

BRYAN'S TEN RULES FOR THE NEW VOTER

1. The social ideal toward which the world is moving requires that human institutions shall approximate toward the divine measure of respect, and this can only be realized when each individual is able to draw from society a reward proportionate to his contribution to society.
2. The form of government which gives the best assurance of attaining to this ideal is the form in which the people rule—a government deriving its just powers from the consent of the governed.
3. The chief duty of governments, in so far as they are coercive, is to restrain those who would interfere with the inalienable rights of the individual, among which are the right to life, the right to liberty to the pursuit of happiness and the right to worship God according to the dictates of one's conscience.
4. In so far as governments are co-operative, they approach perfection in proportion as they adjust with justice the joint burdens which it is necessary to impose and distribute with equity the incidental benefits which come from the disbursement of the money raised by taxation.
5. Absolute acquiescence in the decision of the majority is, as Jefferson declares, "the vital principle of republics, from which is no appeal but to force, the vital principle and immediate parent of despotism."
6. As acquiescence in the existence of a wrong is not to be expected among an intelligent people intrusted with participation in government, it is the duty of every citizen to exert himself to the utmost to reform every abuse of government and to eradicate every evil in government, remembering that abuses and evils are more easily corrected in their beginning than when they have become fully established.
7. In his incomparable speech at Gettysburg, President Lincoln appealed to his countrymen "to consecrate themselves to the unfinished task that lay before them; that a government of the people, by the people, and for the people, might not perish from the earth." That task is still unfinished, and it is the duty of every citizen to carefully study the principles of government, the methods of government and issues as they arise, and then give to his country the benefit of his judgment and his conscience. To this end he should not only express himself at elections, but faithfully attend primaries and conventions where candidates are chosen and policies enunciated.
8. The government being the people's business, it necessarily follows that its operations should be at all times open to the public view. Publicity is therefore as essential to honest administration as freedom of speech is to representative government. "Equal rights to all and special privileges to none" is the maxim which should control in all departments of government.
9. Each individual finds his greatest security in the intelligence and happiness of his fellows—the welfare of each being the concern of all, and he should, therefore, exert himself to the utmost to improve and to elevate the level upon which all stand.
10. While scrupulously careful to live up to his responsibilities, the citizen should never forget that the larger part of every human life is lived outside of the domain of government, and that he renders the largest service to others when he brings himself into harmony with the law of God, who has made service the measure of greatness.

NORTH CAROLINA AT BOTTOM

"North Carolina is at the bottom of the list with a death rate of 57.4," says Dr. W. A. Evans, in speaking of the typhoid death rate of various states of the Union. The average death rate from typhoid in this country, according to Dr. Evans, is 17.9.

If these figures are true, and they are taken from Government reports, North Carolina has a death rate from typhoid fever over three times as high as the average in the United States, and over eight times that of Vermont.

The latter has the lowest rate from typhoid of any state in the Union.

There may be mentioned two conditions as slightly accountable for North Carolina's high death rate from typhoid, but they do not alter the fact that she is needlessly sacrificing several hundred lives a year to this filth disease. The first is that the figures were taken from the cities and all the towns having more than 1,000 inhabitants. The typhoid death rate in cities may not be so high as that of the country districts, but that of the small towns, where there is no protection offered by sewerage and water works, is higher than that of rural communities. The second condition is that 25 per cent of North Carolina's population is negroes, and the insanitary conditions that exist from their modes of living affects no little the prevalence of the disease.

Whether North Carolina shall tolerate this position and continue losing her hundreds to this preventable disease is the question now at stake. This summer will decide this question to a large extent. If the small towns and villages are going to maintain insanitary conditions—breeding places for flies, open-back privies, unscreened food and polluted water—and if the state's citizens, white and black, are going to refuse to be vaccinated against typhoid, North Carolina will remain at the bottom of the list with the highest typhoid rate. But if she chooses to clean up and tolerate no such conditions, she can go a long way in one summer toward reducing the rate and stamping out the disease.

There is another view of this position given North Carolina, apart from health, that might be looked on with no little consideration. That is in the light of her interest as a state attracting home-seekers and investors. "Safety first" is the chief consideration of those who would seek new homes and places of business, and no state occupying the foot of the table, in health matters especially, can hope to hold out inducements that will be accepted.

That North Carolina will continue at the foot does not seem likely even from this mercenary point of view, and when the health and happiness of her citizens are considered, she cannot afford not to use this summer as the season to stamp out typhoid.

