity to do work and to a great degree, his personality and character. He then went on to substantiate this statement with examples of true experiments carried on by physicians and scientists all over the world along this line.

He then cited the fact that South Carolina has the foremost food research laboratory in the world today because she has the greatest nutritional possibilities of any section known to science. He based his claim on the fact that there is far more iodine, iron, manganese, copper and zinc in the vegetables of the state than any other known country, and stating that these elements are some of the most important in the human diet. In comparing South Carolina with another great food-producing state, he showed that in asparagus South Carolina could show 578 parts of iodine plus the large quantities of minerals, while on the other hand, another state could only show 12 parts of iodine and little of the minerals, and so on down the vegetable list.

Through this great building up process, Dr. Weston showed that the South Carolinians had at this time reached the ninth and tenth generations, while in the goiter belt where there is a shortage of iodine in the foods, they could not pass the fourth generation.

In closing he appealed to the young people of the state to go on with this work, to attract outsiders to the state that they might reap the benefits of the foods, but at the same time to hold their birthright and remain true to South Carolina.

**"Busted but Happy," Was His Christmas Slogan**

**B**USTED, but happy, busted, but happy. These words kept ringing through Dick Westworth's ears. He had overheard them as he had slipped through the hall, past the cheery living room, where his ne'er-do-well brother Jack and his adoring little wife were enacting the Santa Claus role.

Dick had been urged to join them in putting the final touches on the tree and in filling the six little stockings of the six little Westworths, but he had pleaded a downtown engagement.

"The idea of Jack actually busting himself to buy a lot of faldorol for his kids and then broadcasting the fact as though it were something to be proud of. Now, if I had kids I'd get them sensible presents, not things that are likely to be busted up before the holidays are over. I'll set an example for Jack and his doting wife by giving each one of the children something they would have to have anyway—catch me wasting my money just because it happens to be Christmas," and so saying, he undressed himself and turned into bed.

But, somehow, sleep wouldn't come. He fidgeted about nervously, finally falling into a feverish sleep only to awaken again.

"Maybe moving about a bit will help," he said to himself. "I'll go down and slip the handkerchiefs into the youngsters' stockings instead of giving them in the morning," and so saying he slipped on his bathrobe with out turning on a light and picked up the little flat package he had laid on the chair beside his bed.

Not until he had switched on the light in the living room did he notice that it was his well-filled wallet that he had picked up in the dark. He started to go back for the sensible gifts that he had told himself "would do," but something restrained him. If you believe in the Christmas Spirit you will know what it was, if not, no explanation would make it any more clear to you. Dick Westworth did not believe in the Christmas Spirit so, of course, he did not understand exactly why he suddenly decided to change his Christmas gifts.

But the Christmas Spirit went right on with its good work, having got a tiny corner in his heart, and Dick went right on tucking bills and coins into the chinks of the six knobby stockings that were dangling by the fireplace.

"Busted, but happy," he said to himself later, as he tossed his empty wallet carelessly aside and dropped off into a peaceful sleep.—Alice Crowell Hoffman.

(© 1929 Western Newspaper Union.)

**As Jesus of Nazareth Passeth By**

**I**T WAS Christmas morning. An old man stood with bared and bowed head before the great cathedral. Chimes pealed forth the glad message—"Joy to the world, the Lord is come." The hour was early for passers-by, and the man had thought himself alone until a youth touched him, saying:

"Can I help you, sir?" The worshiper looked up. Observing a tool box swung over the lad's shoulder, he exclaimed, "A carpenter!"

"No; a carpenter's son. Father has an emergency call this morning. He is not well, and I'm carrying his heavy tools."

"I see," said the man, "and you also wanted to help me. Good boy! You nurse the spirit of kindness, the Christ-like spirit. Thank you, son, but I'm not needing assistance; I just paused to consider that other carpenter's son who went about doing good."

"I know," said the boy, "the Christ." "Yes, and may many this Christmas day realize that again Jesus of Nazareth passeth by." —Lily Rutherford Morris.

(© 1929 Western Newspaper Union.)

**A FAT MAN'S TROUBLES**



"Ready for the holidays, Bill?" "Holidays me eye. I'm jes gettin ready for some real work." "Wazzamatter, ain't the plant closin down?" "Yeh, but every year I gotta play Santa Claus for the school."

**Flowers as Presents**

Flowering plants make good Christmas presents. Cyclamen, flowering bulbs, poinsettia pans, ferns, primulas, and azaleas may all be used.



**A BLESSING**

Just a small, glittering, razor-edged fragment of cold steel. There is the hint of creepiness at its mere mention; it is such a stern little thing after all; its business is to make wounds—most feared of all, wounds upon the bodies of our dear ones; wounds upon and within the bodies of the ones we sympathize with most—the ones stricken, with death just around the bend ahead. . . . The one that mother is praying over in the little room where nobody can hear but God. . . . Ah, this little sharp fragment of steel called merciless by the unthinking—what a blessing!

