

PAY YOUR DEBTS

There never was a better time to pay debts than right now, the prompt payment of debts is public service to the community. That sacrifice should be rendered even at the price of some sacrifice.

This appeal, "Pay your debts," is directed specifically to the man who considers himself "good" and who is considered by merchants "goods". It is an appeal to the man who owes a few running accounts to pay them and pay them at once. The cotton grower, at present, surrounded as he is by unprecedented difficulties, is in a different class. He is suffering from exceptional conditions, and the merchants that he owes are suffering with him from these exceptional conditions.

But, the salaried man, or the man who has money in the bank, or the merchant who is safe, should pay his debts and pay them at once. Debt paying will start a flow of money through the channels of retail trade, past the wholesalers and jobbers, to the banks. If the man with little money does not pay the merchant, the merchant can't pay the jobbers; if the jobber is not paid he cannot pay the banker. If the banker is not paid, he will have to shut down on all loans and commerce and industry is halted.

Don't shut your fist tight on what money you have, if you owe debts. If you are out of debt, keep the money till the cows come home. If you are in debt, go pay it; relieve the anxiety and the troubles of the man who trusted you and who depends upon you. If you owe the doctor, the lawyer, or the merchant, go pay them, so they can pay the men they owe. Start the money to moving.

It is no use to shut our eyes to patent facts, this is a tight for money. And yet, if all our people paid what they owed money would be plentiful and business would be confident.

We are now in the first days of September. September has usually been one of the harvest money months for creditors. They have loaned money and sold goods with the expectation of collecting in September and October. The thirty day accounts of the householders are due, also. The debtors are blocking the game. They are halting business. Step forward and pay what you owe, pay as much of it as possible.

HEALTH REGULATIONS FOR BARBER SHOPS, ETC.

The Virginia State Board of Health has adopted the following regulations for control of barber shops, public baths, etc.:

No person with any disease of the skin or the face shall be shaved in a public barber shop.

Barbers must wash their hands thoroughly with soap and water before attending any person.

No alum or other astringent shall be used in the stick form. If used at all to stop the flow of blood, it must be applied in the form of powder.

The use of powder puffs is prohibited.

No towel shall be used for more than one person without being laundered.

The use of sponges is prohibited.

Mugs and shaving brushes must be thoroughly washed after use on each person.

Combs, razors, clippers and scissors shall be thoroughly cleaned after every separate use thereof.

Floors must be swept or mopped every day, and all furniture and wood work kept free from dust.

Running water shall be provided wherever it is possible to be had.

All bath tubs shall be thoroughly cleaned with soap and water after each separate use.

All tools or instruments used by barbers outside the shop in serving any person suffering from infectious or contagious diseases are required to be thoroughly and efficiently disinfected with 15 per cent. formaldehyde or by boiling immediately after using the same.

No person suffering from any infectious or contagious disease, including tuberculosis or venereal diseases, shall serve any person in any barber shop, school, public bath room or bath house or hair dressing parlors in this state.

The regulations for manicurists and chiropodists are very similar in scope and content. In particular, they provide that no person suffering with any disease of the skin, hands or feet shall be treated in any public manicure or chiropodist shop. Persons suffering from infectious or contagious disease, including tuberculosis, are prohibited from working in these establishments. Paragraph nine provides that "all scissors, clippers and instruments and utensils shall be thoroughly cleaned after each separate use, either by being disinfected with a 15 per cent. solution of formaldehyde or by boiling immediately after using."

LOOK HERE FOR IT

Many an Asheville Reader Will Be Interested.

When people read about the cures made by a medicine, endorsed from far away, is it surprising that they are an easy matter. Read Asheville endorsement of Doan's Kidney Pills. wonder if the statements are true? But when they read of cases right here at home, positive proof is within their reach, for close investigation is made.

