

# Shortmans

Bookkeeping, Touch Typewriting, Penmanship and Commercial  
Branches thoroughly taught. Fall Term begins September 3. Write  
for catalogue and full information.  
GREENSBORO COMMERCIAL SCHOOL  
Greensboro, N. C.

## EXPRESS METHODS TO BE REFORMED

A "BETTER SERVICE CAMPAIGN"  
INAUGURATED BY 135,000 EM-  
PLOYEES OF COMPANY.

## STUPENDOUS DRIVE NOW ON

Rules Now Existing, Relating to Bow-  
ling and Packing of Shipments to  
Be Rigidly Enforced.

Charlotte, N. C.—Plans of a most  
comprehensive nature to bring about  
conditions which will make possible  
a marked improvement in the express  
service throughout the country, have  
been announced by Mr. W. S. Hall,  
Charlotte representative of the Amer-  
ican Railway Express Company. A  
"Better Service Campaign" will be  
undertaken by the 135,000 men and  
women employed in the express busi-  
ness, for the purpose of raising the  
standards of packing, wrapping and  
marking shipments.

The drive started on February 10,  
in every city and town in the coun-  
try, and appeal among ex-  
press employes simultaneously with a  
widespread effort to secure the co-  
operation of the shipping public along  
the same lines. No new packing or  
marking rules have been adopted for  
the campaign, but express drivers and  
receiving clerks will be instructed  
hereafter to insist, firmly but cour-  
teously, that the rules already in force  
be strictly adhered to.

The chief purpose of the "Better  
Service Campaign" is to check, once  
for all, the waste of time, effort and  
money that result from lost or dam-  
aged shipments. It is a source of dis-  
satisfaction and annoyance to both  
shippers and the carrier and tends to  
impair the express service. It is ex-  
pected that all who ship by express,  
and \$50,000,000 shipments are annual-  
ly traveling that way, will be keenly  
interested in the forthcoming drive,  
because it so intimately concerns the  
transportation end of many different  
trades and industries, some of which  
depend almost exclusively upon the  
express service.

Regarding the conditions which led  
to a decision for a national drive of  
this character, an express official  
made this statement: "It is an ac-  
knowledged fact that the average  
American business man regards a sat-  
isfied customer as a direct asset to  
his business. He would do nothing  
that might jeopardize his good rela-  
tions with that customer. But if the  
goods he sends to the customer arrive  
in bad order, if the contents are dam-  
aged or pilfered because they were  
exposed during the journey, or if, may-  
be, entire shipments are lost because  
of inadequate marking or insecure  
packing, the customer may not wait  
long for explanations, but place his  
business elsewhere."

"Start in your shipping department  
a campaign which will be carried  
throughout the country, and which will  
be followed by well-organized efforts  
to improve and better service."

Berlin.—Am Mittag is the first  
paper to employ air service in news-  
paper distribution. It will send its  
issues to Leipzig and Weimar, thus en-  
abling the paper to be distributed to  
its subscribed houses in the early  
hours. Herr Ulstein decided to sup-  
ply the national assembly at Weimar  
with a regular service of newspapers  
and chartered a number of airplanes,  
which left with Vossische Zeitung's  
morning edition.

### GERMAN NEWSPAPER USES AIRPLANES FOR DELIVERY

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and chartered a number of airplanes,  
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morning edition.

### JAPAN COERCES CHINESE DELEGATES IS CHARGED

London.—Japan has notified China  
must work in harmony with Japan at  
the peace conference and must un-  
dertake not to reveal to the con-  
ference secret Sino-Japanese agree-  
ments, according to a Reuters dispatch  
from Peking dated February 3.  
The correspondent gave his informa-  
tion from Chinese sources and  
declared that it should be treated  
with some reserve.

## OVER THE LAND OF THE LONG LEAF PINE

SHORT NOTES OF INTEREST TO  
CAROLINIANS.

Washington.—Representative Dough-  
ton introduced bills for public build-  
ings at Albemarle and Lenoir, costing  
\$70,000 and \$60,000, respectively.

Fayetteville.—Three hundred work-  
ers from Cincinnati arrived here and  
were taken to Camp Bragg on a spe-  
cial train. Approximately half the  
men are carpenters, the remainder be-  
ing "handy men."

Asheville.—Posthumous award of  
the Croix de Guerre is to be made to  
Lieut. Frederick Fagg Malloy, the gal-  
lant young officer who died in a  
French hospital after successfully  
fighting in several battles of the great  
war.

Dallas.—Building activity will be re-  
vived in the town of Dallas within the  
next two or three weeks. Plans have  
been submitted, subject to minor  
changes, for a \$30,000 school building,  
work to begin not later than March.

Gastonia.—Solicitor George W. Wil-  
son received a telegram from Govern-  
or Bickett notifying him that the  
state was offering \$150 reward for the  
capture of Jack Bridges and \$50 for  
the capture of Bridges' partner, Ran-  
dolph Stephens, who are wanted for  
shooting Deputy Sheriff J. W. Cole.

