

UNCLE JUD'S LYRICAL MONOLOG ON COUNTRY EDITORS

Who is it that will work all day and late into the night... Just to boost the town he lives in with all his main and might?

GOOD WORD FOR CORSETS

Now Have Commendation of the Health Service.

Science, in the process of correcting its mistakes of the past, has now at last done justice to the corset, and the fact is worthy of remark.

This, of course, is merely the reversal of another man-made judgment, and will be accepted as such by the other sex, which has been aware all along of the corset's advantages.

But as regards corsets, it appears to be pretty well established that instead of injuring "the female form divine," they really improve it.

DO YOU BELIEVE IN NAPPING UP A HORSESHOE ON YOUR HOUSE FOR GOOD LUCK?

If you do, you're up to the standards of the nation who find in Uncle Jud's Chalky the one called Abram out of that land because he had so nothing better for it.

Dr. Alvin Grove Kyle, one of the best known of the archaeologists, writes every 100 ft. in The Sunday School Times a review of the latest archaeological discoveries and their bearing on Bible truth.

SYCAMORE BIGGEST "NON-NUT" TREE

In a prize contest held by the American Giant Association the prize winner for the largest shade tree in the United States was a sycamore, at Washington, Ind., which is 42 feet 3 inches in circumference and 144 feet tall.

HOLIDAY AILMENTS

How to Avoid Condition Brought About by Overeating.

Plenty of Vigorous Outdoor Exercise Will Help Digestive Organs Assimilate Food—Better Than Doctor's Prescription.

By IRENE WESTON.

SO MANY people habitually feel more or less out-of-sorts for the few days following Christmas that Christmas ailments have come to be recognized as a necessary aftermath of the festivities.

Of course, the children will always overeat themselves; if they were allowed to eat all sorts of indigestible things, they would feel they were being cheated out of half the joy of the gay Christmas season.

Of course, children do overeat themselves more often than grown people. They rejoice, however, in the possession of powers of recuperation which grown-ups, even in the prime of life, can only look back on with envy.

With grows people, after-Christmas ailments are not so much due to indiscriminate eating of indigestible foods as to an utter neglect of any precautions to adapt their systems to the new conditions which reign during the Christmas holidays.

Take the case of the average father of a family who leaves all office work behind. How does the change affect him? In the first place, the dull monotony of his days is broken in upon and his brain can relax from the high pressure of the office.

Too much food and too little exertion are almost certain to upset the digestion and clog up the various organs whose duty it is to separate the waste matters from the good in the food we eat and rid the body of those poisonous products.

The remedy is perfectly simple. There is no need to stint yourself of the good things of the table. Eat, drink and be merry, within fair moderation, of course.

A two-hour walk before the mid-day meal, a round of golf or some other outdoor game with the children in mid-afternoon, and a brisk two-mile walk in the half-hour before the evening meal will be found worth more than any amount of doctor's prescriptions directed toward relieving the first symptoms of indigestion, the mental irritability, disturbed sleep, sour taste in the mouth, loss of appetite, etc., which are such a common aftermath of the Christmas holidays.

Unselfishness is the key to Christmas happiness.

ENVIOUS.



"Do you ever wish you were a girl?" asked the visitor. "Only at Christmas time," answered the boy. "Why do you wish it then?" "Because of the stockings they wear."

Cultivating the Christmas Spirit. "Aha!" cried the moody man. "There is no gladness for me in this joyous season."

"Tut-tut!" said the optimist. "Surely there is a ray of sunshine for you, as there is for all of us if we but look for it."

"No," replied the moody one. "I have not a single friend and no relatives with whom I am on speaking terms."

"Cheer up, then," advised the other, with a shrug of his shoulders. "Don't you be glad because you will not have to buy any Christmas tree ornaments?"

CHRISTMAS IN NAVY

How the Festive Season is Observed Aboard Ship.