Mrs. E. E. Burns, Fayetteville, St. Asaph, N. C., says: "I suffered intensely from kidney trouble. It began with pains across the small of my back, then headaches and dizzy spells bothered me and the kidney secretions became annoying. I finally got a supply of Doan's Kidney Pills from the Standard Drug Company and they cured me. I hope the publication of my statement will be the means of helping other kidney sufferers."

For sale by all dealers. Price 50 cents. Posters-Milburn Co., Buffalo, N. Y., sole agents for the United States.

Remember the name—Doan's—and take no other.

OF VALUE TO EVERY HOUSE-WIFE

Bulletin No. 28, United States Department of Agriculture, being "The Chemical Composition of American Food Materials," should hang in the kitchen of every home in the United States. The bulletin can be bought from the superintendent of documents at the government printing office, Washington, D. C., postage prepaid, for ten cents.

The document gives a brief history of the investigation of the chemistry of foods since the first steps made by Liebig some fifty years ago; it shows the various cuts of beef, veal, lamb, mutton and pork, and then gives tables showing the composition in water, refuse, protein, fat, carbohydrate and ash of various meats, cereals, vegetables, fruits, dairy products and nuts, and the food value of all as measured by the calories per pound. From these data it is very interesting to figure out and arrange a varied and balanced ration that will go far toward solving both the high cost of living and the problem of good health and happiness.

Much of the published data on the subject of diet is not readily available to people in general, for the reason that so much is compiled from foreign writers, who use a different system of weights and measures, and it is both tedious and confusing to figure out and transpose the values. In the tables in Bulletin No. 28, the values are given in calories per pound, and it is quite easy to harmonize them with foreign data by remembering that one pound is equal to 453.6 grams. The calculation becomes but a simple problem of proportion. For instance, the first article listed in the table is fresh beef and the average edible portion is given as having a fuel value of 1,495 calories per pound. Being required to find the amount necessary for 100 calories, the problem becomes 453.6 is to 1,495 as X is to 100, or 10.3 grams.

RHEUMATISM PAINS STOPPED

The first application of Sloan's Liniment goes right to the painful part—it penetrates without rubbing—it stops the Rheumatic Pains around the joints and gives relief and comfort. Don't suffer! Get a bottle today! It is a family medicine for all pains, hiccups, bruises, cuts sore throat, neuralgia and chest pains. Prevents infection. Mr. Chas. H. Wentworth, California, writes:—"It did wonders for my Rheumatism, pain is gone as soon as I apply it. I recommend it to all my friends as the best Liniment I ever used." Guaranteed. 25c. at your Druggist.

THE MOST DESTRUCTIVE GUN INVENTED

This war is verifying once more the axiom about the prophet. The machine gun that is playing such havoc is the invention of Colonel Isaac Newton, United States Army, retired who repeatedly offered it to his own country and at last in despair of its receiving recognition sold it to France, Germany and Belgium.

The Lewis gun, air-cooled, pours out a stream of lead at the rate of 1,000 bullets a minute. In the battle near Malines I saw trees literally mowed down by these weapons. These guns are carried in some instances by the soldiers and are also drawn by the Belgian draft dogs, which have shown wonderful sagacity and courage in battle.

American made automobiles also are rendering splendid service. The Belgian army automobile commandant tells me that the American machines stand the hardest usage and are nearer fool-proof than the European makes.

The Belgians are making most effective use of armored automobiles protected by steel shields and armed with the Lewis guns. The guns are so light—only 29 pounds or less than half the weight of a soldier's equipment—that a powerful armament can be carried in a comparatively light car. These armored automobiles are being driven by racing drivers and by reckless young society men.

DIARRHOEA QUICKLY CURED

"My attention was first called to Chamberlain's Colic, Cholera and Diarrhoea Remedy as much as twelve years ago. At that time I was suffering with summer complaint. One use of this remedy checked the trouble," writes Mrs. C. W. Florence, Rockfield, Ind. For sale by all dealers.

