

SHE KEPT THEM ON THE JOB



SAVE 16,000,000 BUSHELS OF WHEAT THAT FORMERLY WAS LOST IN THRESHING

Farmers, Urged by Food Administration, Provide Seven Extra Loaves of Bread for Every American.

By adopting cleaner threshing methods and by literally combing harvest fields to gather grain formerly wasted, threshermen and farmers of the United States this year saved fully 16,000,000 bushels of wheat, estimated as equivalent to about seven one-pound loaves of bread for every person in the country. This result, accompanied by corresponding savings of barley, oats, rye and other grains, is shown by reports from 33 grain states to the U. S. Food Administration. Other states, although not prepared to furnish definite figures of conservation in the grain fields, report greatly reduced harvest losses.

This rural food saving achievement, accomplished in scarcely six months' time, was in direct response to requests by the Food Administration, which asked farmers and threshermen to reduce harvest losses from about 3 1/2 per cent.—the estimated average in normal times—to the lowest possible minimum. Country grain threshing committees carried into every grain growing community the official recommendations for accomplishing the results desired.

In numerous instances drivers of racks with leaky bottoms were sent from the fields to repair their equipment and frequently had order threshing machines were stopped until the cause of waste was removed. But in proportion to the number of persons engaged in gathering the nation's grain crop, cases of compulsion were comparatively rare. The Food Administration freely attributes the success of the grain threshing campaign to patriotic service by farmers, threshermen and their crews. Incidentally grain growers of the United States are many millions of dollars "in pocket" as a result of the grain saved.

NO ONE SUFFERED HERE.

The marvel of our voluntary food-saving, now that we are "getting results," is that no one ever actually suffered any hardship from it; that we all are better in health and spirit and better satisfied with ourselves because of our friendly self-denial.

Food control in America held the price of breadstuffs steady, prevented vicious speculation and extortion and preserved tranquillity at home.

In no other nation is there so willing a sense of voluntary self-sacrifice as in America—that was shown in the abstinence from wheat.

Find more wheat. It came; more pork, it came; save sugar, it was done. So Americans answered the challenge of German starvation.

Good will rules the new world as fear governed the old world. Through sharing food America helps make the whole world kin.

Food control made sufficiency from shortage, kept the rein on food prices, gave the nation's full strength exercise.

Starvation by Germany challenged all the world; food conservation in America answered the challenge.

Food conservation in America has been the triumph of individual devotion to the national cause.

PROVED SPIRIT OF DEMOCRACY

Voluntary Basis of Food Saving Showed Heart of America Beat True for Freedom.

To the voluntary service and sacrifice of the American people must be attributed the continued health, strength and morale of the Allied armies and the civil populace.

Upon this spirit of service and sacrifice will depend Europe's fate in the months to come. In the past year we have carried out an export program, the magnitude of which is almost beyond comprehension. But with the new demands that have come, with the liberation of nations freed from German oppression, our exports must be almost doubled. Instead of 11,820,000 tons, we must ship twenty million tons of food to Europe in the coming year—as much as can be pushed through our ports.

If the Allies had not been fed by America, it would have been impossible for them to maintain their defense against Germany.

Meeting this world need on a purely voluntary basis, the American people have conclusively proved that democracy is a success and that in time of need it will rise to its own defense.

If there were no other accomplishment to its credit the very fact that it has shown the strength of democracy has in itself more than justified the existence of the Food Administration in the eyes of the world.

Less than four months after the United States declared war the United States Food Administrator expressed his determination to meet America's food problem on a basis of voluntary action and reiterated his confidence that awakened democracy would prove irresistible.

"Many thinking Americans," said Mr. Hoover, "and the whole world have been watching anxiously the last four months in the fear that democratic America could not organize to meet autocratic Germany. Germany has been confident that it could not be done. Contrary proof is immediately at our door, and our people have already demonstrated their ability to mobilize, organize, endure and prepare voluntarily and efficiently in many directions and upon the mere word of inspiration aside from the remarkable assemblage of our Army and finances."

The history of the Food Administration has clearly shown that the trust of those who put their faith in democracy has not been misplaced.

be proud to be a food Saver

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis. One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis Is Recognized Early—Patent Medicines Not to Be Trusted.

