

Two Ideals of War

German Kaiser to His Troops Embarking for China, July 27, 1900

When you face the enemy he will be beaten! No quarter will be given! No prisoners will be taken! Whoever falls into your hands, let him be at your mercy! Just as the Huns a thousand years ago, under their king, Attila, gained a reputation in virtue of which they still appear mighty in tradition and story, so many the name German be established by you in China in such manner that for a thousand years no Chinaman will ever again even dare to look askance at a German.—Berliner Tageblatt, July 28, 1900.

President Wilson to the National Army, September 3, 1917

You are undertaking a great duty. The heart of the whole country is with you. The eyes of all the world will be upon you because you are in some special sense the soldiers of freedom. Let it be your pride, therefore, to show all men, everywhere, not only what good soldiers you are, but also what good men you are, keeping yourself fit and straight in everything and pure and clean through and through. Let us set for ourselves a standard so high that it will be a glory to live up to it, and then let us live up to it and add a new laurel to the crown of America. My affectionate confidence goes with you in every battle and every test. God keep and guide you!



A Humidor For Your Sleeping Cave

Have you stuffiness of the nostrils? Do you "take cold" every time any one sneezes at you? Is your throat sensitive? Have you a dry, irritating cough at times? Do you snore? Are you a mouth breather when asleep? Do you wake with a dry mouth? Have you twenty dollars—but this isn't a small-order diagnosis blank, come to think of it. Keep the twenty or buy a humidor to humidify your bedroom, and you can make one yourself which will do the business a whole lot better than any apparatus you can buy. Trouble is, you're a mollycoddle and you don't know it. At least you didn't until you read this. You have the great delusion which all mollycoddles have all the time. You imagine that the way to keep warm is to



STOP BEING A MOLLYCODDLE.

Sleeping in a Sealed-Up Room is Just One Way of Shortening Your Life and Making Your Lessened Years Considerably More Miserable.

Keep warm. Well, you're wrong. The way to keep warm is to keep cool. Hippocrates says so. I say so. Hippocrates and I agree pretty well on most subjects. Hippocrates said 2300 years ago: "Cool water warms, and warm water cools." People who take morning sponge, plunge or shower baths know that Hippocrates and I are right about that. The cool bath warms you up, stimulates your circulation, increases your metabolism, makes you burn fuel faster. The warm bath, on the other hand, relaxes, slows down metabolism, tends

to make you chilly, at least does not warm you up like a cool shower does. Oh, you can't get away from my friend Hippocrates! He and I have studied this thing all out. Just substitute air for water, and the results are qualitatively the same, not quantitatively. It takes much cooler air and much warmer air to produce similar reactions. But the air will do it just as water does. Now, I feel sure that the mollycoddle realizes that "colds" and so-called "catarrhal troubles" are strictly and characteristically indoor ailments and not ailments of people who live much in the open. Why? Because it is too warm indoors most of the winter. Huh. It often gets up to 80 or 85 degrees F. hereabouts in the summer-time outdoors! True, but look at the humidity. Old General Humidity is famous for his mid-summer drives. You can't leave the General out of this question. But in the winter time the General digs in. At any rate he is conspicuous by his inactivity indoors. Heat the nice fresh winter air up to 65 degrees indoors in the winter and you make it dryer than the driest Sahara Desert climate, by actual test.

An excessively dry climate is no place for a person with chronic nose, throat or chest trouble to sleep nights.

Open up all three bedroom windows, as high as the lower sash will go, and put in screens made of unbleached flannel or Black Rock muslin. That puts Gen. Humidity right back on the job. It keeps out rain, snow, wind, drafts and dust, but it lets in the fresh, moist night air. Damp night air. That is fine for sickly people. In olden times they used to say just dam night air. They were mollycoddles, the old folks. With these Todd screens in the bedroom windows your indoor air will have about the same humidity as the outdoor air, and it doesn't cost a cent to keep the humidor working all night.

A FACT WORTH KNOWING. Scientific observation has shown that carbohydrate food — starches, sugars, glucose, etc., as in bread, fruits, vegetables, cereals, syrups — is rather more sustaining for hard work than is protein food. There is no waste of energy in useless heat production from carbohydrates. This fact is worth keeping in mind these days when conservation of meat is a patriotic matter and the utilization of garden truck, corn products and the various other substitutes for wheat is a patriotic duty.

TRIED RECIPES

Grit Bread

One and one-half cup boiled grits, 1-2 cup cornmeal, 1 cup milk, 2 teaspoons baking powder, 3 eggs, 2 tablespoons shortening, salt to taste. To the cold grits add the milk, meal, yolk of egg, melted shortening and salt. Beat the whites and fold in last. Bake in well oiled fireproof dish and serve in same. Bake in moderate oven about 25 minutes.

