Why Girls Go

Back Home

The Concord Daily Tribune

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RAILROAD SCHEDULE In Effect Jan. 30, 1926.

In Effect Jan. 30, 1926.

Northbound

10 Northbound

10 Now York

10 258 P. M.

136 To New York

10 25 A. M.

136 To New York

10 25 A. M.

136 To New York

10 25 A. M.

136 To New York

155 P. M.

12 To New York

155 A. M.

135 To New Orleans

135 A. M.

135 To New Orleans

135 A. M.

135 To Charlotte

135 A. M.

135 To Atlanta

135 To Atlanta

135 To A. M.

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136 P. M.

10. 135 To Atlanta 8:37 P. M.
10. 39 To Atlanta 9:50 A. M.
10. 37 To New Orleans 10:45 A. M.
10. 37 To New Orleans 10:45 A. M.
10. 38 To New Orleans 10:45 A. M.
10. 37 Will stop in Concord of the one of the one of the orleans of th

BIBLE THOUGHT -FOR TODAY-Thoughts memorized, will prove

SELF-MASTERY :- Keep back thy SELF-MASTERY:—Keep back thy servant also from presumptous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgres-sion. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my Redeemer.—Psalm 19;13, 14.

conditions of entry made by America might be studied and explained, and the United States, through the Secretary's note, has declined to attend. Secretary Kellogg says that the proper procedure is for each of the 48 signatory powers to accept the conditions by an exchange of notes with the United States.

ton's last word, then the reservanons are as good as rejected already
and American membership in the
nirt is impossible."

The American government was
aking some progress in the neatter
world peace co-operation until the
niots primary. When Senator Metinley was defeated in the Republia primary opponents of the World
wert plan raised a migity howl
out the decision showing the views
the Hinois people.

There is nothing to that. Senator
Kinley is an administration SenaKinley is an administration SenaKinley is an administration Senakinley are send for all others.

clear and could row ashore.

The great John L. Sullivan, who was five feet 10 1-2 inches tall was the left Court plan it is not right to that any one issue brought about efeat. Rather it seems more just by that the people of Illinois are pleased with the Coolidge admin ion. There have been more istant american participation in sourt.

I way the administration is bettacked and accused of safering cold feet on this proposition, and for the junior lightweight title.

Secretary Kellogg and other officials have become a little worried so they decided to get out of the thing the best way they could.

We have been anreasonable, to say the least in this matter. First, we sef up a schedule of conditions which

nust prevail before we can become an uctive member of the Court and then we refuse to discuss these conditions with other nations which must of ne-cessity co-operate with us in their

we explain nothing."

away from farms of 301,000 persons. Births on farms during 1925 are estimated at 710,000, and deaths at 288,000, leaving a natural increase of 422,000 which reduced the loss due to city ward movement to 479,000.

The figures for 1924 showed a net

The figures for 1924 showed a net loss in farm population of 182,000 persons. The gross-movement from farms to cities in that year was 2,-075,000, and the gross movement back to farms was 1,306,000, a net movement, not counting births and deaths,

lightly above the two million mark since January, 1922, apparently de-cidedly overbalances the gross move-ment from cities to farms plus the increase on farms due to excess of births over deaths.

### MILLS AT ROCK HILL ANNOUNCE CURTAILMENT

servant also from presumptous sins; let them not have dominion over me; then shall be unright, and I shall be innecent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my Redeemer.—Psalm 19:13, 14.

COLD FEET ON LEAGUE ISSUE.

President Coolidge and Secretary.

President C

refused to send delegates to describe to discuss the American terms of entry and from Geneva comes the report that Secretary Kellogg's blant note of refusal has put a bad tast; in the mouths of the officials of the League of Nations and the Court.

