sort is indispensable to keeping "fit." You quickly realize this when you have

to do anything particularly

strenuous. You become tired very easily, practically any

effort seems to

exhaust you. It takes you s very long time to regain your complete effi-

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## RAILROAD SCHEDULE In Effect Jan. 30, 1926.

In Effect Jan. 30, 1926.

Northbound
40 To New York
186 To Washington
5: 05 5 05 A. M.
36 To New York
10:25 A. M.
44 To Danville
12 To Richmond
7: 10 P. M.
32 To New York
30 To New York
1:55 A. M.

No. 39 To New York 1:55 A. M. Southbound 1.55 A. M. Southbound 1.5



MORE HTAN CONQUERS:-All us, who can be against us? Who shall separate us from the love of Christ? shall tribuation, or distress, or persecution, or famine, or makedness, or peril, or sword? Nay, in all these things we are more than conquerors through him that loved us.—Romans 8:28, 31, 35, 37.

### LOCAL DEMOCRACY UNITED.

It was evident from the harmony at the county Democratic convention Saturday that the local Democracy is

Better still, the precinct leaders seemed agreed on the more important matters presented to them, such as the selection of a chairman of the executive committee, C. A. Isenhour was unanimously elected, his protest that he could not serve falling on deaf ears. And his change of mind when

the Democrats are in power now because they have the most voters. It is going to remain thus, despite the apparent optimism expressed by the Possiblicary of the property of t

cause they have the most voters. It is going to remain thus, despite the apparent optimism expressed by the Republicans, A united Democracy can bring victory any time in Cabarrus county and we repeat, the Democracy is now united. The Democracy are interested and they are going to elect their officers this Fail with a majority even larger than that of two years ago.

IN CHRTALIMENT A NECESSITY is the dead. An oft Spanish document, found some time ago,

sek, while others are standing only single day. At their meeting in Spartanburg veral days age the manufacturers reed that curtailment might prout a rather serious situation later, not so far as we can learn, is the son for the curtailed program. We not mean that business is so good the all of the mills that they can burd to run. To be sure some mills without business at present, but at the same as a general thing bustons now is not so light that the same as a general thing bustons now is not so light that the South Carolina manufacture whose at is standing five days a week, usiness with his mill is good at each and the first three mouther the first three mouther are described as "very good." He is

Concord Daily Tribune on short time because it is the co

on short time because it is the concensus of opinion that business will get very dull later if the mills do not halt now in their operations.

And cotton prises seem to make the manufacturers very uncertain about the future. If there is another big crop, and present indications are that there will be, then cotton will be cheaper. The jobber knows this and he is unwilling to buy in the face of almost certain lower prices later.

Cabarrus county seems certain furnishing next Superior Court Judge for the fifteenth district, Judge John M. Oglesby will enter the primary without opposition among the Demo-crats and it is reported that H. S. Williams of the Concent have been williams of the Concord bar, has been named as the Republican nominee to oppose Judge Oglesby. That gives the county the judgeship. Mr. Williams has been the nominee for various offices, so he should know how to take his defeat good-naturedly in the Fall. While it is true that he the Fall. While it is true that he was elected to the State Legislature, he has been offered for Congress without success, and too, he has been defeated for the legislature. So, we believe there is any man in the dis trict, Republican or Democrat, who can defeat Judge Oglesby.

# GIRLS OUGHT TO DANCE MRS. MEYERS ASSERTS

Nothing Wrong With Modern Dance
But Way Girls Hold Themselves.
St. Louis, April 27.—"It is not
only right for girls to dance; they
ought to dance," Mrs. Louis G.
Meyers, girl scout commissioner of
Menhattan, New York, declared at
the closing session of the 12th national girl scout convention here.
So thorough were the delegates in
accord with Mrs. Meyers' opinion
that dancing for girls was expressly

accord with Mrs. Meyers' opinion that dancing for girls was expressly approved by the council.

"Dancing is an expression of happiness and vitality." Mrs. Myers continued. "It is a desire that dates from the old biblical days. My only complaint against the flapper is that she doesn't hold herself well. And if our girls are required to stand and walk properly before they win the dancer's merit budge, we will over come one of the chief faults of the gir's of the present generation."

r's of the present generation."

The girls who win the dancer's adge will be obliged to stand and a k correctly, to curtsey and to do

### TODAY'S EVENTS

Tuesday, April 27, 1926
Observance of the 104th anniversary
of the birth of Gen. U. S. Grant.
Greetings to Rogers Hornsby, champion batsman of the National League,
on his 30th birthday anniversary.
The Protestant Episcopal Church
will one its annual drugs concess.

pion batsman of the National League, 
n his 30th birthday anniversary. 
The Protestant Episcopal Church 
will open its annual church congress 
today in Richmond, Va. 
A general conference on lumber 
standardization is to be held in Washington today at the call of Secretary 
of Commerce Hoover. 
The annual convention of the National Association of building officials 
will open in Columbus, O., today for 
a Session of four days. 
The 135th anniversary of the birth 
of Samuel Fl. B. Morse, inventor of 
the Morse code, will be commemorated by the telegraph fraternity throughout America today.