Not Much Work is Done—Athletic Sports, Traditional Dinner and Evening Entertainment Features of Occasion.

NOWHERE in all the world is the "spirit of Christmas" entered into more wholeheartedly than on board the ships of the United States navy.

Observance of this chief of all national holidays varies, of course, in form with the location of the fleet at the time.

Into each of the continental "home ports" (headquarters of certain individual vessels) the big gray monsters come dropping in by twos and threes till, in New York and Philadelphia, and Norfolk and Frisco, it looks almost like a naval review.

The few "shipkeepers" cannot, under such circumstances, make a very successful effort toward merriment. Rear Admiral Samuel McGowan writes in the National Monthly, but what they lack in numbers they invariably make up in other ways, one of those ways being the complete satisfaction of the inner man.

Aboard and at sea, though, it is altogether different. Every soul on



board, from the usually seafaring flag officer and the more or less unapproachable first lieutenant, down to "Jimmy" the cook and the messenger boy, voluntarily constitutes himself a committee of one to see the thing through in "old navy" fashion, and even King Neptune, when he comes on board "crossing the line" to doze every bayonet and halibut, has a formidable rival in the "spirit of Christmas."

It matters not much whether the ship be anchored off Vera Cruz or plowing through the Pacific ocean, the distance from home and friends makes it incumbent on all to do their level best to make at least a brave try for "Merry Christmas."

Routine drills are entirely suspended; and, except for cleaning ship (cleanliness in the navy being deemed not only akin to, but actually neck and neck with godliness itself), not a lick of avoidable work is allowed to be done by anybody.

"All hands" are called, to be sure, on scheduled time, but many more men than usual are allowed to "sleep in," and, after the faintest minimum of tidying up, preparations for the day's festivities are gotten under way.

There is a varied athletic program that begins in the forenoon, and after an hour or so of for dinner at midday, continues well along toward sunset. Sailors are taught to be thorough. So they go at their potato races and oleosteaty contests and tugs of war and jumping contests with the same fervor that they show when trying for a 15-inch tarrot gun record or stamping out a Caribbean revolution.

Toward sunset the various contests have been completed or are nearly so. It is a "dark night" as the boys call it, and, after an early supper, a stage is rigged up on the quarter-deck and the crowning event of the entire celebration is on. Scarcely it is a minstrel show, another time a minstrel performance, but without exception there is plenty of music and near music, and no such entertainment would be complete without the inevitable and lullable cakewalk.

Some of the improvised costumes are fearily and wonderfully made. But they are striking and, for the most part, very appropriate, while the promoting and rating of the cakewalkers themselves are well worth seeing. The program is a long one, but interest never lags for a moment—for American sailors are just as "green" as they are white at work.



What the Chimes Say "Do Good! Do Good!" They Ring Out at Christmas.

How plainly the Christmas chimes seem to ring out to all, both rich and poor:

"Ye who would be truly happy, do good, do good! Live not for yourselves, for there is no joy in selfishness. Dispel the grief and want you see everywhere around you. Give freely of what you have and thereby lay up treasures in heaven."

Thus chime the bells, and he who leads their solemn warning while merrily they ring may have his Christmas blessing if he will.

Happiness! It is a divine gift, and man is godlike, if ever, when he fills some human heart with joy.

What was it but a laudable desire to render all mankind joyful at Christmas which impelled people in the olden time to open their homes and their hearts as well to all alike at Christmas that all might enter and share the Christmas feast? Friend or stranger, it mattered not, the master welcomed all, and all men who would partook of his bounty.

Christmas, which was also called Yuletide, lasted a fortnight, and everybody had leisure to spare until the Christmas revels ended with the sunrise, the plays and the mad frolics of Twelfth Night. But nowadays how things are changed! Even the week between Christmas and New Year is full of industry, and few are those who devote all their time to enjoyment. The great heartiness of ancestral Yuletide has disappeared. There are no wide chimney nooks wherein the browless may lurk in cozy comfort, and heaven only knows where our pennies hide—perhaps in the piano box or up in the chandeliers.

