

# Confederate Veteran.

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S. A. CUNNINGHAM,  
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## CORN.

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Which is the greater of the two discoveries made by Columbus, America or corn?

When he saw the promised land, he blessed his God  
And fell upon his knees and kissed the virgin sod.  
By this discovery a new world was born;  
By this discovery the world was given corn,  
Which will in this world's bloody strife  
Give to man the staff of life.

I am an old Southern planter, past eighty-five years of age, in perfect condition as to mind and health, have lived on corn bread all my life, and feel that I can speak intelligently on the much-mooted corn bread question.

During the war I commanded the 1st Arkansas Regiment, consisting of twelve hundred men, and during the four years we never saw a piece of bread that contained a grain of wheat flour. We lived entirely on plain corn bread, and my men were strong and kept in the best of health; and what I say of my regiment can be truthfully said of the entire Confederate army.

Now, why can't we fall back on the good, health-giving corn bread, prepared in its many appetizing ways, and ship our wheat to the Allies without feeling that we are making such a sacrifice?

I am surprised to find how little the people of the North



know of the good health-giving eating there is in corn bread cooked in its many ways. During my entire life I can't remember ever sitting down to a meal without corn bread prepared in some appetizing way. Such a thing as indigestion was never heard of with those who lived on corn products.

I speak knowingly when I say that every bushel of wheat in the United States could be shipped to Europe, and we could live bountifully and enjoy better health on corn products, with which our country is fully supplied, enough to feed the world.

In the South we give the raising of corn only a secondary place as to soil and cultivation. If we would curtail cotton and tobacco crops one-half and give to corn the same cultivation and fertilizing, we would more than double our production, not only furnishing a sufficiency of health-giving bread, but we could raise more horses, cattle, and hogs to supply our home consumption and keep our Allies fully supplied. All we have to do is to go at it and do it.

Going back a couple of hundred years, we find that this country was originally peopled by a strong, healthy race, the Indians, who subsisted entirely on corn. And before the War between the States my ancestors were large slave owners, and our negroes were fed entirely on corn products, and no stronger or healthier people ever lived than they.