

# The Aftermath of Flu

This is No. 1 of a series of advertisements, prepared by a competent physician, explaining how certain diseases which attack the air passages—such as Pneumonia, Influenza, Whooping Cough, Measles or even a long continued Cold—often leave these organs in an inflamed, congested state, thus affording a favorable foothold for invading germs. And how Vick's Vapo-Rub may be of value in this condition.

Your doctor will impress upon you that following recovery from the active stage of influenza, there often remains an inflamed, congested condition of the air passages—throat, larynx, bronchial tubes and lungs.

Frequently the cough hangs on—soreness of the chest persists—you take cold easily and there may be obstinate catarrh. This condition is slow to clear up and if neglected may favor the development of pneumonia, or later on, serious disease of the lungs.

Such cases should continue under the care of their physician—should exercise moderately in the open air—eat plenty of wholesome food—avoid overwork and sudden chills.

Nightly applications of Vick's VapoRub may help nature to complete the process of repair. Because Vick's acts locally by stimulation thru the skin to

draw out the inflammation, attract the blood away from the congested spots and relieve the cough. In addition, the medicinal ingredients of Vick's are vaporized by the body heat. These vapors are breathed in all night long, thus bringing the medication to bear directly upon the inflamed areas.

Vicks should be rubbed in over the throat and chest until the skin is red—then spread on thickly and covered with hot flannel cloths. Leave the clothing loose around the neck and the bed clothes arranged in the form of a funnel so the vapors arising may be freely inhaled. If the cough is annoying, swallow a small bit of Vicks the size of a pea.

Samples to new users will be sent free on request to the Vick Chemical Company, 231 Broad Street, Greensboro, N. C.

30c  
60c  
\$1.20

## VICKS VapoRub

Your Bodyguard Against Colds



More Than 17 Million Jars Used Yearly

## Fresh Shad For Easter

We will have plenty of Shad and other fresh fish for Easter. Also will have all kinds of fresh meats.

Buy where your trade is appreciated.

Quick service.

Wright Brothers  
Phone 16

## Home Building & Material Company

ASHEBORO, N. C.

We want to buy your pine and poplar lumber at our plants at

ASHEBORO HEMP  
BENNETT SEAGROVE  
and DENTON

If you want building material or shingles we can supply you from our plants at Asheboro.

If you are an undertaker it will pay you to see our nice line of Caskets.

We are sales agents for the A. B. Farquhar Company, of York, Pa. Will be pleased to quote you on engines, boilers, and saw mill machinery. If interested, write us for catalogues and prices.

McCrary-Redding Hardware Co.  
Asheboro, N. C.

### OUR CLIENTELE GROWS

Not upon promises, but upon performances. We are pioneers in Dry Cleaning and Dyeing. In business since 1835. Prompt deliveries. Ship by Parcel Post.

THE TEASDALE COMPANY  
Cincinnati, 625-627 Walnut St., Ohio

## OUR RALEIGH LETTER

(By Maxwell Gorman.)

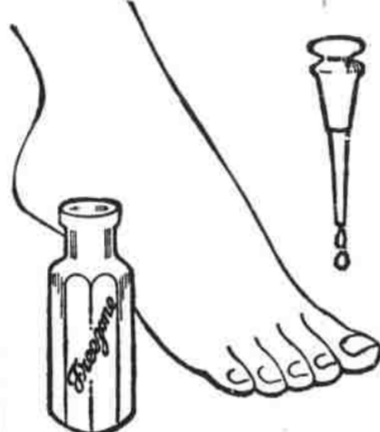
Raleigh, March 29.—Raleigh's political precinct meetings (Democratic) Saturday night carried a new sensation through the attendance on several of them a number of women (God bless 'em!). Be it said, however, some of the local political bosses and ward heelers are just now changing the form of the expression, it having been moved and carried that the word "bless 'em" be stricken out and another word substituted in its place. As these highly moral Raleigh Letters carry nothing that is not fit to print, the substitute word is omitted.

Yes, sir, the wimmen, some of whom would look better in masculine attire anyway, were out in propria personae at several of the precinct meetings—political toga and all. Indeed, they had conspired to spring a surprise on Colonel Buck Jones and other masculine manipulators of party machinery and meetings and conventions and in some instances put it over. So there will be women (closely approaching the masculine gender and not especially noted for their beauty or attractiveness to the mere man out gunning for a wife) on the county executive committee. Some of them will even sit (if they can keep still long enough) in the county convention.

As the eighteenth amendment has not yet been ratified (and never will be if it depends on Delaware and North Carolina) the other side claims the sisters are a little premature in their demands. But Doctor Delia Dixon Carrol and Widow T. Palmer Gorman and Spinster Martha Haywood and other like bright lights of militant suffragists argue to the contrary and demand recognition in advance of what the other five states yet to act next fall and winter may do. The county convention will decide whether they will be allowed to "sit."

## Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

### Civil Service Examination For Clerks and Carriers

A Civil Service Examination for the position of Clerks and Carriers will be held at the Post Office at Greensboro, North Carolina, by the Civil Service Secretary, on April 17th, 1920, at 9:30 o'clock A. M. Applicants must have reached their eighteenth but not their forty-fifth birthday on the day of examination. This examination is especially interesting at this time as there are quite a number of positions open at Greensboro Post Office and an opportunity to get a good place under Civil Service will be afforded. These positions pay Twelve Hundred Dollars (\$1200.00) per year, when regularly appointed and increased One Hundred Dollars (\$100.00) a year until the limit of One Thousand, Six Hundred and Fifty Dollars (\$1650.00) is reached. There is every probability that Congress may increase these salaries. When appointed as substitute, the pay will be Sixty Cents (\$.60) an hour. The Government only requires eight (8) hours a day and work is not hard. The examination will include largely, spelling, arithmetic, letter writing penmanship, copying from plain copy, reading addresses etc.

