

HOW GIRLS IN RURAL DISTRICTS MAY SERVE

Mrs. Eugene Reilly, State chairman of the North Carolina division of the women's committee of the national council of defense, gives the following excellent suggestions in an interview on the question of how girls in the rural districts may serve their country in the present crisis:

"This great world war in which we have become involved has placed an individual responsibility upon the shoulders of every man, woman and child in these United States. Just how each one can render the best patriotic service must be left largely to the individuals to decide. We have learned by this time to deliberate, to wait until we learn where our service will count the most; but we stand ready, I trust, to place ourselves under the flag when the path of duty is clear. We are in the war to win and this is just as much a war to be waged by women and girls at home as it is by men and boys in the trenches.

"We are so proud of the women and girls of our state, particularly the rural women and girls, who responded so splendidly and promptly to the very first call of the President at the beginning of the war, when he told us how necessary it was that every available piece of ground should be utilized in the interest of food and as a consequence Nature has been most bountiful. Not only have the summer gardens flourished, but a movement is rapidly spreading for the cultivation of winter gardens, creating a demand for a garden the year around for every home. It is estimated that there are 36,000 winter gardens in North Carolina.

"With such wonderful crops our next concern was to conserve them, and here again the country girls had the advantage over the city girls, for they had belonged to canning clubs long before the war was thought of, and yet it was the very best service they could render their country—the canning and drying they have done all through the summer and early fall. There is still another service that the rural girls can render even late in the fall in some districts; they can go on 'fruit picking' picnics and gather the fruit for canning that would otherwise go to waste. The products of food preservation may be donated to the Red Cross, sent to the soldiers in France, or sold for community interests.

"Sewing courses in the schools may be modified to meet war needs. It should be required that half of all class work be done upon old materials. Wherever possible, articles useful to others rather than to the pupil should be made. Girls in the higher grades may sew for the Red Cross on various hospital garments. In this work both speed and efficiency may be developed. Each one should be permitted to put her name and the name of the school sending the garment.

"If the girls who live near the cities which are doing a great deal of Red Cross work, an excellent opportunity is offered those who know how to weave, as they may use the scraps and make them into rugs. These rugs may be sold at the girls may use the money for war purposes and have the satisfaction of feeling that they have been able to render a service to their country.

"The government is calling for stenographers and typewriters as they are having great difficulty in supplying the needs of the departments and offices at Washington, D. C., and the woman's committee has been asked to assist in bringing to the attention of the girls throughout the country an opportunity for them to help the government in a practical way.

"The commission urges on the ground of patriotism, that women and girls above the age of 18 who are trained in one or the other or both, enter open competitive examinations at once, and that those who have not such training immediately undergo instruction, in exactly the same spirit that has moved them to attend classes in first-aid nursing, that is the spirit of helpfulness. All who pass the examinations are practically assured of certification for appointment at salaries ranging from \$1,000 to \$1,200 a year. By writing to the United States Civil Service Commission, Washington, D. C., full information will be gladly given.

"In giving publicity to this appeal, we wish to emphasize the fact that no dependent woman or young and inexperienced girls should go to Washington without securing in advance a definite position and proper housing. The war is bringing so many people to Washington that accommodations for housing and boarding is likely to be overtaxed. If any of our girls contemplate going, the woman's committee will be glad to see that adequate housing facilities are provided.

"The primary purpose for every girl should be to get just as good an education as she can secure, for with so many of our young men going to war, many of them, alas, never to return, much more responsibility will devolve upon our girls and they should be splendidly equipped. This advice comes from the commissioner of education, from our state superintendent of public instruction, Dr. Joyner, and from the President himself. We should maintain the highest standards possible, both in attendance and in the quality of work that is done. There can be no question about the wisdom and patriotism of that advice. The problem of the youth of our country is not, 'How can I train myself for the position of larger personal advantage in the world?' but rather it should be, 'What can I do to make myself a helpful and efficient worker toward the worthier world we must create?' To that task our rural girls should consecrate themselves with a devotion worthy of those who represent us where deadly danger lies.

"As the holiday season approaches, the question which confronts us all is, 'What shall I do about Christmas?' It is clearly our duty not only to 'keep the home fires burning,' but also to keep the hearts of our household cheerful and drive gloom and depression as far as possible from those who surround our hearth fires. Who can render this service more delicately, more beautifully than the daughters of our homes and in thus giving, the girls of North Carolina will aid in teaching the

First Red Cross Christmas

Something has happened. A simple and thrilling thing that brings something of real greatness to our lives, humble as they may be.