- *****
- * Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- * Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- * Don't waste money on patent medicines advertised to cure tuberculosis.
- * Become a fresh-air crank and enjoy life.
- *****

Washington, D. C.—(Special)—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 30,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages. Patent Medicines Dangerous in Tuberculosis."

"Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

SALISBURY AND ROWAN COUNTY LOCALS

J. S. Dorsett, who lives at Spencer, having been seriously injured in the hip by a mad bull several weeks ago, has been brought to the hospital in Salisbury for treatment.

The records of the local board do not contain the name of Walter McKnight whose name was in the casual list last Thursday as a resident of Salisbury. It is likely he enlisted or was drafted from some other point.

In the recent drive for Jewish relief fund, Salisbury contributed about \$3000. \$2682.86 of which has been paid in. Leo C. Wallace was chairman of this campaign and was much pleased with Salisbury's donation.

A. L. Lingle, who was elected justice of the peace for Gold Hill township at the recent election, was in Salisbury Monday and qualified before J. Frank McCubbins, clerk of the court. Mr. Lingle is now prepared to serve the public in his neighborhood and dispense justice with courtesy and promptness.

As many as seventy-five counties have put on a great Victory War Savings drive this week to wind up the war savings campaign in North Carolina and complete the counties' quotas in pledges and get all outstanding war saving pledges redeemed.

The bird law of Rowan county expired November 30. The opening season began December 1st and extends to February 1st. The opening season began in Davidson November 15th and many Salisbury hunters have been going across the river where they have special permits to hunt.

Mr and Mrs John L. Fisher of Rockwell, have received a letter from their son Hoy Lee Fisher, who is with Co. K of the 11th infantry and has been in the great drive since July, reports he was wounded October 20th and his right arm had to be amputated above the elbow. He has American doctors and nurses and assures his mother he is well cared for and hopes to be back to the states by Christmas.

The Thanksgiving session of the Juni-er Order Council No. 38 of Salisbury was held last Wednesday and was of much interest. A number of new names were handed in for membership. The down pour of rain prevented the members from enjoying the barbecue, which was postponed until next Thursday. The Thanksgiving prayer offered by the chaplain, M. C. Whitman, was most appropriate.

The members of Salisbury Lodge No. 699, B and P Order of Elks, held its annual memorial service, December 1. On account of the influenza the memorial was a private one and was held in the lodge rooms. The exalted ruler appointed a committee to take up the matter of setting aside a day each year to honor the members of the local lodge who have answered the call of our country in the world wide war.

COUNTY BOARD FIXES SALARIES.

Kerr Craig, Esq., Re-elected Co. Attorney, Township Foreman's Salaries \$75 a Month.

The new board of county commissioners met Monday immediately after a brief session of the old board had been held preparatory to turning the affairs of the county over to the incoming body.

The new board is composed of H. E. Ruffy, of Salisbury, chairman G. Y. Thomason, chairman pro-tem of Franklin township, F. D. Patterson of Atwell township, O. J. Fleming of Cleveland township, C. E. Barger of Mt. Ulla township.

The standing committees of the board are as follows: Finance—H. E. Ruffy, O. J. Fleming and F. D. Patterson. Old court house G. Y. Thomason and F. D. Patterson.

County home and work house—C. E. Barger and F. D. Patterson.

Ordered that J. C. Deaton be made custodian of court-house.

E. B. Lentz was retained as janitor at a salary \$80 per month.

Ordered that J. S. Hall be allowed \$35 for top soil on Sherrill Ford road in 1917.

Ordered that clerk of the superior court's salary remain as in the past for the ensuing 12 months which is \$4600.

Ordered that sheriff's salary be \$4300 with an allowance of \$90 for clerk hire and that jail fees remain the same as during the past.

Ordered that register of deeds salary be \$3750 for ensuing year.

Ordered that the treasurer's salary remain the same as in the past for the ensuing year which is \$1800.

Ordered that the auditor's salary be \$1800 for ensuing year.

Kerr Craig, Esq., was elected county attorney.

Ordered that township foreman's salary be \$75 per month for the ensuing year.

Ordered that superintendents of roads salary be \$115 per month.

Ordered that box drainage be given on road from Lebo to Five Forks.

Ordered that G. A. Campbell superintend work on road leading to Audubon, Coolemees and Salisbury road.