## AS STRONG AS AT SEVENTEEN

ZIRON Iron Tonic Makes Her "Old Man" Feel Young Again, Says Daughter.

To help repair the results of illness, old age, work and worry in your daily life; to help give strength to your run-down system and to help renew fagged forces and tone up the nerves—you will find a valuable remedy in Ziron.

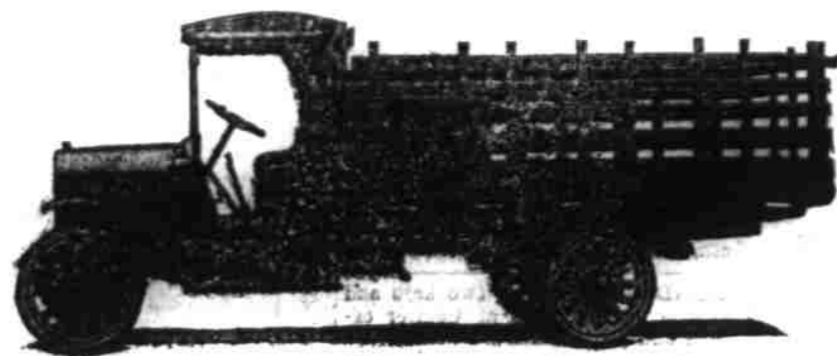
Read what Ziron did for an old man, who had to stay in bed most of the time. His daughter, Myrtle Mills, of Pulaski, Tenn., says: "Ziron has helped my father wonderfully. He could not do anything before taking it. He was in bed most of the time, complaining with broken-down nerves and backache. He has taken three bottles and says he is as strong as when he was 17 years old."

If your blood needs iron, try Ziron Iron Tonic. What it has done for others, it may do for you.

Ziron is mild, harmless; does not discolor the teeth, and may be taken safely by young and old, men, women and children.

Get Ziron at your druggist's, under a money-back guarantee.

Your Blood Needs  
**ZIRON**



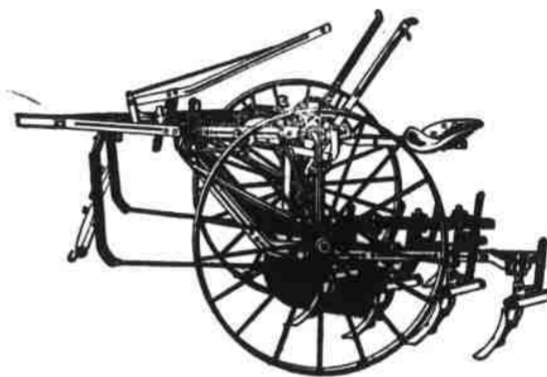
## ACME

They Are All Sold and Stay Sold  
See us to get one of the next car load  
*Studebakers* coming soon. Place your order now. Remember our line of cars is time tested.

Our repair department has been leased by Mr. W. H. Hughes who expects to give guaranteed service on all makes of cars.

Satisfied customers or money refunded.

CAROLINA AUTO COMPANY



## The Cultivator You Hear About

THERE ARE A LOT OF CULTIVATORS ON THE MARKET. Some are good—others not so good. But there is one that nearly every farmer has heard about—

### International No. 4 Pivot Axle Cultivator

Every man that has ever used an International No. 4 is always ready to say a good word for its clean work. Every man that has a boy of 14 or over ought to put him in the field with a No. 4. Chances are he will beat his dad at doing a clean job.

You can dodge in crooked rows and clean out the weeds in a way that will surprise you. This is because the wheels pivot and the gangs shift with one slight motion of the foot. Easy? It is the simplest cultivator you ever rode on. You can change the cultivator width without stopping the team. Just a twist of the wrist.

The most convincing way to satisfy yourself that this is the best cultivator and also to learn about the many other exclusive features of the No. 4 is to come in and take a look at our sample.

We are I. H. C. Dealer of Farm Machinery, International Repairs, 10-20 Titan and 8-16 International Tractors, tractor plows, harrows, mowers, grain binders and other farming implements.

See Us for Your Farm Machinery

## Randolph Mfg. Co

Franklinville, N. C.

For CROUP, COLDS, INFLUENZA & PNEUMONIA Mothers should keep a jar of Bram's VapoRub in their medicine chest. When Croup, Influenza or Pneumonia threaten this delightful salve rubbed well into the throat, chest and under the arms, will relieve the choking, break convulsions and procure restful sleep.



The old school grounds would be more attractive today if they had been well planned and planted with trees shrubs years ago. Some of them will be planted this year.

### ANY WOMAN CAN DYE AND KEEP IN STYLE

"DIAMOND DYES" TURN FADED, SHABBY APPAREL INTO NEW

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings. The Direction Book with each pack over any color that you can not make will be planted this year.

## CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of *Chas. H. Tuttle*

Building up the dairy industry is more than a matter of good cows and profits—plenty of milk means healthier children. Just show you "Diamond Dye" Color Card.