The American reservations demand much thought on the part of other members of the Court, and certainly they are not likely to be accepted so they are not likely to be accepted so they are not likely to be accepted to the court of the court, and certainly they are not likely to be accepted to the court of the court, and certainly they are not likely to be accepted to the court of the court o

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The former will bear a design of President Coolidge. This is the first the says that the says tha

A Geneva dispatch to the New Two Escaped Ice Floe on Brink of

Yorw Herald-Tribune says:

"League observers deny that the safetyations are 'plain and unequivo-cable' unless Americans deliberately want them rejected. On the other hand, if the above statement is Washington's last word, then the reservations are as good as rejected already

"Proper Food and Exercise," by ARTHUR A. McGuv Bhi Former physical director, Cornell Medical College

## Practical ways to recover your pep

ARE you driv-ling your human machine with kerosene instead of gaso-line? You could take the finest car made out of a factory, and if you put poor fuel in it, the chances are it chances are it would not run.
There are many human machines that

thrive on. A physical worker can eat without injury a meal that would bring a less active per-son down with an attack of in-digestion. Sed-onterv. worker entary workers on the other hand should est sparingly. The latter people re-quire just about one - third the amount of heat

machines that are organically DAY TO BUILD HEALTH one to the possened blood they lack to the man who does the power that nature intended labor. they should have. Faulty elim-ination, poor posture, lack of exercise, poor circulation, in-sufficient sunshine and fresh air nation, poor posture, lack of exercise, poor circulation, insufficient sunshine and fresh air are some of the causes for this loss of pep. People so suffering the poor good fuel and hitting on loss of pep. People so suffering agree many excuses for this general sluggishness. They feel that they are not getting the proper food, or that they don't get enough sleep. They smoke too much, work too hard, or something of the sort. Of something of the sort. Of someting or the sort. Of course, these conditions have a tendency to exaggerate their general run-down condition, but the way to build good healthy blood is to tone up the body by regular systematic exercise and proper living, selecting foods that are nourishing and laxa-tive and not having any heat

which are responsible in a great many cases for these functional irregularities. Just as we prepare mechanical devices for hot and warm weather, so we should prepare our bodies. Mechanical machines use different grades of oil and grease in the cold weather than they do during the warm weather. Water pipes have to weather. Water pipes have to be well protected to prevent freezing. We, too, should have a schedule for our human ma-

fuel, such as sugar and starch

year around, regardless of the changes in temperature. A person's occupation has much to do with the amount of food he can

Durbam Sun.

The First Presbyterian Church of Durbam may withdraw from the Granville Presbytery as the result of the votes which admitted a young man to the ministry who had neither college nor seminary training and which denied the women of the church a more active part in its work. It is refreshing to see a progressive and forward-looking spirit in the conrel, such as represented by the stand of the local church and its pastor, for increased women's activity. Only by application of the principles of, the church to the times may the caurch continue to serve. In fact, only de-

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labor.

The following set of health

Rule 2. After the exercise a warm, then cool bath.
Rule 3. After the bath. two glasses of water—blood temperature.

Rule 4. A well-balanced break fast, having some bulk and coarse cereal such as coatmeal, bran or Grape-Nuts. Rule 5. After breakfast your

evacuation. This is very important. The exercise will greatly aid in im-proving intestinal slug-

gishness. Spend at least one hour in the open air daily.
Rule 7. Sleep in well ventilated

hours work and six hours for relaxation and recreation are essential. Get at least six glasses

of water daily, preferably between meals.

Drink more if you can. Nature is the best provider.
My chart of twelve exercises,

Atlantic City is preparing to ente tain the 1926 tournament for the United States marble sheeting cham-pionship in June. The present na-tional titleholder is Howard (Dutch) Robins, a 13-year-old lad of Spring-field, Mass.

WHO HAS WARRANT FOR MR. GRIPPE

I am looking for a scoundrel

by the name of Influenza. He's international crook. In

an international crook. In this country he goes under the alias of La Grippe. Abroad he is known as the flu. Some-times he masquerades as a bad cold. Have you been attacked by him? Your doctor will tell you that our pure drugs will sentence him to banishment.

PEARL DRUG

CO.

Phones 22-722

Drink two glasses of water before breakfast. BREAKFAST: Raw fruit in season; about six spoonfuls of bran with cream; two soft boiled eggs; coffee substitute. Ayoid sugar and bread as much as possible. Two glasses of water between breakfast and luncheon. LUNCHEON: Clear soup or creamed vegetable soup; vegetable or fruit salad; cheese or nuts; cocoa or milk. Two glasses of water between lunch and dinner.

DINNER: Broiled lean meat such as steak or chops, chicken or fish; at least two vegetables; salad; fruit, cheese or nuts; cocoa or milk. Two glasses of water between dinner and retiring hour.

Mild Reduction Diet

daughters. The editor of 'The Sigcal' and Mr. Downey were not the
best of friends, due to the latter's
frm declaration in the past that
he could see he reason for adverlising in 'The Signal.'