Ordered that road be changed between Mrs. Sechler's tenant house and the Ed. Bestian place.

A Tonic Laxative

that will remove the bile from the Liver and cleanse the System THOROUGHLY without griping or disturbing the stomach is truly a Perfect Laxative.

LAX-FOS WITH PEPSIN

is the name of a Reliable and Perfect Laxative which soon relieves Sick Headache, Dizziness, Indigestion, Stomach Trouble, Gas and Piles caused by a Torpid Liver and Constipation. Always use a Reliable Laxative in the treatment of Colds, Grip and Influenza.

LAX-FOS WITH PEPSIN is a Liquid Digestive Tonic Laxative excellent in its effect on the System, both as a tonic and as a laxative. It is just as good for Children as for Adults. Pleasant to take. Children like it. 50c. Made and recommended to the public by Paris Medicine Co., St. Louis, Mo., manufacturers of Grove's Tasteless Chill Tonic.

MARRIAGES

Miss Angie Smith, and Jessie A. Paiter, both of Woodleaf, were married at the Presbyterian manse, November 27th. Rev. W. A. Nicholson officiating.

Miss Kate Freeze, daughter of Mr and Mrs Mack Freeze of Atwell township, and Sam Riley, were married November 24th. Rev. Dasher of Enochville officiating.

Miss Mary Preston Seaford of Salisbury, and John Van De Water Duryea Cornell of Brooklyn, were married in New York November 18th. Rev. G. C. Houghton officiating.



Rev. Scott Owen, a native of Rowan who died in Watauga county November 30th, was buried in Watauga county.

Mrs. Eva Hicks Phillips, wife of Jennings W. Phillips a former Salisburyman, died at her home in Raleigh November 27th of pneumonia following influenza. Mrs. Phillips was a native of Burk county and made her home in Salisbury for some years before her marriage. The remains were brought to Salisbury Thursday and taken to the home of her sister, Mrs. J. W. Proctor. The funeral was held from St. John's Lutheran church conducted by Rev. M. W. Kinnard, assisted by Rev. W. A. Lambeth. The interment was in Chestnut Hill Cemetery.

Mrs. Amanda Whalen, 64 years of age, died at the home of her daughter, Mrs. Foil of Salisbury, Sunday. The funeral and interment was held at Bethel church at Franklin, four miles north-west of Salisbury.

Mr. F. W. Charles, died at his home in Salisbury, from effects of tuberculosis.

Funeral was held from his residence conducted by the Moravian pastor of Winston-Salem and Rev. C. A. Owens of the First Baptist church and the interment was in Chestnut Hill cemetery.

E. M. Smith of Spencer, a brakeman on the Southern was crushed and instantly killed while coupling cars in the Danville yard November 30th. The remains were brought to Spencer. Mr. Smith was about 28 years of age and was unmarried.

Will Weathers of China Grove, was among the killed in action as announced in the casualty list issued November 30th.

Emer Spencer of Salisbury was among the killed in action as announced in the casualty list of December 1st.

Card of Thanks.

Mrs. C. J. Misenheimer, and family of Faith, wish to express their sincere thanks for the many sympathies and kindnesses extended to them during the sickness and death of their father and husband.

Thomas C. Linn, son of T. Linn Esq., of Salisbury, has resigned his position on the editorial staff of the New York Times in order to accompany an American committee for Armenian and Syrian relief in the near East. Mr. Linn will go to write special articles on the conditions found there during an eight months time. The Armenian and Syrian Relief committee will send two emissaries to Turkey, the first to investigate conditions and prepare the way for the second commission of two hundred special relief workers, physicians, nurses, sanitary engineers and agricultural experts.

The Strong Withstand the Winter Cold Better Than the Weak

You must have Health, Strength and Endurance to fight Colds, Grip and Influenza.

When your blood is not in a healthy condition and does not circulate properly, your system is unable to withstand the winter cold.

GROVE'S TASTELESS CHILL TONIC Fortifies the System Against Colds, Grip and Influenza by Purifying and Enriching the Blood.

It contains the well-known tonic properties of Quinine and Iron in a form acceptable to the most delicate stomach, and is pleasant to take. You can soon feel its strengthening, invigorating effect. 50c.