# MOVED BY A CROSS OF WOOD How to Make a Creamy Beauty Lotion

While I seek for words to de-softener, whitener and beautifier.
what I have seen I am filled Just try it! Get three ounces of scribe what I have seen I am filled

We who have been fortunate enough to pass untouched through the terrible ravages of the war can only fortunate hands. appreciate its true meaning by going direct to the scarred and devastated left of those once brave lives.

wire, the charred and broken trees, the the Agricultural Extension Service of thorough cooking. When finished it ruined villages and the rest of it. It is the College and Department of Agrishment of Agrishment of Agrishment of Agrishment of Agrishment of the continuous arrival and the rest of it. It is the College and Department of Agrishment of Agrishment of the continuous arrival arriv exactly as I had expected it to be culture has recently cancer to the accuracy of a beautiful golden brown that is, the physical aspect of it. In the tention of the extension agents at color. A few spoonfuls of cold rice, that is, the physical aspect of it. In the tention of the extension agents at color. A few spoonfuls of cold rice, distance you see what appears to work in the State, the necessity for grits or bread crumbs added to the be a cluster of stone houses where putting before the farmers the value batter is generally an improvement, peasant tolk live their simple lives in of Thrift Stamps and War Savings When properly make corn bread is as neasant look live their supprises. Soon your auundisturbed happiness. Soon your automobile reaches the little village and agents are asked to familiarize the that the war is over Southern people you had yourself in the midst of parpeople of rural sections with the value especially chould not discontinue its tially standing, shell-torn walls and of these investments, as well as to enuse, for corn meal is a local product empty streets absolutely free from any courage their sale.

I can add little to the numerous Carolina farmer to eventually finance camera and word pictures you have his crop by the savings of the family. seen so often. But there is one thing Particular attention will be paid to the It is the choking sensation you get states Mr. Kilgore, so that when when you see a small wooden cross ready to take over the farms they alongside the road out there in the can do so on a cash basis, resulting in give to keep the rest of us clean and profitable when so operated.

ambition to go ahead in the world and curities follows naturally as a result. Fields treated with time product an make a name for himself, and per- of their. The North Carolina farmer average of 1½ tons of cured hay an haps some day build his own little if the current of their in wise sound. The of ground limestone, burned lime, and

childhood and sent away to fight for ergetic men and women." reasons all of which were not quite clear in his mind. He smiled as he

name of patriotism.

And this was the grave of one of our nobelst sons! The pathetic about How SOLDIER DISPERSED ATsurdity of it was enough to break a' strong man's heart. There he lay, one of our linest, thousands of miles away from his home, with no one to do him was very had, my doctor had to in-

crude glave. Pe haps he saw some Since taking 4 bottles of Mayr's Won-of the others among the thousands derful Remedy I have been entirely that are scattered over the mutilated well and am serving in the artillery. hillsules of eastern France. Perhaps having been pronounced in perefet the phenoxical avoidness of these health by government physicians." graves move home to him the fin- is a simple, harmless preparation that portance of the league of nations.

politics. I know nothing a wat the mation which causes practically all claims of the Czecho-Sarvs or the stomach, liver and intestinal allments. Poles or the Ukrainians. I know including appendicitis. One dose will nothing about the ultimate working convince or money refunded. out of the self-determination of na-

But I have seen the lonely grave of a fine American boy far away from home in a distant land where those Take 1 cup molasses, 1 cup brown the United States Civil Service Comwho love him cannot come to pray for sugar and ½ cup melted butter. Boil mission at Washington, D. C. Applihis soul. And if they could come they well; then add 1 cupful peanuts (chop- cations should be forwarded to the
would never find the spot where they ped or whole kernels). Continue boilmight place a floral tribute to the ing until tested in cold water, candy is lest practicable date.

ity into his life. He lay out there in

the lonely marches an innocent victim of the kaiser's loathrome ambitions.

Our one great absorbing thought should center on the prevention of all future wars. President Wilson's plan for a league of nations may be a theory or it may be practical. I have had an opportunity to see that Yellon's plan for a league of nations may be a theory or it may be practical. I have had an opportunity to see that Yellon's hat will snatch an American boy away from home and place him in an unmarked grave in the desolate waste of a distant land, then I am That is the only thing in the world that counts just now.

Cholera Morbus.

