

THE HICKORY DEMOCRAT.

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Tuesday, August 3, 1915

Rev. D. M. Litaker, formerly pastor of the First Methodist Church here now pastor of Main Street church in Thomasville, has purchased a tent and began work in it a week ago. He invites people to attend in their working clothes and to take off their coats. The Concord Times says it is an instance where good common sense and reason are shown and regrets that general arrangement cannot be made by churches of all denominations everywhere to hold outdoor services through the summer months.

The public will hear with pleasure and relief that the Southern Railway will eliminate all grade crossings wherever possible in its construction work involving the relocation or double-tracking of its lines. This measure is taken as a "permanent investment for safety," regardless of the fact that this means great additional expense to the Southern Railway. In connection with the double-track work which is now under construction in Virginia and North Carolina, out of 102 miles, which has been completed 54 out of 73 grade crossings have been eliminated. It is almost impossible to eliminate the 19 which remain.

Farmers' Institutes will be held at Dr. Foard's store August 4 and at St. James' August 9. The committee has been fortunate to secure Mr. A. L. French, the noted stock man of North Carolina, and Mrs. W. N. Hutt, one of the valued contributors of The Progressive Farmer, as speakers on these occasions. It is hoped that all farmers will attend, and take their families along with them. These addresses will be very helpful, and much information can be gained, besides it is a good place to meet all your friends, and have a genuine good time.

"The Water's Fine"

"Come on in, the water's fine" is literally true in every sense of these days. Nothing so relieves the situation in hot weather as a nice or cool bath or swim. It is the order of the day from the long suffering baby bundled up in too many clothes to the "stout" over-nourished, under-exercised women with the fan and rocking chair, from the hot tired workman to the sunburned school boy who frequents the "old swimming hole."

And why shouldn't the boy live on intimate terms with the swimming hole. Shame on those nervous, neurosthenic trouble hunting parents who are constantly admonishing their boys "not to go near the water." It is silly to say the least. Now actually who ever heard of any boy's being injured by going swimming, whenever they want to and for about as long as they want to? It is one of the finest and best exercises known. No small boy is ever willing to take a bath but show us one that won't go swimming when he gets a chance.

Furthermore, to know how to swim is an important part of any education these days. Yale requires that every graduate be able to swim 300 yards before receiving his diploma. If every boy told the truth and obeyed his mother, how many men would know how to swim.

The most important precautions about swimming are to learn how to swim by the assistance or in the presence of some other good swimmer, to avoid swimming in filthy water, containing sewage pollution. (A little clean mud won't hurt but filthy water is liable to be swallowed.) to use horse sense about going in over one's depth or out too far and about staying in the water too long, also about plunging into cold water over heated, especially with a weak heart. Finally don't go in for about two hours after meals.

Whenever You Need a General Tonic Take Grove's
 The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

My Sort of Man.

I don't believe in 'ristercrats
 An' never did, you see;
 The plain ol' homelike sorter folks
 Is good enough fur me.
 O' course I don't desire a man
 To be too taral rough,
 But then, I think all folks should
 know
 When their nice enough.
 Now there is folks in this here
 world,
 From peasant up to king,
 Who want to be so awfully nice
 They overdo the thing.
 That's jest the thing that makes me
 sick,
 An' quickers' a wink
 I set it down that them same folks
 Ain't half so good's you think.
 I like to see a man dress nice,
 In clothes becoming, too;
 I like to see a woman fix
 As woman orter do;
 An' boys and gals I like to see
 Look fresh an' young an' spry—
 We all must have our vanity
 An' pride before we die.

But I jedge no man by his clothes,
 Nor gentleman nor tramp;
 The man who has the finest suit
 May be the biggest scamp,
 An' he whose limbs are clad in rags
 That make a mournful sight,
 In life's great battle may have
 Proved
 A hero in the fight.

I don't believe in 'ristercrats:
 I like the honest tan
 That lies upon the healthful cheek
 An' speaks the honest man,
 I like to grasp the brawny hand
 That labor's lips have kissed,
 For he who has not labored here
 Life's greatest pride has missed:
 The pride to feel that yore own
 Strength
 Has cleaved fur you the way
 To heights to which you were not
 born,
 But struggle day by day.