GREGORY MADE GOOD

"I want to tell you a little story that I believe will interest you," said Mr. T. F. Patterson, manager of the Mint Coin Company, as he slipped into a chair and began talking to the editor.

"When I was a boy and in school there came to the town in which I was living, a nice, sweet little woman, a widow and the mother of one child, a boy. She was without means and began taking boarders to enable her to keep the son in school. The boy was a nice, bright young fellow and soon made friends of every one. Just before he finished the course his mother lost her boarders, through some disagreement with the principal of the school, but the boy finished. Later he studied law and went to Texas to live and practice his profession. That boy's name was Watt Gregory and he was made Attorney General of the United States by President Wilson the other day, and when I saw his picture in your paper a few days ago I naturally recalled his school days and how he made good. It shows what a boy can do if he tries."

It was a simple, brief story and is but another one showing the opportunities of life and how a boy can overcome obstacles and take a man regardless of his advantages or disadvantages.

Watt Gregory, as he is now by his school boy companions, is recalled by the lawyer for the whole United States of America.—Salisbury Post.

LOOK YOURSELF IN THE FACE

The reaper of death sweeping over Europe brings to our mind a thought worthy of more than casual consideration.

Let us look ourselves in the face and think—think for the benefit of humanity, for the weal of posterity.

In all parts of the country schools are opening for the fall and winter terms and much of the future will depend upon the training of the youth of today.

Never in our history was there a time when it was more imperative that hasty passions and vindictive temperaments be curbed and eradicated. Never was there a time when the inculcation of brotherly love and a consideration for others was more urgently required.

The youth of today will be the men of tomorrow, and as we train them now so will they be then.

The burden rests heavily upon us. We expect the teacher in the school to transform our child into a man of learning and honor and integrity, but do we stop to consider that more depends upon the parent than upon the educator?

The one cannot succeed without the co-operation of the other, but the two working jointly and earnestly together will accomplish wonderful results.

We should think before speaking. Harsh words and family jars in the presence of a child gives it its first lesson in unkindness and puts a sharp edge to an awakening temper. It is natural for the infant to copy the example of the parent.

As we expect much from the teacher, let us give equally of our own store of patience a consideration.

Infancy demands kindness, gentleness and sympathy—not the austere aloofness of age, or the coldness of indifference.

A child is susceptible to training, but when it reaches man's estate opportunity has passed it by.

Shall we heed the lessons of a worldly calamity and face the duty that confronts us?

Shall we look ourselves in the face?

HOW'S THIS.

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. Cheney & Co., Toledo, O. We, the undersigned, have known F. J. Cheney for the last fifteen years, and believe him perfectly honorable in all business transaction and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE

Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cts. per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

SCIENCE OF EATING

(Ohio State Journal) It is said that 15 cents' worth of food will keep an idle man a day, but a man who works hard requires 25 cents' worth. Whatever one spends above these figures is for waste. Of course, this estimate is based upon the scientific use of food. For instance it takes about 2,500 calories, that is, units of heat, to sustain a strong man in health during a day. All foods are classified as to calories, and so these 2,500 calories should be divided up among foods according to their heat units; for instance, 933 calories of bread, 828 calories of pork and beans and 350 calories of apple pie. This would allow a few hundred calories for fruits and knick-knacks; but would probably exceed the 15 or 25 cent limit.

But the lesson of all this is that if a person eats scientifically, chooses his food with reference to the number of calories and the amount of protein, he could live well on a diet of very slight cost. As it is, ignorance leads the way and the ordinary man often complains that his wages will not pay for his food. They will if he eats scientifically. But the economic part is the least to be considered. His health is maintained and improved by his regulating his diet by the number of calories and the amount of protein.

CHAMBERLAIN'S COLIC, CHOLERA AND DIARRHOEA REMEDY

"I advised the 'boys' when they enlisted for the Spanish war to take Chamberlain's Colic, Cholera and Diarrhoea Remedy with them, and have received many thanks for the advice given," writes J. H. Houghland, Eldon, Iowa. "No person whether traveling or at home should be without this great remedy." For sale by all dealers.

