

### EAT SUGAR FOR BEAUTY

Cambridge, Mass., Nov. 19.—If one would but be good looking and at the same time well nourished he has but to follow the rules laid down by Dr. Alphonso G. Woodman, assistant professor of food analysis at the Massachusetts Institute of Technology, and eat sugar.

"It is the food of civilization," states Dr. Woodman, thus upholding the opinion vouchsafed recently by Dr. Harvey W. Wiley, chief of the government's chemistry bureau. "Persons who have enough sugar in their food," he continued, "are better nourished and better looking as well as more energetic than those who neglect carbohydrates in their dietary. This, of course, is true when other things are equal, for there are evils from a diet of too much sugar."

"In a properly balanced diet carbohydrates produce heat and energy, and the quantity of sugar or starch to be taken in proportion to other foods is a matter of the individual. To lay down a general rule that could be applied to all persons would be impossible."

"Carbohydrates as contained in sugars, particularly in honey or fruit sugar, are very quickly assimilated. Thus, as much energy is now expended in the process of digestion as in other foods. This fact is widely recognized. For example, in the selection of a stimulant to give an athlete just before he enters a race, there is nothing better than a few lumps of sugar. He can transform it into energy almost without losing strength or becoming tired before the effort of assimilating it."

### KANSAS MOB TARRED WOMAN SCHOOL TEACHER

Lincoln Center, Kan. Nov. 16.—A flood of affidavits was let loose in court at the beginning of the hearing of the application of Everett G. Clark, a wealthy miller of Shady Bend, for a change of venue in the case in which he and eight other men, are charged with "assault and battery" in connection with the tarring of Miss Mary Chamberlain last August. Miss Chamberlain was in court, accompanied by mother and brother.

Since Miss Chamberlain was decoyed to a lonely spot on a country road and seized by a dozen men, her clothing torn off and her body coated with tar she has remained in close confinement in the community where she taught school, and where it is said her popularity with the men caused the jealous wives and sweethearts to urge husbands and lovers to inflict on her, torture which caused a storm of indignation throughout the state.

At the court's opening this morning, Prosecutor McCannless stated he had over three hundred affidavits to offer the court to prove there is no reason why a fair trial should not be given all the accused men in this country. The "tar party" is the principal topic discussed.

Pleas of guilty were suddenly announced by three men accused: Everett G. Clark, a miller, Watson Seranton, a farmer and Jay Fitzwater, a farmer. Judge Grover reserved sentence.

### Beattie Baby Yet Unnamed.

Wilmington, Del., Nov. 23.—Mr. and Mrs. R. V. Owen, of Dover, Del., parents of Louise Owen Beattie, for the murder of whom Henry Clay Beattie, Jr., will be electrocuted at Richmond, Va. tomorrow, will not ask for clemency.

Their attitude now is the same as it has been all through the case, that the judgment of the law must be accepted.

The infant son of the murderer, now six months old, is with the grandparents in Dover, and is reported as doing well. Because of the notoriety of the case, the child has not yet been named. Prior to the murder of its mother, it was intended to call it after its father. This, however, will not be done. When the maternal grandfather was asked what he and his wife called the child, he replied: "We merely call the little fellow 'baby.'" He would not say when the christening will take place. The grandfather said:

"We have often discussed the future of the little one, the child of our daughter. The possibility of some one telling him about his father has given us no little concern. However, there is no rem-

edy. My wife is caring for him as only a loving grandmother can, and she will continue to do so, of course."

### HACKS OFF HEAD OF SON WITH RAZOR

Reading, Pa., Nov. 19.—Becoming suddenly insane, Charles H. Melcher, aged 36, a well-known boss machinist, early today killed his 10-year-old son, attempted to kill his wife, and then ended his own life by cutting his throat with a razor.

During the night Mrs. Melcher was awakened by hearing her husband exclaim, "Oh God, have mercy on my soul."

When she opened her eyes she saw Melcher with a razor in his hand, which was dripping with blood.

"Have you killed him?" she asked her husband, who without replying, advanced toward her.

The terror-stricken woman, dragged the body of her son with her, dashed out of the room. She left the boy's body on the first floor and then, clothed only in her night robe, ran seven blocks to her mother's home.

When the police who had been notified reached Melcher's home they found the boy with his head entirely severed from his body, lying in the hall, while Melcher, with his throat cut, from ear to ear, was lying in an upstairs room. He died while being removed to a hospital.

