

# THE FANOKE NEWS.

ESTABLISHED IN 1866.

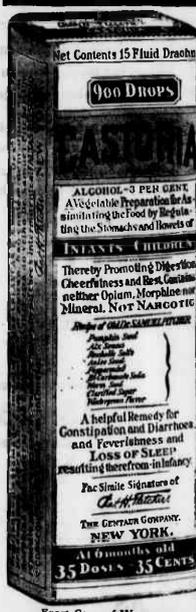
A NEWSPAPER FOR THE PEOPLE.

Terms of Subscription--\$1.50 Per Annum

VOL. LIII.

WELDON, N. C., THURSDAY, MAY 16, 1918.

NO. 1



## CASTORIA

For Infants and Children.

**Mothers Know That Genuine Castoria Always Bears the Signature of**

*Dr. J. C. Hutchins*

**In Use For Over Thirty Years**

## CASTORIA

ALCOHOL-3 PER CENT. Vegetable Preparation for Assuaging the Stomach and Bowels of INFANTS & CHILDREN.

Thereby Promoting Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

A helpful Remedy for Constipation and Diarrhoea, and Feverishness and Loss of Sleep resulting therefrom.

The Sincere Signatures of *Dr. J. C. Hutchins*

THE GREAT AMERICAN COMPANY, NEW YORK.

All Bottles Sold 35 CENTS.

Exact Copy of Wrapper.



## Compare Your Baby's First Four Years With This

In 1913 little Marie was born in a village not far from Metz, in the Ardennes.

In 1914 Marie's father, called to the colors, fell at the Marne. And Marie and her mother stayed in the village, which was now in the Germans' hands.

In 1915 a poster was pasted up on the door of the village church, and that night Marie's mother vanished, along with a score or more of other women.

In 1916 Marie was still living in that village—existing through the charity of the few elderly folk the Germans permitted to stay.

In 1917 Marie, with all the children under fourteen years and all the old people left alive in the village, was bundled into a crowded car and shipped into Germany, round through Switzerland and thence into France, arriving at Evian. She was underfed, of course, emaciated, sickly, dirty, too lightly dressed for the time of year. And she came into Evian with not a relative, not a friend left in all France to take care of her.

Who took her? Your Red Cross!

Over there in Evian your Red Cross took charge of her, cared for her in the Red Cross Children's Hospital, clothed her, fed her, built up her strength, taught her to play—and then helped the French authorities find her a HOME.

Multiply Marie by 500 and you will have some idea of just one day's work your Red Cross does at Evian. It is only one of the Red Cross activities in France, to be sure—but for just that one alone can you help being proud of it? Can you help being glad you are a member of it, supporting its great work of humanity? Can you help wanting it to go on helping the Maries and the "grand-daddies" that come in at Evian?

## 2 IN 1 SHOE POLISHES

LIQUIDS & PASTES FOR BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES.

KEEP YOUR SHOES NEAT

A QUICK BRILLIANT LASTING SHINE. PRESERVE THE LEATHER.

THE FEDERAL POLISH CORPORATION, BUFFALO, N. Y.

Pale Faced Women Take Phosphates to Make Rosy Cheeks and Beautiful Forms.

Men Need Phosphates to Make Strong, Healthy, Vigorous Bodies.

Athletes increase their strength, energy and endurance 200% or more by simply taking a few weeks' treatment of Argo-Phosphate

Atlanta, Ga., Dr. P. A. Jacobson says that Phosphates are just as essential to any man or woman who tires easily, is nervous, irritable, worn out, or looks bagged and pale to make a strong, robust, vigorous healthy body, as they are to cotton to make it grow. The lack of Phosphate in the cause of all chronic conditions and the administration of 5-grain Argo-Phosphate tablets will increase the strength and endurance of weak, nervous care worn men and women 200 per cent. in two or three weeks time in many instances, and their continued use will build up the whole nervous system, and give new life, vim, vigor, and vitality to the whole body. I always prescribe Argo-Phosphate to patients who are pale and colorless, and it is surprising to see how quickly a few weeks' treatment will transform a pale face to a rosy-cheeked beauty. There can be no rosy-cheeked, healthy, beautiful woman, without this system is sufficiently supplied with Phosphates. In recent interviews with physicians on the grave and serious consequences of a deficiency of Phosphates in the blood of American men and women. I have strongly emphasized the fact that doctors should prescribe more phosphates in the form of Argo-Phosphate for weak and nervous looking men and women. When the skin is pale, and the flesh flabby, it is a sign of anemia. When the pulses go, too, the blood, the pink cheeks go, too. The muscles lack tone. They become nervous, irritable, despondent, melancholy, the brain fails, and the memory fails. Therefore if you wish to preserve your healthy vim, vigor and vitality, to stave off old age, you must supply the deficiency of Phosphates lacking in your food by Phosphates most easily assimilated.

