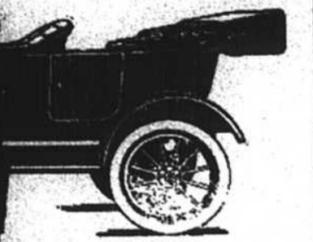


# The Day



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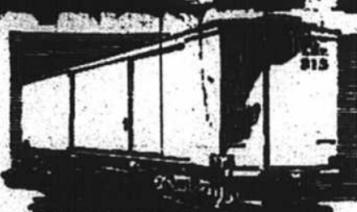
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### Which Do You Prefer?



## Pullman or Freight?

No one would think of riding in a freight car if he could enjoy the comfort of a big, comfortable easy riding Pullman parlor car.

So with automobiles. Most of the popular priced cars ride like freight cars. This is due to the old fashioned type of spring.

Many manufacturers still continue to use them. The Overland does not. The 75 B Overland has the latest type of cantilever shock absorbing springs. As a result it is one of the easiest riding cars in the world. One demonstration will prove this. \$635 f. o. b. Toledo.

Z. V. PATE, Dealer  
Phone 94-3  
Laurel Hill, N. C.  
The Willgo-Overland Company, Toledo, Ohio  
"Made in U. S. A."

### An Appreciation of Mothers.

(Bruce Barton, in Every Week.)  
A lady asks me whether I am in favor of suffrage. My answer is that I am in favor of mothers.  
Having been a voter for a number of years, and something of a student of politics, I am under no illusions about the ballot.

It is a very clumsy weapon. Politics accomplishes a minimum of progress with a maximum of expense and noise. There are many other avenues of influence more quiet, more pleasant, and far more effective.  
But if the mothers of America believe that the ballot will help them to widen their influence; if suffrage will extend the atmosphere of the home into politics instead of extending the atmosphere of politics into the home, if the ballot will help women to make the working conditions of girls better, enable them to lead happier, bigger lives, and found finer homes—then I am for suffrage now and forever.

It is an interesting thing to remember that the whole process of evolution has been devoted to one single accomplishment—the development of a mother.  
Nature began with the protozoa, the simplest form of life; then she made the worms; then the mollusks; then the amphibia; then the reptiles; then the birds; and last of all, what? The mammalia, as science calls the mothers.

Having made the mothers, Nature has never made anything since. She considered her task complete.  
All up through the various stages of life she has struggled gradually toward motherhood.

In the lower stages there is no motherhood, because there is no infancy. With the ephemeridae the moment of birth is also the moment of death; they are born, live and die, all in a single instant. Not much chance for motherhood there.  
The land-crab marches down from her mountain-home to the seashore once a year, lays her eggs in the sand, and marches up again. (There are Feminists, by the way, who contend that the land-crab has the right idea—that motherhood ought to be only an incident in the woman's life, as it is in the land-crab's life.)

Even with the higher animals the young are dependent on the mother for only a few days or weeks or months. They come quickly to self-reliance; they are ready almost immediately to feed themselves.

For man alone Nature reserved infancy. And infancy created motherhood.  
For years the child is dependent upon its mother absolutely. It is weak, helpless, unable to feed itself, unable to walk, an easy victim to a single hour's neglect.

Out of its helplessness unselfishness was born into woman's heart; out of its pain grew sympathy; out of its long years of weakness came patience and self-sacrificing devotion.

Women, bending over the cradles of their young, learned these virtues first; little by little they have passed them on. Add the world's progress is measured by the slow record of their growth in the world—their patience and devotion and love.

Unless each new generation of women gathered these golden virtues all over again at the cradles of their young, the world would soon forget. The weakness of infancy is the source of all social progress. "Of such is the kingdom of heaven."

We men in business get to thinking of ourselves as important in the scheme of things; but we aren't. Harriman dies, and the trains on his railroads stop for five minutes and then rush on again. We men can be killed by millions, and the ranks close up and move forward. The world cannot be permanently damaged, so long as it has its mothers.

"What does France need most?" they asked Napoleon. "Mothers," was his reply.

"All that I am I owe to my mother," Lincoln said a hundred times. And what was true of Lincoln is true in large degree of every other good man in the world.