### BOLD TRAIN HOLD UP

Columbia, S. C., Nov. 24.—A masked white man late tonight robbed the mail car of Atlanta Coast Line railroad train No. 55 between Royster and this city, took the registered letters, stopped the train and jumped off just before the train reached the city limits.

The value of the registered mail stolen is not known, but the letters are said to have contained several thousand dollars. There is no clue to the identity of the robber.

The train, westbound from Wilmington, N. C., reached the Royster blockhouse, two miles from Columbia, at 11:20 o'clock. It stopped there a moment, then proceeded toward the city. The robber is supposed to have boarded the train at Royster.

Within a few moments after the train started he made his appearance in the mail car, held up the two mail clerks at the point of a pistol and took the registered letters. He then pulled the bell-cord and leaped off as the train stopped.

In the darkness there was no use to pursue him and the train continued on its way to this city, where the robbery was reported. Detectives are on the hunt for the robber, but have absolutely no trace of him.

R. F. D. No. 1.

Crowded out last week.

Miss Hettie Robertson and C. C. Stroud were married Tuesday Nov. 14, Rev. Stickley officiating. Miss Robertson is one of No. 1's most popular young ladies while Mr. Stroud is one of Liberty's best business men. We join their many friends in extending congratulations.

Miss Swana Patterson, our popular postoffice clerk, is at home on No. 1 for a few days. The new church at Friendship will soon be completed.

On account of being unable to secure a principal for the High School at Friendship, the opening of same has been deferred till a later date.

Bob May's little girl who was carried to the hospital at Greensboro several days ago, is reported to be getting on as well as could be expected.

Percy Homewood is moving to his new home on No. 10 this week. Mr. and Mrs. Lewallen will now take charge of their beautiful home at Oak Grove which is being vacated by Mr. Homewood.

J. A. Moser, better known as "Daddy," has been confined to his room for quite awhile with a sore leg.

Our townsman J. R. Hoffman and Bro. D. S. Hall went out on No. 1 last Wednesday for a bird hunt. As to luck killing birds we think the two together with the aid of the dog got one bird. However, they got a good dinner at G. W. Patterson's, which we are sure paid them for the trip.

Country Sauer Kraut. Coble's Grocery.

### "But for the Grace of God—There Go I."

In the December Woman's Home Companion there is a most interesting talk on charity. Following is an extract:

"One anecdote especially, I reckon to have increased my charity tenfold. It was that one told of a great man who, seeing a poor and drunken wretch reeling along the street, said with keen wit and still keener charity to his companion, 'There, but for the grace of God, go I.'"

"Perhaps that does not seem to you so striking an anecdote. It did not seem so to me when I first read it, but it came back to me again and again, and each time it enriched me. For again and again, when I saw someone doing what I would have considered beneath me to do; when I saw someone a prey to some weakness not mine, the gentle tolerance of that great man would point out to me that but for the grace of God, but for the better advantages, the greater blessings, the lesser temptations in my own life, I, too, might be even as this person was. Over and over it came to me to remember, 'But for the grace of God—there go I.'"

"I have heard a good many sermons on Charity, but this little incident in a great man's life seems to me a better sermon than them all."

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### ECZEMA CURED

Pimples Disappear and Complexion Cleared Over-night.

New York:—Thousands are taking advantage of the generous offer made by the Woodworth Co. 1161 Broadway, New York City requesting an experimental package of Lemola, the new skin discovery, which is mailed free of charge to all who write for it. It alone is sufficient to clear the complexion over-night and rid the face of pimples in a few hours. On the first application of Lemola the itching will stop. It has cured thousands afflicted with Eczema, Teeters, Rashes, Itching and Crusting of skin, scalps of infants, children and adults. It is good for the preservation and purification of the skin, scalp, hair and hands for the prevention of the clogging of the pores the usual cause of pimples, blackheads, redness and roughness and also the treatment of burns, scalds, wounds, sores, chapping as well as the toilette and nursery.

### Starts Much Trouble.

If all people knew that neglect of constipation would result in severe indigestion, yellow jaundice or virulent liver trouble they would soon take Dr. King's New Life Pills, and end it. It's the only safe way. Best for biliousness, headache, dyspepsia, children and debility. 25c at Freeman Drug Co.

### Draughon's College.

The highest degree of business ability comes only through a process of business training. The BEST PLACE for you to get business training is Draughon's Practical Business College, Charlotte or Raleigh, N. C., or Knoxville or Nashville, Tenn.

