

# THE GLEANER

GRAHAM, N. C., May 7, 1914.

## Postoffice Hours.

Office open from 7:00 a. m. to 7:00 p. m. Sunday 10:00 a. m. and 4:00 to 6:00 p. m.

## LOCAL NEWS.

The new moving picture show is being well patronized. Mrs. Edwin D. Scott is entertaining the Bridge Club this afternoon.

Mrs. J. J. Barfoot is entertaining the Daughters of the Confederacy at a business meeting this afternoon.

Dr. Geo. A. Mebane and family, who have resided at Spring for a number of years have moved to Greensboro to make their home.

Mr. John H. Hoffman Treasurer and Manager of Graham Loan & Trust Company has bought a handsome automobile runabout.

Mrs. W. A. Rich's Sunday School Music School gave a most delightful concert Saturday night.

The Ladies' Aid Society of New Providence Christian church will hold a public meeting at 7:45 next Sunday evening.

Mr. Chas. A. Thompson has shown us some fine crimson clover taken from his farm at South Graham.

Prof. J. B. Robertson, County Superintendent of Schools, was in Rowan county, at Miranda High School, where he made the commencement address Tuesday.

Dr. E. C. Murray Will Go to Alamance Church. The news that Dr. E. C. Murray, who has been pastor of Graham Presbyterian church for about fourteen years, has accepted a call to Alamance church in Southeast Guilford and will sever his pastoral relations with the church here, will be received with sincere regret by the many friends of himself and his interesting family in and out of this church here and in this section.

Standard Time. The Observatory at Washington, D. C., has been sending out the time signals by wireless for the past twelve months to the Naval stations and the battleships at sea.

Building Notes. Mr. J. D. Moon is going right ahead with his new building on the West side of Court House Square.

For Sale. I offer my residence of 10 large rooms, long, wide hall-water, bath, electric lights, sewerage, out-houses, etc., situated on the corner of Albright Avenue and Marshall Streets.

A Way Out. There's one effective way to relieve kidney backache. Liniment and plasters may relieve it; but they seldom reach the cause. Backache is cause to suspect the kidneys. Doan's Kidney Pills are for disordered kidneys.

Display of Summer Hats. Miss Clegg will have her display of Summer Hats Friday and Saturday, May 8th and 9th.

Unveiling of Monument to the County President of the Chapter. Acceptance—Mr Geo. T. Williamson Chairman Board of County Commissioners.

Unveiling—Miss Kathleen Long. Music—Dixie—Oneida Band. Decoration of Monument with Flowers—Children.

Benediction—Dr. E. C. Murray.

Medical Journals are reluctant to discuss proprietary medicines. Hall's Journal of Health, however, says, "Our duty is to expose dander and record the means for advancing health."

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Having qualified an administrator upon the estate of Mrs. E. W. Harrison, dec'd, the undersigned hereby notifies all persons holding claims against said estate to present the same daily authenticated, on or before the 15th day of May, 1914, or before the 15th day of May, 1915, or this notice will be pleaded in bar of their recovery.

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## PERSONAL.

Mr. H. W. Scott spent Tuesday in Raleigh. Mr. E. W. Meyers of Greensboro was here Tuesday.

Mr. W. S. Rives left for Baltimore last night on business. Mr. Lou G. Turner spent yesterday in Durham and Hillsboro.

Miss Margaret Clegg spent Saturday and Sunday in Greensboro. Mr. Jas. P. Albright of Greensboro, was in Graham the first of the week.

Mrs. L. Banks Holt and Miss Ada Denny are spending to-day in Greensboro. Rev. Samuel Rankin of Greensboro spent yesterday here visiting Mr. W. C. Lovell.

Mrs. E. Lee Cooper of Glade Valley, N. C., is here on a visit to her parents, Dr. and Mrs. E. C. Murray.

Mrs. R. Jes Mebane and child of Greensboro are visiting here at the home of her father, Col. J. A. Long.

Mr. H. M. Cates, near Swepsboro, spent Tuesday in Raleigh, going down in the morning and returning in the evening.

