

Open Air Cures Grip and Prevents After Effects of Grip.

The State Board of Health is advising grip sufferers to live out in the open air as much as possible in order to get rid of that pernicious disease which Mr. Dooley says makes you sick six months after you get well. "The after-effects of grip," says a recent bulletin from the State Board of Health, is usually the worst part of the disease and it is just this for which fresh air is both a preventative and a cure. Grip sufferers usually feel that cool moving air would be the death of them but the trouble is they are not on good terms with fresh air and can't appreciate its good qualities. They need to cultivate its acquaintance by living in it every day, walking in it and sleeping in it at night.

"The saddest story connected with grip," says the bulletin, "is not that a person has the grip now but a later story that not infrequently follows, he never got over the effects of grip, or his grip went into pneumonia or tuberculosis. Only fresh air, sunshine, rest and good food taken in time will prevent this sad story."

Do You Know That

There is no Federal institution in the continental United States for the reception and care of lepers?

Plague is a disease of rodents?

Malaria is spread by a special mosquito?

House screening is a good disease preventative?

Pellagra may be prevented or cured by proper diet?

The United States Public Health Service believes that the common towel spreads trachoma, a disease of the eyes?

Children from sanitary homes advance more rapidly in school than those from dirty premises?

A Gruesome Find in Rowan County.

Joe Deal, of the Enochville section of Rowan County, was in town Saturday and reported to the Enterprise the suppressed excitement prevailing in this community last week, when some young boys passing along the highway with their dogs, found the hand and other parts of a newborn baby at the old saw mill site on the place of Caleb Overcash. When the boys made the discovery the dogs were devouring parts of the body, and only the hand and other parts mentioned were left by the canines. The baby had been left on a blanket in the old saw dust pit and abandoned. Mr. Deal says the county authorities have been notified and an investigation is being made to unravel the mysterious and a gruesome find. —Mooreville Enterprise.

Road Men Will Inspect Highway.

The touring of this section will be as follows:

The North Carolina Highway Commission has made arrangements with the United States Office of Public Roads and rural engineering for a joint tour of inspection over the central highway and the postroads to study the conditions of these roads and to determine the advisability of the establishment of a patrol system of maintenance. The tour as planned, will begin on April 12 from Morehead City and end at Greensboro April 25.

This tour of inspection will be made by the State Highway Engineer and an engineer from the United States office of Public Roads and one or more meetings will be held in each county where this question will be discussed with the officials having charge of the road work in the county or township. These meetings are open to the public and all interested in these highways and their maintenance are cordially invited to attend.

Leave Greensboro, April 18, 10:00 a. m., arrive Lexington, April 18, 1:00 p. m.

Leave Lexington, April 18, 8:00 p. m., arrive Salisbury, April 18, 4:00 p. m.

Leave Salisbury, April 19, 8:00 a. m., arrive Statesville, April 19, 10:00 a. m.

Leave Statesville, April 19, 12:00 m., arrive Newton, April 19, 1:30 p. m.

Plies Cured in 6 to 24 Days. Your druggist will refund money if PAZO Ointment fails to cure any case of itching skin, itching or protruding piles in 14 days. The same application gives ease and relief.

Wade, McGraw and Oklahoma.

The Menace. Our readers are well aware of the strenuous effort being made by the friends of Jim McGraw, Knight of Columbus, to elect him Republican national committee in Oklahoma. In the Henryetta Free Lance of March 22, it was stated that at the state convention in Oklahoma city the fight on McGraw grew quite heated and for a time it looked as though patriotism and truth were going to put Rome and ruin to route but it was openly charged that the McGraw people were offering as high as five hundred dollars a vote in their desperation to control the Republican party in Oklahoma. From that it will be seen that money flows freely when Romish influences are at work in the interest of so characteristic a paper as Jim McGraw. The main thing is to get control and Rome is after Oklahoma this year with a vengeance.

While McGraw and his paper and propage friends are using money, muscle and artillery in their desperation to get him over in order to cinch the only Republican district in the state for Rome, there is another Roman Catholic gring after the place of national committeeman on the Democratic ticket. Tom Wade is the one chosen to look after the interests of Rome in Democratic Oklahoma.