Fortunate are those men who know it.

### WANTS TO KNOW HOW TO SLEEP WARM IN FRESH AIR.

State Board of Health Tells Inquirer How to Sleep Warm and Yet Have Fresh Air.

"Please tell me how on earth one can sleep warm and have fresh air at the same time these cold nights," is a recent inquiry made of the State Board of Health. It seems that there are people who are willing to obey the doctors' injunction to sleep in fresh air, night or day, hot or cold, freeze or fry, but who are finding it rather a chilly proposition while the thermometer plays around the zero mark these nights. Nevertheless, the State Board of Health has a word of advice for the cold sleeper which tells him to first get ready so as not to get cold feet on the proposition and drop it altogether. The advice of the Board is as follows:

"People cannot expect to sleep warm in cold weather whether their windows are open or not without first making preparation for it. This requires, first, soft, warm night clothing that covers the arms and feet; second, plenty of light warm covering, preferably woolen blankets which are lighter and warmer than quilts; third, a soft, thick bed that lets no air in from underneath; fourth, warm bath robe and slippers that will enable one to get in bed warm.

"One of the essentials for sleeping comfortably in cold fresh air is going to bed warm in warm night clothes. If necessary, a night cap and eiderdown foot warmers should be worn. The bed should be more than a thin mattress. One can get cold for lack of covering underneath as well as on top. A cold sponge bath in the morning will not only make fresh air sleeping easier and more delightful but it will create such a resistance to cold that thinner clothes may be worn and less covering needed at night."

Negro farmers in Northern Louisiana and Mississippi are becoming so prosperous because of the high price of cotton that they are purchasing automobiles. Dealers claim they are unable to supply the demand for cars.

## Annual Statement

### Commissioners' Account

NORTH CAROLINA, Scotland County.

Commissioners' Account—Office Board County Commissioners, Laurinburg, N. C., Dec. 1st., 1916.

Annual statement of claims audited and ordered paid by the Board of Commissioners of Scotland County, to its members severally during the fiscal year ending November 30th., 1916.

D. C. McNeill, Chairman.

Dec. 6, 1916, 4 days in session	\$ 8.00
March 6, 1916, 3 days in session	6.00
June 5, 1916, 3 days in session	6.00
Sept. 4, 1916, 5 days in session	10.00
Total	\$30.00

W. G. Bule, Commissioner.

Dec. 6, 1916, 4 days in session	\$ 8.00
88 miles traveled	4.40
March 6, 1916, 3 days in session	6.00
66 miles traveled	3.30
June 5, 1916, 3 days in session	6.00
66 miles traveled	3.30
Sept. 4, 1916, 5 days in session	10.00
110 miles traveled	5.50
Total	\$46.50

Total No. miles traveled, 330.

W. F. Parker, Commissioner.

Dec. 6, 1916, 4 days in session	\$ 8.00
64 miles traveled	3.20
1 day inspecting County Farm	2.00
22 miles traveled	1.10
March 6, 1916, 3 days in session	6.00
48 miles traveled	2.40
1 day inspecting County Home	2.00
22 miles traveled	1.10
June 5, 1916, 3 days in session	6.00
48 miles traveled	2.40
1 day inspecting County Farm	2.00
22 miles traveled	1.10
Sept. 4, 1916, 5 days in session	10.00
80 miles traveled	4.00
2 days inspecting County Farm	4.00
44 miles traveled	2.20
Total	\$57.50

Total No. miles traveled, 350.

I. C. E. Muse, Register of Deeds

Ex-Officio Clerk to the Board of Commissioners of Scotland County, North Carolina, do hereby certify that the foregoing is a true statement of all the accounts audited by said Board and ordered paid to its members severally, and No. of miles traveled by each member and that the Board was in session 14 days during the fiscal year ending Nov. 30th., 1916, as evidenced by the records of the minutes.

I, C. E. MUSE, Register of Deeds

Ex-Officio Clerk to the Board of Commissioners of Scotland County, North Carolina.

C. E. MUSE, Register of Deeds

Ex-Officio Clerk to the Board of Commissioners of Scotland County, North Carolina.