This is very painful and dangerous disease. In almost every neighborhood somagne has died from it before mediating and the preventiant's Colle and Discretic of Chemberlain's Colle and Discretic of Chemberl

GIRLS! LEMON JUICE IS SKIN WHITENER

the Argonne Forest, and I am in a lowness and tan and is the ideal skin termilk; if sour milk is used the bread

with a great impulse to take the first orchard white at any drug store and with a great impulse to take the first orenard white at any drug store and boat back and organize a gigantic two lemons from the grocer and make entirely different from that of wheat expedition to convey the whole popup a quarter pint of this sweetly frabread, and to many people more difficultation of the United States to the grant lemon lotion and massage it cult. The efforts of some of our meal in the face neck arms, and postborn sisters to use corn meal in

# TO CAMPAIGN FOR THRIFT

Raleigh, N. C., June 14. - Though I have read many books on the war na do not have the best opportunity and seen thousands of pictures of for a sound investment of their sav-battlefields. When I came here I had a lings in such a way as to secure redefinite idea of what I was to see— turns for the money invested. For the shell holes, the tangled barbed this reason, Director B. W. Kilgore of the shell holes, the tangled barbed the Agricultural Extension Service of the search and broken trees the the Agricultural Extension Service of

ized that it is possible for the North merrits better known. that the camera cannot give you, boys and girls in the agricultural clubs,

give to keep the rest of us clean and free.

It is particularly desired also that the great lessons of thrift learned during the war continue to be emphasization that a backed the friendly edduring the time of peace. "The hand that placed it there and torn farmers of the State," says Director it away. The cross itself was stand-Kilgore, "were most leval in their enjoyer and without griping or making your significance and without griping or making your liver and clean your bowels.

Here's my guarantee! Ask your druggist for a bottle of Dodson's Liver Tone and take a spoonful tonight. If it doesn't start your liver and straighting or you right up better than calomed and without griping or making your start. ing at a dangerous angle and would support of the government during the and without griping or making you ing at a dangerous angle and would support of the government during the scon be destroyed by the elements, war period. Some of them, however, obliterating all records except the one did not buy the Thiff. Stamps and that was named into the hearts of War Savings Stamps because they those at imme when they read their did not know about them as involving the dist.

We saw the lonely grave about ten highest order, and if he, his wife and son's Liver Tone tonight and wake up feeling great. It's perfectly harmless, we reached a point ten mades beyond vill obtain a profit for his savings it. The loneliness and dampness and which will result finally in the operadarkness of the place was terrible, tions of the farm being financed from Somehow my mad worked rapady. I the ready cash available. The invest-Somehow my mad worked rapidly. I the ready cash available. The invest-saw the boy at home cherising his ment of funds in these government se-

"For two years my stomach trouble onor. Jeet morphine on several occasions Perhaps President Wilson raw this when I was stricken with these attacks. removes the entart hal mucus from the I know nothing about international intestinal tract and allays the inflam-

> Sold by Standard Drug- Company and leading druggists everywhere.

# Virginia Peanut Candy

And this boy had nothing to do with starting the war. He had nothing to do with the German military scoundrels who brought this great calamity into his life. He law out these war is should repeat this recipe.

In a until cested in cold water, candy is lest practicable date.

ARE YOUR KIDNEYS WELL?

ARE YOUR KIDNEYS WELL?

Many Asheboro People Know the Importance of Healthy Kidneys

CARTOONIST GOLDBERG WRITES
OF HIS IMPRESSIONS AFTER ed into a bottle containing three of an egg and place in a baking pan.
HAVING VISITED BATTLEounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be a good tinch or soda and two eggs, mixing well with enough fresh butter-(Written in Paris, after a journey to taken to strain the lemon juice through the battlefields of freedom.)

I have just taken a trip up through the parish to the parish the St. Mihiel salient, over to Ver- lemon juice is used to bleach and re-baking pan and bake in a moderately dun and back along the Meuse into move such blemishes as freckles, sal-hot oven. Be sure to use fresh butwill be sour.

