

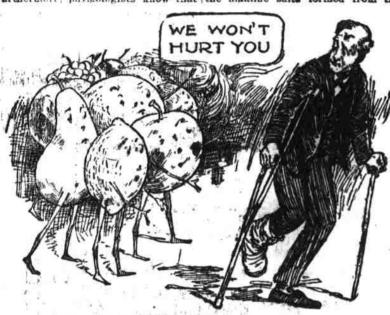
tans is that people with rheumatism -- and these, too, are alkaline salts

that "rheumatism" was somehow caus- sodium.

into carbonic acid gas, which combines with sods, potash and lime in the blood or tissues, producing car-There are many self-styled "food bonates of sodium, potassium and calspecialists" who, for a handsome price, clum, and these are alkaline. Some will undertake to teach any credulous of the fruit acid (citric, mallic, oxalic, victim by mail what he should or or whatever it may be) unites directshould not eat and why. One of the ly with sodium or potassium to form favorite fancies of these keen charle- citrate or mallate or oxalate of sodium.

whatever that is-should not eat acid When it is necessary for a physician to neutralize an excessively acid blood, Indeed, most everybody but a doctor or to increase an insufficient alkalinharbors some such notion as that. It ity of the blood, he has no better remseems that, many years ago a theory edy for the purpose than citrate of

ed by uric or other acids gained con- Foods which contain natural fruit sklerable popularity with physicians, or vegetable acids are not only unoband that notion still prevails among jectionable in the diet of a person subthe faity. Now it has been establish- ject to joint trouble of any kind, gened long since that uric acid does not erally speaking, but they are often adcause joint disease; not even gout visable additions to the diet. because Furthermore, physiologists know that the alakline salts formed from truit



FRIENDS OF YOURS.

acids derived from fruits or vege acids in the process of digestion and tables on not increase the acidity of assimilation tend to increase the alimitate blood, or, more correctly speaking, ination of poisons or toxic matter do not decrease the alkalinity of the from the blood, and sometimes this tendent will take orders from Colonel blood of course never becomes acid in elimination of toxins aids materially life, 'Every physician of experience in a cure, knows that lemon juice, for example, At times certain individuals suffer is one of the best remedies we have some immediate digestive discomfort for diminishing excessive acidity of after eating acid fruits. That, howthe urine in acute fevers and other ever, is not due to any change of the conditions accompanied by concentrat- alkalinity of the blood. ed, irritating, highly acid kidney excre- The sort of foods that actually tend

If at first it seems a paradox that and increase the acidity of the urine such an acid as the citric acid of lem- are the nitrogenous or protein foods ens or oranges should render the blood -lean meats, white of egg, sometimes more alkaline and the urine less acid, cheese of fish. understanding of the fate of such | So if you think "acid foods" at all. truit acids will clear up the paradox. don't think of the who:esome, health extinguish the rightful liberties of his When yer drink lemonade or eat an ful. blood-cleansing fruits and fresh people, from whose precincts the orange or a grapefreit or tomatoes or vegetables. Think of beef, mutton, apples, the acids are partly oxidized chicken, eggs and fish.

ARE YOU TAKING THE

Are the people of North Carolina Are they taking the mork of the War-Savings Campaign seriously enough? Do they know that every bit of need- cost us thousands of lives of our speech of James Wilson made yesterless material they use for their own young men and may in the end cist day is fresh proof that they have comfort is taking something away us or victory. from those who are supplying the ships, the shells, the cannons, the aeroplanes, the rifles, the army clothing and the machine guns which are needed, and needed now, to win this war? The thunder of the German guns on the Western Front and the victories they have recently won

to the need of instant sacrifice. Germany is making a gigantic effort to overwhelm the Allies before Then will yield your four per cent. America can get ready and get there If you lend them for a spell in full force. The Kaiser knows that To your Uncle Samuel! if he gives America time to build up a big war machine, he is lost. The lesson is plain. It is that we must hurry. Think, before your cash you blow; We must deny ourselves everything Help to beat the Teuton scamps, possible that the Government should Save-and War-Savings Stamps! not lack what it needs and must have.

We should save, save, save, and we WAR VERY SERIOUSLY? should invest every cent we can spare freedom which German militarism has in Government securities. Every man, flung down. Englishmen at home and woman and child in the country is ask- Englishmen in New England were one king the war seriously enough? ed to save \$20 and invest it in War- people whe a noble structure was cre-Savings Stamps. Those who can do more should do so at once. Delay will ed in common from their fathers. The

WAIT A MINUTE-THINK A BIT. same rights today.

Wait a minute-think a bit, Do you have to spend that jit? Will you suffer much, this time, If you don't blow in that dime? Will your list of joys be shorter should arouse every North Carolinian | If you save that silver quarter?

