WILL YOU BE ONE?

Thousands of thoughtless people neglect colds every winter. A cough follows; they get rundown—then stubborn sickness sets in. Sickness can be prevented easier than it can be cured and if you will give your system the benefit of a few bottles of

SCOTT'S EMULSION

you will find your whole system strengthened. It will fortify your lungs and throat and enrich your blood against rheumatism. It is powerful concentrated nourishment without alcohol or opiates.

Don't neglect taking *Scott's*—***commence today.***

The imported Norwegian cod liver oil always used in Scott's Emulsion is now refined in our own American laboratories which guarantees it free from impurities.

Scott & Bowne, Bloomfield, N. J. 17-17

THE SOUTHERN RAILWAY COMPANY

An Ambition and a Record

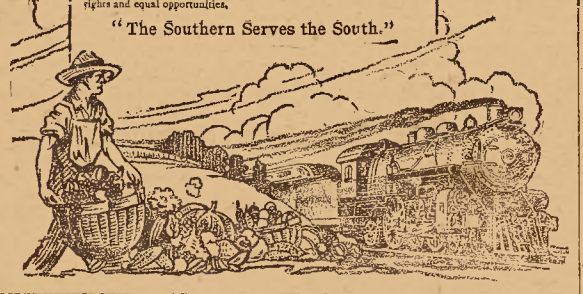
THE needs of the South are identical with the needs of the Southern Railway: the growth and success of one means the upbuilding of the other.

The Southern Railway asks no favors—no special privilege not accorded to others.

The ambition of the Southern Railway Company is to see that unity of interest that is born of co-operation between the public and the railroads; to see perfected that fair and frank policy in the management of railroads which invites the confidence of governmental agencies; to realize that liberality of treatment which will enable it to obtain the additional capital needed for the acquisition of better and enlarged facilities incident to the demand for increased and better service; and, finally—

To take its niche in the body politic of the South alongside of other great industries, with no more, but with equal liberties, equal rights and equal opportunities.

"The Southern Serves the South."



CLEANLINESS

According to the old proverb, is next to Godliness. Cleanliness does not mean merely a clean face and hands. It includes neatness of dress. If your clothes are cleaned and pressed here, you are eligible for membership in the Cleanliness Club. Clothes sent for and delivered anywhere in town.

Asheboro Cleaning and Pressing Club

An Early Bank

One of the earliest banks was founded at Venice in 1156. That is over 750 years ago. And yet there are lots of people who never avail themselves of the advantags of a bank. This bank was founded in April, 1907. Its officers and directors are men of responsibility and known integrity. And yet there are hundreds of people who daily take chances—keep their money at home—lose it by robbery, lose it by fire, lose it in one of a hundred ways, whereas all they have to do to enjoy ABSOLUTE SAFETY is to deposit it at the—

BANK OF RAMSEUR

RAMSEUR, N. C.

EARN BIG MONEY

King's Business College Can Equip You to Do So

Big business everywhere is creating an abnormal demand for Bookkeepers, Steonographers and Typists at alluring salaries. Positions paying $75.00 to $150.00 per month go a-begging. We have more calls for help than we can supply—many more. Write for catalog and come to see us.

KING'S BUSINESS COLLEGE
Raleigh, N. C., and Charlotte, N. C.

THE GLOBE NURSERIES

Bristol, Tenn.-Va.

Wholesale and Retail Growers of General Nursery Stock
Organized 1903. Capital $50,000
TRADE WITH A RELIABLE NURSERY
No Effort Spared to Satisfy Our Customers
AGENTS WANTED. SALARY OR COMMISSION.

— Read This —

Richmond, Va., Nov. 25, 1916.

The Globe Nurseries, Bristol, Tenn.,

Gentlemen:—I had the very best success in all my deliveries at all points. The people were so well pleased that I did not have a single objection. You know that this is remarkable, no fault to find in near 100 deliveries. The trees were all in nice condition.

Yours truly, (Signed) G. W. PULLEN.

FIFTEEN SPINNERS WANTED

Beginning December 1, we will need fifteen extra spinners for day or night work. Extra pay for night work. House rent free. Ideal community. Make applications at once to I. N. Cox, Secretary, Riverside Mills, Worthville.

NO COMMON COLDS FOR SOLDIER BOYS

Army Surgeons Learn that "Colds" Season in Camp in Pneumonia and Meningitis Season. More Fresh Air For the Boys

Army surgeons will adopt new methods for keeping down contagions among the soldiers in the cantonments this winter. They will go directly after the "common cold." Their experience on the Mexican border last year taught them that the "common cold" was the starter of most everything that was bad as far as the soldier's health was affected. They learned that as long as they kept down colds they had little or no pneumonia, measles, bronchitis or meningitis. On the other hand, they observed that "colds" season was meningitis season, pneumonia and measles season, and to avoid colds was to avoid these more serious diseases.

Dr. W. A. Evans relates the experience of the Army surgeons down on the border fighting the infections that followed the "northern", when every breath of fresh air was shut out of the tents. He says: "The men lived in tents. They banked earth against the side walls of the tents. During December the quartermaster's department fitted the center hole in the top of the tent with a metal cap which prevented hot air from escaping that way. About January 1, the tents were fitted with snug doors. When a norther started the men proceeded to hole up. They closed and chinked every crack through which fresh air could enter or foul air escape and then they sat around the stove spitting. Good shots could hit the stove a bull's eye; poor ones spat on the floor. The bedding was not sunned or aired. The men huddled all day over the stove.