ELLIS-COGGIN

Mr. T. J. Ellis, of Star, and Miss Jane Coggin, of Biacoe, were married on April 27th, at the home of the bride's mother, Mrs. J. M. Coggin. The ceremony was performed by Rev. W. M. Bostick. Mr. and Mrs. Ellis will make their home at Star, where Mr. Ellis is agent for the Norfolk Southern.

THE BABY DIED

Preacher Said, "The Lord Giveth and The Lord Hath Taken Away"—The Doctor Tells How It Happened.

The hour for the funeral had arrived and neighbors were coming in to the services. The dead baby lay in a little white coffin lined with white satin, was dressed in white, and flowers in profusion decorated the room and testified to the sympathy of the neighbors.

The preacher made a short prayer, uttered a few comforting words, a song was sung, the little baby was borne to the white hearse by four young girls in white, and the procession moved toward the cemetery.

The baby had died from intestinal disorder, induced by wrong feeding, yet the preacher had said—"The Lord giveth and the Lord has taken away." The doctor told how it all happened. "That baby," said he, "was born strong and healthy. The mother nursed it for weeks, but finding that nursing interfered with other affairs, she provided a bottle, and when she was absent, her aunt, who lived with her, fed cow's milk to the baby. This irregularity of breast-feeding soon lessened the amount of mother's milk and she concluded she would stop nursing altogether. The child seemed to do well on the bottle for a while but it soon became evident that something was wrong. One time I saw the mother give a piece of rich pie crust to her baby, and I warned her against doing so. She told me she found the infant liked coffee, and a little was frequently given to it.

"And so," continued the doctor, "despite my medicines and my warnings in regard to feeding, the child's digestive apparatus gradually broke down. An old grandmother told the mother it was natural for babies to throw up. Another one prescribed Soothing Syrup which contained morphine. Another one recommended anise seed cordial—and so it went, the young mother being willing to depend upon drugs and remedies, but not to practice prevention by feeding rationally. When the digestion was put to the bad, the baby finally took dysentery and died."—Dr. J. N. Hurty, Indiana Board of Health.

MR. A. M. VARNER DEAD

Mr. A. M. Varner died at his home in Troy, April 25th, after suffering for weeks from a peculiar disease, which skillful physicians failed to understand or relieve. From a strong, robust man, weighing a hundred and fifty or more, he wasted away until for several weeks before his death, it is said that his weight was not more than sixty or seventy pounds.

Mr. Varner formerly lived in Tabernacle township, this county, but for fifteen or twenty years had lived at Troy, where he conducted a very successful livery business.

The deceased was forty years of age. He is survived by his wife, who was Mrs. Nannie Hearne Tyson, and four children, besides several brothers and sisters.

Lame Back

Lame back is usually due to rheumatism of the muscles of the back. Hard working people are most likely to suffer from it. Relief may be had by massaging the back with Chamberlain's Liniment two or three times a day. Try it. For sale by all dealers.

HELPS FOR HOME MAKERS

Edited by the Extension Department of The State Normal and Industrial College.

CARE OF HOUSE.

The Kitchen.

Each room in the house has its distinct and separate function in the domestic economy. Take for example the kitchen, the most important room in the house, the woman's workshop. It is the place where the food is prepared and cooked and there the dishes are washed.

What then are the requisites for this workshop? Since the housekeeper spends a large part of each day in her workshop, it, first of all, should be well lighted and ventilated. It should be comfortably warm in winter and cool in summer. The floor, walls and ceiling should be of such material as may be easily cleaned. The equipment for the work that is to be done should be ample, of good quality, intelligently selected, and above all so arranged that the various tasks of the kitchen may be quickly performed and with the least expenditure of energy.

Floors.

No entirely satisfactory finish for the kitchen floor has yet been found. The time honored way of scrubbing with soap and water makes the whitest and cleanest looking floor it is true—but think of the work required!

Linoleum is undoubtedly the best floor surface. It is thick enough to be warm and is easier for the feet than any other floor surface. It wears well and is easily cleaned by mopping, but the first coat is too great for any but a small kitchen or a large pocket-book.

Congoleum is an excellent floor covering and cheaper than linoleum.

Oilecloth may be used but it wears out quickly.

Painted Floors.

Two coats of good floor paint in tan or gray are attractive in appearance and wear well. When worn spots appear they should be touched up at once. If the floor is not hardwood it should be given two coats of shellac before the paint is applied, and all cracks should first be filled with crack filler.

Care of Painted Floors.

