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Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Chas. H. Fletcher

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UTMOST SAVING OF SUGAR NECESSARY

Food Administrator Henry A. Page Announces New Restrictions on Sale of Sugar and Calls Upon Consumers to Economize—Preserving and Canning Not to Be Curtailed.

Raleigh—State Food Administrator Henry A. Page has announced new restrictions to govern all sales of sugar by wholesalers and retailers and at the same time calls upon sugar consumers in North Carolina to economize and save the utmost amount of sugar through reduced consumption in the home and through the elimination of soft drinks, candy and other less essential or non-essential products. Beginning today, all dealers are forbidden to sell more than two pounds to a town or city consumer or more than five pounds to a country consumer and not more than \$5 can be sold at one time to individuals for canning and preserving purposes under the certificate plan announced some weeks ago by the Food Administration. If a larger quantity is required at one time it may be purchased upon the approval of the County Food Administration.

Every dealer is required to keep an absolutely accurate record of all sales of sugar. This record to include the date of sale, name of purchaser, quantity sold and price. These records will be examined periodically by the Food Administration inspectors who will be put in the field in the immediate future.

Mr. Page states frankly that the sugar situation in our country is extremely important that there shall be no curtailment in the quantity of preserves, jam, and canned fruits manufactured during the present season," declared Mr. Page. "and if sugar is to be plentiful and ample for preserving and canning purposes there must be marked conservation not only by commercial users who produce essential products such as soft drinks, candy, etc. but also upon the part of the individual consumers. It is the patriotic duty of every American citizen to consume less of the products of farming and candy shops under the present conditions.

"It is the duty of every man, woman and child in the United States to use a minimum of sugar for tea, coffee, cereals, cakes and other edibles. The individual who uses more sugar than is necessary for any purpose and who leaves unused sugar in the bottom of his coffee cup, on his tea glasses, is a slacker and a near ally of the Kaiser.

Less Essentials Must Go. "The American nation is stripping to the waist for this fight and non-essential industries must go by the board. It has not been necessary until this time to curtail our use of sugar to the extent that is now requested. It is necessary that every people must realize that, just as in the case of wheat and meat, they must save until it hurts. The Food Administration doesn't want any one to do without cream, coffee, tea, etc., and especially it doesn't want children and invalids deprived of the amount of sugar necessary in their food for their proper growth and development but it does want and it will expect every patriotic adult to confine their use of sugar to not exceeding three pounds per month at the very most. This is the measure of conservation and these three pounds a month should include any candy, soft drinks, etc., that are used."

FARMERS ARE URGED TO SAVE ALL WHEAT POSSIBLE

Raleigh—State Food Administrator Henry A. Page is urging the farmers of North Carolina to exercise care during the present harvesting season to the end that no wheat shall be left in the fields, around stumps, near ditches and on the edges of the fields where a blunder sometimes leaves a small quantity uncut. It may often happen that such wheat will financially pay the labor required to harvest it but this wheat is needed to feed hungry men and women and every farmer is urged to use the utmost precaution in saving every stalk of wheat possible.

ROCKINGHAM CAFE FINED FOR FOOD VIOLATION

Rockingham—Because it had repeatedly violated rules and regulations of the United States Food Administration, the Busy Bee Cafe of this city, in order to escape more drastic punishment, has voluntarily closed its door for four days with a sign announcing to its patrons that it is closed for violations of the food regulations and in addition has made a contribution of \$10 to the local chapter of the Red Cross.

The owners of the cafe were given a hearing some days ago before County Food Administrator W. N. Everett, who communicated with the office of the Food Administration at Raleigh and was authorized to let the establishment off in so far as past offenses are concerned upon the basis mentioned.

The man who says what he pleases, may hear what displeases him.

CASTORIA

For Infants and Children In Use For Over 30 Years Always Bears the Signature of *Chas. H. Fletcher*

THE HUN IN HISTORY.

Brother to the brute, of black barbaric deed,
I saw you make poor Belgium groan and bleed;
I saw you crucify in Northern France,
As often always as you had the chance,
A woman's honor and a child's pure soul,
What shall you answer when God calls the roll?