A DREAM OF YOUTH

Bitter resentment toward the automobile for the part it has played in supplanting the old-fashioned buggy, caused the following touching little poem to be written by a Georgetown woman, who undoubtedly hasn't outlived her youth to such an extent as to forget "Love's Young Dream."

"I saw a sight this morning That made my fancy fly Back o'er the years, in visions Of blissful days gone by. 'Twas but a tiny symbol, But, Oh, how did it grip; A bow of gaudy ribbon Tied on a buggy whip."

WHY WEAK LUNGS?

The toll of tuberculosis is claiming more than 350 victims every day in the United States, yet few realize their grave condition until the critical period arrives. Overwork, worry, weakness after sickness, catarrh, bronchitis, tender throats—all exert the weakening influence that invites consumption.

To guard against consumption, thousands of people take Scott's Emulsion after meals because its rich medicinal nourishment strengthens the lungs, puts vigor in the blood, and upbuilds strength to resist tuberculosis. Scott's Emulsion is nature's strength-builder. Refuse substitutes.

WAR MAY NOT HELP AMERICAN FARMERS

President Thomas N. Carver, Professor of political economy at Harvard University, and government agricultural expert, has recently prepared for the press a statement on the probable effect of the war on American agricultural interests. Among other things, he says:

War makes for scarcity rather than abundance, and scarcity is bad for the world at large, though it may benefit a few. Goods must in the end be paid for with goods, they may be temporarily paid in money. If the war-raging countries have fewer goods to give in exchange for what they buy, their real means of purchase is to that extent reduced. The increased purchase by means of money, with fewer goods with which to make the real payments, merely tend to cheapen money, or which means the same thing, raise the price of goods in terms of money. In a general way the trading class profits by this situation.

As to American agriculture, the European war will be of no benefit unless it should make agricultural products more scarce than the other products. If all the things which the farmers have to buy rise in price on the average as much as all the things they have to sell there will be no gain to them. This will depend, first, on the war upon agricultural production as compared with production in other fields, and second, on the effects of the war upon the consumption of agricultural products as compared with the consumption of other things.

There are reasons to expect an increase in the consumption of agricultural products in the countries which are at war. There are more consumers in time of war than in time of peace but men and horses are taken from the farms and put into the army less is consumed on the farms and more is sent away from the farms. There is, therefore, an increased trade in agricultural products rather than an increased consumption.

A STORY GRANDMOTHER TOLD

I wandered back through the seasons last night To a time when life was new; Moist was mine eyes and blurred was the light As I looked my old trunk through.

Under worn dresses, I found a worn white glove That he gave when life was new. Gift of his youth, first token of love And his promise for aye to be true.

There was the fan that he gave unto me In the years when life was new; From it there came—but how could that be? His deep voice as it used to do.

There was the ring that he blushing gave In the years when life was new, Sealing his promise who's now in the grave That forever he would be true.

Naught can restore the sweet joys that I had In the years when life was new; Yet, though my heart is lone, weary and sad, I thank God that his heart was true.

BUSINESS AGGRESSIVENESS

In the last number of "Printer's Ink," George B. Cortlyou, former secretary of commerce and labor, makes a strong plea for business enterprise and aggressiveness even in the face of uncertain market conditions.

"This is not a time for despair," he says, "but rather for fresh efforts to push ahead into new fields as well as for the development of old ones, that we may rise to our opportunities and the foundations of an enduring prosperity."

"Least of all I think this is a time for the abatement of publicity efforts. Indeed, these should be redoubled now because if advertising increases demand and stimulates production, this is the time to advertise. And the merchant or manufacturer who keeps his product prominently before the public now is not only proving his faith in the soundness and strength of his American industry, and thus setting a good example to his more timid brother, but is certain to reap an ample reward in the material return that will come to him."