What though the thousands sneer an'
 scoff,
 An' scorn your humble birth?
 Kings are only puppets, you are
 king
 By rights o' royal worth.

The man who simply sits an' waits
 Fur good to come along,
 Ain't worth the breath that one
 would take
 To tell him he was wrong.
 Fur good ain't follerin' round this
 world
 Fur every fool to sup;
 You've got to put you see-ers on,
 An' go an' hunt it up.

Good goes with honesty, I say,
 To honor en' to bless;
 To rich and poor alike it brings
 A wealth o' happiness.
 The 'ristercrats ain't got it all,
 Fur much to their su'prise,
 That's one of earth's most blessed
 Things
 They can't monopolize.
 —Paul Laurence Dunbar.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.
 F. J. Cheney & Co., Props., Toledo, O.
 Sold by all druggists, price 75c.
 Take Hall's Family Pills for constipation.

A Good Household Salve

Ordinary ailments and injuries are not of themselves serious, but infection or low vitality may make them dangerous. Don't neglect a cut, sore, bruise or hurt because its small. Blood Poison has resulted from a pin-prick or scratch. For all such ailments Bucklen's Arnica Salve is excellent. It protects and heals and prevents dangerous complications. Good for all Skin Blemishes, Pimples, Salt Rheum, Eczema. Get an original 2-ounce 25c. box from your Druggist.

An Eas, Pleasant Laxative

One or two Dr. Kings New Life Pills with a tumbler of water at night. No bad, nauseating taste; no belching gas. Go to right to bed. Wake up in the morning, enjoy a free, easy bowel movement, and feel fine all day. Dr. Kings New Life Pills are sold by all druggists. 36 in the original package, for 25c. Get a bottle to-day—enjoy this easy, pleasant laxative.

For dyspepsia, our national ailment, use Burdock Blood Bitters. Recommended for strengthening digestion, purifying the blood. At all drug stores. \$1.00 a bottle.

Efficiency Expert

San Diego, Aug. 2.—The San Diego Exposition has an efficiency expert. He's one of those exacting and highly technical individuals who can tell you the life of a lead pencil and declares if a stenographer could take dictation with one hand and transcribe-it with the other at the same time the clerical cost could be reduced so much "pen capita per second."

Now this fellow is off on another tack and he has just concluded one of his "scientific" investigations. He has figured out what the Exposition loses every time a parade passes through the grounds. This efficiency expert has just informed Exposition directors that the big Elks parade the other day cost \$7.93 on one point alone. He also figured out that the parade of the American Beauty girls cost \$9.47.

"You see," says the efficiency man, "every time a parade passes the Administration building on the grounds the stenographers leave their work to see it. They were all out for the Elks. Stenographers get so much per day. Their wages are so much per hour. The Elks parade was so many minutes in passing. A dozen stenographers watched it and the total cost—its easy figure—was just \$7.93. As for the men. Why they watched the American Beauty parade and used up just \$9.47 of the Exposition's time in doing so. This must stop."

So thoroughly has this expert searched into the realms of efficiency that he now proposes that the gardeners hold a hose in each hand and that the pigeons in the Plaza de Panama be trained to pick up waste paper so that the street cleaning force can be reduced. The efficiency man is popular with the financiers of the Exposition but should he run for office the votes he would get from employes would be conspicuous for their absence.

Unpreparedness.

In spite of regnant militarism, extending over more than a generation, only one country in Europe was prepared for war. With the exception of Germany, nobody understood what warfare would be like or what means were necessary to prosecute it. After elaborate preparations for many years, and nine months of actual fighting—with such impressive object lessons last fall as the easy capture of Antwerp and Namur—Russia was turned out of her Galician trenches almost as though big field guns were as novel to her as Spanish firearms were to Montezuma. It was only in May that England effectually woke to the fact that munitions were the vital point and began vigorously to reorganize herself on that basis.

The enormous consumption of shrapnel, powder, and like commodities, was foreseen by nobody outside of Germany. We were told the United States might get much foreign trade outside the reigon because the belligerent nations would be unable to supply their foreign customers with peaceful goods, that has not happened. We were not told that we should be selling hundreds of millions of dollars, worth of war materials to the Allies—which has happened.

