

Postoffice Hours.

Office open 7:30 a. m. to 12:00 p. m. Monday 9:30 to 11:30 a. m. and 4:00 to 6:00 p. m. R. N. COOK, Postmaster.

RAILROAD SCHEDULE.

GOING EAST—No. 112 (mixed) due 1:45 a. m. " 108 " 9:17 " " 22 " 5:00 p. m.

GOING WEST—No. 111 (mixed) due 5:23 a. m. " 21 " 11:13 " " 139 " 6:15 p. m.

All trains carry mail, and Nos. 21, 22, 108 and 139 carry express.

LOCAL NEWS.

—Mr. J. Calvin Walker, a leading citizen from the northeastern part of the county, is at Rainey Hospital for treatment.

—A number of Graham ladies are attending the Presbyterian at Burlington this week, among them Mrs. Lynn B. Williamson, who is the Secretary.

—The protracted services at the M. E. Church are being attended by good congregations. Services every afternoon and night. Rev. Euclid McWhorter is conducting the services.

—A week ago it looked as if the fruit crop was doomed. For three mornings in succession there was ice and frost, but so far as learned plenty has escaped to make a reasonably plentiful crop.

—"The Mighty Doris Shows" are here—came Monday for a week. It, or they, is a carnival. The equipment looks to be brand-new. It's a big aggregation and is attracting large crowds every evening.

—Bethany school district, south of Graham in Graham township, voted on special school tax on 1st inst. Not a vote was cast against it. The school building will be remodelled and the school will have an additional teacher the next school year.

At Rainey Hospital.

Mr. J. D. Albright was carried to Rainey Hospital Tuesday afternoon for an operation. He is reported to have stood the operation well and getting along nicely.

County To Buy Tractor.

The County Commissioners at their meeting Monday authorized the purchase of a tractor for working the roads. And if it shall prove satisfactory the committee appointed was authorized to buy another tractor. That's business.

Mass-Meeting, April 17th.

All Democrats, and those who intend affiliating with them in the coming town election, are called to meet in the Court House Thursday night, April 17th, 1919, at 8 o'clock for the purpose of nominating a candidate for Mayor and five Commissioners. Be sure to attend.

B. R. TROLLINGER, Township Chairman.

Among the Sick.

Mrs. Armstrong Holt is greatly improved and has returned home.

Mrs. Chas. D. Johnston is extremely ill and is not expected to live through the day. Later—Friday morning, Mrs. Johnston died this morning.

Returned From Overseas.

Ernest Parrish, base hospital service, reached his home here Monday afternoon.

Otis Edwards, 131st Machine Gun Corps, arrived Wednesday.

Jas. E. ("Doc") Williamson, Headquarters Co., 30th Div., arrived Wednesday.

Wilson Williamson, 113th Field Artillery, arrived Wednesday.

The last two live at Saxapahaw.

An abundance of ventilation is a necessity to health in every home. In most sections of the country the addition of sleeping porches will be found well worth while.

Of the total number of farms in the United States, according to the last Federal census, the number worked by owners was shown to be 3,948,722; the number operated by managers, 58,104; and the number operated by tenants, 2,854,876.

A FREE 1199 CALENDAR.

Owing to the very high cost of paper, calendars are quite scarce this year, so we take pleasure in announcing that any of our readers can secure a nice 10x11 in. calendar by sending the postage therefor, 3c in stamps, to D. SWIFT & Co., Patent Attorneys, Washington.

THE GROWTH OF HABIT

Robustness to many is almost entirely a matter of habit, the habit of taking care and the consistent use of

SCOTT'S EMULSION

The energizing properties of Scott's have been proved in thousands of homes nearly everywhere. The habit of using Scott's regularly at trying periods as a means of building up strength and thwarting weakness is a habit well worth cultivating.

Try Scott's Emulsion for Increased Strength.

PERSONAL.

Miss Blanche Scott spent the first of the week visiting in Raleigh.

Mrs. A. K. Hardee and Master Kirk are visiting in Greensboro.

Mr. C. M. Braxton, near Suptin Mill, was in town this morning.

Mr. J. Walter Johnston, near Long's Chapel, is in town today.

Maj. J. J. Henderson spent yesterday in Greensboro on business.

Miss Janie Ormond of Stonewall is here visiting Mrs. J. Dolph Long.

Squire R. J. Thompson of Patterson township was in town Monday.

Mr. Robt. F. Wakefield of Charlotte spent Monday and Tuesday here.

Mrs. W. S. Rives of Raleigh is here visiting her sister, Mrs. J. N. Taylor.

Mr. Howard Mitchell of Raleigh is spending a few days here with relatives.

Mr. J. Dolph Long went to Washington, N. C., the first of the week on business.

Mr. W. S. Durham of Siler City spent Sunday with his uncle, Mr. T. F. Bradshaw.

Mrs. J. L. Scott, Jr., and Miss Blanche returned last Friday from a visit at Whiteville.