That is sound doctrine. We are bound to suffer to some extent in the worldwide disturbances of industry, commerce and credit; but no other nation in the world is so capable of weathering the storm. Now, more than ever, we can get business by going after it, and we can secure prosperity by expecting and preparing for it.—Winston-Salem Journal.

DON'T HURT YOUR LIVER WITH CALOMEL

When your liver becomes torpid and sluggish, you can take calomel and whip it into action, but the calomel will leave your body weaker and sicker than ever. Calomel is a very powerful drug, a form of mercury, and need never be used because there is a perfect remedy to take the place of calomel, that has all of calomel's good medicinal effects with none of its dangerous and uncertain follow-ups. Its name is Dodson's Liver Tonic.

The Asheville Drug Co., sell Dodson's Liver Tonic with the guarantee that if you don't find that it treats you much better than calomel, they will give you your money back with a smile. Dodson's Liver Tonic is a true tonic for the liver, purely vegetable, and is without a pleasant taste that it is so trouble to get children to take it. It is absolutely impossible for it to do anyone any harm.

A REPUBLICAN TRIBUTE TO THE PRESIDENT

"President Wilson has made good," observed former Governor J. Franklyn Fort, of New Jersey, at the Wilard. "He has not only led his party in the path he thinks is right, but has won the high regard of the people in all sections of all parties. I do not speak of the President in this way because he is my neighbor, but because I believe he has made good as the head of his party, and though I may not agree with him in politics I can not fail to see that he is honest in his endeavors, sound of judgment, able and patriotic. The President is one of the most human men I have ever known, and a sincere friend."—Washington Post, March, 1914.

ACHIEVEMENTS OF EIGHTEEN MONTHS OF DEMOCRACY

- Tariff Revision—Downwards.
- Income Tax.
- Currency Reform.
- Dollar Diplomacy abolished—Human Rights Substituted.
- Lobby driven out of Congress.
- Panama Canal completed.
- American Merchant Marine established—without subsidies.
- Alaskan Railway authorized and survey began.
- Popular vote for U. S. Senators made effective.
- Two great Railway Strikes averted by arbitration.
- Telephone and Telegraph Trust Destroyed.
- Parcel Post extended and cheapened.
- Deficit in Postal Service wiped out.
- Trust Dissolutions made effective.

TAKE YOUR CHOICE

One Operator's plant is black With smoke and everlasting dust, The grounds are filled with slate and slack

The grass is blighted with a crust Of soot and dirt; the very air Is full of flying dust that clings, And round the coal plant everywhere Are ugly sights and ugly things.

The yards are bare, the town is bleak, The miners' homes are shanties small, All foul and brackish runs the creek And smoke hangs heavy as a pall; Squalor and misery are plain And life is dull and gray as slate, And in men's faces there is pain And hopelessness and sullen hate!

But—here's a pleasanter resign, A plant that's bright and fresh and clean, And round this colliery and mine The trees and grasses are growing green,

The miners' homes are homes indeed, Within the yards the children play, And in the people's eyes we read That life is neither harsh nor gray!

I don't know which plant pays the best, Which yields the biggest dividends, But I know where the owner's blest With miners who are men—and friends, And when these operators meet The fate of all humanity And face the Final Judgment Seat— I know which one I'd rather be!—Written expressly for Coal Age by Barton Bradley.

MY CREED

I hold that Christian grace abounds Where charity is seen; that when We climb to heaven, 'tis on the rounds Of love to men.

I hold all else named piety, A selfish scheme, a vain pretense; Where center is not—can there be Circumference?

This, I moreover hold, and dare Affirm wherever my rhyme may go Whatever things be sweet or fair, Love makes them so.

Whether it be the lullabies That charm to rest the nursing bird Or the sweet confidence of sighs And blushes made without a word.

Whether the dazzling and the flush Of softly sumptuous garden bowers Or by some ebin door, a bush Or ragged flowers.