It is the observance of our first Red Cross Christmas. One cannot have even the thought of its appropriateness and its significance in this world of anguish without having touched the highest thoughts of all the world—that which was given on the birthday we are celebrating—"Behold, I bring you good tidings of great joy which shall be to all people"; and that which was expressed in the Red Cross Treaty made by nations, which established that in warfare the sick and wounded of the enemy should be sacred to the Red Cross.

This is a Christmas when we cannot see our new young soldiers, strong and straight of back, without envisioning those others whom war has made helpless. We cannot see the happiness of our children without thinking of those little ones in Europe who have starved to death. Perhaps we cannot deck our children's Christmas tree without remembering that He in whose honor they are was a "man of sorrows and acquainted with grief."

In the Red Cross campaign for 10,000,000 new members during the week preceding Christmas there is scope for all our tenderness, all our richest imaginings, all our new-born power of simplicity of heart, all our possibilities of service.

The Red Cross Chapters have asked all members of the American Red Cross to take part in a simple ceremony on Christmas Eve—the placing of a lighted candle in the window shining through a Red Cross service flag on the window pane. This flag is a piece of white transparent paper, blue-bordered, with the sign of the Red Cross, five inches square in the center, and smaller crosses to be added for each of the household who is a member of the Red Cross. It is an expression of service in this unexampled time—a symbol so instinctive that the Red Cross will glow from the windows of our homes over the length and breadth of the land, sending out the Christmas message to the world, and telling not only the passer-by, but our own hearts, that just as our boys and men are finding new strength in their sacrifices, so may we through our new service.

How to Prevent Croup
In a child that is subject to attacks of croup, the first indication of the disease is hoarseness. Give Chamberlain's Cough Remedy as soon as the child becomes hoarse and the attack may be warded off and all danger and anxiety avoided.

Enlist for the War

Not everybody can go to the front in France to fight for his country. Everybody unable to serve in the army, however, can enlist in the Red Cross. There is important war work for all the men and women of America, and for youth under or over military age, right at home. No age limit bars enlistment in the Red Cross. It is the great organized force through which every one not on the firing line may play his part in the war for Liberty.

The chance to become a recruit in the greatest army ever mobilized to relieve human suffering, as well as to lighten the burdens and enhance the strength of the fighting men, is presented to all by the Red Cross Christmas Membership Campaign. In the week before Christmas it is planned to add 10,000,000 names to the Red Cross rolls. Fifty thousand recruiting booths will be open throughout the United States to receive enlistments. It is planned to make membership in the Red Cross almost as universal as citizenship. To that end it is proposed that the way shall be made so open that no one can remain an outsider through lack of proper invitation.

Here is an opportunity to show the 1917 Christmas spirit, as well as to get into the war work that summons all patriotic Americans. President Wilson, in apt phrase, has proclaimed that "Red Cross membership is the Christmas spirit in terms of action." Let the men and women of America make that sentiment ring like a cathedral chime throughout the land on Christmas morn.

By reducing the size of their samples wholesale dealers will save this year \$419,500 worth of cloth, representing enough wool to provide uniforms for 67,500 soldiers.

CONSTIPATION

And Sour Stomach Caused This Lady Much Suffering. Black-Draught Relieved.

Meadorsville, Ky.—Mrs. Pearl Patrick, of this place, writes: "I was very constipated. I had sour stomach and was so uncomfortable. I went to the doctor. He gave me some pills. They weakened me and seemed to tear up my digestion. They would gripe me and afterwards it seemed I was more constipated than before. I heard of Black-Draught and decided to try it. I found it just what I needed. It was an easy laxative, and not bad to swallow. My digestion soon improved. I got well of the sour stomach, my bowels soon seemed normal, no more griping, and I would take a dose now and then, and was in good shape.

I cannot say too much for Black-Draught for it is the finest laxative one can use." Theford's Black-Draught has for many years been found of great value in the treatment of stomach, liver and bowel troubles. Easy to take, gentle and reliable in its action, leaving no bad after-effects, it has won the praise of thousands of people who have used it.

sublime lesson, that it is better to give than to receive."

Christmas— and Old Loves

By LAURA JEAN LIBBEY

When I think on the happy days I spent with you, my little dearie, Now what lands between us lie, How can I but be eerie?

