

**The Carolina Watchman**  
 Wm. B. STEWART, Editor and Owner

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Salisbury, N. C., May 24, '16.

**Visit of the President**

A Great Day in Charlotte, President Took Side Trip to Davidson.

It was a great day for Charlotte Saturday. The presence of President and Mrs. Wilson at the 20th of May celebration brought a record-breaking crowd, estimated, with the population of Charlotte included, up toward 100,000. The estimates of course are a guess, but it was a monster crowd, all agree.

The President's address was brief. He spoke for 18 minutes and along general lines. One statement was with reference to America's part in bringing peace to Europe. He said:

"I would like to think that the spirit of this occasion could be expressed if we imagined ourselves lifting some sacred emblem of counsel and of peace, of accommodation and of righteous judgment, before the nations of the world and reminding them of that passage in Scripture, 'After the wind, after the earthquake, after the fire, the still, small voice of humanity!'"

There was only indirect reference to the Mecklenburg Declaration. Referring to the Declaration of Independence he said parenthetically, "I am now referring to the minor Declaration at Philadelphia, not to the Mecklenburg Declaration."

The President's address was preceded by a parade that was an hour passing the grand stand. There were many companies of military, floats representing industrial and agricultural growth, etc.

Mayor Kirkpatrick of Charlotte, presented Gov. Craig and the mayor's introductory speech was about as long as the President's address. The crowd tried to stop the mayor but they couldn't. When he had finished Gov. Craig presented the President in two or three sentences.

Among the notables present were Gov. Manning of South Carolina, Secretary and Mrs. Daniels, Senator Overman, Congressman Webb and others. Mrs. Wilson, of course, attracted much attention. The ladies of Charlotte gave her, as a souvenir, a hand-

some gold and silver goblet.

After the President's address there was a luncheon at the Manufacturers' Club in honor of the President and Mrs. Wilson and at 4:30 they went to Davidson College, accompanied by Dr. Martin, president of Davidson, Mrs. Martin and a few others. The President spent 20 minutes at Davidson. He visited the room he occupied when a student there and the hall of the society of which he was a member, but declined to make a speech to the students. The visit to Davidson was not on the published program. The trip was made by automobile and after their brief stay there they returned to Charlotte and boarded the train for Washington.—Statesville Landmark.

**The Quinine That Does Not Affect The Stomach**  
 Because of its tonic and laxative effect, LAXATIVE BROMO QUININE is better than ordinary quinine and does not cause nervousness nor interfere with sleep. Remember the full name and look for the signature of E. W. GROVE, INC.

**Sit and Walk Erect to Enjoy Good Health.**

The way a man carries himself has so much to do with his health that correct posture is now being emphasized as one of the principal guideposts to good health. It is now generally believed that a person who cultivates a cramped, unnatural, slouching position cannot maintain a natural, healthful body. There will likely be brought to bear some undue pressure in some part of the body that will hinder the organs in performing their natural functions and if persisted in will cause deformity.

Life long deformities and chronic maladies have been known to develop from incorrect posture that became a habit in childhood. Round and stooped shoulders and lateral curvature of the spine are deformities largely brought about by sitting, standing or walking incorrectly. Such slouching attitudes as sprawling in a chair, or sitting on the backbone rather than sitting upright, or hunching, the arms and shoulders when sitting at a desk, or resting the weight on one leg while standing rather than on two, or slumping while walking which means to carry rounded shoulders with the head thrust forward, the stomach thrust out and the arms hanging loosely in front of the body, are the main errors of posture and the main causes of deformities.

To sit, stand and walk erect is to have correct posture. To do this is to sit well back in the chair and give support to the small of the back. If at a desk or table sit close, and high enough for the arms to rest on the desk without pushing up the shoulders. When it is necessary to lean over a desk, incline the body by bending at the hips rather than at the waist. In standing or walking set the shoulders back and keep the chest high and forward. Keep the stomach

in, the chin in also, and the neck pressed back against the collar. Keep the feet straight in walking with the toes turned neither in nor out. Prefer to be called "cheesy" rather than a "slouch". A "cheesy" person enjoys better health than a "slouch" and looks better.

**How's This?**

We offer One Hundred Dollars Reward for any case of Ostarth that cannot be cured by Hall's Ostarth Cure.

F. J. OHENEY & Co. Toledo, O. We, the undersigned, have known F. J. Oheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

National Bank of Commerce Toledo, O. Hall's Ostarth Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

**Double Tragedy in Home Wealthy Couple.**

Danville, Va., May 23.—With a revolver lying near them the bodies of Willard S. Carter and his wife, prominent in local society, were found side by side in their home here early today. The woman had been shot twice in the back of the head while Carter's death was due to a bullet wound in his right temple. It is generally believed here that the tragedy was a case of murder and suicide as a result of mental aberration. Carter was reputed wealthy and owned one of the handsomest homes in Danville.

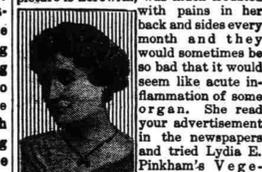
**YOUNG WOMEN MAY AVOID PAIN**

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N. Y.—"My daughter, whose picture is herewith, was much troubled with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound. She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."—Mrs. MATILDA KURTZWEIG, 5229 High St., Buffalo, N. Y.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

If you know of any young woman who is sick and needs helpful advice, ask her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.



**FOR COMMISSIONER OF LABOR AND PRINTING**

In Democratic Primary June 3, 1916.