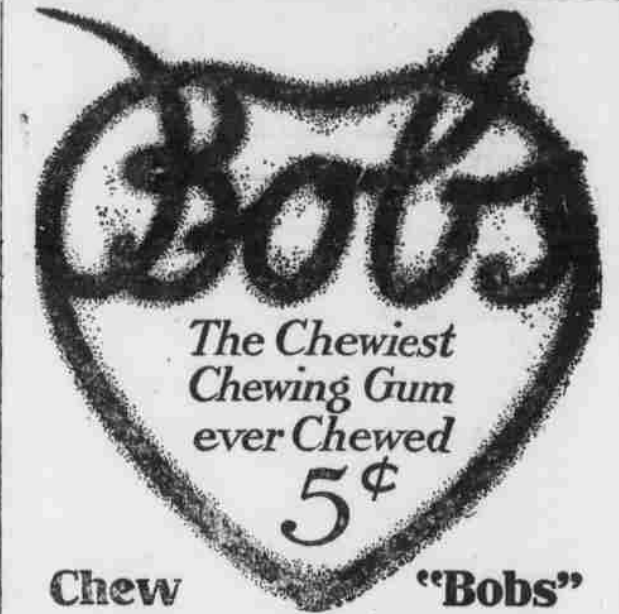
Play on Christmas Eve.

A Christmas custom of ours and the one possessing the greatest antiquity is that of presenting plays the evening of the 24th of December. This was first noticed in the west of England. For several hundred years "St. George and the Dragon" was the most popular. The actors, always children, were fantastically dressed and decorated with ribbons, brightly colored paper and wooden wands. The theme was war and love. There were debate, battle, death and ministry and a physician ever ready to restore the dead to life. This custom sprang from the ancient crusades, consequently the feats of chivalry and the romantic extravagance of knight errantry that are preserved to this day in a modified degree.

Stinking, which is practiced to some extent among Scotchmen, is derived from the Roman Saturnalia, when people disguised themselves and practiced tricks upon their neighbors. This is now but scantily indulged in, but such of it as exists has been preserved since the fifth or sixth century. The Survey of London mentions a splendid "masquerade" which was performed by the citizens in honor of Prince Richard, son of the Black Prince, in the year 1377.

We do not hear very much nowadays about the lord of misrule or the waltz, but both are remembered. The former had license to do everything he could think of to keep up the jollity during the "twelve days," and the latter referred to wandering minstrels, who serenaded houses and walled with food and wine or, more acceptable, money was bestowed upon them.

Our games on Christmas night of cards, billiards, shuffleboard, muscled, dancing and the tales that are told of knights, ladies, lovers, queens, kings, giants, dwarfs, witches, fairies, goblins and the rest were played and indulged in so long ago that the remotest historian has been unable to ascertain the correct date of their beginning.



Chew "Bobs" 5c. the packet or two "Bobs" for a cent at all the better stands and stores.

HAVE a heart for "Bobs"—"Bobs" has a heart for you. The peppermint candy heart with gum inside—chewy and delicious.

Join the "Bobs" happy crowd

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We are selling THE FREE Sewing Machine on these terms and it is the most wonderful sewing machine that was ever made. It is a far superior article for less money than any of the so-called "old line" machines that you have used so long.

The Rotocillo movement, the eight sets of ball bearing, automatic lift, automatic locking drawers, automatic tension release, shuttle ejector, head latch, thread controller, etc., as well as the rotary spool pin, self-threading shuttle, new French leg design and other improvements makes THE FREE first choice of all who have investigated—come in and try "THE FREE" before deciding.

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We have just received a full line of overcoats. Prices range from \$5.00 to \$15.00. If you haven't bought your Winter Overcoat don't do so until you see our line.

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