As yuletide draws near, a man's mind is very apt to revert to happy Christmas times that have gone before. There is most always a woman connected with a man's happy times and pleasant day dreams. The man who left the farm to make his fortune in the great city and who has become rich, a bachelor boarding at a fashionable hotel or club, can usually recall some particularly happy Christmas in the long ago—a Christmas dinner in the old home, taking his first sweetheart Christmas eve to a ball in the town hall; the delight of taking her home—a mile through snow drifts on a winter night. He had written to her a few times after leaving home, then the excitement of city life had crowded her out of his memory and his life. As Christmas draws near again, thoughts carry him back to the girl he loved when time was young with him. On the impulse of the moment he dashes off a letter to her. He does not know whether she will receive it. She may be married or she may have moved away. The old folks at home had been careful never to mention her even in answer to his inquiries.

How strange it is that the same thought can fill two different minds at the same time. The girl of long ago, still single, knowing he has not wed, picks up courage to send a Christmas card to the boy grown old now who took her to her first ball on Christmas eve. The letter and card cross each other as each flies to its goal. The bachelor finds it in his Christmas mail. The lonely woman standing by a window in a far-off farmhouse has a letter handed to her by a neighboring farmer who kindly fetched it to her from the post office Christmas morning. Simultaneously there is a warm glow in two hearts widely severed.

And yet there are people who wonder that there are romances which are revived at yuletide when men and women no longer young sigh for love and home cheer, if they sit alone and lonely listening to the chimes of the Christmas bells.

Christmas day is the time to light the sacred fire upon the altar of old hopes and loves and make the longing and dreams realities. Sending a little Christmas card with a well-chosen kindly verse is sure to find an echo in a lonely man's heart at this time of all others. One should not check the kindly resolve to send one. It can do no harm and it may bring much happiness. To whom are you going to send your "Merry Christmas" card in this year of our Lord 1917? Perhaps I'll find one in my stocking. I'll hang it up and see. I take this occasion to send each and every one of my readers a Merry Christmas, together with the wish that the coming year may be the most successful one of their lives.

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A Christmas Herosie

(Compiled from the Yuletide Utterances of Great Minds by Harvey Peake in the Baltimore Sun.)

A LITTLE child, thou art our guest, That weary ones in this may rest. —Martin Luther.

MISTLETOE hung in the castle hall, The holly bough shown on the old oak wall. —Thomas Hayes Bayly.

ENGLAND was Merrie England when Old Christmas brought his sports again. —Walter Scott.

RING out ye crystal spheres, Once bless our human ears! —John Milton.

RAINY clouds possessed the earth And sadly fell our Christmas Eve. —Alfred Tennyson.

YE who sang Creation's glory, Now proclaim Messiah's birth. —James Montgomery.

CHRIST is born, the great anointed, Heaven and earth his praises sing! —J. Cawdor.

HARK, the herald angels sing: "Glory to the new born King!" —Charles Wesley.

RING the bells and raise the strain, And hang up garlands everywhere. —Susan Coolidge.

I HEAR along our streets pass the minstrel throngs, Hark! They play so sweet on their hautboys Christmas songs.—Longfellow.

SING the song of great joy that the angels began, Sing of glory to God, and of good will to man! —John G. Whittier.

T HIS day hath God fulfilled his promised word, This day is born a Savior, Christ the Lord. —J. Byron.

MAY you have as many happy months As you taste mince pies at Christmas. —Old English Saying.

A T Christmas play, and make good cheer, For Christmas comes but once a year. —Tusser.

SOMETIMES with oysters we combine, Sometimes assist the savory chine; From the low peasant to the lord, The turkey smokes on every board. —Walter Gay.

New Limbs for Old

A recent cablegram from Paris says that French soldiers who have lost either arms or legs gather daily at American Red Cross headquarters seeking assistance in obtaining artificial limbs. The artificial limbs given by the Red Cross are declared to be the most practical that can be obtained.

The epidemic of high crimes and misdemeanors which has broken out at Danville, Va., shows no sign of abatement. Mrs. Emma Stallings was attacked in her home and robbed of \$38 by a negro. The negro made his escape.

Significance of Christmas

MAKE Christmas a jolly time.

The whole significance of Christmas is generosity, charity, good fellowship and consequent happiness, and we must stand in with this spirit of joyfulness or admit ourselves as by no means belonging to the highest types of humanity. If we adopt the Irishman's well-known and philosophical dictum, that "one man's as good as another and some a deal sight better," then we want to be a "deal sight" in most everything, and good fellowship proclaims that loudest and longest.

So, go in for a good time in any old first-class, fine-edged way you can get it, at home or abroad, outdoors or in, upstairs or down, with or without the best means for enjoyment, for the means can be made; if you're determined to make it, there is always a way. If you lack dollars, use pennies; if you lack pennies, use your wits. There are many other things that you have in abundance to spend, and you can spend them by transferring to others and the general atmosphere your optimistic joyfulness over what you have, be it much or little.