Quarters that you lightly spent

So the moral is, "Go slow!" -Berton Braley.



And This Was a Perfectly Good Woolen Blanket!

Unless you use the proper means of protecting your blankets, furs, rugs, etc., you might find them, in this condition when needed for use

Moths are great destroyers and work unseen, but are quickly killed by BEE BRAND INSECT POWDER.

In storing things away for the summer always sprinkle liberally with BEE BRAND INSECT POWDER.

It harms nothing but insects and comes in red and black tins with sifter tops

Bee Brand Insect Powder, 25 & 50c

itoes die in a few minutes. Will Sill ants, fleas, roaches, bril-bugs, lice, and bugs of nearly every kind. Directions on package. Look for the Bee Brand Trade Mark.

MCCORNICK & CO. - BALTIMORE, Mp.



Lt. COL CHARLES B. HATCH DEMIC

Lieutenant-Colonel Chas. B. Hatch, of the Marine corps, is representing Secretary of the Navy Daniels with the Philadelphia police, and Police Captain William B. Mills, has been named acting superintendent to work with him. Philadelphia insist the navy has not taken command of the police force. But the acting superin-Hatch, it is said.

LONDON TIMES LAUDS AMERICAN LABOR AIM

Speech of James Wilson Fresh Proof

of Labor's Loyalty in War Time. London, April 29 .- In the course of to diminish the alkalinity of the blood an editorial entitled "Voice of American Labor," the Times says:

"In the banqeting house at Whitehall, in which one king of England walked to the scaffold for seeking to flight of another secured forever the foundations of constitutional government, a spokesman of American labor has reaffirmed his fellow citizens' acceptance of the challenge to human ated, assertig rights they had inherithanded down these rights and that

their descendants are vindivating the

" * * American labor will not hear of a peace conference with the enemies of civilization until Prussian militarism has withdrawn within its own boundaries. That is the first, but not the only condition. American labor termine their own standards. Kultur and treaties forced upon the people of Russia and Rumania show how far Germany is from recognition of this principle. * * * America is making ready to apply compelling force, for so long as such a measure may be needed. The way in which 4,000,000 of her organized workers have put aside all industrial squabbles in order to complete the war is a signal indication of their resolve. It runs through the whole people from the man in the trenches to those at home who know with sorrowful hearts that Secretary Baker is telling the truth when he reminds them that they must undergo consecration and sacrifice which he has seen and reverenced in France and England. They are undergoing it already and we thow it dergoing it already and we know it must exercise the same austere and ennobling influence upon them that it

BASEBALL RESULTS.

American. New York-Philadelphia, wet groun Boston-Washington, rain. Cleveland, 4; Chicago, 2. St. Louis, 12. Detroit, 3. National.

Brocklyn-Boston, wet ground. Chicago-Pittsburg, cold. Philadelphia, 0; New York, 6.

Cincinnati, 4; St. Louis, 3.

Southern Association.

Mmephis, 0; Chattanooga, 7.

Others postponed, rain.

College Basebal! At Raleigh: Wake Fores Colleg 2: Trinity College, 1.

ARMY OFFICER AND NEW CHIEF THIRTY-FIVE COLOR-ED MEN LEAVE FOR CAMP JACKSON

Probably the Most Enthusiastic Con tingent of Negroes Yet to Leave Salisbury-Short Talks by Captain Frank Brown and Prof. Hannum.

Probably the most enthusiastic contingent of colored men yet to leave Salisbury for an army training camp were the thirty-five gathering here today and leaving on No. 45 at 2:30 o'clock for Camp Jackson, Columbia, S. C. These men assembled in the civil service examination hall in the federal building this morning at 9:30 o'clock, every man called answering to his name, and after the captain and lieutenants had been announced by the local board the men were addressed by Captain Frank Brown, who admonished them not only to be true to their government but also to their God and to keep themselves clean in body and soul. Following Capt. Brown Prof. W. H. Hannum, of Livingstone College, made a short talk to the boys, especially urging them to take care of their money and provide for their dependents and above al lto take out the government insurance as soon as they reach camp.

The roster of the men leaving this fternoon is as follows:

Captain: Joseph C. Moore. Lieutenant, 1st squad! William S Robert L. R. Gillespie.

Joe Palmer. Rob Douglas. George Peterson. Thad Dixon. Larance Gaston. Neely Correll. Richard Percy Carter. Lieutenant 2nd squad: William

White. Arthur Clements. Eugene Carr. James Rankin, Jr. Joseph Hunter. Henry Stenson. Charlie Wilson. Wm. C. Lyerly. Joe Willie Crosby. Lieutenant 3rd squad: Samuel Col-

lins Hot. Arthur Perkins. Ellis McIlwaine. Sidney W. Retxe. Marck McCoy. John Graham William Massey

Van Owens. Lieutement 4th squad: Jesse Mc-Paden.

