



### When It Pours, It Reigns



CANT you just taste that cup of good old Luzianne Coffee? Steaming hot and ready to give you a whole dayful of pep and go.

The flavor is wonderfully good and the aroma—get it?—oh, ma honey!

Better run quick and get a bright, clean tin of Luzianne while it's there. If you don't like it—every bit of it—then your grocer will give you back every cent you paid for it. Try Luzianne today and see how mighty good it is.

"When It Pours, It Reigns"

# LUZIANNE

COFFEE



Pertinent questions on health, hygiene and sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office of the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual diseases will be attempted.

### Personal Habits and Sanitation

Even the bubbling drinking fountain has been suspected, and alas, microbes are found in the water by recent bacteriological studies. Yet many of us who might hesitate about drinking from the tin cup that hangs beside the old spring in the country or utterly refuse to wipe on the roller towel that still prevails in some unprogressive communities, would scarcely hesitate to "kiss the bubble" and quench the thirst from a drinking fountain.

There are various little personal habits which are more or less unconscious when once formed, yet exceedingly important factors of illness or of health. Let us mention a few of them: When you attend a performance in a theater your hands naturally come in contact with the seat arms. So have many other hands before yours.



THE MISUSE OF SALIVA.

Don't Buy Food Where the Other Fellow Insists on Mixing His Saliva With Your Food.

The theatre generally has little or no sunlight, which is the natural disinfectant. There is no telling what bacteria may be on those seat arms. Therefore your first duty upon arriving home is to wash your hands before you forget and absently put a finger to your mouth.

In many stores you will buy from time to time foods which are ready to eat, such as sausage, boiled meat, cookies, bread, candy. This food is wrapped up for you in paper while you wait. Watch the clerk who wraps it. Watch him give his fingers a bath in saliva in order to get a better grasp on the roll of paper. Then imagine—oh, nothing in particular—just imagine! That store is merely twenty years behind the times. The proprietor is ignorant or perhaps one of those "subtle-be-damned" merchants. There isn't enough competition to make him care. It may be quite necessary for the clerk to moisten a finger to separate layers of paper. It is necessary for the bank clerk to moisten a finger when counting money, but not with saliva. No, there are plenty of convenient, sanitary little devices for moistening the finger. Let the store install them or lose your good trade. That's the way to practice sanitation! Heaven only knows what disease may be conveyed in saliva-contaminated foods bought

### WAR TALKS

By UNCLE DAN

Number Three

How War Methods Have Changed Everybody Must Help.

"Hello, Uncle Dan, Jimmie and I have been waiting for you." "Sorry if I have kept you long," said Uncle Dan. "Your mother has been telling me how bashful I used to be. She said if a girl spoke to me I would blush to my hair roots. Well, I reminded her of the time your father first came to see her and the joke we played on them, so I guess that will hold her for a while."

Continuing, Uncle Dan said: "You want to talk more about the war, do you? Well, war methods have undergone many changes and they are still changing. No two wars are fought alike. In early times, the weapons were stones, clubs, spears, bows and arrows, swords, etc. In this kind of warfare, victory was with the strong right arm. Men of enormous size and strength were the great warriors. The invention of gunpowder, however, has changed all this. It has enabled men to kill one another at a considerable distance, and do it wholesale. The war, as we know it now, is a combination of chemicals, machinery, mathematical calculations and highly trained men. Just think of it! Airplanes, submarines, armored tanks, or caterpillars, poison gases, and curtains of fire are all used for the first time in this war; and they are destructive beyond anything heretofore known."

"The methods followed by the Kaiser and his allies are simply devilish. He must answer in history to the killing of thousands of innocent women and children. He has broken every rule of warfare; he has bombarded hospitals and undefended cities, sunk Red Cross ships on errands of mercy; he has destroyed cathedrals and priceless treasures of art that can never be replaced; he has made slaves of his prisoners; he has tried to get us into war with Japan; his emissaries have blown up our ships, burned our factories and fired our forests. He knows no mercy or honor. The most charitable view to take of this blood-thirsty tyrant is that he is crazy."

"One thing is certain," continued Uncle Dan, with great emphasis, "Our liberty, the safety of our homes and our country, and the security of the world demand the speedy and absolute overthrow of the Kaiser and crushing out once and forever the reign of Prussian brutality."

"How about the German people?" said Jimmie.

Uncle Dan replied: "The splendid German people were happy, thrifty, prosperous and contented. They have been tricked into war and made to suffer the tortures of the damned; they have been cruelly and systematically deceived. God grant that the real facts may get to them, and if they do, lead help the Kaiser!"

"Of course the allies will win," said Mrs. Graham.

