### DRAFT LIST

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1124, Eupene Green, Sengrove, Rt. 1, 598, William Cleero, Richardson, 12 June 19

# Like a Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Desper may Name of Iron, is greatest of all strength builders.
Often increases the strength and endurance of delicate, nervous falls 100 per cent, in two weeks' time.

the her weeked value the affect, with the amounter has given down to including the amounter has been down to including the amounter of the last of the amounter of the last of the amounter of the last of the amounter of the last of the

DRYING AND CANNING

as the string beans are dried.

Pumpkin and Summer Squash—
Pare and cut in about one-half inch strips and blanch three minutes, remove surface moisture and dry slowly.

Children Cry

FOR FLETCHER'S

CASTORIA

There will be a union service nex

WHAT CATARRH IS

person has catarrh in some form

M any good.

It has been said that every third

Science has shown that nasal catarrh

often indicates a general weakness of the body; and local treatments in

the form of snuffs and vapors do little,

Scott & Bowne, Bloomfield, N. J.

(By Home Demonstration Agent.)

Quite a number of inquiries have come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the come to the office asking about the advance of the market. These are soid not only surgicist and peddiers. In the directions for use the housewife is told to be canned, to cover with water, and to be canned.

This Curt Levie Cox, Ashebore, Star Boate.

2) N. Churches Clement, Ynten Asher William Options Bully, Bandles

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16th Harvey H. Cenven, Clincax, 3. Hobert Licon Allred, Asheboro, 1. L. Horser Hammond, Farmet.
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Bt. L. e. s. Allen Curl Kearns, Trinity.

IWENTY FIRST BUNDRED 11s. Prof W. McPherson, Asheboro

plant the Ernest Garden, Polices, Rt.

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amseur. 1918. Troy Franklin Pool. Edgar. 200, Ernest A. Wiles, Jr., Asheboro. 376. Thomas H. Elder. Trimity. 192, Gurney H. Tysinger, Asheboro. 233. Pearl Holmes. Asheboro.

977, Roy Evans, Randleman. 196, Calvin Harrison Beane, Sea 1522, James Moody Allred, Prank

578, Walter Harrison Parks, Piagah 1662, Penrson Nixon, Climax. 203, Artenus Winningham, Randle-

Religious Services in Court House Sunday Evening for Company K — Rev. aBrohardt, Presiding Elder of Greensborg District, to Presch Ser-1870, Roy Vaughn Anthony, Glenola. 611, Elyssess E. Bean, Cagle's Mill. 403, Claud Vestal Jones, Trinity, Rt. Sunday morning at 8 o'clock at the court house for Co. K. Presiding Elder Barnhardt of the M. E. church will preach. Co. K will attend in a body. Public invited.

196. James E. Underwood. Ashe-

#### Constipation and Indigestion

"I have used Chamberlain's Teblets and must says that they are the best I have ever used for constitution and uniquestion. My wife also used them for unligestion and they did her good, writes Eugene S. Knight, Wilmington, N. C. Chamberlain's Tablets are mild and gentle in their action, Give them a trial. You are certain to be pleased with the agreeable laxitive effect which they produce. Obtainable everywhere

To correct estarth you should treat its cause by enriching your blood with the oil-lood in Scott's Emulsion which is a me-hound food and a building-donic, free from alcohol or any harmfuldrugs. Try it. Randleman Civero Richardson Miss Liney Lore of Concept ded at 1538. Ralph R. Hutchreen, Codar the Charlette Sanitorium Thireshy affections after a three weeks disease. 1541. Engage Aurus York. These the was as read of age.

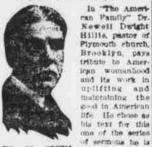
# AMERICA'S LIFE **RESTS ON FAMILY**

Without Soundness In the Home All Else is Naught.

## **WOMAN THERE PRE-EMINENT**

By Rev. Dr. NEWELL DWIGHT HILLIS, Past of Plymouth Church, Brooklyn, N. Y.

In "The Amer



IN. NEWELL DWIGHT BILLIS.

one of the series of sermons he is preaching Proverba xxxi. By way of pre-emittence the Ameri-can family is the first and most im-portant of American Institutions. No other idea itse so close to the beart of our enger and communding American society. Prom the family have come our school, our church and all our civic ideas. The republic could spare all its other forms of democracy more easily than it could the held of the

more easily than it could the less of the idea of the family.