Col. J. A. Long and Mr. J. N. H. Clendenen left here Monday for Jacksonville, Fla., to attend the Confederate Veterans Reunion.

Mrs. J. Mel Thompson of Mebane is spending a few days here with her parents, Mr. and Mrs. J. L. Scott, Jr., Dr. Thompson spent last night here.

Mrs. Jas. H. Proctor returned here Tuesday morning from Atlanta, and will leave tomorrow, accompanied by her little daughter for her home at Lumberton.

Mr. Ralph E. Holt of Chattanooga, Tenn., was here last Saturday. He is a son of the late Mr. John Holt of Manchester, Va., but formerly of this county.

Mrs. McBride Holt left this morning for Red Springs, where she will visit her brother, Mr. John T. Denny, and attend the closing exercises of the Presbyterian College where her daughter, Miss Martha Holt, graduates the coming commencement.

Picture for Largest Contribution. Cards were sent out by Graham Chapter Daughters of the Confederacy to the various schools of the county for contributions to the Confederate monument.

Dr. E. C. Murray Will Go to Alamance Church. The news that Dr. E. C. Murray, who has been pastor of Graham Presbyterian church for about fourteen years, has accepted a call to Alamance church in Southeast Guilford and will sever his pastoral relations with the church here, will be received with sincere regret by the many friends of himself and his interesting family in and out of this church here and in this section.

Rents Offices Here. Mr. W. Washbaugh, chief engineer of the Greensboro, Atlantic & Northern Railway Co., has rented offices in the National Bank of Alamance building, and is here working out the final location of the line from here by Chapel Hill and on to Durham.

Successful Meeting at Haw River Baptist Church. The series of meetings at the Baptist church at Haw River, of which Rev. Jas. W. Rose is pastor, closed the first of the week.

The closing exercises of Graham Graded School are in progress this week. Last night the music department under Miss Greenfield, gave a very delightful concert.

To-night the class-day exercises take place and tomorrow night the final will take place, when the annual address will be delivered by Prof. M. C. S. Noble of Chapel Hill, and the diplomas, medals and certificates awarded.

Programs for Unveiling Confederate Monument, May 16th. Song—Tenting To-night. Prayer—Rev. Robert Parker. Music—To for Carolina's Oneida Band.

Introduction of speaker—Jacob A. Long. Address—Mr. H. A. London. Music—Bonnie Blue Flag—Oneida Band.

Presentation of Monument to the County—President of the Chapter. Acceptance—Mr Geo. T. Williamson Chairman Board of County Commissioners.

Unveiling—Miss Kathleen Long. Music—Dixie—Oneida Band. Decoration of Monument with Flowers—Children.

Benediction—Dr. E. C. Murray.

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## SCHOOL NEWS.

The moving pictures of the Alamance Tomato Club Girls, made last Summer at the Melville Farm, are at last coming to Alamance county. On Tuesday night, May 12th, these pictures will be shown at Friendship High School, on Wednesday night, at Spring on Thursday night, at Maywood, and on Friday night at Hawfields.

These exhibits are free, and we hope to see a large crowd at each place. These pictures have been shown all over the United States, from California to the eastern coast of North Carolina, and from New York to the Gulf of Mexico.

Let every Corn Club Boy and every Tomato Club Girl see these pictures. It is possible that these pictures will be shown in Graham, Monday, May 11th. Watch for further notice concerning this.

The Oaktide Dairy School, conducted by State Dairyman Alvin J. Reed and his assistant, Stanley Combs, closed last Monday night, April 30th. On that night they gave a magic lantern show and awarded the prizes.

The show was very interesting. Three prizes were given for composition and work done, and three for best kept cow records. In the first contest Carl Alexander won first place, Midge Coble second, and Opie Spoon third.

The first prize was a pure bred Poland China pig, and the second and third prizes were pure bred White Rock chickens. Midge Coble won the first prize in cow records, Carl Alexander second, and Eugene Thompson third.

