



Tuberculosis It was when physicians said it was impossible for J. M. Miller, Ohio Druggist to survive the ravages of Tuberculosis, he began experimenting on himself, and discovered the Home Treatment, known as AD-DILINE. Anyone with coughs showing tubercular taint, may use it under plain directions. Send your name and address to ADDILINE, 239 Arcade Building, Columbus, Ohio.

DINNER PAIL FAST PASSING FROM MILL. Restaurants and Cafeterias Are Taking its Place in Pittsburgh.

Pittsburgh, Jan. 14.—The dinner pail is passing from the mills and factories of the Pittsburgh district. Restaurants and cafeterias are taking its place in the more important plant buildings. Executives are beginning to realize that a hot, palatable meal makes the workman more contented and more contented and more valuable than the cold, indigestible food packed away in a tin bucket. In the Homestead mills of the Carnegie Steel company in Monah, a few miles from Pittsburgh, more than 11,000 men are fed in the canteen every day, and the number is constantly growing. At the plant of the Westinghouse Electric & Manufacturing company in East Pittsburgh, also a suburb, 1,200 employees get their food in the company restaurant, and a new dining hall and modern kitchen is being erected. When it is completed, the company will be able to feed 3,000 of its workers at one time.

THOUSANDS HAVE KIDNEY TROUBLE AND NEVER SUSPECT IT

Applicants for Insurance Often Rejected. Judging from reports from drug gists who are constantly in direct touch with the public, there is no preparation that has been very successful in over-coming these conditions. The mild and leading influence of Dr. Kibner's Swamp-Root is soon realized. It stands the highest for its remarkable record of success. An examining physician for one of the prominent life insurance companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. Dr. Kibner's Swamp-Root is on sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kibner & Co., Duganstown, N. Y., for a sample bottle. Who will not be sure and mention the Evening Telegram, Rocky Mount.

What is Rheumatism? Why Suffer from it?

Sufferers Should Realize That It is a Blood Infection. Doubtless like other sufferers, you have often asked yourself this question, which continues to remain unanswered. Science has proven that Rheumatism is caused by a germ in your blood, and the only way to reach it is by a remedy which eliminates and removes these little pain demons.

IS YOUR BLOOD HUNGRY FOR IRON? Who Should Take Nuxated Iron

Advertisement for Nuxated Iron. Includes text: 'Modern Methods of Cooking and Living Have Made An Alarming Increase in Iron Deficiency in Blood of American Men and Women'. 'Helps Make Red Blood The Kind That Puts Roses Into the Cheeks of Women and Force Strength and Courage Into Veins of Men.' 'Is your blood starving for iron? Iron is red blood food. If you were to go without iron until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally go hungry for want of iron—iron that gives it strength and power to change food into living tissue.' 'Modern methods of cooking and the rapid pace at which people of this country live has made such an alarming increase in iron deficiency in the blood of American men and women that I have often marvelled at the large number of people who lack iron in the blood, and who never suspect the cause of their weak, nervous, run-down state. But in my opinion, you can't make strong, sturdy men and women by feeding them on metallic iron. The old forms of metallic iron must go through a digestive process to transform them into organic iron—Nuxated Iron—before they are to be taken up and assimilated by the human system. Notwithstanding all that has been said and written on this subject by well-known physicians, thousands of people still insist on dosing themselves with metallic iron simply because it costs a few cents less. I strongly advise readers in all cases to get a physician's prescription for organic iron—Nuxated Iron—original packages and see that this particular name (Nuxated Iron) appears on the package. If you have taken preparations such as Nux and Iron and other similar iron and arsenic in the past, and failed to get results, remember—taking iron in the proper form.

Why Not Use KLIM Powered Milk

The purest of pasteurized milk, and not run a chance of diseases in the use of raw milk. Analyzed and passed by city and state health departments, absolutely pure. Recommended and used by the leading physicians of this city as a general family milk. Trial order of two pounds, 9 quarts, \$1.25. J. O. POULNOT, Distributing Agent, 327 Eastern Ave., Phone 1009.

Advertisement for Hicks Drug Co. featuring a man in a suit. Text: 'Take our Good Drugs; get well and keep well. Dr. Good. Come to Our Drug Store where you know every thing is Reliable. Prices too. Don't take "any old thing" when you are not feeling well. Come to our Drug Store and get the Medicines you need. They will be fresh and reliable. When you buy in our Drug Store you get prompt attention, and the fairness of prices will please you so well you will go to us for everything you need in our "Careful" Druggists. Office: Hicks Drug Co.'

STOMACH ILLS

permanently disappear after drinking the Federal Shivar Mineral Water. Positively guaranteed by money back offer. This fine, cost a trifle. It is found anywhere by our Rocky Mount agents Geo. S. Edwards and Co., Phone 362.

Of Utmost Importance

Pure, emulsified cod-liver oil is not medicine as many are prone to think of medicine. SCOTT'S EMULSION is a form of growth-nourishment that is of utmost importance to many children. That most children relish and thrive on Scott's is a "truism" accepted the world over. Give Scott's to the children and watch them grow strong! Scott & Bowne, Bloomfield, N. J.