KILLING TWO BIRDS



"I was beginning to think there was no originality in New Year cards, but I was mistaken," remarked Joblots. "You received a novelty?" "Yes. My tailor sent me a card bearing the usual greetings, but added this line: 'How about that little bill?'"

NOTE OF HOPE AND HAPPINESS

Celebration of Saviour's Birth Commands Attention of All Nations Regardless of Ravages of War.

On the great feast of the Nativity, Christmas, as it is popularly known, there is always a note of hope and cheer, even when many lands are drenched in blood. It was 1917 years ago that Christ was born, but the message he brought is as fresh and compelling as it was in the years long ago. Over the little town of Bethlehem the heavenly choir sang "Gloria in Excelsis Deo"—"Glory be to God on high, and on earth peace to men of good will," or, as some renderings of the Latin text have it, "and on earth peace and good will towards men." That blessed proclamation will go sounding down the centuries to come until time shall be no more.

Professing Christmas welcome today as one of peculiar joy and gladness. The liturgical churches celebrate it with impressive services but all God-fearing people, whether they be connected with the Christian body or that, can but find a thrill and a lifting up of the soul in meditating upon the birth of Jesus and the mighty work the redeemer came to accomplish. Christmas comes to us with its hallowed greeting and with an inspiration for higher purposes and true Christian charity. May this be truly a happy Christmas for one and all.

The Unbreakable Ornament. The millennium will be here when somebody invents an unbreakable ornament for Christmas trees.

Girl messengers are now employed by many of the Government departments at Washington.

Every postal employee in the United States has been instructed to take an active part in the campaign for the sale of war-savings stamps. In order to reach the desired sales mark of \$2,000,000,000 by January 1, 1919, it will be necessary to sell sufficient stamps to average \$16.50 for each man, woman and child in the country.

Children Cry FOR FLETCHER'S CASTORIA

A COTTON MILL MAN DECLARES

HE FOUND INDIGESTION CURE

Sugared Seven Years, Gave Up Doctors, Took to Acid Iron Mineral and Says He Was Able to Work Again.

SUFFERED AGONY UNTIL HE BEGAN TAKING THIS MEDICINE

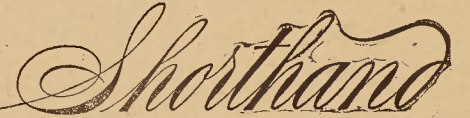
"I suffered from indigestion and with my stomach so bad I could not go to work half the time. I had suffered seven years and tried several doctors but they only gave me temporary relief," declared a Greenville, S. C., man the other day in telling how he at last got relief.

"Everything I ate would disagree with that poor stomach of mine and I was not only sick but worried. Seven years is a long time to suffer and I want to recommend a simple treatment to people suffering like I did. It doesn't cost but a dollar or so and it's just the thing. Get a bottle of Acid Iron Mineral at the drug store. I did, and after I had finished the second large bottle I felt fine. I went to work and

nowadays I can eat and digest anything you put before me that's good to eat. It has cured me and I consider it the kind of medicine people should recommend. I'll never forget it or be without it. I gladly recommend it to any one troubled with their stomach or indigestion," enthusiastically declared W. T. Hambrey, 50 Duke Street, Greenville, S. C.

The Acid Iron Mineral referred to is the product of a natural medicinal iron deposit, highly concentrated without the addition of a drop of alcohol or narcotic. It contains nothing to disturb the bowels or liver, and a few drops to a teaspoonful in a glass of water is all any one needs to correct the system and tone the blood, kidneys, appetite and digestion back to normal, according to the testimony of thousands.

It is the cheapest, strongest, best iron medicine on the market. Get a bottle today. People all over the state recommend it.



Bookkeeping and the Commercial Branches taught the year round. Graduates being placed before they finish the courses. Greatest demand ever known for office help. Winter Term begins January 7. Write for Catalog and Special rates.

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Greensboro, N. C.

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 advantages 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.

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 railway; 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."



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THE UNIVERSAL CAR

It is most important when your Ford Car requires mechanical attention that you place it in charge of the authorized Ford dealer, because they are sure of having repairs and replacements made with genuine Ford-made materials by men who know all about Ford cars. So bring your Ford to us where satisfaction is guaranteed. Prompt, efficient service at all times and Ford cars if you wish to buy:

Chassis, \$364.99; Runabout, 385.52; Touring 400.91; Coupelet, \$606.17; Sedan, 744.72. One-Ton truck \$647.22; delivered here.

ASHEBORO MOTOR COMPANY