# DUNCAN GETS LEASE ON MATVIEW MANOR

IS CURTAILMENT A NECESSITY NOW?

South and South Carbina are on short time now. Some of the mills are running only four days in the week, while others are standing only a single day.

Last rites for the dead. An old Spanish document, found some time ago, revealed a communication from the Franciscans to the king of Spain, asking for certain implements. Hoese, particularly, were sought, "which," which are running only four days in the letter read, "are the most essential for the many entradas' which have to be made, and the erection of houses and temples in the Indian villages."

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

# Exercise an aid in preserving beauty

were not feeling very "fit," how would you go about winning new strength and health? You might call in cians in all the land and they would tell you that there was nothing really



wrong with you, that there was nothing they could do and that you must effect the change yourself, through your own efforts. And if your lassitude is the result of unused muscles and physical laziness, that presenting helds good for

that they must conserve their suffering from faulty eliming strain successfully. You must have resistance to dance into the wee, small hours of the morning and feel fresh upon arising. You must have enough vitality to recover your buoyancy in short order.

The secret of vitality such as this is the possession of perfectly functioning organs, combined with well-developed muscles and mal habits and exercise. a good supply of rich blood and sh air. Each of these factors is absolutely essential to the whole. You cannot be healthy if one of them is missing.

Daily exercise of the proper stamped envelope.

worker, a typist or an heiress.

People who move in a constant
round of social activities, just as
do those who work all day, find
that they must conserve their
that prescription holds good for
you whether you are a factory
worker, a typist or an heiress.

People who move in a constant
round of social activities, just as
do those who work all day, find
ther they must conserve their
properties that a lazy inteat experience that a lazy inteat caperience that a lazy inteatine sthe underlying reason
for most sicknesses, both physiterm of most sicknesses, both physiterm for most sicknesses, both physi-

strength if they are to stand the tion. It is said that twenty-fiv constantly repeated, will aggrevate instead of improving th

condition.

A real cure is a combination of correct diet, regularity, nor-My chart of twelve exercise

is too lengthy to be put in a short article, but I will send it free to any of my readers who will send me a self-addressed

## A "Keep Well" Diet

BREAKFAST: Fruit such as oranges, cherries, currants, grapefruit, prunes, apricots, etc. Cooked cereal served plain or with cream. Toasted whole wheat or graham bread corn or bran mussins with butter. Cup of cocos or chocolate—or coffee substitute. Two glasses water between breakfast and lunch.

LUNCHEON: Glass of buttermilk, fermillac or sweet milk. Any fruit, vegetable or mixed salad. Bran, whole wheat or brown bread with butter. Rice, tapioca or farina pudding. Take two glasses of water between lunch and dinner.

DINNER: Small portion of soun such as bean tomate or vegetable. Brilled meat, chicken or fish. Two green vegetables—cal oage, peas, onions, carrots, beet tops, lima beans, callflower, and one starchy food such as rice macaroni, noodles, potatoes, hominy. A lettuce or vegetable salad, French dressing. For dessert stewed fruit, berries or fruit pudding. Weak tea or

O A. A. McGovern,

260 WILMINGTON NEGROES that his interests had 500 FLEECED BY "LABOR AGENT" houses waiting for occupan

TLEECED BY "LABOR AGENT"

Negroes Rush to Buy Tickets to Cleveland, O., at \$3. Each—Were Put Off Train.

Wilmington, April 25.—More than 200 negroes who bought through passage railroad tickets from Wilming ton to Cleveland, O., for \$3.00 cash from an unidentified negro, were put off a Seaboard passenger train at Navassa this afternoon and returned to, the city. The police are tonight looking for the visiting ticket agent. The agent worked the black belt of the eity quietly but very effectively. In fact one negro said he fought to get to the spot occupied by the agent, fearing that the supply of tickets would be exhausted before he could scent one.

The visitor told the misterican states was a supported?

trickets would be exhausted before he could secure one. The visitor told the me: they would be employed as iron workers in Eleveland at wages of a \$1.00 an hour; that work was plentiful and

In New York

New York Buying

The Latest

Styles

IN MILLINERY

Obinson's

Millinery Dept.

MISS ALLIE LEGG, Prop

Atlas supported?

Mabel—He must have married rich woman.



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

this country he goes under the alias of La Grippe. Abroad he level this country he goes under the is known as the flu. Sometimes 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-



CHAPTER VII-(Continued)

Mr. Rese strode out of the room.

His wife sat, regarding her only son with evea which overflowed. Her brain was busy working, working. To do her justice, it was not so much upon Marie at the moment as upon her son, to keep her with him.

"You understand, mother," John turned to her in anguish, mistaking her silence for sympathy. "You

turned to her in anguish, mistaking her silence for sympathy. "You don't believe these things about and saddened into complete accept ance of anything that might happen to her. But she did go early, accompanied by the sympathetic Sally, so as to avoid the other girls at least for a while. After she had made up and the girls had begun to file in, smirking at her, but not daring to pieroe her silence, she went to Sally's room in defance of all rules and sat with her till the curtain rose.