This Roman Catholic combination which will secure absolute control of appointments in Oklahoma if McGraw and Wade are successful is full of sinister situations for the non-catholics of Oklahoma. With such an arrangement there would be absolutely no chance for a non-Catholic in any appointive office should a Roman Catholic be a candidate, and of course there will be Roman Catholics enough to go around and fill all the places.

Oklahoma is in the shadow of the moose and only prompt and concerted action can prevent a minority control in that state now, and that minority is the Roman Catholic political machine the most deadly menace to American institutions. And still they say Rome is not in politics.

In addition to capturing both committees for Rome there is another incident in the making that will mean much if it is put through as popery has planned. Tom Wade has the support of the Governor Williams machine in his candidacy and in return for that support Wade is to deliver the Catholic vote to William for United States senator. Williams has already shown a dangerous list toward Rome in his hobnobbery with Romish prelates and persons of prominence in Catholic educational circles.

The whole Oklahoma situation needs watching just now.

Only the Well to do Can Afford to be Sick.

Some people think that poor people can't help from getting sick, that it's just natural to be sick and that there's nothing to be done to keep from it. They think that rich people have the money and can afford all the things that are necessary in order to live a healthful life. Because poor people can't have money and all that they consider necessary to live a healthful life they usually resign themselves to whatever comes and think there's nothing they can do to better conditions and improve their health.

The truth of the matter is poor people, if they only knew it, can't afford to be sick. Only the well to do can afford it. Sickness is expensive; it costs time and money. It often costs a good job. It brings on poverty, and poverty we all know is an open door to disease. Rich people have to a larger extent realized this and are taking the pains to stay off disease as much as possible, and cultivate healthy habits.

But fortunate for us all there are a number of things we can do to have good health that don't cost money. That's to the maker that fresh, cool, moving air is not bought by the quart. It costs nothing to walk and rest the mind in it, to breathe it deeply into the lungs and to sleep in it. It costs nothing to drink water freely and to eat slowly. It costs nothing to form regular daily habits. It costs particular nothing to keep clean, the teeth clean and to eat clean food.

As a matter of fact, the things that are best for health are the things that the poor have with them always and that money can't buy.

DON'T TAKE A CHANCE

Salisbury People Should act in Time.

If you suffer from backache; If you have headaches, dizzy spells;

If the kidney secretions are irregular.

Don't delay, likely your kidneys are sick.

Salisbury people recommend Doan's Kidney Pills.

Here is a Salisbury woman's experience: Mrs. J. E. Ingram, 827 E. Kerr St., Salisbury, says: "For five years I was under the doctor's care for inflammation of the bladder and disordered kidneys. My back was weak and I could hardly get about. I had a burning sensation across my loins. My kidneys were inactive and the kidney secretions caused me annoyance. My head ached and I was so dizzy that I almost fell. Spots floated before my eyes. The doctors couldn't give me relief and I began taking Doan's Kidney Pills. Every box I took did me more good than the one before and it wasn't long before I was cured of kidney trouble."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills the same that Mrs. Ingram had. Foster-Milburn Co., Props., Buffalo, N. Y.

Attractive Easter Excursion to Washington, D. C., and Return Thursday, April 20th.

The Southern Railway will operate a low fare excursion from the North Carolina territory to Washington D. C. for the Easter holidays.

Special train consisting of both standard Pullman sleeping cars and first class day coaches will leave Charlotte Thursday, April 20th, arriving Washington Friday morning, April 21st.

Schedule and fares as follows:

Station	Round Trip Fare
Gastonia	5:00 pm \$5.00
Charlotte	6:45 pm 7.50
Cumcord	7:58 pm 7.50
Albemarle	4:58 pm 7.00
Salisbury	8:35 pm 7.00
Morgantown	5:08 pm 8.00
Hickory	5:44 pm 7.50
Newton	6:05 pm 7.50
Statesville	6:55 pm 7.50
Mooreville	1:07 pm 7.50
Davidson	12:51 pm 7.50
Vinnton-Salem	8:50 pm 7.00
Mount Airy	3:30 pm 7.50
Nor Wilkesboro	4:00 pm 7.50
Elkin	4:58 pm 7.00
Lexington	9:18 pm 7.00
Thomasville	9:30 pm 7.00
High Point	9:45 pm 7.00
Greensboro	10:46 pm 7.00
Siler City	8:45 pm 7.00
Reidsville	11:20 pm 6.50

Administratrix's Notice.