Charlotte.—Influenza is on a rapid  
decline here, Dr. C. C. Hudson, city  
health officer, said. A few cases are  
still prevalent; that is to be expected,  
said Dr. Hudson. The disease will  
continue until late in the spring, but  
no fear of another epidemic exists,  
the health officer assured.

Wilmington.—Daniel Pettaway, held  
with John Daniels for the alleged slay-  
ing of Grover Dickey, lumberman, in  
Onslow county, last month, is believ-  
ed to have escaped the armed and  
masked mob which stormed the  
Onslow county jail at Jacksonville and  
lynched Daniels.

Charlotte.—Mayor McNinch, Com-  
missioner Abernethy and R. P. Con-  
nelly, city building inspector, have be-  
gun a tour of inspection of locations  
of proposed new arc lights. It was an-  
nounced. The city government has re-  
ceived numerous requests for addi-  
tional lights, and it seems expected at  
the city hall that a number will be in-  
stalled within a short time.

Gastonia.—G. I. Gowan, of Stone  
Mountain, Ga., has been elected farm  
demonstrator for Gaston county to  
succeed John B. Steele, who recently  
resigned to go into the farming busi-  
ness on his own account. He has  
been engaged in this line of work for  
quite a while, and is an expert in this  
line of work.

Asheville.—The first stamps to  
commemorate the great war were  
issued in the United States. The  
post office at Asheville has received  
the first lot of these stamps. The  
stamps are of various denominations  
and are of the most attractive design.

Statesville.—Deputy Collector R. P.  
Allison, of Statesville, returned from  
a highly successful raid after illicit  
still in Wilkes county, the fruits of  
his trip having netted him a total of  
three outfits within a brief space of  
24 hours.

Asheville.—Josef Robinson, a ne-  
gro, was arrested by the police on a  
charge of dismembering her newly-  
born infant and attempting to burn its  
body on a bonfire. The attempt failed,  
it was stated, and the woman then  
scattered the pieces.

Wilson.—A site has been purchased  
here upon which a \$50,000 opera  
house is to be erected. Plans for the  
building are being drawn. The seat-  
ing capacity will be about 1,200. At  
present the only large auditorium is  
in the graded school building.

Pinehurst.—An arrangement has  
been made here by T. B. Currie, sec-  
retary of the Pinehurst Gun Club,  
for the United States and North  
Carolina tournament scheduled to  
be held here next year. It has been  
announced that the tournament will  
be held on the 15th and 16th of  
October next.

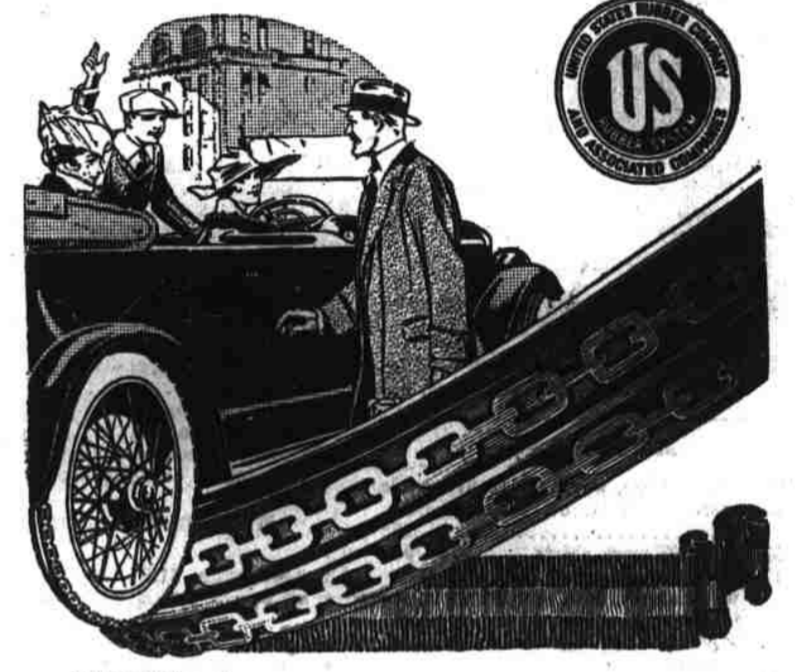
# KANTLEEK



It can't leak  
because it's  
made in one  
piece—that's  
why we guar-  
antee satisfac-  
tion or your  
money back.

Complete line of  
Kantleek Rubber  
goods. Prices  
from 40c to \$4.75

Standard Drug Company



'Chain' Tread

## The Economy of Buying Good Tires

It's mighty poor economy to put cheap  
tires on your car.

If you can't depend on your tires, you  
can't depend on your car,

—and you can't get the high grade of  
service it ought to give you.

It pays to buy good tires—United States  
Tires.

They represent the highest value it is  
possible to build into tires.

There are five different passenger car  
treads—the only complete line built by  
any tire manufacturer.

Each has the built-in strength that means  
your money back in extra miles.

Among them are exactly the tires you  
want for your car, and your driving con-  
ditions.