**NOTICE**

Argo-Phosphate which is recommended and prescribed by physicians in all chronic cases, is not a secret or patent medicine, but one that is sold and recommended by well known druggists everywhere, and physicians are daily subscribing the constituents contained in it. Being entirely unlike many other Phosphates, it is easily assimilated and will be found effective in the treatment of indigestion and stomach troubles, as well as for care worn men and women. The manufacturers of Argo-Phosphate will forfeit in any charitable institution \$2000 if they cannot treat any man or woman under 65 who lacks Phosphates and increase their strength and endurance 200 per cent. in two or three months or more in one month's time, if they are free from organic trouble. It is manufactured by the W. M. Cohen Drug Company.

Free sample mailed by the Argo Laboratories, Atlanta, Ga.

## TEN THINGS FOR YOUR LIFE.

There are ten things for which no one has ever yet been sorry. They are:

1. For doing good to all.
2. For speaking evil of none.
3. For hearing before judging.
4. For thinking before speaking.
5. For holding an angry tongue.
6. For being kind to the distressed.
7. For asking pardons for all wrongs.
8. For being patient towards everybody.
9. For stopping the ears of a talk boarer.
10. For disbelieving most of the ill reports.

**SIDESTEP THIS.**

She—What is the correct translation of the motto of that lovely ring you gave me last night?

He—Faithful to the last.

She—The last! How horrid!

And you've always told me before that I was the very first.—*Minneapolis Tribune.*

**Road to Happiness.**

Be amiable, cheerful and good natured and you are much more likely to be happy. You will find this difficult, if not impossible, however, when you are constantly troubled with constipation. Take Chamberlain's Tablets and get rid of that and it will be easy. These tablets not only move the bowels, but improve the appetite and strengthen the digestion.

There is reason in all things, but not in all people.

**Proper Food for Weak Stomachs**

The proper food for one man may be all wrong for another. Every one should adopt a diet suited to his age and occupation. Those who have weak stomachs need to be especially careful and should eat slowly and masticate their food thoroughly. It is also important that they keep their bowels regular. When they become constipated or when they feel dull or stupid or irritable, they should take Chamberlain's Tablets to strengthen the stomach and move the bowels. They are easy to take and pleasant in effect.

It takes a great man to manage a small woman.

**Children Cry FOR FLETCHER'S CASTORIA**

Children should be seen more and talked about less.

## You'll Never Know How Good This Coffee Is Until You Try It!

?

WORDS cannot adequately describe the fine flavor of Luzianne Coffee. You've got to taste it yourself. Won't you try Luzianne next time?



Luzianne is packed in sanitary, airtight, full-measure tins—impurities can't get in and the flavor can't leak out. It has been made very easy for you to get acquainted. You take no chances. If Luzianne doesn't taste better than any other coffee you ever tried, your grocer will refund your money. So, buy that first can today.

## LUZIANNE coffee

"When It Pours, It Reigns"

## Get The Habit

Buy for Cash. Save the pennies by buying at

**W. T. PARKER & CO.,**  
Wholesale Cash Store  
WELDON, N. C.

## Dixon & Poole Manufacturing Company

MANUFACTURERS OF

Building Material for Modern Homes, Sash, Doors, Blinds, Mantels, Door and Window Screens

MADE TO ORDER AND REGULAR STOCK SIZES.

Good Materials. High Grade Workmanship Our Slogan.

Weldon, N. C.



## THE Dining Room should be a cheerful place, for when you eat your meals amid pleasant surroundings you do much to aid digestion. And good digestion means health.

### HAVE US FURNISH YOUR DINING ROOM

The variety of designs in Tables, Chairs, Sideboards, China Closets, Serving Tables and the like, is ample to satisfy your desires, whatever they may be, in the matter of style, finish and price. Come in and talk it over with us. We are as eager to GIVE satisfaction as you are to receive it.