Yes—it's the surgeon's knife that I am talking about. And so few speak of it as a blessing; some orate from the house-tops that it is a villain—a murderer! They try to inflame us against this little benefactor, too often for their own personal financial ends.

No incantation, mesmerical hocus-pocus, or sleight-of-hand juggling on the surface ever removed a deadly tu-

mor from the suffering woman—never did—never can. Thousands of invalids put their trust in these subterfuges until it is too late, because they dread "the knife." I do not blame the poor, timid creatures—they are not to be blamed. They are to be pitied in their mental torture—their suffering unrest and indecision; they do not know. They will espouse any measure that promises relief—any measure except that little sharp, glittering fragment of steel.

A deep-seated focus of deadly poison involving a vital unit within the human structure—it can't be charmed out, rubbed out, medicined out, dieted out—it will kill—kill! The little silver-looking piece of cold steel—quick! There may be death in delay. . . .

Yes, the surgeon's knife is a blessing, one of the very greatest, used in time, by competent hands. I do not mean the butcher's knife—no, no. I refer to the one that has given my dear ones back to me, sound and well!

H. D. HENRY

F. M. BOLAND

**H. D. HENRY & COMPANY INSURANCE**

STOCKS - BONDS - REAL ESTATE

LOANS NEGOTIATED

**ALL PRESCRIPTIONS FILLED BY LICENSED PHARMACISTS**

CALL FOR AND DELIVERED PROMPTLY

**SADLER-OWENS PHARMACY**

"At Union Station"

Phones 377 and 400

Phones 377 and 400

The Clinton Chronicle—\$1.50 a Year

**ROGERS**

**New Low Coffee Prices!**

**HOT CUP lb. 19<sup>1</sup>/<sub>2</sub><sup>c</sup>**

**RED FRONT lb. 29c**

**GOLD LABEL lb. 39c**

**TOMATOES 3 No. 2 Cans 25c**

**J. Allen Smith's High Grade FLOUR At Rogers Low Prices**

**CIRCUS and EVIDENCE**

**12-Lb. Bag 45c 24-Lb. Bag 85c 48-Lb. Bag \$1.65**

**WHITE LILY 6-Lb. Bag 37c 12-Lb. Bag 65c 24-Lb. Bag \$1.25**

**ARKANSAS WHOLE GRAIN RICE, lb. 5c**

**PONCY LONG LOAF BREAD, 15-oz. loaf 7c**

**DOMINO GRANULATED SUGAR, 10 lbs. bulk 58c**

**RITTER'S TOMATO SOUP, can 7<sup>1</sup>/<sub>2</sub>c**

**ST. CHARLES EVAPORATED MILK, 3 tall cans 25c**

**GIBBS OR RITTER'S TOMATO CATSUP, 8-oz. bottle 10c**

**Old Virginia FRUIT CAKE**

**2-lb. in tin box \$1.30 1-lb. in tin box 75c**

**CHOCOLATE COVERED Cordial CHERRIES, 3-lb. box 49c**

**Ocean Spray CRANBERRY SAUCE No. 1<sup>1</sup>/<sub>2</sub> can 21c 5-oz. Jar 10c**

**RIB BACON, lb. 13c**

**Thick FAT BACK, lb. 11c**

**LARD, 2 lbs. for 25c**

**Large Washed Brazil Nuts, lb. 19c**

**No. 1 English Walnuts, lb. 25c**

**Fancy No. 1 Mixed Nuts, lb. 25c**

**Large Papershell Pecans, lb. 49c**

**Orange Peel, lb. 29c**

**Lemon Peel, lb. 29c**

**Torilli Citron, lb. 45c**

**Glace Pineapple, lb. 59c**

**Glace Cherries, lb. 59c**

**3<sup>1</sup>/<sub>2</sub>-oz. Package Glace Cherries 15c**

**3<sup>1</sup>/<sub>2</sub>-oz. Package Glace Pineapple 15c**

**Marvin Hallowee Dates 15c**

**Dromedary Pitted Dates, 10-oz. 21c**

**Mince Meat, lb. 19c**

**Marvin Currants, pkg. 19c**

**DON'T FAIL TO SEE OUR ASSORTMENT OF CANDIES FOR HOLIDAY NEEDS**

**SICK AT HIS STOMACH**

"I WAS suffering from stomach trouble, in 1917," says Mr. C. K. Nelson, a railroad engineer living in Pulaski, Va. "I had a tightness in my chest, a shortness of breath. There seemed to be a heavy weight in the pit of my stomach, and quite a bit of nausea, yet I couldn't vomit. I tried different remedies, yet suffered on just the same."



"When in West Virginia, on a work train, I was in such a condition that I just gave up and came home. I couldn't stand to work, in my condition. Some one told me about Black-Draught. I started taking it in small doses after meals. It helped me, and I went back to work."



WOMEN who need a tonic should take CARDUL