"Probably so," said Uncle Dan. "But if we are to win, we must go the limit. We must check the awful destruction to shipping by the German submarines, or we may not be able to get food and supplies to our own men and to our allies; we must also put hundreds of thousands and perhaps millions of first-class soldiers in the battle line."

"Food is the first consideration," Uncle Dan continued. "No army can hold out against hunger. It has been said that food will win the war, and this is largely true. Hence the importance of the farm in the war plans of our country."

Mrs. Graham interrupted by saying:

"In view of the importance of farming, don't you think, Daniel, that the farmers ought to be exempted from war service?"

"No, a thousand times no," said Uncle Dan, striking the table so hard to emphasize his protest that he tipped over a vase of flowers. "We must have no class legislation. The duty to serve is the common duty of all, and no class must be relieved of this obligation. The question of exemption must be a personal one and decided by the facts surrounding each case. In no other way can we have a square deal, and to insure this, it is the duty of congress to pass immediately the Chamberlain bill, or some such measure, which is fair in all classes. It would settle all those questions and do it fairly. Ready now, and safety hereafter—demands such legislation, and let me suggest that you and your friends get busy with your congressmen and senators and urge them to prompt action."

"It is time for us to realize that we are not living in a fool's paradise; that this great country of ours cost oceans of blood and treasure and it is only due to the loyalty, sacrifice and service of our forefathers that we have a country, and it is our highest duty to preserve it unimpaired and pass it on to posterity no matter what the cost may be. Our citizenship and their ancestors came from all parts of the world to make this country a home and enjoy its blessings and opportunities; hence, in the crisis before us, it is the duty of everyone to stand squarely back of our country and be prepared to defend the flag. Everyone in this crisis is either pro-American or pro-German. Great as the country is, there is not room enough for two flags."

### Rheumatism Yields

Only rheumatic sufferers know the agony of its darting pains, aching joints or twisting cords. But some few have not known that

# SCOTT'S EMULSION

has been correcting this trouble when other treatments have utterly failed.

Scott's is essentially blood-food in such rich, concentrated form that its oil gets into the blood to alleviate this stubborn malady.

Get a bottle of Scott's Emulsion or advise an ailing friend. No alcohol.

The Norwegian cod liver oil in Scott's Emulsion is now refined in our own American laboratories which makes it pure and palatable.

Scott & Bowne, Bloomfield, N. J. 17-21

As It Seems To Me

(Roy Cox.)

The fact that you are past draft age does not exempt you from duty to your country. This Republic never in its history needed harder and more willing workers than now.

The draft will provide enough men for the armies which are to be sent across the seas to crush the forces autocracy has arrayed against the freedom of the world. But behind the millions of khaki-clad men must be a still larger army of willing workers.

The very existence of the Republic depends upon your doing your full duty and more. The times demand that you give not only your usual working hours to your task, but every spare hour you have.

There has been no time clock since the day the German armies crossed the Belgian frontier. It is a relief of days of International law and every rule of warfare; he has bombarded hospitals and undefended cities, sunk Red Cross ships on errands of mercy; he has destroyed cathedrals and priceless treasures of art that can never be replaced; he has made slaves of his prisoners; he has tried to get us into war with Japan; his emissaries have blown up our ships, burned our factories and fired our forests. He knows no mercy or honor. The most charitable view to take of this blood-thirsty tyrant is that he is crazy."

The boys in the trenches and in the training camps have no time clock; the eight-hour law is unknown to them. They are on duty all hours of the day and they fight and bend and suffer and die hours after night has robbed the earth in its sable mantle. There is not to grumble and quibble, but to do their duty as they see it. For them to falter is to destroy the millions at home to the enemy.

Your patriotism must equal theirs. Luxuries and comforts must be given up and material saved for the fighting agencies. You form the reserve without which an army is but an empty shell.

Let the front your son and your neighbor's son are giving their all bravely and willingly that this nation may be made a safe home for you and posterity. They left comfortable homes and pleasant surroundings to serve under Old Glory. You must do the same or history will forever record you a slacker. He who is willing to give up his all for his country is a man added to our fighting force.

The boys at the front don't want your sympathy, so much for they are a cheerful lot. They do not want your sympathy, but they do want your contributions. Without it they sacrifice their lives in vain.

No man can be a patriot who idles his time away. Only a slacker does this.

No man loves his country who places selfish personal interests above the common cause.

No man can give more aid to the enemy than he who chants peace and speaks of the impossibility of victory over the forces of the Central Powers.

The acid test is being applied to the American people. "By their fruits ye shall know them." Those who give 100 per cent American will win the war.