Fritters

One cup flour, 1 cup milk, 2 1-2 teaspoons baking powder, 1 tablespoon sugar, 1 teaspoon salt, 2 eggs, 1 tablespoon snowdrift. Sift the flour, baking powder, sugar and salt together. Beat the yolk of eggs well and add the milk and melted snowdrift. Combine the mixture by adding the wet ingredients to the dry. Fold in the well beaten whites of eggs. Beat well. Drop spoonful in deep fat; turn to brown evenly. These fritters are very palatable and to get a variety various articles may be added; 3-4 cup dromedary coconut and 1-2 cup raisins or dates and serve with a fruit sauce for desserts. Pineapple, apples, or peaches or bananas cut in small pieces using one cup to this amount of batter. One cup of canned corn drained of liquid may be added to this batter. One cup of lima beans left from another meal and in this latter leave off the sugar. Test fat for fritters with a cube of bread dropped in the fat. When bread turns a golden brown in 60 counts it is ready for use. Drain fritters on a soft paper when taking them out of fat.

Peach Gelatine

One can peaches, 1 envelope Knox gelatine, 1 envelope Knox acidulated powder, 1 cup sugar, 1-4 cup water. Soften gelatine in cold water, bring juice of peaches and sugar to boiling point and add the softened gelatine and acidulated powder. When beginning to stiffen add the peaches whole or sliced and allow to congeal. Serve with cream. To give this a "peachy" color add a couple of drops of Sauer's red fruit color.

Potato and Coconut Pudding

Four sweet potatoes, 1 tablespoon butter, 2 tablespoons molasses, 1-2 cup milk, 1-2 teaspoon cinnamon, 10 marshmallows, 1 1-2 cup coconut, salt and pepper to taste. Cream the butter, potatoes, molasses and milk together. Season. Add the dromedary coconut. Place the potatoes lightly into pudding dish or casserole with layers of marshmallows between. Bake in moderate oven until slightly browned on top. Serve hot or cold.

Chocolate Filling For Pie

3 cups milk; 1 square chocolate; 1-2 cup maple syrup; 7 tablespoons corn starch; 3-4 teaspoon salt; 1 egg; Vanilla if desired. Scald the milk in a double boiler add the chocolate and stir it until it is melted. Mix the cornstarch, the syrup and the salt, and add this mixture to the hot milk, stirring it until it thickens. Add the beaten egg gradually, stirring it in well. When it has thickened, add the vanilla, and pour the filling into a baked crust. Cover it with meringue if desired, and brown it in a slow oven.

Lemon Cheese Pie

2-3 cup milk; 2-3 cup honey or v-4 cup corn syrup; 2 tablespoons corn starch; yolk of 1 egg beaten; 1 cup cottage cheese; 2 tablespoons butter substitute; Juice and grated rind of 1 lemon. Heat the milk, add the sweetening and the cornstarch and cook the mixture until it is thick, stirring it constantly. Then add the egg, and cook the mixture until the egg thickens. Add the cheese, the butter and the juice and rind of the lemon. Pour the mixture into a well baked crust made with potato or rice. Cover it with meringue, and brown it in a slow oven.

How Three Farm Boys Wakened Father

One of the outstanding results of boys' agricultural club work in Tennessee has been its effect upon the parents of the members. Three sons of a Madison county farmer joined the corn club last year. One son produced 144 bushels on his acre against 139 bushels, and the third 120 bushels, the profit from the 3 acres being \$464.64. This demonstration wakened the father to the opportunities at his very door. He has pulled out of the rut, adopted progressive ideas, and has become a "live wire" and a recognized leader in his neighborhood.

In Four Weeks, 4,000 Cans

One canning club in Manatee county, Fla., in four weeks' time, canned 4,000 cans last summer. The members organized under the direction of the home demonstration agent to take care of the surplus fruit vegetables in their neighborhood. To products the farmers could dispose of otherwise were used. The result showed an average of 1,000 cans a week saved by their efforts.

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CAPTAIN CRAIG RELATES HEROISM OF 30TH DIVISION

South Carolina Officer Says 30th Division Accomplished Feat Which Saved Civilization

One of the first real narratives of the heroic work of the 30th division in France and Belgium is given by a Greenville, S. C., correspondent in the Charlotte Observer quoting Captain Robert E. Craig, of Hartsville, S. C., commander of Company L, 118th infantry. Captain Craig was in Greenville for a short time en route to the base hospital at Biltmore, N. C. He landed at Newport News, November 27, suffering from bronchial asthma, which he contracted while in the trenches.