Sweep the floor, and wipe off the dust with a damp cloth. If this will not remove all the dust, use a woolen cloth wrung out of hot water. If there are spots that will not come off use a little soap on the cloth, but painted floors are ruined by using a scrubbing brush and soap and water. Once a week after having swept the floor go over it with a cloth dampened with one part of boiled linseed oil and one part of turpentine, or kerosene may be used. This cloth may be put on an old broom and the floor quickly gone over.

The work of caring for a floor in this manner is much less than when a great deal of soap and water is used; and moreover, the floor is in a sanitary condition, because the boards are dry and clean.

Oiled Floors.

The oiling of the floors is in the back part of the house, as a general rule must be done in the evening after the work of the day is finished. The success of oiled floors depends upon two things:

First, there should be no floating dust in the room, and the floor must be absolutely clean.

Second, the oil must be rubbed into the boards thoroughly, so as to have a smooth surface.

Boiled linseed oil dries more quickly than the raw oil. It is well to add a little turpentine, as it will make the oil less sticky. The daily care of the floor consists of sweeping, and if there are any soiled spots clean by wiping them off with a flannel cloth wrung out of hot water. If this does not remove all the dirt, a little soap may be rubbed on the cloth.

Once a week at least, wipe the floor with a damp cloth using soap when it is necessary; wipe very dry, and then go all over the floor with a cloth made slightly damp with kerosene, or with boiled oil and turpentine. This should be rubbed in thoroughly, and the floor should not be walked on, if it is possible to avoid it, for an hour or more.

Walls.

The kitchen wall whether of wood or plaster should be painted. A good, light colored paint reflects the light so that one can see well in any part of the kitchen. Paint may be wiped off easily with a broom covered with a damp cloth, and is made absolutely clean and fresh by scrubbing with a soft cloth and warm water, with sal soda. In these days of enameled paint the shelves of all kitchen closets should be painted. This takes the place of covering them with paper. If the expense of the paint on the plastered wall is too great kalsomine or white wash of lime will freshen the wall, and can be easily renewed.

A specialist from the Department of Agriculture of Washington, in studying farm conditions in Pennsylvania learned that a woman had broken

OUR GREATEST EXHORTER

Probably the Wesleya, Whitfield, Ashbury, Cartwright, Gough and Moody, to say nothing of Sam Jones and Billy Sunday, never moved so many Americans on a religious or moral issue at one time as responded to the temperance appeal of William J. Bryan in Philadelphia Monday night. When he had finished his address, 12,000 men signified their purpose to refrain from the use of intoxicants. The sincerity of the orator was shown by the fact that he remained for hours after the meeting, affixing his signature as a witness to personal pledges of abstinence.

This is prohibition that will prohibit, if anything can. It is addressed to the individual. It obligates the individual. It has behind it the moral force, whatever that may be, of the individual. It gains support no doubt, from the fervor exhibited in the same direction by so many people of like minds, but it depends not at all upon law or coercion or circumstance.

Millions of Mr. Bryan's fellow-countrymen who doubt his ability as legislator, financier, diplomat or statesman will readily acclaim him as the greatest of exhorters. Few men in his position with the world at war and questions of the utmost gravity arising almost daily in his department, could be persuaded to devote a day and a night to temperance. It will be said that he was neglecting duty. Yet the lesson of sobriety may be one that civilization needs today as much as any other.

A remarkable character is this secretary of state who preaches peace to nations inclined to war, who bids empires and kingdoms to think twice before drawing the sword, and who finds time in the midst of many distractions to urge, and by personal influence to help thousands to higher standards of life. How much does he owe to the president or the president to him?—New York World.

We are creatures of habit and habits are formed more easily in youth, therefore, we must watch the habits children make concerning their food. Infants do not have a taste for special flavors. It is as they grow older that the sense of taste develops and it is important to teach them to eat a variety of wholesome foods. For example, well cooked cereals served without sugar, cocoa, soups, fresh vegetables, eggs cooked in various forms, and meats in moderation. All of these are nourishing foods. Once in a while a little candy eaten just after the meal is good, but one of the worst habits of childhood is eating candy between meals. Only fruits should be eaten at these times.

down from overwork. She had been carrying coal to the kitchen from the barn for years. When the husband was asked if there was any reason why a coal bunker could not have been provided near the cookstove and filled directly from his wagon, he answered "nobody had ever thought of it."

Perhaps this seems exaggerated somewhat to many but suppose you think over your own kitchen and answer these questions for yourselves.