**Weldon Furniture Company,**  
Weldon, N. C.

## Fire Insurance & Surety Bonds!

Life, Accident and Health. Plate Glass and Automobiles. Representing leading companies. See me about your insurance wants.

**L. C. DRAPER,**  
Office in Green Building, WELDON, N. C.

## For Sale!

New Todd Check Protector. If interested, call at this office.

## THE TRAIN THAT SAVED A NATION

How the Red Cross Helped Roumania.

Have you heard of what happened in Roumania when that stricken nation stood in rage and starving before the shocked eyes of the world? We had thought ourselves grown used to tragedies until this greater horror struck a blow that roused still untouched sympathies.

And yet we felt so helpless, you and I, so terribly weak in our ability to offer aid. But were we? After all, were we not the very ones who carried new life and hope to the heart of Roumania? You shall be your own judge.

Fighting with the desperation of despair, the shattered Roumanian army still struggled to beat off the Kaiser's bloody Hunz, who were mercilessly tramping the life out of the little kingdom. And the Kaiser smiled brutally as he saw his wolves at work and his dogs at bay. He was attacking the fighting men of Roumania from the rear, entering the homes where mothers clung to the frail, distorted forms of their babies—was starvation.

No country around Roumania could help her—and America was too far away. Thousands would die before supplies held in our own country could be sent her.

Hope was gone. Death by hunger and by the dripping sword of the Kaiser was closing in. A brave little nation was being torn to pieces.

Then came the miracle. One morning the streets of Jassy, the great capital of Roumania, swelled with sounds of rejoicing. A city where the day before there was heard nothing but the wails of the starving and the lamentations of those mourning their dead now was awakened by shouts of joy.

You, my friend; you who have helped in the heroic work of the American Red Cross, had gone to the rescue of Roumania. A train of 31 big freight cars packed to their utmost capacity with food, clothing and medicine, tons upon tons of it, had arrived in Jassy after making a record breaking trip from the great store houses of the American Red Cross in Russia. Other trains followed it; thousands were fed and clothed and nursed back to health. For weeks and even to this day the brave people of Roumania are being cared for in countless numbers by our own Red Cross.

So was Roumania helped, and when history records how this last fragment of a sturdy nation was kept out of the hands of the terrible Hunz it will give the victory to your American Red Cross.

**Best Remedy for Whooping Cough**

"Last winter when my little boy had the whooping cough I gave him Chamberlain's Cough Remedy," writes Mrs. J. B. Roberts, East St. Louis, Ill. "It kept his cough loose and relieved him of those dreadful coughing spells. He is the only cough medicine I keep in the house because I have the most confidence in it." This remedy is also good for cough and croup.

## HEALTH IS WEALTH

## HYGIENE

by the STATE BOARD OF HEALTH



Draw up The Slack

A man of fifty-two years has had what he calls chronic indigestion for fifteen or more years. In that time he has consulted some famous internists, specialists and many general practitioners in different cities. Various explanations of his trouble have been offered, and various lines of treatment employed, most of them being more or less helpful for a brief time, and nearly all of them being at least scientific. He is a man of considerable horse sense, and does not readily accept pseudo-science. However, he still has his indigestion.

Quarried and cross-examined he gives the following history, which is not at all unusual. Twenty-five years ago he contracted syphilis, and was thoroughly and properly treated. Eight years ago the Wassermann test of the blood was negative. Twelve years ago a good physician offered a frankly doubtful opinion that locomotor ataxia was developing; this opinion was probably influenced by knowledge of the history. But the man shows no symptoms suggestive of locomotor ataxia at present; that may be due to the thorough anti-syphilitic treatment he was given through several years. We all know that it takes at least three years to clear up syphilis.

One year ago he had an X-ray negative, or several negatives of the abdominal region. A marked proptosis or swelling (ptosis) of the stomach was demonstrated. Now, this condition does not necessarily cause symptoms; some

## HEALTH IS WEALTH

## HYGIENE

by the STATE BOARD OF HEALTH

Draw up The Slack

people have a sagging stomach and perfect health. But some people have pronounced astigmatism without suffering any unpleasant effect, while others must have carefully looked glasses for slight error of refraction. Some people have floating kidney and are quite unaware of any disturbance of health; others complain of mucus suffering from a loose kidney. As a matter of fact this man's right kidney was floating, though the X-ray pictures failed to show it.