This has been a great opportunity for Oaktide. The children have taken advantage of it and have learned many things that will be very useful to them no matter what their calling in life may be.

These Dairymen went to only two schools in the State and Alamance should consider herself fortunate in having one of these schools. Hawfields High School closed Friday night, May 1st.

Friday night Rev. J. W. Goodman preached the annual sermon. On Friday morning Mr. Dameron of Burlington made a splendid address. Friday afternoon was given over to athletic sports, and Friday night the elementary department of the school gave a very interesting entertainment, which was followed by the final exercises of the graduating class.

In all the exercises the children conducted themselves with an ease and efficiency that spoke well for the work done by the Hawfields school.

The Woodlawn School closed Friday night with a good entertainment and a crowded house. This school is soon to build an other room.

Mr. Nathaniel Foster, Old Soldier, Passes. After many months of suffering, Mr. Nathaniel Foster passed away at his home here last Friday morning at 5:40 o'clock, aged about 75 years.

The funeral was conducted from the Baptist church at two o'clock Sunday afternoon by his pastor, Rev. Jas. W. Rose, assisted by Dr. E. C. Murray and Rev. Robert Parker. Mr. Foster had been a familiar figure in Graham for many years and was respected and esteemed by a large circle of friends.

He was a Confederate soldier, and served in Co. I, 32nd Regiment. All of the pall bearers were old Confederate soldiers, as follows, Messrs. J. N. H. Clendenen, J. H. Watson, J. A. Oldham, Murphy Thomas, Peter Hughes, John Black and W. C. Moore, and Rev. Robert Parker who assisted in conducting the funeral was also a Confederate soldier.

The interment was in Linwood cemetery. Deceased is survived by widow, Mrs. Rhoda Foster, and the following children, names: Wm. Foster near Raleigh, Samuel Foster of Danville, Va., Robt Foster of Swepsboro, DeWitt Foster of Durham, Arthur Foster of Raleigh, Mrs. Mary King, wife of Mr. Tom King of E. Durham, and Mrs. Rosa Boggs, and Miss Mattie Foster of Graham. All the sons were present with their wives at the funeral except William, who was prevented on account of the illness of his wife, and the wife of Samuel. The large attendance at the funeral testified to the high esteem in which Mr. Foster was held.

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## HEALTH AND HYGIENE.

Spring fever is a stern reality. It is not a joke by any manner of means. It has its basis deep seated in the change to which the body and the blood pressure must adjust themselves to warm weather. It is scarcely necessary to explain the how and the why. Space forbids. The doctors tell us it is so, and we know it already, so that's enough.

What you and I want to know is this, what shall we do about it. Shall we load up on bitters, sarapillars, blood purifiers, liver regulators, appetizers, and tonics of every conceivable kind.

No, that is just what you don't want to do. If the appetite seems balky, or if you have that tired, achey, lazy feeling, here is the secret. Open your eyes; take it easy for a few days don't coax the appetite. Dieting a little or going on a "hunger strike" for a meal or two at a time now and then is better than all the sarapillars, tonics, and appetizers in town.

Don't worry—you will not starve. When you really need nourishment your appetite will return. And when the appetite does return, don't take advantage of it. Don't sink up on heavy winter foods.

You don't need so much heat producing food as you did in January. What you really need is food with lots of bulk and little energy—laxative foods in other words. Cut out the meats, fats and alcoholic drinks, and by that you mean all the patent medicines for alcohol in their main constituent, and anything that tends to cause constipation.

Eat such things as green vegetables, green peas, string beans, spinach, celery, lettuce, radishes and plenty of fruit salads. Many vegetables may be obtained canned this time of the year at reasonable prices. Don't forget fruits of all kinds. Drink plenty of water, and above all things, keep the bowels loose. In ninety-nine cases of spring fever out of every hundred, the unfortunate victims do not keep their human sewer flush out properly by carefully avoiding constipating foods and selecting a diet of fruits and vegetables. Try it once. You'll feel better in a day or two.

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