Having qualified as Administratrix of the estate of W. Murdock Wiley, deceased, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 16th day of March, 1917, or this notice will be pleaded in bar of their recovery. This the 16th day of March, 1917. MARION E. WILEY, Administratrix.

You Need a Tonic

There are times in every woman's life when she needs a tonic to help her over the hard places. When that time comes to you, you know what tonic to take—Cardui, the woman's tonic. Cardui is composed of purely vegetable ingredients, which act gently, yet surely, on the weakened womanly organs, and helps build them back to strength and health. It has benefited thousands and thousands of weak, ailing women in its past half century of wonderful success, and it will do the same for you. You can't make a mistake in taking

GARDUI

The Woman's Tonic

Miss Amelia Wilson, R. F. D. No. 4, Alma, Ark., says: "I think Cardui is the greatest medicine on earth, for women. Before I began to take Cardui, I was so weak and nervous, and had such awful dizzy spells and a poor appetite. Now I feel as well and as strong as I ever did, and can eat most anything." Begin taking Cardui today. Sold by all dealers.

Has Helped Thousands.

Sale of Spencer Real Estate.

Pursuant to the terms of a certain mortgage deed of trust executed by J. N. Haden to the undersigned on April 14, 1915, which is duly recorded in the office of the register of deeds for Rowan county in book of mortgages No. 51, page 86, default having been made in the payment of the debt therein provided for, the undersigned trustee and mortgagee, will expose for sale at public auction for cash at the court house door in Salisbury, North Carolina, on Saturday, April 29th, 1916, at the hour of twelve M., the following described real estate:

Beginning at a stake on the north side of Jordan Ave., 50 ft. from the corner of Baldwin street and at the corner of lot No. 16, and running thence with Jordan Ave. 50 feet to a stake, corner of lot No. 14 in a westerly direction thence with line of lot No. 14, a northerly direction 150 feet to a stake on a ten foot alley; thence with alley in an easterly direction 50 feet to a stake, corner lot No. 18; thence with line of lot No. 18 in a southerly direction 150 feet to a stake at the beginning, being lot No. 15, in block 6, R. F. Lively & Company addition to the town of Spencer. This the 28th day of March, 1916. JOHN L. RENDLEMAN, Trustee and Mortgagee.

Notice To Creditors.

Having qualified as administrator of the estate of Bettie Boyd, deceased of the county of Rowan, State of North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 12th day of April, 1917, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make prompt settlement. This the 12th day of April, 1916. L. F. SHINN, Executor.

WATCH REPAIRING

For new watches, jewelry and repairs at reasonable prices, go to the drug store at Granite Quarry, or to R. L. BROWN, No. 6, Salisbury, N. C. 10-27 8 m. w. jld.

WE BUY

and Pay Highest Cash Prices for Green Hides, Cattle, Mutton, Veal, Sheep, Pork, Eggs, Chickens, Etc.

You are invited to come to see us.

SANITARY MARKET,
H. C. TROTT, Prop.,
112 East Innes Street,
Salisbury, N. C.
Phones 780-781 3 8 100

Sale of Land Near Landis.

Pursuant to the provisions of the last will and testament of Hettie S. Albright, recorded in Will Book No. 5 page 599, I will sell at public auction to the highest bidder for cash, at the Court House door in Salisbury, on Saturday April 22nd, 1916, at 12 o'clock, M., one tract of land about one quarter of a mile from Landis, known as the Hettie S. Albright place, and contains about seven (7) acres— (1) is tract of land has a small house on it and adjoins the lands of Deal & Corriher, Dock P. thel, George Sherrill and others, and being fully described by metes and bounds in deed from Allen Sherrill and Frank Pethel to Hettie S. Albright. This is a valuable tract of land situated near Landis, and suitable for building purposes. Terms of sale cash. This March 18, 1916. J. C. CORRELL, Executor. Landis, N. C.

Farms for sale

If you want to buy a Farm, Large or Small, see us. If you have a Farm to Sell, List it with us.