You are a demon with fires and fumes of hell,
And think you not that history's page shall tell
To men unborn your base barbaric tale;
It shall be told; for history does not fail!

You shall not curse the world and go unwhipped,
Those whom your brutal blood-lust starved and stripped,
Shall lay the scourge in deep and scarlet stripe,
Woe unto you when vengeance groweth ripe!

If not so now—grim as your fate must be—
You shall become the scorned of history;
You link your name with Ninevah and Tyre—
A wild beast playing with Promethean fire!

Beware, beware, the pale white ranks that grow,
A mist of blood clings to their words of snow;
Pale babies, wan mothers—millions strong they come;
You shall not win; Death beats your funeral drum!

—John Jordan Douglass.

THE RAINBOW.

GOD'S CHILDREN, FOR WHEN THE SUN OF RIGHTEOUSNESS EVER SHOULD LET THEIR TIGHT SHINE THAT THE WORLD MAY SEE GOD'S RAINBOW.

The rainstorm had passed, and the black clouds were retreating in the east. The sun was near setting, but its face was clear and bright, and the world was beautiful and clean and glistening with raindrops. In the sky hung the rainbow, God's promise to man that the world is safe in His keeping forever.

The great lamp in the sky, shining down through millions of raindrops, made the spectrum, which we call a rainbow because it comes with the rain. How beautiful it was! But it was only the sunlight broken into the colors that compose it. Each had its own place and its own beauty. The rainbow would not have been the perfect picture it was with any of the colors gone.

There is another Sun and another Rainbow. Christ, called the Sun of Righteousness, is the "light of the world," the true light or the white light. He shines for the world through his people. For He said, "Ye are the light of the world." The light of Jesus Christ is broken up into the many different colors as it passes through the lives of his people. None of us can be all that Christ is, the pure white light, but we can have our place in his spectrum or his sunshine. He wants his people to be the world's rainbow to beautify the dark cloud of sin and sorrow and death that has covered the world through us.

As some of the rainbow colors are more brilliant than others, so some of Christ's people on earth make a greater showing than others; but each one of us is a part of Him if we shine with his light. He does not want us to try to be something that we are not, but to be that part of Himself that He has given us to be. He wants us to do our best and to be content that He has thought fit to shine through us.

How important it is these days, when darkness has covered the world and men are inclined to doubt and despair, that God's children, for whom the Sun of Righteousness ever shines, should let their light also so shine that the world may see God's rainbow outlined bravely and hopefully against the angry cloud of war.

SLACKERS OLD & NEW.

BY CYRUS TOWNSEND BRADY.

The papers chronicle day by day the steady advance of the British soldiers northward through Palestine. Their lines extend from the Jordan to the sea and they are slowly but surely driving the Turks before them in this latest, greatest and most decisive crusade.

If the followers of Mahomet can make any stand against the followers of Christ it will surely be in the plain of Eadrulon, one of the natural battlefields of the world. It is singular how some places lend themselves inevitably to conflict. The plain of Jezreel, to give it another name, is one of these. It has been fought over continually since Thothmes defeated the Hittites in the dawn of recorded history. Jew and Gentile; Canaanite, Assyrian, Babylonian, Scythian, Persian, Greek and Roman contended for its mastery in the East; English, French, Italian, German, Arabian, and Turk from Godfrey and Richard and Saladin to Napoleon drenched its fertile soil with blood in more modern times. May the forthcoming be the last of its many battles, and Allenby the last of the long line of crusaders.

One of the most decisive of its conflicts upon the plain occurred in 1295 B. C. when Barak, the Lightning, inspired by Deborah led ten thousand men down the slopes of Mount Tabor in a night onfall and surprise of the army of the oppressor, Jabin of Hazor, under the command of Sisera. The Hazorites were disastrously defeated, driven in panic terror down the narrow cut by the Kishon, then in full flood, and killed or drowned in large numbers.

Deborah made a great song about the triumph. One stanza runs this way:

"Curse ye Meroz, said the Angel of the Lord, curse ye bitterly the inhabitants thereof; because they came not to the help of the Lord, to the help of the Lord against the mighty."