### The Quart Law in Court

J. T. Hines, a citizen of Asheboro, Hertford county, wanted his quart lot enough to appeal to the law, and he got it.

The Federal bone dry liquor law permits the shipment of liquor for medicinal, mechanical or sacramental purposes, if the shipments are authorized by State law. In North Carolina it is permissible to receive two quarts per month. All that was required to get that amount was for the purchaser to say that it was needed for one of the purposes named, and he didn't have to swear that he was sick or furnish a doctor's certificate. Some weeks ago, however, the express company added some regulations that practically shut off shipments. The express people require a doctor's certificate, sworn to, that the liquor is really needed for medicine.

When Barnes' quart arrived at Asheboro, he called for it without a doctor's certificate and was refused. Then he took out claim and delivery proceedings before a magistrate and got the quart. The express people will appeal the case, it is stated, and the courts will decide whether the express company can add regulations not required by law.

### Bruises and Sprains

Have Sloan's Liniment handy for bruises and sprains and all pains and aches. Quick relief follows its prompt application. No need to rub. For rheumatic aches, neuralgia, stiff muscles, lame back, lumbago, gout, strains, and sprains. It gives quick relief. **Sloan's Liniment** RUBS PAINS. **Sloan's Liniment** RUBS PAINS. **Sloan's Liniment** RUBS PAINS.

### SAVING. SAVING. SAVING

Buy War Savings Certificates—Buy War Savings Thrift Stamps

Something is happening in America. It is happening surely and splendidly; and when it is finished, it will stay with us forever. We are becoming savers instead of spenders. The dollars which once were carelessly spent are now being put to wiser use, and every day brings our people to a clearer understanding of the fact that unless we save more and more of our earnings, and use our savings wisely, we will have a heavy price to pay in the future.

Everyone knows that for years America has been called the money-mad nation among the great powers. Just as the Germans used to call England a nation of shop-keepers, so they called us a nation of dollar chasers.

And they are right. It is a fact that a great part of America's brain and energy has been given to the making of money. Not until recent years has America turned its wealth into patches which have been followed by European countries for generations past, such as government aid in improving farm lands and farming methods, conservation of forests, development of water power for the direct benefit of the people, and the betterment of rural conditions of living and travel. Many of these plans have been so recently developed that the country has not yet realized the full benefit therefrom. A vast amount of national wealth has been created, but only a small part of it has gone to those ends which make living conditions finer and better.

Extravagance has come hand in hand with money making. Quickly made money has been as freely spent for non-essentials as for the necessary things of life. This is particularly true of the cities, but it holds good for rural communities as well. During the year now closing the farming people, as a class, have made and spent more money than in any recent years. What have they done with it? They know best whether it has gone for essentials, whether it has been wisely invested, and whether it has been used for the benefit of the country at large.

The new thing which is happening in America is this: The country as a whole is awaking to the fact that no man can use his property for himself alone. The possession of money creates an obligation, on the part of its possessor, to aid his fellow man and his country through its proper use.

This obligation takes two forms, which seem contradictory yet are the same in effect:

One: To keep money in circulation;

Two: To save money wisely.

Keeping money in circulation is the opposite of hoarding and hiding your profits. Saving wisely means putting your profits to work in the most productive way.

What better way is there to use your money than to lend it to your country at interest? Today America offers its people a splendid opportunity to help the action, help the soldier, help the suffering, and help to lessen the suffering of a bleeding Europe. Each man, woman and child in America should turn every dollar and quarter into War Savings Stamps. It is a good investment, and at the same time the biggest-hearted thing you can do for humanity.

Do you believe in the brotherhood of man? Do you want to see suffering and bloodshed come to an end? Do you want to hasten the splendid day when all the people will stand shoulder to shoulder, equal, happy, peaceful and free? If you do, lend your money to the greatest government in the world, your own. Help America to bring final and lasting peace to the world.

Your county chairman for the National War Savings Committee is Mr. \_\_\_\_\_ Give him all the aid you can. Believe yourself in this new thing that is happening, the birth of true thrift, and tell the good news to your neighbor.

Save your money, and Buy War Savings Stamps—a hundred dollars worth at a time, ten dollars worth, five dollars, and twenty-five cents.

On January 1, 1918 each \$4.12 stamp can be redeemed for \$5.00, which is good interest on your money, paid you by the strongest government on earth.

### Registered Men May Still List for Service in the Air

Fliers and balloonists, although subject to the selective service law, may enlist as heretofore upon passing the examination at the nearest aviation examining board. Nonflying officers under 31 years of age are not now being accepted, except a limited number of graduates of recognized engineering colleges or others who can qualify as expert engineers. Aerial observers are not now being accepted.