Mr. Smith, near Reidsville, is here visiting his daughter, Mrs. Chas. D. Johnston.

Mr. Thos. E. Steele, who has lived in Norfolk for about two years, is back home on a visit.

Mrs. J. C. Simmons is visiting Mrs. W. R. Goley and attending the Presbyterian in Burlington.

Miss Ada Denny left the latter part of last week to visit relatives in Greensboro and High Point.

Miss Ann Moran of Winston-Salem spent the week-end here as guest of Mrs. Will E. White.

Mr. Julius Johnston, who has lived in Washington, D. C., for the past two years, is at home on a visit.

Miss Mary Ruth Johnston, who has been teaching in Rockingham, Richmond county, is at home on a visit.

Mr. Boyd Harden, in school at Chapel Hill, spent the week-end with his parents, Mr. and Mrs. Junius H. Harden.

Mrs. J. Mell Thompson of Mebane was with her mother, Mrs. J. L. Scott, for the Presbyterian held in Burlington.

Mr. J. I. Long, near Prospect Hill, was here the first of the week visiting his daughters, Meadames E. E. McAdams and Dolph Longest.

Mrs. Chas. Stott Noble of Winston-Salem and Mrs. Richard Bragaw of Lexington were with Mrs. Will E. White during the Presbyterian in Burlington.

Mr. and Mrs. R. L. Holmes, Dr. Will Long, Mrs. W. R. Petteway, Misses Estelle Brown, Maxine Holmes and Mr. Robert Holmes spent Sunday with relatives in Chapel Hill.

Mr. and Mrs. Don F. Nyes of Construction arrived here Monday afternoon and were the guests of the latter's sister, Mrs. Chas. A. Thompson. They went to Greensboro Tuesday where Mr. Nyes went for an operation.

County Commissioners' Proceedings.

The Board met in regular session Monday and transacted business as follows:

Elbridge Crabtree allowed to peddle books and notions without license.

Supt. of Roads ordered to build bridge over Tom's creek, Faucette township.

Petition for road near Shoffner school house referred to W. P. Lawrence and R. A. Lutterloh.

J. E. Latham was allowed \$275 damages for removal of top-soil by committee.

E. C. Derby was appointed to locate a road near Stony Creek church in Faucette township.

A committee was appointed to buy a tractor for road working and a second one, if the first proves satisfactory.

A committee to get engineer to locate road south of Mebane was appointed.

Nathan Uthank was admitted to the County Home.

Capt. W. H. Turrittaine and W. I. Ward were selected for recommendation for appointment as county appraisers and John A. Trolinger as county director under the revaluation act passed by the legislature.

The following were appointed list-takers for their respective townships to list taxes in the month of May, viz:

Patterson—R. J. Thompson.

Coble—Lacy Sharpe.

Boon Station—J. J. Lambeth.

Morton—T. J. Gwynn.

Faucette—R. E. McCauley.

Graham—Ernest Thompson.

Albright—C. C. Thompson.

Newlin—W. M. Lewis.

Thompson—C. P. Thompson.

Melville—E. P. Cook.

Pleasant Grove—W. B. Sellars.

North Burlington—B. M. Walker.

South Burlington—R. A. Freeman.

The River—W. J. Crutchfield.

The dog law passed by the legislature provides that the County Commissioners shall decide for each county whether it shall apply. The board held that it should apply to Alamance county.

A Big Health Problem.

Fifty percent of the 25,000,000 boys and girls of school age have physical defects that impede normal development. Willard S. Small, school hygiene specialist of the Federal Bureau of Education, said in an address the other day before the American Public Health Association in Chicago.

After declaring that the nation's need of physical education is imperative, the speaker pointed out that 2,500,000 men in the first draft were disqualified for active military service because of physical defects, and added:

Being unfit for military service, they were therefore unfit to render full service in any capacity. They were unable to get full returns from life in work and happiness.

The physical education needed must assume physical activity as the basic thing, the speaker added. There must be wholesome physical environment, individual physical examination and record, and medical supervision of schools.

It should provide for all persons between six and 18 years of age. It should extend its benefits to youth above the compulsory school age. It should provide federal aid to permit States to carry on effective systems of physical education. This federal aid should be limited to preparation of teachers for skilled service and payment for skilled service.

The program proposed will raise the positive co-efficient of the physical life of the nation. It will build morality upon the solid foundation of physical soundness and vitality. It will be a powerful influence in Americanization.

GIRLS! LEMON JUICE IS A SKIN WHITENER

How to make a creamy beauty lotion for a few cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart of the most remarkable lemon skin beautifier that about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in. Then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

HELEN HUGHES, Mayor, and Board of Town Commissioners, J. M. Holt, R. G. Foster, J. G. Guthrie, Jos. S. Holt, Fred Foust.

NOTICE OF Town Election.

All persons entitled to vote in the election in the Town of Graham, N. C., will hereby take notice that the regular election for a Mayor and Board of Town Commissioners will be held on Tuesday after the first Monday in May, the same being May 6, 1919.