Principles of Corn Bread Making daily into the face, neck, arms and northern sisters to use corn meal in the interest of wheat conservation during the late war as recorded by many popular magazines are both laughable and pathetic.

direct to the scarred and devastated fields where thousands of our boys lie farmers are naturally the thriftiest of mixing from which the good cook in graves that can only be called people in the world, having both innever deviates. First, and always, graves because they hold all that is herited and acquired this habit, many slightly scald the meal by pouring more than the farms in North Carolina water not water not people on the farms in North Caroli- over it a little boiling water, not

human habitation. It is all just as This action is being taken by the cheaply at home, and which needs you have seen it pictured in the extension workers, because it is real-boosting by its producers to make its which will enable us to live more

> UGH! CALOMEL MAKES YOU DEATHLY SICK

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

wilde ness marking the spot where every farmer being a thrifty farmer, You're bilious, sluggish, constipated one of our boys gave all he had to and the farm naturally being more and believe you need vile, dangerous You're bilious, sluggish, constipated calomel to start your liver and clean

# Lime Value Shown in New York

and only girl and asking her if she ke to presperity is THRIFT and hydrated lime, conducted by the farm had a date for Saturday night. I saw SAVING. We are hoping, therefore, bureau through the county agent in him on the way home from the office that all of our extension workers, both Cheming County, N. Y. A farmer who men and women, will push this matter used 1 ton of ground limestone to the Then I saw him suddenly taken from strongly, as the result will be more the surroundings he had known since profitable farms owned by thrifty, encompared to 1.208 nounds of circle and the surroundings he had known since profitable farms owned by thrifty, encompared to 1.208 nounds or compared to 1.208 nounds limed acre. Another, who applied 700 pounds of hydrateed lime to an acre, ob How many people know the name tained 6,292 pounds against 1,461 went away and was soon out there of the postal clerk in New York who pounds on an unlimed here. A third in the wilderness. Then he fell fight-discovered the bomb packages which farmer used 1 ton of burned lime to ing. He died a glorious death in the had been laying in the office for three the acre and obtained 3,400 pounds on unlimed land.

# Children Cry FOR FLETCHER'S CASTORIA

Rural Carrier Examination

The United States Civil Service Commission has announced an examposition of rural carier at Liberty and rural routes from other post offices in eye become set and hard it can who are actually domiciled in the terri-tory of a post office in the county and your eye troubles to meet the other requirements set forth in Form No. 1977. This form and application blanks may be obtained from the offices mentioned above or from

The kidneys filter the blood.

Give your children Karo and sliced bread. It takes the place of candy—satisfies Nature's Craving for sweets. Give them all they want. It means more health and strength. There Are Three Kinds of Karo "Crystal White"-in the Red Can; "Golden Brown" in the Blue Can; "Maple Flavor"—the new Karo with plenty of substance and a rich Maple Taste-in the Green Can. IMPORTANT TO YOU—Every can of Karo is marked with exact weight in pounds of syrup contained. Do not be misled by packages of similar size bearing numbers only and having no relation to weight of contents. FREE Every housewife should have a copy of the interesting 68-page Corn Products Book. Beautifully illustrated and full of information for good cooking. It is free. Write us today for it. Corn Products Refining Company P. O. Box 161, New York City T. B. NORRIS, Sales Representative

# CONQUER WEAKNESS

by keeping your powers of resistance at highest peak. It is as natural for

to strengthen as it is for your food to nourish the body. If you would conquer weakness-increase your resistancetake Scott's Emulsion often. Scott & Bowne, Bloomfield, N. J.

# CROSS EYES

There is no father or mother who wants to see their children grow up to manhood or fomanhood with that horrible condition Strabismus, gener ination for the County of Randolph, ally known as cross eyes, after the eye N. C. to be held at Asheboro and once becomes set it is almost imposhi Greensberg on July 12 1919 to fill the ble to straighten it with glasses, but in most cases if taken while the chile vacancies that may later occur on is young, before the muscles of the the above mentioned county. The exam done with properly fitted glasses. The ination will be opened only to citizens early symptoms are principally stys,

# Drs. Staley Eye Sight Specialists High Point, N. C.

STANTON-WELCH BUILDING UPSTAIRS

Office hours, 8 to 12, 1 to 6, 7 to p. m. by appointment, 'phone 921.

# Sour Stomach.

This is a mild form of indigestion. It is usually brought on by eating too rapidly or too much, or of food not suited to your digestive organs. If you will eat slowly, masticate your food thoroughly, eat little meat and none at all for supper, you will more than likely avoid the sour stomach without taking any medicine whatever. When you have sour stomach take one of Chamberlain's Tablets to aid digestion.

# Flavor Lasts



GUARANTEE f, after using the entire stents of can according directions, you are not Nothing will lose its flavor more quickly than cof-fee when exposed to air. Luzianne is sold only in individual airtight tin cans-never in bulk

The Reily-Taylor Company

Buy genuine Oliver Plows and Repairs, Superior Corn Drills, Harrows and all kinds of farm impliments from:

> McCrary Redding Hardware Co.