### Let's Do It Like Men!

(St. Paul Pioneer Press.)

Americans must stop whining about the war. We have undertaken a man's job; let us tighten our belts and go to it like men.

America is not going to starve, nor go broke, nor lose all its young men. Its cities are not going to be sacked, or blown up by U-boats, nor destroyed by airships.

We have been driven into the war. It was unavoidable inevitable; just part of the everlasting struggle between kings on one hand and liberty-loving peoples on the other. Let us muzzle the croaker and prophet of evil, trample upon the speculator, jail the traitor.

What we most need is divine courage and the faith which will remove mountains. Send our fighting men forth with stout hearts as well as strong arms. Germans have shown what soft-heartedness and cowardice can do in an in-late cause. Let us show how much more these weapons can do for us in a cause that is holy.

America is again face to face with stern sacrifice, that barbarism may not triumph and that popular government may not perish from this earth. Let us do it boldly with an indomitable spirit like that of '76.

### DON'T SCOLD, MOTHER!

THE CROSS CHILD IS BILIOUS, FEVERISH

Look At Tongue! If Coated, Clean Little Stomach, Liver, Bowels

Don't scold your fretful, peevish child. See if tongue is coated; this is a sure sign its little stomach, liver and bowels are clogged with sour waste.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, and sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" clean and sweet.

Keep it handy, Mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown ups plainly on the bottle. Remember there are counterfeits sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand Back with contempt any other fig syrup.

### POEM FROM CAMP SEVIER

I had a home that was sweet to me But did not realize it when I was free; So many friends I left behind But it could not be thought a deed unkind.

A call to arms and the firing line, The rations of Camp Sevier are something rare, Boston baked beans and Texas hare; We've heard the call and know what it means.

And whatever the picture may be in our dreams, Of the future awaiting, this one thing we know: That humanity calls, and we're ready to go.

Ready to fight and to die if need be, If by dying we know the world will be free.

The U. S. boats are waiting to sail Across the blue ocean on the enemy's trail; The Germans have wronged us, so many have sighed And this is the reason we will ride the fierce tide.

It's a gigantic task to all that is in view, And devastation may be awaiting the Red, White and Blue. Our ancestors who fought and have been dead so long, They did not fear the cannon and the smoke of the storm, The lead and the shell that fell like hail.

But still they went forward with their eyes on the rail. So it is up to the soldiers of the present, too To be as their fore parents, brave and true.

I may be killed and numbered with the slain, But if I am, may I be remembered again and again When the battle is over and the victory won, I will return home and appreciate life as a son.

Sometimes I am sad and feel very blue, To vanish it away, I read a letter or two, The orders have come, my dear little girl, That call me away from you. They are orders, you know, and so I must go. It matters not how I hate to go, I'll think of you often while there in France.

Where the souls of men have been tried; And long for the ship that will bring me back home, Back again to your side. But duty comes first and duty says go.

"Go fight for the Red, White and Blue," So you must be brave, my wonderful girl And pray till I come back to you.

—Vernon E. Curtis, Co. K, 129 Inf., Camp Sevier, Greenville, S. C.

### Federal Loans to Farmers Reach Nearly \$30,000,000

Up to December 1, \$29,824,655 had been paid out to farmers on a per cent long time loans, according to a report covering the operations of the 12 Federal land banks. The total of loans approved, including those closed and those awaiting verification of title and other formalities, is \$145,136,629.

The interest rate under the farm loan system has been increased from 5 to 5 1/2 per cent, to apply to all applications which have not yet been approved.

Borrowing is done through co-operative farm loan associations organized by farmers, each association being composed of 10 or more farmer-borrowers and each group borrowing at least \$20,000. Up to December 1 the farm loan board had chartered 1,839 such co-operative associations.

### Dogs may be friends of man, but sheep furnish clothing for his back.

### UGH! CALOMEL MAKES YOU DEATHLY SICK

Stop Using Dangerous Drug Before It Salivates You! It's Horrible

You're bilious, sluggish, constipated and believe you need vile, dangerous calomel to start your liver and clean your bowels.

Here's my guarantee. Ask your druggist for a bottle of Doan's Liver Tonic and take a spoonful tonight. If it doesn't start your liver and straighten you right up better than calomel and without griping or making you sick I want you to go back to the store and get your money.

Take calomel today and tomorrow you will feel weak and sick and nauseated. Don't lose a day's work. Take a spoonful of harmal as, vegetable Doan's Liver Tonic tonight and wake up feeling great. It's perfectly harmless, so give it to your children any time. It can't salivate, so let them eat anything afterwards.



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