1. Have you a coal or a wood box near your range?
2. Can you re-arrange your kitchen so you will not have to walk so far from stove to work table, and from work table to pantry?
3. Do you have a blue flame kerosene stove to do your canning on and to use when the heavier meals do not have to be cooked?
4. Do you have a sink? Is it possible to have a sink to drain waste water outside of house?
5. Have you a work table the right height for you so that you do not have to stoop over?
6. Do you hang your sauce pans, graters, potato masher near your work-table, or do you have to walk across the room to get them?
7. Do you keep any cooking utensils in the cupboard that could hang more conveniently near the work-table?
8. Do you have above this work table racks and hooks to hold all the kitchen cutlery, knives, forks, and spoons of all sizes?

Height of Work Table.

So much of the unnecessary fatigue that comes from leaning over a work table or from leaning over to wash the dishes may be relieved by observing the proper height according to the plan worked out by Mrs. Christine Frederick:

Height of Woman	Proper Height of Working Surface
4 feet, 10 inches	27 inches
4 feet, 11 inches	27 1/2 inches
5 feet	28 inches
5 feet, 1 inch	28 1/2 inches
5 feet, 2 inches	29 inches
5 feet, 3 inches	29 1/2 inches
5 feet, 4 inches	30 inches
5 feet, 5 inches	30 1/2 inches
5 feet, 6 inches	31 inches
5 feet, 7 inches	31 1/2 inches
5 feet, 8 inches	32 inches
5 feet, 9 inches	32 1/2 inches
5 feet, 10 inches	33 inches
5 feet, 11 inches	33 1/2 inches

The Manual Arts Department car-

**Twentieth of May Celebration
And Trade Carnival
May 18, 19, 20, and 21, 1915
Charlotte, N. C.
Come and help us Celebrate**

The City of Charlotte and Mecklenburg county will hold this year a great celebration commemorating the Anniversary of the Signing of the Mecklenburg Declaration of Independence, beginning on the evening of Monday, May 17th, and closing on the afternoon of Friday, May 21st—four nights and four days of festivities.

We cannot reach every patriotic citizen personally and we use your own home paper to invite you, your family, and your friends to come and be with us on this big occasion. For your entertainment, we will have some of the country's greatest speakers and entertainers to be with us on this occasion.

We will have numerous big free shows, gorgeous parades, blazing with electricity, fireworks displays that will be remembered by our children long after we have passed these celebrations down to them, balloon ascensions, baseball games, bands of music, and many other entertaining features. Every railroad entering Charlotte has posted low round trip rates within a radius of 200 miles.

In addition to the entertainment features, the big stores of Charlotte are sending buyers to the markets now and will have the greatest values ever known to offer you. Standard merchandise, millinery and ready-to-wear clothing, furniture, and all classes of goods to supply your needs.

You can combine business with pleasure and make this a profitable pleasure trip, but whether you buy a dollar's worth of merchandise in Charlotte that week we want you to come, bring your family and your friends.

Charlotte will welcome you and guarantee you the biggest time of your lives.

Come and see the biggest city in the State and see how we do things.

If you can't be with us all four of the days be here one or two days anyway.

We are looking for you.

PUBLICITY COMMITTEE.

**Send Us That Soiled Suit
AND LET US SHOW YOU HOW WELL WE CLEAN IT
Asheboro Pressing and Tailoring Co.**

W. P. ROYSTER, Manager.

NEXT TO REXALL STORE.

PHONE NO. 137

Furniture and Undertaking

We sell better Furniture or a nicer Funeral Outfit for less money than any other dealer in the county.

You should see our line of Sewing Machines before buying. Prices are right.

Besides carrying a complete line of Furniture, you will also find a select line of Jewelry. Our stock is now at its best. Our assortment is complete.

We want your business.

CRESCENT FURNITURE COMPANY

Ramseur, N. C.

**Fresh Groceries Always on Hand
Stock Increasing Every Week
Highest market prices paid for Chickens,
Eggs, and other country produce.**

Wm. M. Trogdon
Asheboro Route 1

WE ARE ABLE

And willing to do everything for our customers that a good bank ought to do. Why don't you open an account with us? With a record of seven years of successful business and resources of more than two hundred thousand dollars, we solicit your business. Call to see us.

BANK OF RAMSEUR

SEWING MACHINES—We have on hand several standard make sewing machines, and before taking inventory we offer them at \$15.00 each. These machines usually sell for \$35.00 and \$40.00. Now is the time to get a bargain.

MCCRARY-REDDING HARDWARE CO.

ries on a Home Service Department and will gladly give information regarding House Architecture, Sanitation, House Furnishing and Decoration; and will recommend various kinds of paints, etc., that have been tested by the Department. Address: Extension Department.