SALISBURY REALTY And Insurance Company.

SALISBURY'S BIG GENERAL STORE.

A Full Line of General Merchandise Constantly On Hand.

FOOT REST HOSIERY whether its appearance you want in hosiery or whether it wear you will get it if you get "Foot Rest." And this too is an inducement to most of us. You'll SAVE MONEY. NEW SECURITY FRUIT JARS, fresh lot just received. Pints Quarts, and half-gallons. Spring and Summer goods, light weight underwear for men and women, also Dress Goods, Shoes, Pants, Overalls, Hats, Notions, Crockery, Tinware, etc. GROCERIES.

I have a well selected stock of staple and fancy groceries, country produce, feed stuff, etc. When in need come to see me.

Farmers are invited to make my place headquarters while in the city. Very truly,

W. W. TAYLOR,
Phone 39. 108 S. Main St., Salisbury, N. C.

The Wachovia Bank & Trust Co.

Is the Strongest Bank in North Carolina, LARGEST CAPITAL, LARGEST ASSETS.

This gives safety and Protection to our Depositors 4 per cent. paid on all saving deposits. You can open an account with one dollar and upwards.

SATURDAY, APRIL 15TH.

6 Sets 6 Pcs to Set Enamelled Ware for \$1 a Set Cash. Just come around once and you'll come again.

Rowan Furniture Co. The cheapest Furniture Store. Salisbury, North Car

121 West Innes Street, Salisbury, North Car

DR. W. C. TAYLOR, Dentist
Hours: 8:30 to 12:30, 2:00 to 5:00, and other hours by appointment.
Innes Office 147 Residence 251
Office second floor of
WACHOVIA BANK BUILDING
Entrance first door on Council St.

DRINK Chero-Cola
THERE'S NONE SO GOOD

THE NEWS YOU HAVE WAITED FOR

V. WALLACE AND SONS

Are once more ready with a big new line of SPRING and SUMMER SUITS, HATS, SHOES, SHIRTS, in fact we are ready to serve you with everything in the way of clothes for both every day and Sunday wear.

"WE CAN AND WILL SAVE YOU MONEY,"


Because we are leaders in the State when it comes to clothing the man or boy, just remember, we run three big stores for men, one here in Salisbury, one in Charlotte and another in Greensboro.

"THIS IS TO YOUR ADVANTAGE"

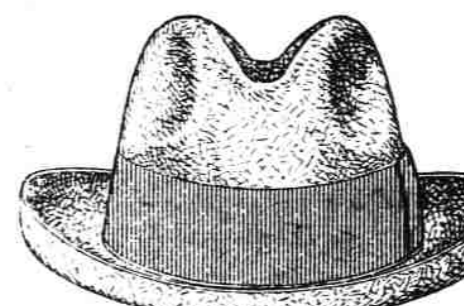
As right here (at your door) in Salisbury is the main store, all stocks are bought here in large quantities getting the inside price and then selling you at retail for less than the average merchant can buy.

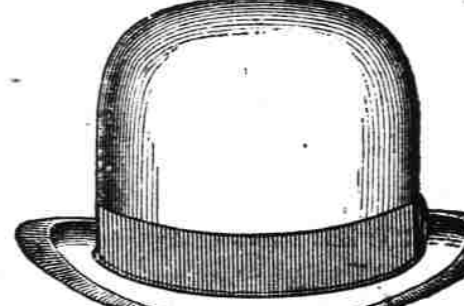
"WHY PAY OTHERS MORE?,"

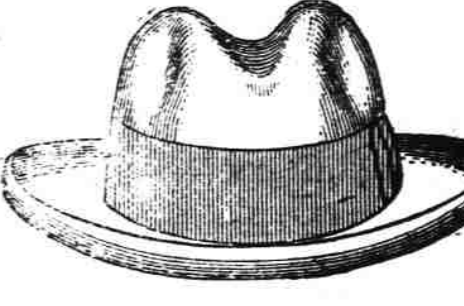
V. WALLACE AND SONS
"STATE'S LEADING CLOTHIERS"
STORES: SALISBURY, CHARLOTTE AND GREENSBORO.



\$8.50

 \$1.00

 \$2.00

 \$1.50