

THE ROANOKE NEWS.

ESTABLISHED IN 1866.

A NEWSPAPER FOR THE PEOPLE.

Terms of Subscription—\$1.50 Per Annum

VOL. LII.

WELDON, N. C., THURSDAY, MARCH 21, 1918.

NO. 45

CASTORIA
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Genuine Castoria
Always
Bears the
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For Over
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900 DROPS
ALCOHOL—3 PER CENT.
A Vegetable Preparation for
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Cheerfulness and Rest, Containing
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Mineral. NOT NARCOTIC
A helpful Remedy for
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LOSS OF SLEEP
resulting therefrom in Infants.
The Sure Sign of
Castoria
The Genuine Castoria
NEW YORK.
At 6 months old
35 Doses—35 CENTS
Exact Copy of Wrapper.

NOT A LIVING CHILD UNDER 8 IN POLAND

ALL HAVE SUCCEEDED TO STARVATION, WHICH WE COULD HAVE ALLEVIATED.

CRYING FOR BREAD WE WASTE

Editor Clarence Poe Sets Forth Need of Informing Our Rural Population of True Conditions.

(Clarence Poe in Progressive Farmer)
She was a good woman and she talked much about how good the Lord had been to her and to her children. But at the same time she said, "So needless and wearisome days for me! I've got wheat enough and I've got meat enough laid up in my pantry, and my children like it, and they are going to have it as often as they want it, and as much of it as they want."
After hearing this well-meaning woman talk, he writer picked up that night a European paper that comes to the home and read this paragraph:
It is said that there is not a living child in Poland under eight years of age.

"Not a living child in Poland under eight years of age!" With little babies unable to endure the hardships and starvation of a war-torn land, they have died by thousands and tens of thousands. Thousands and tens of thousands of mothers as good as the woman who made this thoughtless remark, mothers who loved their children as much as this mother loved hers—they with heart-breaking helplessness have seen their children slowly starve before their eyes, while American mothers say, "No, I will not even vary my diet in a harmless way. I will not even make substitutions to save meat and wheat. In order that part of it may save the lives of starving babies and little ones in Europe!"

No, we don't mean that any American mother is saying this in words. Certainly the good woman of whom we write would not have said it or thought it and yet by her acts, that was what she was saying. If someone could have shown her a photograph of one starving Polish child, with wan, pinched face and hollow eyes, crying to its mother for bread she did not have—oh, how quickly this American mother would have said, "Yes, I have plenty of wheat and I have plenty of meat, and I'll gladly divide my last crust to save the lives of little ones like that!" With such a picture before her eyes, how quickly would this American mother have called to mind the Last Judgment's awful curse on all the uncaring and hard of heart, "I was an-hungered and ye gave me no meat!"

But she didn't know. And thus again the Lord she tries to worship might lament as of old over His people. Israel doth not know! My people doth not consider!" To this good woman the Hoover days for needless days and wearisome days were simply Government regulations—simply official red tape. She didn't know they were meant to save the lives of little ones once as fair, as merry, as bright-eyed, as love-inspiring as her own dear boys and girls!

And today there are thousands of others like this mother who do not know! Well-intentioned people, good-hearted people, God-fearing people! But they simply "do not know!" Friends and readers, it is our duty to help these people know! Let us give of our money, but let us also give of our time and effort for a campaign of education in these matters—to show the need of food regulation, War Savings Stamps, Liberty Bonds, Red Cross work, Y. M. C. A. and Y. W. C. A. campaigns! We must save food for the starving; we must give money to protect the wounded and to provide wholesome moral recreation for our soldiers instead of unwholesome and immoral dissipation. And if our farmers—as is so often charged—have not supported these movements as they should, it is not because they are more selfish, more hard-hearted, less patriotic, than city people. It is only because they have not been informed. And all of us who do really understand must here and now resolve to help inform them. In every school, in every Sunday school, in every farmers' club, in every farm woman's club, and even as a part of almost every church service, our men and women of light and leading must do their part to arouse rural America. In the Revolutionary war it was the "embattled farmers" at Lexington who "fired the shot heard around the world!" In the Civil War it was the stubborn courage of our farm men and the steadfastness of our country women that won the world's applause for Confederate heroism!

Because this war is a little farther from our doors is no reason why we should play a less noble part. And there is little time to lose. Many people think that twelve months hence peace will be in sight. Let us resolve therefore that during the coming year our rural people in every county will make a record of patriotism that our sons and grandsons will mention with pride even as we take pride in the exploits of our ancestors of the 50's. What we do in the next twelve months will fix our place in history.

The Pneumonia Season.
The cold, damp weather of March seems to be the most favorable for the pneumonia germ. Now is the time to be careful. Pneumonia often results from a cold. The quicker a cold is gotten rid of the less the danger. As soon as the first indication of a cold appears take Chamberlain's Cough Remedy. As to the value of this preparation, ask any one who has used it.

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

1 cup flour
1 1/2 cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar

1 cup cooked oatmeal or rolled oats
2 tablespoons shortening
1 1/2 cups milk
No eggs

Mix together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

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FOOD WILL WIN THE WAR

ACCORDING TO YOU.

IS GOD HERE?

"And a Little Child Shall Lead Them."