Copper men were in the dumps because war curtailed exports—not dreaming that prospective demand, based on war's colossal consumption, would double the price of their product. No end of study had been devoted to the subject; yet the declarations of August let loose an unknown force.—Saturday Evening Post.

Traveling Man's Experience.

"In the summer of 1888 I had a very serious attack of cholera morbus. Two physicians worked over me from four a. m. to six p. m. without giving me any relief and then told me they did not expect me to live; that I had best telegraph my family. Instead of doing so, I gave the hotel porter fifty cents and told him to buy me a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, and take no substitute. I took a double dose according to the directions and went to sleep after the second dose. At five o'clock the next morning I was called by my order and took a train for my next stopping point, a well man but feeling rather shaky from the severity of the attack." writes H. W. Ireland, Louisville, Ky. for sale by Grimes Drug Co. & Lutz's Drug Co.

To Drive Out Malaria And Build Up The System Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents

NAVY BUILDING PROGRAM.

Construction of Many Submarines Will Be Urged in Congress. Washington.—The next building program of the United States Navy will include estimates for nearly double the number of submarines appropriated for by the last session of congress. From officials in close touch with the administration's plans for the navy it was learned that while the general board would wait until September before making its recommendations at least 30 and probably more submarines certainly would be required.

Some naval officers of high rank think as many as 50 or 75 submarines would not be too many, but those who are taking into account the necessity for enlarging other parts of the navy program believe a conservative estimate will be agreed upon is about 30. The last congress in three sessions authorized 26 submarines and the United States has a total now of nearly 70 in commission, or building. Within two years the total, it is estimated, may be brought up to 100 under-sea craft.

Secretary Daniels, it is understood, favors a large building program, believing that in the development of the efficiency of the submarine arm lies the most important task of the navy today. The action of the last congress in appropriating for 16 submarines when only eight or more were asked for is believed to have given the secretary confidence that the next session of congress would be even more generous.

IN SUCH PAIN WOMAN CRIED

Suffered Everything Until Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Florence, So. Dakota.—"I used to be very sick every month with bearing down pains and headache, and had a good deal of the time and very little appetite. The pains were so bad that I used to sit right down on the floor and cry, because it hurt me so and I could not do any work at those times. An old woman advised me to try Lydia E. Pinkham's Vegetable Compound and I got a bottle. I felt better the next month so I took three more bottles of it and got well so I could work all the time. I hope every woman who suffers like I did will try Lydia E. Pinkham's Vegetable Compound. —Mrs. P. W. LANSBERG, Box 8, Alyn, Wash.

Why will women continue to suffer day in and day out or drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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Special Low Round Trip Rates via Seaboard Air Line Railway, the most BEAUTIFUL Mountain section of North Carolina.

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Notice of Sale of Real Estate Under Mortgage.

By virtue of the powers contained in a certain deed of mortgage given by H. F. Yoder and M. C. Yoder, his wife, to M. A. Rowe and assigned to H. W. Harris, the undersigned will sell at public auction to the highest bidder for cash, in front of the Post Office in Hickory August 28, 1915, at 1 o'clock p. m., the following real estate, default having been made in the payment of the note for which the mortgage is security, said land lying and being in Hickory township, and bounded as follows: Beginning at a Hickory and runs S. 16 1/2 W. 69 1/2 poles to a stone on the old line; then with the old line S. 78 7/8 W. 47 poles to a stone in said old line; then N. 22 East 15 poles to a Walnut; then N. 9 E. 13 poles to a stone; then N. 68 W. 21 1/4 poles to a Walnut stump in the river bank; then down the river 48 poles to an Iron wood on the bank of the river; then S. 52 E. 28 1/2 poles to a stone; then N. 45 E. 2 1/2 poles to a poplar; then N. 33 E. 46 poles to the beginning. Containing 31 acres, upland and 4 3/4 acres of bottom. This July 26, 1915.

M. A. Rowe, Mortgagee,
 H. W. Harris, Assignee,
 M. H. Yount, Attorney.

Q. T. Herman ARCHITECT
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