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Clinton, Ky.—Mrs. M. C. Mc Elroy, in a letter from Clinton, writes: "For six years, I was a sufferer from female troubles. I could not eat, and could not stand on my feet, without suffering great pain. I had lost hope. After using Cardui a week, I began to improve. Now I feel better than in six years." Fifty years of success in actual practice, is positive proof, furnished by those who have used it, that Cardui can always be relied on for relieving female weakness and disease. Try Cardui, today, now!

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Alderman, Second Ward.  
Alderman, Second Ward.  
Alderman, Third Ward.  
Alderman, Third Ward.  
Alderman, Fourth Ward.  
Alderman, Fourth Ward.  
Secretary & Treasurer,  
City Attorney,  
City Health Officer.  
Chief Police,  
Tax Collector and Police,  
Night Police,  
Cemetery Keeper—White Cemetery  
Cemetery Keeper—Col. Cemetery  
Street Commissioner,  
City Scavenger.

### BOARD OF EDUCATION.

B. R. Sellers, J. W. Cates, Eugene Holt, T. S. Faucette,  
O. P. Shelton, Jos. A. Isley, Jas. P. Montgomery.

### WATER-LIGHT & POWER COMMISSION.

R. M. Morrow, Eugene Holt, J. L. Scott.

### Southern Railway Passenger Schedule.

No. 112	East	1:32 A. M.	No. 111	West	5:32 A. M.
No. 108	"	8:12 A. M.	No. 21	"	11:18 A. M.
No. 144	"	10:25 A. M.	No. 139	"	6:29 P. M.
No. 22	"	5:00 P. M.	No. 181	"	9:17 P. M.

### Post-Office Hours.

General Delivery of Mail 7:00 A. M. to 7:30 P. M.  
Money-order and Registration Hours 7:00 A. M. to 6:00 P. M.

### SUNDAY HOURS.

General Delivery 7:00 P. M. to 7:30 P. M.  
Lobby open all hours to box renters.

J. ZMB WALLER, Postmaster.

### 1911 TAX NOTICE.

Taxes for the year 1911 are now due: For the purpose of collecting same I will attend in person, or be represented by deputy, at the following places, on dates named.

Pleasant Grove Tp., Stainback's Store, Tues. Nov. 14, 10 to 11 A. M.  
Dailey's Store, " 11 to 2 P. M.  
E. C. Murray's Store, " 3 to 5 P. M.  
Faucett Tp., Levi Aldridge's Store, Wed. " 15, 9 to 2 P. M.  
E. Long's Store, " 3 to 5 P. M.  
Coble's Township, Alamance Factory, Thurs. " 16, 10 to 1 P. M.  
Patterson's Mill, " 1 to 3 P. M.  
Bellemont, " 4 to 6 P. M.  
Boon Station Township—  
Elon College, Friday, " 17, 9 to 2 P. M.  
Ossipee Mills, " 3 to 6 P. M.  
Morton's Township—  
Altamahaw Mills, Tuesday, " 21, 9 to 2 P. M.  
Morton's Store, " 3 to 5 P. M.  
Albright's Township—  
Eureka School House, Wed. " 22, 10 to 2 P. M.  
Melville Township, Mebane—  
W. A. Murray's Store, Thurs. " 23, 10 to 6 P. M.  
Thompson Township—  
Saxapahaw, Friday, " 24, 10 to 2 P. M.  
Sweepville, " 24, 3 to 6 P. M.  
Burlington, Freeman's Drug Store, Sat, " 25,  
Haw River—  
Anderson & Simpson's St. Mon. " 27, 10 to 2 P. M.  
Troolingwood, " 27 3 to 5 P. M.  
Patterson's Township—  
Rufus Foster's Store, Tuesday " 28, 10 to 1 P. M.  
Stroud's Store, " 2 to 5 P. M.  
Newlin's Township—  
Snow Camp, Wed. " 29, 9 to 1 P. M.  
Holman's Mills, " 29 to 5 P. M.  
Sutphin's Mill, Thurs. " 30 9 to 3 P. M.

The books are open now, and will be found open at the Court House at all times.

Under the new law this call is thirty days later than in former years, and in view of this fact you should be prepared to meet these appointments.

These taxes are due, and now is the best and easiest time to pay, and it is your duty as a good citizen to discharge this obligation promptly.

Respectfully,  
R. N. Cook, Sheriff.

An ad in The State Dispatch will pay. Try one and see.

### Coat Suits

We are receiving daily our immense stock of Ladies' Tailor-made coat suits. Each suit possessing that individuality which is so much sought after. We have the strictly tailored semi-tailored and dressy models in mixtures. All colors. Prices ranging from \$10 to \$30.

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