Our nearest Sales and Service Depot  
Dealer will gladly help you.

## United States Tires are Good Tires



You Are Young

Your prospects for success are good. A multitude of Bookkeepers, Stenograph-  
ers and Typists are wanted by banks, mills, railroads and other large corpora-  
tions at attractive salaries.  
Prepare for the above-mentioned positions by taking "Instruction" will bring  
Attend an accredited school and go "over the top" in the business world. Study  
body endures.

## HEALTH IS WEALTH HEALTH-HYGIENE by the STATE BOARD OF HEALTH

QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE  
COLUMNS OR BY MAIL IF ADDRESSED TO THE OFFICE OR TO THE STATE BOARD OF HEALTH AT RALEIGH AND ACCOMPANIED  
BY A STAMPED, ADDRESSED ENVELOPE. NO DIAGNOSIS OR TREATMENT OF INDIVIDUAL DISEASES WILL BE ATTEMPTED.

### Iron And Red Blood

About a teaspoonful of iron is the  
total quantity of that much-exploited  
element present in the entire mass  
of blood of a healthy adult of average  
height and weight. Why, then, all  
this extravagant talk of iron and red  
blood? Iron is one of the least im-  
portant elements of the blood. Such  
iron as the red blood corpuscles con-  
tain is supplied, not from medicine,  
but from natural foods, foods which  
have not been denatured in the  
course of preparation for the table.  
The iron in wheat, for instance, is  
chiefly discarded with the screenings  
in milling; the iron in the potato is  
chiefly discarded with the skins, in  
those homes where the value of potato  
skins is not yet known.

When physicians administer iron as a  
medicine, internally or by hypodermic  
injection, they do not expect the iron  
to be taken up by the red corpuscles.  
They are fully aware that the blood  
iron must be derived from the natural  
iron of food, not from medicine. The  
medicine is given for the purpose of  
stimulating certain structures which  
are concerned in the production of red  
corpuscles, such as the marrow of  
long bones, the lymph nodes or  
"glands," the spleen. Also, at times,  
to act upon certain underlying condi-  
tions which are known to account for  
the blood weakness.

Now, it would certainly be fine if an  
anemic person, one with weak or  
"watery" blood, could simply swallow  
some iron-containing medicine two or  
three times a day to restore strength  
to the blood. But it isn't done. Oh,  
yes, the medicine is swallowed relig-  
iously. There are plenty of philan-  
thropic gentlemen, with a surplus of  
iron to sell, who see to that. But the  
blood fails to grow strong.

Green fresh garden truck, fresh  
whole fruits, and undenatured cere-  
als such as whole wheat, unpolished  
rice, oatmeal, crushed corn, and nuts  
supply iron adequate for every possi-  
ble need.

Sunlight, direct exposure of the  
skin as much of the body as possi-  
ble, short of sunburn, of course, sup-  
plies the natural blood-building stimu-  
lant.  
In the vast majority of anemic  
cases, weak or so-called watery blood,  
the anemia or blood weakness is sec-  
ondary to some systematic disorder,  
and not an explanation in itself for the  
patient's suffering. This is the reason  
why alleged blood-building medicines  
fail to cure anything, unless the un-  
derlying cause of the lack of blood is  
AS SOME WOULD HAVE US BELIEVE



Bring Keen Disappointments When  
Iron for the Blood is Sought in  
Drug Store Bottles.

found and attacked by the physician.  
Indeed, it is the height of extrava-  
gance experimenting with supposed  
blood tonics in the vain hope of find-  
ing health therein. Anemic persons  
are easily misled by temporary stimu-  
lation or narcotic effects of alcohol, by  
the whipping up of the nervous sys-  
tem produced by strychnine and other  
nerve castigators added to alleged  
blood tonics. But somehow the ulti-  
mate result is never very satisfactory.  
The longed-for cure fails to material-  
ize. In the end the patient falls into  
the hands of the physician anyway,  
so why not save time and money by

For sale—Three 2-acre farms in  
oil-bearing tract. 3 miles from  
school. 1.5 miles from  
Ferry to N.C. 1000 ft. high  
Call for particulars.

Prepare For Coming  
Opportunities  
Get in vital touch with a conservative banking institution if  
you have not done so already. It is a good time for forward-  
looking business men to build up their acquaintance, balance and  
credit with an up-to-date bank to be ready for business expansion  
in anticipation of more favorable times.  
Call to see in operation our new electric ledger posting ma-  
chine which we have recently installed.  
The statement of your monthly account with us will be ren-  
dered from this machine.

## BANK OF RAMSEUR RAMSEUR, N. C.

## Stomach on Strike? Here's Relief! No Indigestion, Gas or Sourness

Upset stomachs feel fine.  
All indigestion, gases, sourness,  
heartburn, brash or acidity goes  
instantly. No waiting!  
Quickest stomach relief known.  
Just as soon as Pape's Diapypia  
reaches your sick, unsettled stomach  
all stomach misery stops.  
Costs little—All druggists.  
Stomach suffering is needless.