The mere mention of certain names—the Fleid family in connection with the Atlantic cable, the movement for international law and the great names on the beach of the supreme court—ta filled with suggestion. Witness also the family of Lyman Beecher and the Adams family of New England. Multiply these families and their influence is the sindow cust across the land in the form of the institutious they are the form of the institutions they re-ated. No other nation has statted the family after the fashion of this repub-lic. In this republic all things were and are and will be for the sake of the family

the deeny of the fruit or vegetable, but they also encourage uncleanly, careless work and while with small does the influence may not be apparent in an adult in mormal health, with a child or an invalid the effect may be of a serious nature. The best way of preserving fruits and vegetables is by sterilization by means of heat. This can be done very easily and the use of the powders is not to be recommended. Sailcylic acid, the most common preserving powder, is also used in embaining a dead body. Common sense teaches us that a powder strong enough to preserve a dead body is not very good for our digestive system. Many fruits and vegetables, which often go to waste may be saved by the simple process of drying. If properly dried, they retain their natural flavor and food value and can be made into wholesome and attractive dishes. The may be dried in as oven, in trays racks over the kitchen stove, in a specially constructed drier or spread in the sun. Directions for a home-made diener will be furnished upon request.

The quality of the dried product depends upon having the vegetable absolutely fresh, young, tender and perfectly clean. Vegetables should be blanched to remove the atrong oder and flavor flanching consists of plunging the vegetables into boiling water for a short time. Use a flour sack for this. After blanching, drain well and remove surface moisture by placing vegetables between two towels or by expessing them to the sun or air for a short time. family.

In the interest of the home and the believed ones there all the wheels turn round, all the ships set sail, all the tools work by night and-day. To bring back treasure to the home men dare the chill under the freeze north and been under the tropic sun. Take the family out of American scelety and it the taking the intellect from the body, the heat from the sunboam, the culture from the library, the sun from the sky, leaving only a black and empty moket. When the sun dies all the harvesta die with it.

The History of the Family is the History of Woman.

tery of Weenen.

In general the history of the family is the history of woman and her leve. It he a singular fact that the libraries hold the history of wars, arts, law, ships, engines, stores, stars, but that no one has ever written a history of love. An American scholar in one of his "chol cessays" has commented with keen sattre upon the oversight of the historian as to that arrange tunnit of the heavy that begins with the exof the beart that begins with the ex or ins oper that begins with the ex-change of flowers, that formers on to-ward poetry and daffy letters, that be-gins to talk in images of paradhse or hall and before the inflatomation has subsided cultainates in a wedding or a

The history of literature is very largely the history of this beautiful and pathetic attachment that estab-tishes the family and has carticled the Recipes

String Beans—Wash and string the beans carefully. The young and tender beans may be dried whole. Those that are full grown should be cut in one-fourth to one inch lengths with a sharp knife. Blanch in boiling water from six to ten minutes, depending on the age of the bean. One-half tenspoonful of soda may be added to each gallon of boiling water to help set the color. Remove surface moisture and spread to dry.

Lima Beans—Lima beans can be shelled from the pod and dried. Guther while young and tender, wash and blanch from 5 to ten minutes and dry as the string beans are dried. being through all the centuries. In the far off Helirew days the old book tells us about a brave boy and a beau-tiful girl who at night fell down and prayed to dod that they might grow oid together. That enthropement of the heart explains the ideal of Rebekan and lease

Weman's Place In Literature.

Italian literature was born with Beatrice, just as Laura made Petrurch Beatrice, just as i aura made Petrarch and Francesca transdigured Paolo. It is a woman also that walks through all the pages of Mallory's "Morte d'Arthur" and glorifies each kip! of the king. Shekespears understood, for it is a man's blunder that precipitates every crisis in the life of Hamlet, slain by indecision; of Othello, stupid, also by his own jealousey; of Henry VILL, and Wolsey, ruined through selfathness and blind ambition. Always whou redemption comes it is at the hand of some Imogene, Portis or Cordells. Every novelist of the first order of intellect puts woman in the vary of intellect puts woman in the very heart of the scene. Jeanie Doans sheds luster upon all who stand with in the circle of her life. Hawthorne's Hester glorifies the dark shadows of "The Scarlet Letter." At the Monday Literary club in the Parker House. Boston about 1870 Raiph Waldo Em erson made the statement that the novel was in some respects the high est form of literature, but was impossible without a woman standing in the

A Book Without a Woman

A young man, "Adirondock" Murray then and there affirmed that he could write a novel that would so reed with our mentioning the name of woman.