These the stage manager found her. It's not fair without giving be some mistake?"

"I don't know," said Mrs. Ross slowly and consideringly. "Will you—are you going to marry her?"

"Do you think," went on Mrs. Ross softly, "that she'll have you?"

At his start of misery and wounded vanity his mother could have bitten her tongue out. But she was glad she had said it just the same. She looked at him firmly and con-tinued:

"I only want you to realize, John hat even if she's innocent now, she



ran away with an actor and left you without a word. I only want you to remember that."

It was true, thought John, as he waited up to his room, beaten and miserable. He knew everything heat her but that. What had made her to do that? It was unexplained. Did she love Clifford Dudley? But she had said she loved him, too, only the very day before she ran he way; she had said that. If that could not be explained, then perhaps something loose and thoughtless and conscienceless had been in her all the time. His vasilty, too, roise to his defense, and caution warned him. Suppose he went to New York, gave up his father, mother, werything, and she was really the heartless hussy she seemed to be, and suppose she would not see him and would not listen to him.

"All the same," he said again in wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But this time, he added, "If—it she wardly, "I'll go to New York." But the time of the preake." "You always get the breake." "You don't have to use the houldn't, when sile took her place in the ribe. "You always get the breake." "You don't have to the souldn't, when sile took her pla

Dear Marie:

"The scandal has broken me all girl on her other side, 'this aint a up. Even if you're innocent it would be a great mistake to come home, for you are disgraced here, and no one would have anything to do with you.

"YOUR UNHAPPY FATHER."

The second covered five pages of the letterheads of the Ress Depart:

the breaks."

"Cheer up!" giggled the little function of the side, 'this aint a little will be function for the second covered five pages of the letterheads of the Ress Depart:

I am looking for a scoundrel by the name of Influenza. He's in international crook. In this country he goes under the

DECLINE TO INDORSE
OVERMAN CANDIDACY

Toucham Democrats Vice count E.

A. Hill's Resolution For Suke of Party Harmony.

Brawley, candidate for representative opposed E. A. Hill's resolution in the following the manufacture of Governor McLean adults.

Why Mrs. X-



MODERN PLUMBING IS THE THING --OF WHICH PARTICULAR PEOPLE SING . .

A flower garden is the most A fit the stage manager found her and did not so much as frown at her insubordination. He was a small, bald bachelor with a heart of gold and it was said of him strangely for a theatrical man, that he owed no person a cent. He cast himself upon Marie.

"I've been looking for you everywhere, dear. Now, darling, you've been a good girl, and we're not going to forget it. We're keeping it in mind!"

He took one of Marie's cold hands in his and patted it, giving her a beautiful thing that can be nan's home. Up-to-date plumb man's nome. Op-to-date plumb-ing is the most efficient, charming thing that can be placed in its interior. What's the news from the interior, anyway? Are your folks hap-py and healthy? "Plumb" up

CONCORD PLUMBING COMPANY

in his and patted it, giving her a mysterious wink. But there was no brightness in her face. "God, darling, this isn't a fu-

"Lay off her," said Sally sharply; he poor kid's sick over this busi

He rubbed his hands in casting a reproachful gla Marie



In advance we make a definite statement of the charge. And a service that is within everybody's means is one of excellent appointments and faultless conduct. Our staff is experienced and respectfully attentive.

## Wilkinson's Funeral Home

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Open Day and Night AMBULANCE SERVICE

Mourning Cards Rept in Stock at The Times-Tribune Job Office and can be printed on a few hours no-tice.

the liver.

For generations we have thought that drugs could do that, so we took cathartics. Now we know that drugs do rot. We know that drugs do rot. We know that oxgall does.

That discovery has changed the treatment for torpid livers. Physicians the world over now prescribe ox-gall. And we are getting results we never knew before.

A torpid liver causes countless troubles—perhaps most of the troubles we suffer. It means scant bile. That means that toxins form in the intestines, and they enter the blood. Those poisons cause troubles like these:

Indigestion
Constipation
Impure Blood
Ingham
Constipation
Inpure Blood
Ingham
Constipation
Inpure Blood
Ingham
Constipation
Ingham
I

NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Up Air Passages.

Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more bawking, smulling, mucous discharge, headache, dryness—no struggling for breath at night, your cold or catarrh is gone. Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist row. Apply a little of this fragrant, antiseptic oream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

TAUNTANICE BY FETZER & YORK



Don't fail to renew Your fire insurance policy. The devil knows that it has lapsed and may send one of his imps to touch a flame to your Get busy, brother. your house.

GENERAL PHONE ETZER & YORKE INS. AGENCY SURAN SAVINGS BANK BLDG.

Nunn and Bush Ankle Fashioned Oxfords

Beautiful Styles For Men and Young Men

RICHMOND - FLOWE CO.

The call my husband!

The per did by the call my husband!

OUR PENNY ADS. ALWAYS GET RESULTS

OUR PENNY ADS. ALWAYS GET RESULTS