'Tis not the wide phylactery, Nor stubborn fact, not stated prayers, That make us saints; we judge the tree By what it bears.

And when a man can live apart From works, on theologic trust, Know the blood about his heart Is dry as dust. —Alice Cory.

THE ONLY LIFE WORTH LIVING

Friend, the life that is lived with Christ in God Is the only life worth while; It is true that you'll meet with many an odd

As you are journeying over each mile, But the life that is lived with Christ in God Is the only one worth while.

Yes, the life that is lived with Christ in God Through it all, is the one that can smile.

Travel back o'er the paths that the saints have trod, Of the saints whom naught could beguile, And the life that was lived with Christ in God Was the only one worth while.

There is naught in the life that is lived with God That can mar a joy or a smile; Everybody entombed down under the sod

From the pole to the far distant Nile, Is proof that the life that is lived with God Is the only life worth while. —M. B. Andrews.

Trinity College.

CASTORIA

For Infants and Children. The Kind You Have Always Bought

Bears the Signature of J. C. Watson

EASIER ENTRANCE TO WEST POINT

The War Department is trying to make it easier for boys, or young men to enter the United States Military Academy at West Point.

The Secretary of War is proposing to admit the following classes of boys:

1. Those who are students in good standing at any college or school of technology approved by the Bureau of Education.
2. Those who have graduated from any approved preparatory school or public high school.
3. Those who have passed fourteen units in the examinations of the College Entrance Examination Board. In short, it is intended to make entrance to West Point as easy as to any good college.

WHAT MEN THINK

The first question a man asks himself when he sees a girl flirting is whether she is a nice girl or not, a doubt is raised at once. This being the case, no real modest girl can afford to indulge in the pastime. When a young girl throws aside that modest reserve so becoming to her, and which so elevates her and enables her to command the respect of all, she loses her greatest charm and becomes rather common and cheap. Flirting may seem to be the giddy and thoughtless girl to be very amusing, and she may even get an idea that she is quite fascinating to the yearling boys who are always ready to meet her halfway in the same game, but if she could once overhear some of the remarks made by these same boys when her name is mentioned and she not present, we'll wager that she would be cured of any desire to flirt, for a time at the least.

Children Cry FOR FLETCHER'S CASTORIA

Report of the Condition of THE BANK OF RAMSEUR at Ramseur, in the State of North Carolina, at the close of business September 12, 1914:

RESOURCES

Loans and discounts	\$114,376.94
Banking house \$2,000; furniture and fixtures \$2,000;	4,000
Demand loans	57,000.00
Due from banks and bankers	39,011.96
Cash items	4.57
Gold coin	3,625.00
Silver coin, including all minor coin currency	2,203.33
National bank notes and other U. S. notes	1,150.00
Total	\$221,371.79

LIABILITIES

Capital stock paid in	\$12,000.00
Surplus fund	8,000.00
Undivided profits, less current expenses and taxes paid	1,802.85
Deposits subject to check	68,376.70
Demand certificates of dep.	12,648.00
Savings deposits	116,179.76
Cashier's checks outstanding	2,039.48
Accrued int. due depositors	325.00
Total	\$221,371.79

State of North Carolina, county of Randolph, ss: J. W. H. Watkins, President of the above-named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.

Correct—Attest: E. B. LEONARD, E. C. WATKINS, I. F. CRAVEN, Directors.

Subscribed and sworn to before me, this 16th day of September, 1914. I. F. CRAVEN, Notary Public.

NOTICE

Having qualified as Admr. of the estate of N. A. Kime, deceased, before W. C. Hammond, Clerk of the superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 19th day of September, 1915, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

This 14th day of September, 1914. G. A. PATTERSON, Liberty, N. C.

NOTICE

Having qualified as Extr. on the estate of Louisa Rains, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 18th day of September, 1915, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

This 14th day of September, 1914. C. R. LAMBERT, Extr., Ore Hill, N. C.