HEAL SKIN DISEASES

Apply Zemo, Clean, Penetrating, Antiseptic Liquid. It is unnecessary for you to suffer with eczema, blotches, ringworm, rashes and similar skin troubles. Zemo, obtained at any drug store for 35c, or \$1.00 for extra large bottle, and promptly applied will usually give instant relief from itching torture. It cleanses and soothes the skin and heals quickly and effectively most skin diseases. Zemo is a wonderful, penetrating, disappearing liquid and is soothing to the most delicate skin. It is not greasy, is easily applied and costs little. Get it today and save all further distress. The E. W. Rose Co., Cleveland, O.

FOR LUMBAGO

Try Musterole. See How Quickly It Relieves. You just rub Musterole in briskly, and usually the pain is gone—a delicious, soothing comfort comes to take its place. Musterole is a clean, white ointment, made with oil of mustard. Use it instead of mustard plaster. Will not blister. Many doctors and nurses use Musterole and recommend it to their patients. They will gladly tell you what relief it gives from sore throat, bronchitis, croup, stiff neck, asthma, neuralgia, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds of the chest. Always dependable. 30 and 60c jars; hospital size \$2.50. MUSTEROLE WALKING-BLISTER

MAJOR-GENERAL WOOD WARNS AMERICAN PEOPLE

"Universal Service brought to the colors, through the draft, first and last, approximately three million men, and it is safe to say that not over fifty per cent, probably less, of the men were fit for line service when the nation was called to the colors," said Major General Wood in a recent article in the Metropolitan Magazine. "When it is remembered," he said, "that the men sent to the camps for training had passed the Selective Draft Boards, and that they represented those who were considered most fit to undergo training and preparation for military service, it does not take much imagination to picture the physical and health conditions of the remaining thirty per cent. Think what this condition means: What its effect is—upon the race, upon national efficiency, national morality and character!" "The mobilization of the selected men of our nation brought to our attention an intolerable, unnecessary and dangerous condition—dangerous to us and to the race." "To get well or stay well and strong, it is absolutely necessary to have healthy blood, rich in plasma, oxygen, iron and the natural salt-salts that nature provided to nourish and revitalize the cells. You cannot live without oxygen, and if the cells of the body are not supplied with the cell-salts that feed and nourish them they soon wither, just as a plant droops and dies for lack of water. Dr. Reusing's remarkable discovery, which he recently announced and named REOLO, rapidly increases the number of red blood cells and the oxygen, iron and cell-salts that the blood must have to keep the body well or make it well. This wonderful REOLO formula which has been used with remarkable success by Dr. Reusing in his private practice, may now be obtained through registered druggists who are Licensed Distributors of the Dr. A. L. Reusing Laboratories, Akron, Ohio. REOLO is not expensive. Each sealed package contains 100 pleasant, tasteless tablets, sufficient for two weeks' treatment, and only costs a dollar. It is sold under the Positive Guarantee that if you are not absolutely satisfied with the results after taking the two weeks' treatment, your money will be promptly refunded. REOLO is sold in Rocky Mount by Standard Drug Co., Licensed Distributor for the Dr. A. L. Reusing Laboratories, Akron, Ohio.

Advertisement for B. F. Proctor's Department Store. Text: '-SUITS- -DRESSES- Just received a shipment of Ladies' Spring Suits, very attractive. BIG DISCOUNT ON ALL DRESSES. Proctor's dresses are beginning to be talked about, in fact, they have created a sensation of late, and this sale of Fine Frocks and Gowns will be no exception. First they are brand new, in the newest styles, for present and early Spring wear and offered at an exceptionally low price. Secondly, they are made of Satin, Serge and Tricotine—in fine quality material and the best of workmanship. Each of the numerous styles displays individuality and smart style. Sizes range from 16 to 40—and there are models for every one. B. F. Proctor's Department Store. Phone 61. Closing Hours: 5:30 and Saturday Night 10 P. M.

Advertisement for Walker Vulcanizing Works. Text: '-Your Storage Battery-' Does it give satisfaction? Does it need frequent renewals, and does it always work without a hitch? If your Battery is not trouble-free you should equip your car with a PHILADELPHIA GRID storage battery which we guarantee and stand back of in every particular. A competent Automobile Electrician to advise you. Vulcanizing Correctly Done. Walker Vulcanizing Works. 233 E. Washington St. GAS AND AIR AT THE CURB. Phone 362.

Advertisement for 'Too Fat?'. Text: 'Too Fat? A guaranteed weight reduction method, safe, pleasant. Brings slenderness, better health, happiness. Get small box of oil of korein (in capsules) at the druggist's. Follow directions. You are allowed to eat sweets, etc.; no starvation or strenuous exercising. Your life becomes worth living with clearer mind, improved figure, buoyant step, cheerfulness and optimism. Get thin and stay so! Cut out and show others this advertisement.'

Advertisement for Portage Tires. Text: 'Portage Tires All Oversize Speaking of Morale! Morale—the ability to hold out cheerfully—counts as heavily in motoring as in warfare. Morale is one of the "invisible" ingredients of Portage Daisy Tread Tires. But the service it helps them give is decidedly visible—longer mileage, relief from bothersome, annoying upkeep bills, and a sense of real trustworthiness that grows with every trip. There can be only one result when the high-quality materials that Portage buys, are worked up with the skilled, painstaking care on which Portage insists shall be taken. That result is—"Portage Tires, —All Oversize." We have some here for you—Portage Oversize Daisy Tread Tires and Portage Pure Gum Grey Tubes. W. B. Williams Motor Co. Rocky Mount, N. C.'