Jack Johnsn. Joseph Kendall. James Staton. Lewis Teamer. Rannie Holmes Hugh Drain. Noah Kerns.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each more ing helps us look and feel clean, sweet, fresh.

Happy, bright, alert-vigorous and vivacious—a good clear skin; a natwill not agree to such a conference even then until the Germans have satisfied them that Germany recognizes the right of civilized nations to determine their own standards. Kultural realize the wonders of the morning their own standards. inside bath, what a gratifying change

would take place.

Instead of the thousands of sickly snaemic-looking men, women and girls with pasty or muddy complexinos; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile optimistic throng of rosy-

biliousness, nasty breath, rheuma-tism, colds; and particlarly those who have a pallid, sallow complexion ennobling influence upon them that it had upon our other allies and ourselves."

WSS

BASEBALL RESULTS.

Woo have a paint, sallow complexion and who are constipated, very often are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, whils the pores in the thirty feet of bowels do.

HE-CAN REST FINE NOW "I suffered greatly from kidney and bladder trouble," writes F. B. Fair-bank, 55 Grand River Ave., W. Detroit, Mich." Had to get up six or seven times during the night. Foley Kidney Pills have worked wonders and Bringle, deceased, this is to notify all nersons having claims content the At Raleigh: Wake Forest College,
2: Trinity College, 1.

WSS

Most fruits contain from 75 to 95

per cent water and a remainder of woody fiver or cellulue, fruit sugar and minerals.

Kidney Pills have worked wonders and Bringle, deceased, this is to notify all persons having claims against the estate of the said deceased to present them duly itemized and verified to the undersigned on or before the muscles, and other ills attributed to the undersigned on or before the muscles, and other ills attributed to the undersigned on or before the kidney trouble.

FIRST GERMAN WAR PRISONERS TO ARRIVE IN UNITED STATES



DCapt: OUSTAV ABBERGER & LE OTTO WERTGEN, DIE FREDERICK WILLER & WATTHER OFFICE.

which was sunk by the United States France. The committee on public in- prisoners entered Fort McPherson in

These war prisoners, members of day, April 17, on the same vessel that tures of the prisoners. This photodestroyer Fanning, arrived Wednes- formation refused permission for pho- Georgia. tographers at that time to take pic-

the crew of the German U-Boat 58, brought Secretary of War Baker from graph was taken April 24 as the

A Business Should be as Big as Its Job

If bigness is of benefit to the public it should be commended.

The size of a business depends upon the needs which that business is called upon to serve. A business should be as big as its job. You do not drive tacks with a pile-driver-or piles with a tack-hammer.

Swift & Company's growth has been the natural and inevitable result of national and international needs.

Large-scale production and distribution are necessary to convert the live stock of the West into meat and by-products, and to distribute them over long distances to the consuming centers of the East and abroad.

Only an organization like that of Swift & Company, with its many packing plants, hundreds of distributing houses, and thousands of refrigerator cars, would have been able to handle the varying seasonal supplies of live stock, and meet the present war emergency by supplying, without interruption:

First-The U.S. soldiers and the Allies in Europe by shipping as much as 800 carloads of meat products in a single week!

Second-The cantonments in the United States.

Third-The retailers upon whom the American public depends for its daily supply of meat.

But many people ask-Do producers and consumers pay too much for the complex service rendered?

Everyone, we believe, concedes the efficiency of the Swift & Company organization—in performing a big job in a big way at a minimum of expense.

Swift & Company's total profit in 1917 was less than 4 cents on each dollar of sales of meat and by-products. Elimination of this profit would have had practically no effect on live stock and meat prices.

Do you believe that this service can be rendered for less by any other conceivable method of organization or operation?



These questions and others are answered fully and frankly in the Swift & Company 1918 Year Book sent free on request Address Swift & Company, U. S. Yards, Chicago

Swift & Company, U.S. A.

Local Branch, East Council St., Salisbury, N. C.

Having qualified as executor of the

This March 26th, 1918.
P. S. CARLTON, Executor, NOTICE OF ADMINISTRATION.

Having qualified as executor of the ford, deceased, eil persons having claims against the and J. N. Lauford are hereby notified to present them Ledford.

estate will please make immediate duly verified and a smined on or settlement. fore the fifteenth day of April, 1919, or this notice will be pisched in bar of their recovery. All persons in-debted to said estate are requested to make prompt settlement with the un-dersigned.