

OUR LUNGS ARE DELICATE

Overwork, lack of fresh air, mental strain or any sickness disturbs their functions. Stubborn coughs tear and wear the sensitive lung tissues.

SCOTT'S EMULSION

should be taken promptly for hard coughs, unyielding colds, or when strength is lowered from any cause. Its high nutritive value creates resistive force to ward off sickness. The rich cod liver oil improves the quality of the blood to relieve the cold and the glycerine is soothing and healing to the lung tissues.

Refuse Alcoholic Substitutes Which Exclude the Oil.

The Terms of the Liberty Loan... The act authorizing the Liberty Loan Bond of 1917 was passed April 24, 1917.

The bonds are exempt both as to principal and interest from all taxation, national, State, county, or municipal, except the inheritance tax, which is really not a tax on the property.

The bonds are to be sold at par, that is, dollar for dollar, no premium and no discount. They are to be sold by the Treasurer of the United States and by all Federal Reserve banks.

It is not necessary to pay cash in full for a bond. One can pay down 2 per cent of the purchase price on application—that is, \$1 for a \$50 bond, \$2 for a \$100 bond, etc.—18 per cent on July 25, 1917; 20 per cent July 30, 1917; 40 per cent August 15, 1917; and the balance, 30 per cent, August 30, 1917.

Concerning Calories: Bread and Cereals... "Food is that which, taken into the body, builds tissue or yields energy."

The carbohydrates, such as sugar and starch, also provide a form of fuel. Mineral matter or ash is also required by the body to form bone and to assist in digestion.

It is not possible to estimate any food correctly without some knowledge of its value in calories.

Perhaps the first lesson for the economical housewife to study is that relating to the composition of bread and cereals.

Uncle Sam has himself provided just such a lesson in the famous Yangworthy charts, which are easily understood.

Children Cry FOR FLETCHER'S CASTORIA

PHYSICAL TRAINING TEACHERS IN DEMAND... Young Men and Women about to be graduated from High School should consider this healthful, useful, dignified and profitable profession.

SEND US \$1.50 FOR RENEWAL OR NEW SUBSCRIPTION ONE YEAR EACH FOR OUR PAPER AND THE PROGRESSIVE FARMER.

Never has attention been so forcibly directed to agriculture in the South and never have you needed The Progressive Farmer as now. Note:—Orders must be sent to our paper.

"RAISE MORE FOODSTUFFS"

This stirring, martial appeal is made to the farmers of the South by our President. The Progressive Farmer is the South's leading agricultural weekly and gives better information on diversified crop growing than any other publication.

Car Load of McCormick Binders, Mowers, and Binder Twine just received. Have an attractive price on these items. Call to see us.

McCrary-Redding Hardware Company

C. C. Kime I have decided to go into the chicken and egg business in connection with my line of groceries. Country folks, bring me your produce.

C. C. Kime

CLEANLINESS According to the old proverb, is next to Godliness. Cleanliness does not mean merely a clean face and hands. It includes neatness of dress. If your clothes are cleaned and pressed here, you are eligible for membership in the Cleanliness Club. Clothes sent for and delivered anywhere in town.

W. P. ROYSTER

JAMES H. POU PRESENTS THE WAR ISSUES

Consequences of Defeat—Make Teutons Answer for Crimes—Must Not Criticize.

James H. Pou so powerfully presented the issues of war in a speech at Wilson recently that we publish it here for the benefit of our readers: "America stands at Armageddon and is battling for the Lord," said Mr. Pou. "Whichever side wins this war will rule the world. And except in the physical sense the world will never be the same again."

Of the consequences of defeat he spoke with a conviction which his passion for European politics has forced upon him since he ceased to think in North Carolina terms. That defeat, Mr. Pou declared, would enthroned the Teuto-Turkish allies. "That would be a triumph for everything bad in government, a reversion to the morality of mediæval times, a setback for 1,000 years. It would mean government by force and we would take our laws from Berlin."

"Another consequence might be a draw, neither side winning. You may think things are now inconvenient, taxes high, bridges guarded, powder plants watched. We shall see, if this is a drawn battle, the whole world arm and ready to fight the thing over. While living in peace it would be a nightmare. In every family would be a soldier, spies everywhere, no confidence in peace, military establishments a universal burden, diplomacy insincere, conscription, censorship, restriction of our liberties."

Make Teutons Answer for Crimes "There is a third possible consequence and that an allied victory in that event we should bring the Teuto-Turkic powers into the courts of civilization and make them answer for their crimes against the world. A union of all free peoples would sit around the council tables in something like a court of international arbitration. A better understanding everywhere would result. Democracy and liberty would become the watchwords of the world. A political millennium would come. Despotism and feudalism would be overthrown all causes of international misunderstanding would be removed. We could deal candidly with our allies. With Japan around this table we could say, 'What is there to keep us from being friends? There is room enough for us in the world. Everything demands, not the partial, but the complete victory of the 15 civilized nations making war against the Hapsburgs and Hohenzollerns that the world may be cleared of their infamous spawn and liberty be given for the first time to the German people.'