"In the wake of each 'norther" there came a trail of colds. The record of measles in camp showed a very definite relation between outbreaks of this disease and 'northers.' Whereas the tents were closed and the stoves were set going at a top rate, the air became both hot and dry. It was dry enough to irritate the nasal mucous membrane.

"The 'colds' season was the meningitis season, and persons with colds were most apt to contract this disease. Therefore the advice: 'If you would avoid meningitis avoid colds.' To this end bodily comfort, warm, dry clothing, good dry shoes and socks, regular bowel movements, avoidance of overeating and of the use of alcohol, avoidance of foul air and overheated places generally, are all conducive to safety as regards that disease."

Rid the Farm of Rats

Raleigh, N. C. November 26.—The many economies being practiced by North Carolina farmers to save all food possible is of no avail if he is to allow the rats and mice to make way with more food ad feedstuffs than he can save by careful economy. It is estimated that the loss due to destruction by rats on the average North Carolina farm will pay the taxes on that farm with some to spare. According to a bulletin received from the United States Department of Agriculture, the destruction of food and property in the United States amounts to something over the combined earnings of an army of 200,000 men.

Think of what that means. Rats and mice destroy more than 200,000 men can earn, or in dollars and cents amounting to two hundred million dollars. This being the case, it is high time for farmers and citizens generally over North Carolina to begin a campaign of extermination, says officials of the Agricultural Extension Service. For centuries the world has been fighting rats without organization and at the same time has been carefully feeding them by using storage places for grain and food that are not rat proof, yet are good places for them to live and multiply.

The time to begin this campaign is now. Food is too scarce to feed pests which come from their homes in filth to visit dwellings and storerooms to destroy and pollute food. They are very cunning, however, and it is not always easy to clear them from the premises by trapping. In fact it is often impossible where food is abundant, but trapping is the most effective way of dealing with them and, if followed persistently, will eventually destroy a great number. It is important, however, that one trap will not do where dozens are needed.

F. H. JETER.

THE HICKS 1918 ALMANAC

For more than twenty-five years the Hicks Almanac has had a world-wide reputation. The 1918 Almanac has been prepared by Irl R. Hicks, Jr., assisted by Rev. John B. Noyes, for many years the assistant editor associated with Rev. Irl R. Hicks. Bigger, brighter, better than ever is a concise description of the 1918 Almanac. It is now ready, and is sold as before for 35 cents postpaid. Word and Works is the name of the monthly family magazine founded by Rev. Irl R. Hicks. The subscription price is $1.00 a year, including a copy of The Hicks Almanac to the subscribers. Send 5 cents for a sample copy. Write Word and Words Publishing Co., 3401 Franklin Ave., St. Louis, Mo.

READ
The State Journal
A Weekly Mirror of North Carolina Life
RALEIGH, N. C.

The State Journal is a weekly newspaper that is read by people who want to know what is going on in their state and in the world at large. It is a 5 column 8 page paper, well printed on good paper, and is edited to suit the tastes of its readers. It is not a sensational paper, but it does not ignore the sensational events of the day. It does not publish the details of the divorce court nor of the criminal court except in condensed form, but it does give its readers the news of the state and nation in a form that is not offensive to the most fastidious. It does not print much matter that is not suitable for the eyes of the young as well as the old, but it does not for that reason become dull and uninteresting. It does not print much matter that is not suitable for the eyes of the young as well as the old, but it does not for that reason become dull and uninteresting. It does not print much matter that is not suitable for the eyes of the young as well as the old, but it does not for that reason become dull and uninteresting.

Are you interested in what is going on in North Carolina? Are you interested in what is going on in the world? If you are you should be a reader of The State Journal. If you are not you should be a reader of some paper that will do it but you can find no better paper than The State Journal.

The State Journal does not claim to be the best paper in the world, but it does claim that it is a good paper and that it is worth the price asked for it, $1.50 per year. Some papers are worth more than they cost and others are not worth the price asked for them. The State Journal is worth more than its price and you can find out by reading it for a year. Some papers are good when they are new but after they have been read they are not worth the price of the paper they are printed on. The State Journal is not such a paper. It is a good paper when it is new and it is a good paper when it is old. It is a good paper when it is read and it is a good paper when it is not read. It is a good paper when it is bought and it is a good paper when it is not bought. It is a good paper when it is sold and it is a good paper when it is not sold. It is a good paper when it is read and it is a good paper when it is not read. It is a good paper when it is bought and it is a good paper when it is not bought. It is a good paper when it is sold and it is a good paper when it is not sold.

Some people say they can't read a paper that is published in another state because it does not contain the news they want to read. If you live in North Carolina and want to read a paper that does contain the news you want to read you can do so by reading The State Journal. It does not contain the news that is published in other papers but it does contain the news that is published in other papers. It does not contain the news that is published in other papers but it does contain the news that is published in other papers. It does not contain the news that is published in other papers but it does contain the news that is published in other papers