Murray hoped to evoke the sympathetic interest of his readers. It could not be otherwise. Seeledy is a unit representing the union of two temperaments the masculing that is fixed and more, the massering that is first and maliterable, the femining with which the woman is stational through and through like crimson set in the fluest would that cannot be wealed out, find never intended that men should be femiliared or women made virile. The pathetic affactument that has subsisted between great souls like Rebekah and fame. Aspussia and Parickee, Robest Browning and Elizabeth Barrett tells us plainly that the path of love is the only right fur leads to paradiae, that can turn a hut finto a house, a tent into a palace and, though the house be only a frail tent set up in the desert, with no family save the light of the firefly, jet for Jacob flome is where Bachal is and heaven is that unswen city of ameliyes bellind whose walls of silver Rachel bath disappeared.

The Braskdown of the Family. unalterable, the fembline with which

The Breakdown of the Family.

Now, all these considerations in crease the alarm of pairiots who have their country when we come to counider the fluentened breakdown of the American family. There is a well known principle in economics that a strong demand will create the instrustrong dominal will create the instru-ments for the supply. The more fact that there are now 3,900 courts to which unhappy couples may repair for divorce publishes the keen demand for institutions that can sever a the that is full to a thread, but should be as strong as a steel cable. It is a far cry-from the 5,000 divorce courts of triday buch to the time a century and a baif any, when the mother of Alexander Hamilton, a beautiful Huguenot girl, living in the West India islands, want-ed a divorce from the Dans, who had of a diverce from the Dane, who lad become drunken, cruet and depraved, who lad none back to Europe and from whom she never heard senin. There was not one court in the British colonies or in Great Berliain thes could give a decree of separation. Divorce meant that the woman with her wrongs must go to London, secure influence strong enough to carve a bill fluence strong enough to carry a bill through the house of commons at an expense of about \$5,000. Now the pen-dulum has award to the other ex-

Divorce in Assertion.

There are now 2,000 divorce mills srinding all day less in our country. Sixteen thousand divorces have been granted within a single year, though the same year witnessed only 800 divorces. Firstless and events and sixteen an the same year witnessed only 800 di-verce in England and about a score in Curnity, Indeed, the records of our country showed some this age three diverces in Cunada and over Kapio in our country. Most disquieting the speciacle of the unlaster uniting young men and women in the morning and a judge separating them in the after-noon. The blackest part of the treas-dy concerns the delical, any depict a father's guiding lessel and they with, out a mother's love. out a mother's love.

dy concerns the children, any deplets a father's cuiding head and flow without a love.

An archer's cuiding head and flow without a mother's love.

From the viewpoint of Tenayon's Treat of the higher concention of Fair Wessens' of the nilsone tenth century and one own observation of noble weening in the revealed woman's children here of noble weening in the revealed woman is child flow from the house poer women appeal to the courts because of non-support and the neglect of a mon to provide for his children. At ross in privide for his children, at ross in the fresh and working woman weeks to dresh the working woman weeks to provide for his children. At ross in the brain a grant and so brutal is his supposed of their father as the supposed of their father as the supposed of their father as the supposed of the fact that he was also ship for the fact that he was tangority of course is woman's dislike of lapses of the fact that it is bette finerval so cently fifteen hundred tables from the house fig. fashle minded children! Even to file fashle born in the tenement regions of New York were committed to house fig. fashle minded children! Even to file fashle birth of Jesus, the Roman havyne espision the force of Phiny, sixty yours after the work with the tenement regions of New York were committed to house fig. fashle minded children! Even to file fashle birth of Jesus, the Roman havyne espision the force of the was file subject to sweet that there were no divorces for the first 500 years of the life of Rome, but certain it is that there is no authorite recorded divorce during the san of the first 500 years of the life of the same pre-milinence in society and the creation of wealth as the female workers have in the beabley.

For an interiority, and man on the speech from the life of the mine of the workers have in the beat in the creation of wealth as the female workers have in the beat provided divorce during the case of jured, and within a single month fifty Roman mutrous possened their bus-bands. What evil men did now that

they were made to resp.