Mr. Pou is on the food conservation commission but he could not repress the accent on the moral starvation which a Teutonized world would inflict. He came to detail North Carolina's part. "We have no pacifists, religious, pseudo-religious, subsidized, or syndicated," he said, in narrating a few of the Carolina blessings at this time. "We have no domestic troubles, no hostile foreign population. There are no socialists in the ordinary acceptance of that term. We have no anarchists, no munitions plants and no strategic points of such value as to invite destruction by explosion or other hostile attacks."

Negroes Are Loyal "The only people who are not homogeneous are the negro population, and they are loyal and faithful. This race has its faults, grievous ones, but it is never treacherous. It has produced many like Crispus Attucks but none like Benedict Arnold; it has produced countless thousands like the lowly Simon of Cyrene, but never a Judas Iscariot."

"I spoke of the possibility of defeat. Do not think for a moment that I expect it. I believe that William of Hohenzollern has one more lesson to learn. And that is this: 'There are battles with fate which never can be won.'

"The Star Spangled Banner can never be furled, for its blossoms of light are the hope of the world."

"There are just three requests to be made of the people of North Carolina. They are simple and earnest. The first is that we take care to produce and save what food we shall need next year. The second is more an opportunity than a request. We are asked to participate in raising money for this war. Are we asked to sacrifice? If a single dollar of these bonds goes to default, I would not give six cents on the dollar for any piece of property in Wilson. They are better than gold. A gold dollar never grows any bigger. The bond does."

"The government does not want the people to get excited. It does not want money taken out of general circulation or to cripple business by withdrawing funds now actually engaged in business. A loan called from a man engaged in manufacturing and farming for conversion into war bonds does harm rather than good."

Promises Miser Immunity "The government wants inactive and idle money. If this money be placed in bonds it helps. It comes from hiding places and is immediately loosed into trade."

"Now, if you undertake to get this money from hiding, there will be enough to make up what is expected of this country. Suppose you tip off these hoarders. Let them know that under this new law, section 36, they are liable to a fine of \$10 on every \$100 hidden; that they are assessed for five years 25 per cent of the taxes; that a fine of not less than \$50 or more than

200 and a sentence of not less than 30 days or more than six months, or both if the judge sees fit, may follow this continued hiding."

"But if he will invest in these bonds he will be asked no questions. This is the best opportunity for these misers and hoarders to start life anew. And every man, woman and child can do his duty. They may not only be citizens of the United States, but stockholders as well."

Has Its Compensations Mr. Pou then spoke of the solemnity of the issue. To him it had already come, his boy had gone. He would not minimize the hardships or the risks. "But there are compensations," he said. "First is the consciousness of a duty performed a duty discharged in the greatest crisis since Cavalry. The opportunity to be a man is a great compensation," he thought.

"There are compensations grosser. The men who go to this war will rule this nation. Has any man here ever heard any soldier who went to the Civil War on either side regret it, if he didn't desert? I never have. These men have ruled North Carolina and the United States as long as they were in active life."

"Let me speak of things even grosser. We were beaten. Yet those who went to the army have been given the picked places in the North and the South. Neither received the wholehearted support of the nation. But those who now go will have the gratitude of the greatest republic, the richest nation in the world. Their position will be underwritten by the United States and guaranteed by the civilization of the world."

Must Not Criticize "We must stop our criticism," continued Mr. Pou. "It is one of the evils of American life. It is not a good habit in peace, but it can be overlooked then."

"But in war it is intolerable. The war will be won or lost during Wilson's administration. Opposition with the best intentions gives aid and comfort to the enemy. Every criticism made tends to weaken and prolong the war, to give aid and comfort to the enemy. Political ties have been broken and cast to the winds. Irrespective of how we voted we should give the administration our loyal, earnest, cheerful support."

"We do not waive our right to criticize. We merely postpone it. We do not know enough to intelligently criticize."

Fatal Mistake in Civil War "If there is anybody here who remembers the criticism of Judah P. Benjamin during the Civil War, all must now be ashamed of it all. He was the secretary of war and when the eastern part of North Carolina was under siege and fell, Benjamin was tried and found guilty of negligence in not furnishing powder. He could have made his defense because not only was our section without powder but the Confederacy was. Yet, to have made that defense would have been playing into the enemy's hands. President Davis had the wisdom despite the driving of Benjamin from office in disgrace to appoint him secretary of state three weeks later. We must know the facts before we criticize."