Mr. David P. Dellinger, of Gaston County, announces that he is a candidate for the office of Commissioner of Labor and Printing. Mr. Dellinger's whole life has been spent in close touch with and in the interest of the working man. His record in the legislatures of 1909, 1918 and 1915 commend him to the confidence and support of all the people.

**EXCHANGE COLUMN**

Notice.—Any regular subscriber of THE CAROLINA WATCHMAN or ROWAN RECORD may use this column without cost for as much as a ten-line local for two weeks at a time. If you have anything you want to sell or exchange write it out in a few words as possible and send or bring it to this office. This will prove of great advantage to the farmers of this section if taken advantage of.

Trespass Notices free for the friends and patrons of THE WATCHMAN and RECORD. Call and get them.

For Sale, 750 acres of land near Pinehurst, on Sand clay road and one mile of station. Address E. H. Miller, Salisbury, N. C.

"We are paying 85c per pound for butter fat delivered at our creamery at Greensboro. We are especially anxious for shipments of cream testing 80 per cent, or better. Unlimited outlets for butter. Write us if interested. Carolina Creamery Co., Greensboro, N. C.

Peas for Sale.—Rank vining, large yielding and early maturing. Nice clean seed, \$1.50 per bushel. G. S. Williams, Salisbury, N. C., Route No. 2, 6 wk. 5 24

Sasaparilla Root Wanted.—Bring to 818 East Fisher Street. Will pay 80c per pound. pd

**BELK-HARRY C O.**

One of the Belk's Chain of 13 Big Stores That do the Business We Keep the Goods the People Want and Need. All Priced Very Reasonable this is the Main Reason You always find Belk's Stores Busy.

<b>New Millinery.</b> Stylish Millinery and priced cheap. Children's hats, 25c, 48c and 98c. Ladies trimmed Hats real pretty and very stylish. For only, \$1.25, \$1.50 and Up.	<b>Shoes.</b> Come here for your shoes any kind you want, and we'll make it to Your interest as well as to ours.
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**If You Don't Trade with us We both Loose.**

**Belk-Harry Co.'s,**  
Salisbury, N. C.

**Peoples' National Bank**  
 Salisbury, N. C.  
 Does General Banking Business  
**WE PAY FOUR PER CENT** on time deposits. Interest payable every 8 months. Prompt attention given to any business entrusted to us. Your business solicited.

**Peoples National Bank**  
 John S. Henderson, J. D. Norwood, Cashier.  
 D. L. Gaskill, President. W. T. Busby, V. President. Asst. Cashier.

**DR. KING'S NEW DISCOVERY**  
 Will Surely Stop That Cough.

For Sale.—A few bushels of fine yellow Leaming seed corn, deep grain and small red cob. Very nice seed corn. Specially selected and hand shelled. Peck 45c, 1/2 bu. 80c, 1 bu. \$1.50. G. S. Williams, Route No. 2, Salisbury, N. C.

For Sale.—One Percheron mare and colt, or will trade for automobile. T. E. Webb, route 8, Salisbury, N. C.

Shepherd Pups.—Two full-blooded English Shepherd female pups for sale. T. S. Kincaid, No. 5, Salisbury, N. C.

Survivors—Any one wanting surveying done accurately and promptly, map making, drawing deeds, or the service of a justice of the peace, should write, phone or call on P. C. Barnhardt, county surveyor, rural No. 8 Salisbury, N. C., phone Faith, No. 1211.

For Sale.—Second hand Piano grain reaper in good condition. Price \$50. J. A. Fesperman, R D No. 2, Salisbury, N. C.

Money to Loan on Real Estate Security. John L. Randleman, attorney, Salisbury, N. C.

**PALM BEACH, AIR-O-WEAVE & COOL CLOTH**

For the man who wants summer comfort.

Our Stock is Complete at **\$5 to \$7.50**

**MEN'S SUITS**

We call your special attention to the wonderful suit values we offer this season, suits of exceptional quality, materials and expert workmanship for **\$8.50 to \$13.50**

**PRINCE ALBERT**

P. A. puts new joy into the sport of smoking!

YOU may live to be 110 and never feel old enough to vote, but it's certain-sure you'll not know the joy and contentment of a friendly old jimmy pipe or a hand rolled cigarette unless you get on talking-terms with Prince Albert tobacco!

P. A. comes to you with a real reason for all the goodness and satisfaction it offers. It is made by a patented process that removes bite and parch! You can smoke it long and hard without a come-back! Prince Albert has always been sold without coupons or premiums. We prefer to give quality! Prince Albert affords the keenest pipe and cigarette enjoyment! And that flavor and fragrance and coolness is as good as that sounds. P. A. just answers the universal demand for tobacco without bite, parch or kick-back!

Introduction to Prince Albert isn't any harder than to walk into the nearest place that sells tobacco and ask for "a supply of P. A." You pay out a little change, to be sure, but it's the cheer-fullest investment you ever made!

Prince Albert is sold everywhere in tippy red bags, 5c; tidy red tins, 10c; handsome pouch and half-pound tin tins—and that clever crystal-glass pouch humidifier with sponge-mistener top that keeps the tobacco in such splendid condition.

**PRINCE ALBERT**  
 the national joy smoke

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 Greatest underwear values ever offered.  
 Union Suits **50c**  
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 Don't fail to look over our stock of straw hats for "Men and Boys" before buying (IT'S A TREAT.)  
 50c, 75c, \$1.00, \$1.25, \$1.50 and \$2.00.

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 "State's Leading Clothiers,"  
 Salisbury, — Charlotte — and — Greensboro.