No one knows where Meroz lay. No ruined vestiges remain to identify it. There is no other mention of it in the pages of history. There is no ground even for speculation about it. Yet for over thirty-two centuries it has been pilloried in its infamy in that immortal song. Whatever its prosperity and its works, whatever its hopes and achievements, the loves and hates, the successes or failures, of its people—they are all forgotten in the blistering, withering condemnation of the singer. It stands as a place accursed forever. Perhaps its utter oblivion is the result of the merited condemnation.

Shall there be written against our city, against our land, the curse of Meroz? Shall we apply to these and to ourselves this slacker's text? Or shall we come to the help of the Lord today, tomorrow and forever, in the great conflict now, and at all times, being waged in Europe and everywhere against sin and the devil?

Curse ye Meroz? Non nobis, Domine—Not unto us, Oh Lord!

COLDS ARE COSTLY LUXURY.

Can Usually Be Avoided by Following Carefully a Few Simple Rules. It Is Declared.

Common colds have been estimated to cost the populations of certain states \$3,000,000 a year. Really, considering the advanced prices of medicine and the wages lost, only the well-to-do can afford to catch cold, the New Haven Times-Leader observes.

But in this matter the poorest can become philanthropists. Whoever manages to get through without his annual sneezing or coughing spell is conferring a benefit on the whole community.

There two ways of cutting the high cost of colds for your own sake and of proving yourself a public benefactor as well:

1. Avoid exposure to infection when a member of the family brings a cold germ into the home, and if you catch a cold, sneeze and cough behind your handkerchief and avoid infecting others.

2. Drink two quarts of water a day; sleep with your bedroom windows wide open—never mind the weather outside—cover up; sit, stand and walk erect, and walk every day in the open air; keep clean; eat slowly and do not eat too much. Holiday feasts are responsible for many a hard cold.

Build up your vitality and your physical resistance and taking cold will cease to be a part of your yearly history and a tax on your income.

GETTING IT OVER WITH.

"I love her dearly, but I can't get enough courage to propose."

"My boy, wait until summer comes."

"Well?"

"Lead her out to a hammock. The chances are that she will ask innocently, 'Will this hammock support us both?'"

"Go on."

"That is your cue to answer 'I don't know about the hammock, but I'd be glad to.'"

PROPER.

Harold came home one night with his clothes full of holes.

"What in the name of goodness has happened to you?" exclaimed his mother.

"Oh! we've been playing shop ever since school was over."

"Shop?" echoed the mother.

"Yes; we opened a grocery, and everybody was something."

Harold explained: "I was the cheese!"

SOMETHING IN THE WAY.

"What are you going to do?" asked the sweet young thing.

"I'm going to kiss you," said the man.

"But don't you see I have a chaperon with me?"

"Yes, but she's deaf, isn't she?"

"But she's not blind, and, besides, she has a very jealous nature."

There is always a trying moment for a woman when her dress comes home from the modiste.

GALOMEL SALVATES AND MAKES YOU SICK

Acts like dynamite on a sluggish liver and you lose a day's work.

There's no reason why a person should take sickening, salivating calomel when few cents buys a large bottle of Doan's Liver Tonic—a perfect substitute for calomel.

It is a pleasant, vegetable liquid which will start your liver just as surely as calomel, but it doesn't make you sick and can not salivate.

Children and grown folks can take Doan's Liver Tonic, because it is perfectly harmless.

Calomel is a dangerous drug. It is mercury and attacks your bones.

Take a dose of nasty calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day's work. Take a spoonful of Doan's Liver Tonic instead and you will wake up feeling great. No more biliousness, constipation, sluggishness, headache, coated tongue or sour stomach. Your druggist says if you don't find Doan's Liver Tonic any better than horrible calomel your money is waiting for you.

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Luzianne Coffee is always included in Southern hospitality because it tastes so good. Fragrant hot coffee for people who know what's good—that's Luzianne.

Good old Luzianne flavor—um-m-m—better by some quick. Your grocer has it—and if you aren't satisfied, he'll give back every cent—honest!

Luzianne coffee

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