## Colds

should be "slipped in the bed", for if allowed to run unchecked, serious results may follow. Numerous cases of consumption, pneumonia, and other fatal diseases, can be traced back to a cold. At the first sign of a cold, protect yourself by thoroughly cleansing your system with a few doses of

## THE FORD'S BLACK-DRAUGHT

the old reliable, vegetable liver powder.  
Mr. Chas. A. England, of Madison Heights, Va., says: "I have been using The Ford's Black-Draught for stomach troubles, indigestion, and colds, and find it to be the very best medicine I ever used. It makes an old man feel like a young one." Insert on The Ford's, the original and genuine. E-47

## GINGHESTER PILLS



Whenever You Need a General Tonic Take Groves' The Old Standard Groves' Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Purifies the Blood and builds up the Whole System. 25 cents.

### MEDICAL INSPECTION WORK GAINS FAVOR.

Dr. Bullis Goes to Beaufort County—Finished Work in Scotland.

Doctor A. C. Bullis, who is engaged in medical school inspection work for the State Board of Health, completed the work in Laurinburg and Scotland county last week and now goes to Beaufort county to engage in the same work with the rural schools of that county. Dr. Bullis recently examined the children of the public schools of Washington and now will finish up the work with the country schools.

He says that he finds the interest in medical school inspection work continually growing especially among the parents. They often frequently go out to the schools on examination day not only to see their children examined, he says, but to get instructions for remedying whatever defects are found. He believes his methods are getting results and says that his best work is being done with children of the first, second and third grades, before the defects have gotten in their way work and when they are most easily remedied or removed.

### HOKE COUNTY GETS MEDICAL SCHOOL INSPECTION.

Teachers Vote for It and Will Make Plans to Finance It.

The school teachers of Hoke County are responsible for the schools of that county having medical school inspection. At a recent meeting of the teachers of the county, the proposition of the State Board of Health setting forth the plans of getting medical inspection for the schools of a county was put before the teachers and there was a unanimous vote for this feature of school health work.

According to Mr. J. A. McGowan, superintendent of the Hoke County schools, each school is to contribute for this purpose a certain amount which it is to raise by entertainments, subscriptions, or in other ways. This was the plan adopted by the teachers and a committee of five teachers, with Miss Sadie McBrayer, Banatorium, N. C., as chairman were appointed to make plans preparatory to inaugurating the work which will begin probably February 1. Dr. A. C. Bullis will be put in charge of the work. The schools of Hoke county, county seat of Hoke, will also get this feature of health work.

### The Steady Subscriber.

How dear to our hearts is the steady subscriber,  
Who pays in advance at the birth of each year,  
Who lays down the money and does it quite gladly,  
And casts round the office a halo of cheer.

He never says: "Stop it, I can not afford it,  
I'm getting more papers now than I read."  
But always says, "Send it; our people all like it—  
The fact is we think it a help and a need."

How welcome his check when it reaches our sanctum,  
How it makes our pulses throb, how it makes our hearts dance!  
We outwardly thank him, we inwardly bless him—  
The steady subscriber who pays in advance.

—Edinburgh Sentinel.

Henry Sutton, a 14-year-old negro boy, was found guilty after trial in McDonough, Ga., of criminal assault and sentenced to be hanged on Jan. 15. His crime was committed against a 12-year-old white girl.

### Health Has New Meaning.

"Health is beginning to mean more to people than keeping them out of bed or the invalid's chair," says the State Board of Health. "It is now being thought of in terms of energy, efficiency, service, prosperity and happiness. A new concept of health has been formed which not only includes length of life but breadth and depth of life as well. The new health idea is not to live long in years only but to live broadly which is to live well both in deeds and spirit.

Health 'stock' has risen. Today it has a high commercial value. Yesterday when minutes were of no value and hours were idled away, health 'stock' sold below par. A man could be sick half of his time and hold his job. Today, he must not only not be sick but he must be there with all his powers and they must be in good working order. In other words, he must be efficient.

Tomorrow will find no place for the inefficient. The physically defective child of today will be the inefficient man of tomorrow. The young man who fails to appreciate a strong, healthful body and disregards the health rules of today will labor under physical handicaps later on. Health has a great commercial value and whoever fails to recognize that fact and conserve his health will be more than physically bankrupt in the future."