The following incident is yet another instance of the power of children when used by God to bring about His purpose. A young man of otherwise good moral character had been addicted to the use of profanity. At first it even shocked himself, but after a time he became so used to it that he ceased to notice it. He at length married a good wife and her influence over him brought about the wish that he could rid himself of the sin which had obtained such mastery over him. He tried hard, but not until his little girl had reached the age of three years did he finally throw off the habit.

One Sunday morning as he stood before the mirror shaving, the razor slipped and inflicted a wound upon his face.

True to his old sin, he, in his impatience, spoke the name of God in anger. To his surprise, his little girl, who was near, playing with her dolly and had heard him, arose hastily and running to her father with an excited look on her face, said: "Is God here?"

Ashamed, and not knowing what to reply, he asked: "Why?"

"Cause I thought He was here when I heard you speak to Him."

Seeing the sad look on his face and the tears in his eyes, as he looked down into her innocent face, the child lovingly patted her father on the hand and said:

"Call Him again, papa, and I'll see He'll surely come."

At last the work was done; the hard heart broken; the voice of the beloved was heard in the simple queries of the babe. Catching the surprised little one up in his arms, the man knelt down, and for the first time in his life he prayed. In answer to that prayer forgiveness came, strength came, and the last sloop returned to the fold.

"And a little child shall lead them."

THE LADY OF MUSIC.

Spring is the lady of music, with ever a song in her throat
And the wind and the leaves to re-echo the beautiful lit of the note,
Spring, with her infinite singing
As fairies have sung through the land
In the witchery of morning swinging
Through the green lanes hand in hand.

Spring is the lady of music, and the lure of her singing is sweet
As her smile lifts the cloud on the meadow, and the violets awake 'neath her feet.

Spring, with her light and elation
That the vales shall respond to so gay
When she comes in her raiment of morning
Like a rose on the breast of the May.

Spring is the lady of music, whose song is the elfin delight
That is heard in the ares of the azure where the moon shall walk tonight.
Spring, with her laughter and gleaming,
Piping sweet as she dances along
To the lit of the love that lies dreaming
In the amaranth valleys of song.

WISHINGS.

Misdirected and Prolonged Wishing Spells Disappointment and Failure.

One of the most popular of indoor amusements is "wishing yourself rich." Everybody plays it—except the mothers of the little boys who wish them into the Presidency. It is great sport, but it is often played too violently, for many of the wishers stay in bed and sit long in armchairs to play it. Many a towsted old man sitting by the road with the toes out of his shoes has passed more than his share of good sunny days wishing he was Rockefeller, and if Rockefeller had ever stopped working and started wishing he might also need shoes these frosty mornings. Every kitchen has at least one girl who is wishing crowns of gold on her head and rolls of diamonds around her neck, and every field has a boy in it who is wishing a farm wagon full of banknotes to himself, with marble halls and automobiles thrown in for good measure. It is not against the law to wish yourself rich, but it is to be observed that the hardest wishers are the poorest people. Stop wishing and start working. Wishing germinates weeds—such weeds of envy, anger and despair that the power of your brains and the vitality of your muscles is thwarted—and all your wishing is as useless as a pile of ashes. You can wish yourself into the almshouse; but no instance has ever been recorded of anybody wishing themselves into a palace.

A Bilious Attack.

When you have a bilious attack your liver fails to perform its functions. You become constipated. The food you eat ferments in your stomach instead of digesting. This inflames the stomach and causes nausea, vomiting and a terrible headache. Take Chamberlain's Tablets. They will tone up your liver, clean out your stomach and you will soon be as well as ever. They only cost a quarter.

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SIZE	NEWER FURNISHING BOTH CARRIAGES	IF NEW FURNISHING CARRIAGE	OUR PRICE FOR-CARRIAGE 2 IN 1 TYRE	TYRES
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30x3	3.00	4.00	6.00	2.40
30x3 1/2	3.20	4.30	6.50	2.80
32x3 1/2	3.50	4.70	7.00	3.20
34x3 1/2	3.80	5.10	7.50	3.60
36x3 1/2	4.10	5.50	8.00	4.00
38x3 1/2	4.40	5.90	8.50	4.40
40x3 1/2	4.70	6.30	9.00	4.80
42x3 1/2	5.00	6.70	9.50	5.20
44x3 1/2	5.30	7.10	10.00	5.60
46x3 1/2	5.60	7.50	10.50	6.00
48x3 1/2	5.90	7.90	11.00	6.40
50x3 1/2	6.20	8.30	11.50	6.80
52x3 1/2	6.50	8.70	12.00	7.20
54x3 1/2	6.80	9.10	12.50	7.60
56x3 1/2	7.10	9.50	13.00	8.00
58x3 1/2	7.40	9.90	13.50	8.40
60x3 1/2	7.70	10.30	14.00	8.80
62x3 1/2	8.00	10.70	14.50	9.20
64x3 1/2	8.30	11.10	15.00	9.60
66x3 1/2	8.60	11.50	15.50	10.00
68x3 1/2	8.90	11.90	16.00	10.40
70x3 1/2	9.20	12.30	16.50	10.80
72x3 1/2	9.50	12.70	17.00	11.20
74x3 1/2	9.80	13.10	17.50	11.60
76x3 1/2	10.10	13.50	18.00	12.00
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