The doctor who suggested the X-ray pictures now ordered an abdominal supporter. The patient wore it for nearly a year, but continued to suffer from distress after eating, belching huge quantities of gas, dragging pain and soreness about the flanks, tenderness over stomach, and the other indefinite symptoms people call indigestion or dyspepsia.

Discouraged, he tried still another doctor. He was now advised to assume the knee-chest position for a few minutes after each meal. In this position the patient gets down on all fours, then lets the chest sink to floor but keeps the hips high, with thighs always perpendicular to floor. It permits abdominal and pelvic organs to rise, or fall, as you please, upward toward the diaphragm. Then he was urged to lie down for half an hour or more on an inclined couch or bed with hips several inches higher than shoulders.

He was further taught how to stand erect, and advised to "brace himself" every hour by the clock, no matter what he might be doing or where he might be.

He has been broom sweep clean. The man is delighted with his relief. He has gained several pounds in a few weeks—and it seemed impossible for him to gain weight heretofore.

Position is not everything in this world, yet it is well worth cultivating.

**Questions and Answers.**

**Acid Fruite and Rheumatism.**

A. F. R.—Should one with chronic rheumatism indulge in such things as lemons, tomatoes, grapefruit and the like? Are not such fruits full of acid?

Answer: One should, whether he has rheumatism or not. In the first place, the acid disease is caused by acid in the blood, in the second place, all fruit adds alkaline to the blood, and in the third place, it increases the alkalinity in the blood.

**Canker Sores in the Mouth.**

L. C. H.—Please tell me what will relieve canker sores in the mouth. I have them every few weeks.

Answer: A canker sore is a shallow open sore with structure of loose morbid and granular tissue. It is caused by acid in the blood, and is cured by your oral hygiene, or by the use of your oral hygiene.

**Invest your small change in War Savings Stamps.**

## For Weak Women

In use for over 40 years! Thousands of voluntary letters from women, telling of the good Cardui has done them. This is the best proof of the value of Cardui. It proves that Cardui is a good medicine for women.

There are no harmful or habit-forming drugs in Cardui. It is composed only of mild, medicinal ingredients, with no bad after-effects.

**TAKE CARDUI**

The Woman's Tonic

You can rely on Cardui. Surely it will do for you what it has done for so many thousands of other women! It should help. It was taken sick, seemed to be . . . writes Mrs. Mary E. Veste, of Madison Heights, Va. "I got down so weak, could hardly get up. I just staggered around. . . I read of Cardui, and after taking one bottle, or before taking quite all, I felt much better. I took 3 or 4 bottles at that time, and was able to do my work. I take it in the spring when run-down. I had no appetite, and I commenced eating. It is the best tonic I ever saw." Try Cardui.

**All Druggists**

## What's New In Music

By Special Arrangement with the Associated Music Publishers of New York, we will feature by Daily Pathephone Demonstration

## BROADWAY'S big Song Hits

Come in and hear the "Latest" Direct from Melody Row. All Sheet Music 10c. Copy.

**W. M. Cohen Drug Company,**  
Weldon, North Carolina.

SOLE AGENTS FOR NYAL'S REMEDIES. NUNNALLY'S AND NORRIS' CANDIES.

## WHY SPEND ALL YOU EARN?

You might get sick or hurt—be prepared for it. You might want to make an investment—start now. "Takes money to make money," you know. You might be visited by thieves or fire—an account with us prevents loss. The saving habit—a most good one to get into. We pay 4 per cent on Savings Accounts

**THE BANK OF HALIFAX**

N. L. Stedman, President. P. C. Field, Cashier. J. M. Field, Clerk, N. C.

## THE BANK OF WELDON

ESTABLISHED 1892

## Capital and Surplus, \$60,000.

WE INVITE YOUR ACCOUNT.

4% PAID ON SAVINGS DEPARTMENT

W. E. DANIEL, PRESIDENT. W. R. SMITH, VICE-PRESIDENT. J. O. DRAKE, CASHIER.

## INVITATION.

You are invited to open an account with the

## BANK OF ENFIELD, ENFIELD, N. C.

4 Per Cent. allowed in the Savings Department Compounded Quarterly.

YOU can bank by mail