Woman's Revolt.
Either the workingmen of this country must give up whisir, seusualism, drugs, and maintain a life of bookh and sobriety and keep themselves as clean within and without as they were during their twenties when they were lovers, or else the working woman are going to refuse to bear children that carry forward the sins of their fathers. These women understand the threat-ened breakdown of the American physigns. It is not their fault that in the tenement house region children are born with imperfect vision, teeth with-out enamel, feeble hearts and poor circutation. Science, sound ethics, love or humanity, all unite in telling us that these working women are right in the rebellion that they are organizing. One of the duties that lie in front of No weman's name is mentioned in the pages, but unconsciously Murray care egislators is the duty of giving revealed the failure of his book in the ethic. The Story of a Man Who Didn't Know Much." The central figure in Murray's tale is a youth who had all the feminine qualities, through which plays fait with these mothers there will the root comes home.

be a revolution in this country. The overthrow of the salson will do much to bring in this new era, and that is a victory already within eight.

The New Woman.

The New Wernen.

What, then, is the initionics of the so called "new woman" upon the American family? So farrenching is that question that the answer must be based upon an analysis of what unkes the twentisth century American woman. First of all, she is an educated woman. One hundred years have now passed since the Boston High school was thrown open to girls with hungry minds. During this century young woman have ing this century young women have exhibited an enthusiasm for the little education quite undreamed of during other centuries. In the average high school of the country two young wonschool of the country two young worm-on graduate to every young man. The boy in his eagerness to enter business drope out of the high school, while the girl carries on her studies. In the state university also, little by little, young women are squalling in number the young men who are studying for the professions. If this tendency continues the time is not far distant when the convenient wently of the professions. overwhelming majority of the students receiving their diplomas in the depart-ments of literature, languages and the eciences will be women.

The New Woman Has a Clear Vision

and a Warm Heart.
To the education of the new woman we must now add her clear vision and her warm heart. Of old philosophers used to say that man has an intellect first and incidentally a heart, but that women has a heart first and incidental-ity a mind. The statement is meaning-less because it is untrue. When fully infolded the intellect means the whole soul in the act of knowing, and the heart means the whole man or wo-man in the act of feeding; but, given a great orrow, woman is strange-by gifted with sympathy. From a woman's heart is born the movement of heave Mary Ware in the sine of the plique in London; the struggle for soldiers on the battledeld by Florence Nightingste and Lady Augusta Stan-ley, braving every form of death in the Crimes; the plane of the Christhan commission women to our civil war, working with the ambulance force in the very midst of buttle; the Red Cross movement at the battle front of Eu-rope. And think of Mary Slessor, be-siming as a missionary in Africa and sittle by little achieving an influence so unique that the members of the cab-lied in England sought her advice, that the mutive tribes appealed to her decision, that fends between states and warring boots might be settled: influence of Wessen in American Sodiers on the battlefield by Florence

influence of Wessen In American Sci

warring hosts might be settled:

Influence of Wessen in American Society.

No words can describe the influence of the modern women in American society. Who can set it he achievements of these women who have emparised the movement for the higher education in Wallandey, Vassen, Rauth and Erys Ma we! Women the Paracess Wilgard and Jane Addiss and Da Asses Sau and a loos of others have changed the very atmosphere of the hand.

Witness without financial shape and the mean who founded the Son Marche in Parks all left their millions to their wives. When that Pranchworpers left her bushessel she caused the sales of the Son Marche From Shoulded of france up to 200,000,000 and 200,000, because she was fine themptoned and the remains the feepile workers and collect all the sweets in the hire have gotten through with their loots they ather the males to dont, and the remains spend the warkers and collect all the sweets in the hire have gotten through with their loots they ather the miles to dont, and the remains spend the warkers and collect all the sweets in the hire have gotten through with their loots they ather the hore with the miles to dont, and the remains spend the warkers exiting the honey that their own skill gathered.

jury's verdiet, for it remains for us to cenfess that in no country have women tried so ancessfully to put othics into industry, justice into law, gentleness into government, sympathy into reform and purity and tenderness and love into the household. No land can beast womenhood more glerious

Great is the power of trade and com-merce. Wonderful the strength of man to fill the granary and the storehouse. Marvelous the achievements of the soldier and the sallor, but man is not a body. His soul uses the body, and the chief influences that shape character. create institutions and regenerate laws are the influences of heart and con-science and social sympathy, that are the pre-eminent gifts of women. As children we all wake to conscious life lying upon a woman's lap, in youth it was a woman's hand that pointed to the paths of prosperity and peace, and when the end comes, happy is the old man upon whose fevered brow in the