The entire male population of
Winesville—that is, the population
which counted in the local churchis and in society, in fact, all but
farmers and laborers in the small
torsign colony—made a point of
dropping into the hotel for cigarettee that day. Men who had
maver smoked before bought as
many as two packs that day.

Their hôpes, however, were in
vain. Joseph Downey, as reported
by Jane, the chambermaid, whose
head was in fair danger of being
turned by unwonted masculine attention, had locked himself in his
room upstairs. What he was doing there she could not understand.

He was reading a telegram—in
fact, he had been reading it for
some time. On his night table lay
the torn, the crumpled and otherwise discarded remnants of some
six telegraph blanks. On the first
one he had written impulsively:
"Come home. I forgive yen.—Father."

wise discarded remnants of some six telegraph blanks. On the first one he had written impulsively: "Come home. I forgive yea.—Father."

He had been about to send that one too. In fact, he had gene out to take it himself to the station and give it to the operator, when he had encountered a man sauntering into the lobby ostensibly to tony tebacco. Seeing Mr. Downey, the man had stopped in his tracks and, giving him a long, knowing, searching look, approached loyous ly. Whereapon Mr. Downey turned tail and ran upstairs and destroyed the wire.

He had been about to send that on the first that the property, the man had stopped in his tracks and, giving him a long, knowing, searching look, approached loyous ly. Whereapon Mr. Downey turned tail and ran upstairs and destroyed the wire.

He had been about to send that on the Ross gave her a restraining glance.

John was finding it very hard to be gin thus with no opening. It was not until the dessert that, clearing his throat, he launched a thunder both the Ross started. Mr. Ross expending with preparatory large.

"What's that' What's that' was not all the log of the low with mo opening. It was not until the dessert that, clearing his throat, he launched a thunder both the Ross started. Mr. Ross edid so. When John came up, they were calming dipons into soup. Noticing John came up, they were calming John had anger for the angular had a

# Either Twin Can Drive This Buick



The portion of the control of the co

"Dear John:

"Please don't be angry because I left without saying goodbye. I am sorry you were mad at me and sorry I was mean to you. I cannot help it if I love Clifford Dudley, and I only hope some day you will find someone to love as much. I wanted to see you and tell you about it, but I couldn't manage. Write me that you forgive me.

you forgive me.
"As ever, your friend,

rouldn't manage. Write me that you forgive me.

"As ever, your friend,
"MARIE."
"I have to see her." cried John aloud. "I won't belleve anything until I see her."

Not for nothing did John have a determined jaw and strong, clear blue eyes. But he bethought blimself of his father and mother, who would have to be told if he went to New York. He walked slowly uptown.

His father and mother meanwhile were horrifiedly examining the paper which Mr. Ross had brought home for his wife's perusal. Mrs. Ross knew all the details anyhow, because a dozen women friends had already informed her over the telephone. But she went over them again. They said, "I told you so," to each other, though they had bothes been heartily in favor of Marie.

"And to think" added Mrs. Ross, "that I had her in my house at my table." She cast a glance of horror at the table, expecting somehow to see it covered with gore.

"Is that John downstairs? Here, Grace, sit on the paper." said Mr. Ross quickly.

Mrs. Ross did so. When John came up, they were calmly dipping spoons into soup. Noticing John'e pailor, however, his mother could not restrain a "Tch Tch." of pity and anger for the angulsh of her child.

Just take your shoes off and then put those weary, shoe-crinkled, aching, burning, corn-pestered, bunion-tortured feet of yours in a "Tiz" bath. Your toes will wriggle with joy; they'll look up at you and almost talk and then they'll take another dive in that "Tiz" bath.

When your feet feel like lumps of lead—all tired out-just try "Tiz." It's grand—it's glorious. Your feet will dance with joy; also you will find all pain gone from corns, callouses and bunions.

There's nothing like "Tiz." It's the only remedy that draws out all the poisonous exudations which puff the poisonous exudations which puff the poisonous exudations which puff the prisonous exudations which puff the poisonous exudations which puff the purpose of the purpos

# Takke Table



Don't fail to renew your fire insurance policy. The devil knows that it definite statement of the charge. And a service that is within everybody's has lapsed and may send one of his imps to touch means is one of excellent appointments and faulta flame to your house. Get busy, brother. less conduct. Our staff is experienced and respect-

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