You will also take notice that Sam T. Johnston has been appointed registrar and will hold the registration books open at his office for seven days prior to said election, at which time those who are entitled to vote in said election, but who have not registered, will be permitted to register.

By order of: HELEN HUGHES, Mayor, and Board of Town Commissioners, J. M. Holt, R. G. Foster, J. G. Guthrie, Jos. S. Holt, Fred Foust.

Educational Day Saturday APRIL 26th.

Z. T. HADLEY Jeweler and Optician GRAHAM, N. C.

Safest Druggist Sells E-RU-SA Pile Cure

Hayes Drug Co., Sole Agents, Graham, N. C.

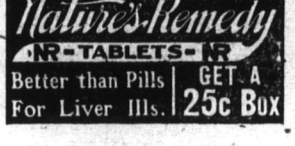
Quit Laxative, Purges; Try NR

NR Tonight—Tomorrow Feel Right

It is a mistake to continually dose yourself with so-called laxative pills, calomel, oil, purgals and cathartics and force bowel action. It weakens the bowels and liver and makes constant dosing necessary.

Why don't you begin right today to overcome your constipation and get your system in such shape that daily purging will be unnecessary? You can do so if you get a week or so of Nature's Remedy (NR Tablets) and take five each night for a week or so. NR Tablets do much more than merely cause pleasant easy bowel action. This medicine acts upon the digestive as well as eliminative organs—promotes good digestion, causes the body to get the nourishment from all the food you eat, gives you a good, hearty appetite, strengthens the liver, overcomes biliousness, regulates kidney and bowel action and gives the whole body a thorough cleaning out. This accomplished you will not have to take medicine every day. An occasional NR tablet will keep your body in condition and you will always feel your best.

Try Nature's Remedy (NR Tablets) and prove this. It is the best bowel medicine that you can use and costs only 25c per box, containing enough to last twenty days. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist.



NATURE'S REMEDY NR TABLETS NR. Better than Pills. GET A For Liver Ills. 25c Box. GRAHAM DRUG CO.

Summons by Publication

North Carolina, Alamance County, In the Superior Court.

Before the Clerk. E. H. Murray, Administrator of A. M. Garwood, dec'd, Plaintiff, vs.

Sarah Walser (widow), J. H. Garwood, Carl Garwood et al., heirs-at-law of A. M. Garwood, dec'd, Defendants.

The defendants, J. H. Garwood and Carl Garwood, above named, will take notice that an action entitled as above has been commenced in the Superior Court of Alamance county, North Carolina, to sell certain real estate belonging to the estate of A. M. Garwood, deceased, to make assets for the payment of the debts of said estate; and the said defendants will further take notice that they are required to appear at the office of the Clerk of the Superior Court for the county of Alamance on Monday the 21st day of April, 1919, and answer the complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said complaint (petition).

D. J. WALKER, Clerk Superior Court. This 17th day of March, 1919.

Trustee's Sale of Real Estate.

Under and by virtue of the power of sale contained in a certain deed of trust executed to the undersigned trustee by J. A. Huffman and wife for the purpose of securing the payment of three certain bonds, which deed of trust is recorded in Book of Mortgages and Deeds of Trust No. 65, at page 126, Public Registry of Alamance county, default having been made in the payment of said bonds, the undersigned trustee will, on

TUESDAY, MAY 6, 1919, at twelve o'clock noon, at the court house door of Alamance county at Graham, N. C., offer for sale at public auction to the highest bidder, for cash, a certain tract or lot of land in Burlington township, Alamance county, North Carolina, adjoining the lands of E. A. Benson and others and bounded as follows:

Beginning at a rock on the east side of Ireland Street, corner with the D. I. Cash lot, and running thence S 89 1/2 deg E 4 chs to a rock; thence S 80 W 1 1/4 chs to a rock; corner with E. A. Benson; thence N 89 1/2 deg W 4 chs to a rock, corner with said Benson on east side of said Ireland Street; thence N 30 E 1 1/4 chs to the beginning, and containing one-half acre, more or less, on which is situated a modern cottage. This April 2nd, 1919. Alamance Ins. & Real Estate Co., Trustee.

Columbia State: The Bolsheviks have turned a church into a theater. In their set it was probably the only way to fill it.

Gossard Corsets advertisement featuring illustrations of women in corsets and text describing the benefits of Gossard Corsets, including health, comfort, and style. Mentions Alice S. Cutler, M.D.

DAY OF MISERY SLEEP TONIGHT! ASPIRIN advertisement for Bayer Aspirin, highlighting its effectiveness for various pains and its status as an owned American product.

Trustee's Sale of Real Estate advertisement for Columbia State, detailing a public auction of land in Burlington township, Alamance county, North Carolina.

Your Public Utilities. Let us solve your Laundry troubles with an ELECTRIC WASHER advertisement for Piedmont Power & Light Co., and Want Ads section.