Mr. Pou wished the country had gone to war two years ago but he knew the years would be just to the man "who walked in the way of Christian civilization." He drew a picture of the two remaining nations whose object of worship is the god of war. "Look at the House of Hohenzollerns," he said. "For 1,000 years there has been but one of them who did not bring war, for ten centuries only one who went to the judgment bar of God without blood on his hands. He was Frederick, the father of the present criminal."

Chance for the Failures Mr. Pou called finally upon all young men to consecrate themselves anew. He said that on every country mile road is some boy who gives little or no promise, on every city block is one called a failure. Here is his point of chance. He illustrated it from the lives of Grant and Sherman, West Pointers, failures, drinking men, and unfit. Grant got a job in the basement of a building during the war. He copied rolls, nobody wanted to see him in a public place. But finally he was used to drill raw recruits. In eight years from that discovery of himself in 1861 he had emerged from a successful war and became President of the United States.

Sherman psychologically showed less. He started a bank and it busted; then a commission house and it failed; then a law office was opened and his clients failed; then to school teaching. And under Grant he became commander-in-chief of all the national armies.

"Let us make this war an occasion for self-dedication," said Mr. Pou finally.

"Let us agree here and now that so long as this war lasts we will: 'Do willingly and promptly whatsoever our government shall ask us to do.'

"That we shall say nothing and do nothing that can give aid and comfort to the enemy."

"That so long as the war lasts we shall make no criticism or condemnation of it unless we have knowledge of the facts."

"That no person dependent upon a soldier shall suffer in his absence."

"That no soldier who shall return with an honorable discharge shall be without a job so long as we have a job to give any one."

"That in all things where other considerations are even, the preference shall be given to the man who went to the front. One thing about this glorious democracy is its equality. There are no substitutes, no 20-years-olds hirelings, no sneaks. It bears upon every person the same and the same obligation is open to all."

"God grant that in this great crisis testing men's souls, the dross may be separated from the pure metal, the wheat from the chaff and that no man in North Carolina will show the white feather or the yellow streak."

"It is Good, old in its ven to-it in like Luz and, if y farther other co grocer s exactly v out argu go wron profit-sh



The Luzianne Guarantee: If, after using the contents of a can, you are not satisfied in every respect, your grocer will refund your money.

Luzianne The Reily-Taylor Com

Dewey's Judgment of Daniels The late Admiral Dewey was the greatest American naval hero developed since Farragut's momentous exploit. But the American people not only honored him; they had high esteem for his judgment and sagacity, and would not lightly disregard his characterizations of contemporary servants of the nation. So it is that the Admiral's estimate of the Secretary of the Navy, published posthumously by his wife, in a letter to Senator Overman, of North Carolina, may do much to counteract the criticisms uttered by men of less distinguished service.

"I wish you, and the people of the country also," wrote Mrs. Dewey, "to know that my husband felt for the present Secretary of the Navy, Hon. Josephus Daniels, a sincere affection. Only a short time ago the Admiral said: 'I have been in the navy 62 years, and have served under many Secretaries of the Navy, but Secretary Daniels is the best Secretary we have ever had, and has done more for the navy than any other. I am amazed by his knowledge of technical matters. He has studied profoundly, and his opinion is founded on close observation.'"

The immediate future may apply a severer test to the efficient readiness of the American navy. Cleared for action, training its guns upon the enemy, the battle line of the Atlantic fleet may demonstrate what many men now believe, that we have the greatest navy in the world, ship for ship, gun for gun, and man for man. It is a splendid thing for the nation to have confidence in its chief fighting arm in such a crisis as now exists, and fortunate, therefore, that this confidence should be strengthened by the word of its most trusted navy man.—Philadelphia Record.

Protecting Meat Meat should be kept in a standard brine for from 45 to 60 days, according to the size of the pieces of meat. It should then be taken out and hung up in the smokehouse for smoking. Some people practice letting the meat hang in the smokehouse and every time it begins to show sign of mould or bugs, they smoke it some more. This has the advantage of causing the meat to dry out so that it becomes very hard after a few months. Bugs can be kept out by carefully wrapping the meat after it is smoked in cloth painted with paraffin, but this does not fully prevent the meat from moulding beneath. Some make a practice of burning sulphur in the smokehouse during the summer. This will kill everything but might cause a slight flavor to the meat. The easiest way to prevent mould in meat is to keep bugs of all kinds away is to paint the meat with a liquid smoke preparation. This is not recommended by the Federal government, and the sale of meat so treated is prohibited between the states. Even though this method is not the most healthful, it is the most successful for keeping down mould and insect pests on the family meat supply. Meat treated with sulphur fumes would also be prohibited in interstate commerce.

Stomach Troubles and Constipation "I will cheerfully say that Chamberlain's Tablets are the most satisfactory remedy for stomach troubles and constipation that I have sold in thirty-four years' drug store service," writes S. H. Murphy, druggist, Wellsburg, N. Y. Obtainable everywhere.

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