Captain Craig tells of the wonderful work of the North and South Carolina and Tennessee men of the Old Hickory division in the war, and expressed regret that he was not able to be with them at the memorable date when they completely shattered the Hindenburg line. "You have never seen such courage, such absolute loyalty as these men displayed and they have accomplished a feat that generations will herald," he said. "When they come home they are entitled to our best, for they are none others than the saviors of civilization."

The 30th division, upon landing in Flanders was first billeted at Mont Kemmel, said Captain Craig. This sector had seen some of the bitterest fighting of the war during the first two years, and presented a very desolate scene. At the time the 30th arrived, the British were daily expecting a heavy attack by the Germans and the sight of the stalwart Americans greatly rejoiced them. The division remained here for some time, and when the attack never came, they were moved up nearer the front.

Captain Craig said that his battalion was the first unit of the 30th to enter the trenches, which was late in June. The division was first under shell fire on Independence day, July 4. As soon as the men were in the trenches they began to take great delight in picking off snipers. The very first day men from Company L killed two enemy snipers.

On July 29, just a month after his entrance into the trenches, Captain Craig contracted a malady which was thought to be trench fever. Physicians later contended, however, that he must have been gassed in some way as he contracted bronchial asthma. He was evacuated from his company and sent to the American Base hospital in France. He remained there until November, when he was sent to America.

Captain Craig paid a high tribute to the courage and bravery of the enlisted men. "When the histories of this war are written, the honor for victory should be given to the privates and corporals and sergeants," he said. "They are the men that have done the fighting. They are the bravest set of boys in the world and every person in the United States should honor them. I never saw a yellow man in the 30th division. I never saw a man in Old Hickory wail when he was wounded. I have seen men shot through the limbs, hold their wounds and ask their comrades for cigarettes. You cannot beat men who fight like that. I would be willing to wager that for every casualty in our division there were five in the enemy's."

Captain Craig told of the heroic act of Sergeant Gardner, of his company, during an attack early one morning. Sergeant Gardner was leading his platoon just behind the creeping barrage, when they suddenly ran upon machine gun interference. The German gun was hardly 20 yards away, Sergeant Gardner instantly realizing the peril, drew his revolver and in four clean shots annihilated the machine gun crew.

Although Captain Craig was in the hospital at the time of the big drive which broke the Hindenburg line, he heard many thrilling details of the fighting from comrades. He said that his company went into battle with 236 men, and came out with 56 of its original personnel. They went over the top 19 times in 21 days and never failed to gain their objectives. Severe casualties were suffered by the 119th infantry, the old Second North Carolina regiment received orders at Mont Kemmel one morning to advance without any artillery preparation. The regiment paired what it was sent out for, in spite of the heavy casualties suffered.

Although reticent in commenting upon casualties of the 30th division, Captain Craig said he believed the casualties would include from one-fourth to one-third of the division, though many of them would recover before being sent home.

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NOTHING GERMAN

I will not drink from a German cup,
Or eat from a German plate;
I will not deal with a German man,
All foul with German hate.

I'll use no drug with a German name,
That's grown on German land;
I'll eat no food and drink no beer
If made by a German hand.

I will not use a German tool,
Razor knife or saw;
I will not trade with a German shop
That lives by German law.

I will not sail on a German ship
Where German songs are sung;
I will not breathe where God's clean air
Is soiled by a German tongue.

I will not forget those awful deeds
To girls and little boys;
No more I'll hang on Christmas trees
Those blood-stained German toys.

I will not take a German's word,
He'll break it if he can;
There is no love in a German heart,
Or faith in a German man.

This is my oath, when war is done,
I'll swear to keep it true;
And since I know you feel the same,
I'll pass it on to you.

—That's Me, "Duffy."

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CHANGE OF SUBJECTS

(By Walt Mason)

We've talked so long of shell and shot, of captains and of kings! The time has come at last, I wot, to speak of other things. Let's turn our thoughts from Petrograd to places nearer home; we need good roads and need them bad, and hence this stirring poem. For years we've struggled through the muck, in weariness and grief, and only said, when we were stuck, "It is no time to best." We floundered through the muddy pools, across the reefs and bars, and lost our horses and our mules; and mired our costly cars. We said, "Until this war

shall cease, our does can't be discuss; but when arrives the dawn of peace, we'll have good roads or bust." We've talked so long of battle fronts that we may find it hard to turn to other, milder stunts; our spirits may be jarr-ed. We've railed to long at Kaiser Bill that we may think it stale to talk of grading down a hill, or filling up a vale. But it is wise to talk good roads instead of bones and blood; the farmers cannot haul their loads because of endless mud. There is no bottom to the poke when come a sudden shower; I cannot scorch as I would like at 50 miles an hour. We've harped so long on treason vile it's hard to break away; but we should talk good roads a while, and start the graft today.

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