

**ENJOYS HIS
3 MEALS A DAY**

Mr. Wooten Thinks Much of ZIRON, Because It Made Him His Old Self Again.

Sick people do not get much out of life. In order to enjoy your meals, to do your work well, you must be strong and healthy.

Pale, weak, nervous people frequently need iron to enrich their blood and to restore vitality to their system, and a good way to supply the iron is to follow the example of Mr. Clayton Wooten, of Scotland, Ga., who used Ziron Iron Tonic and has this to say about it:

"I have taken Ziron according to directions and I can truthfully say that it is a fine tonic. It has done me all the good. Since I began taking it, I have gained eight pounds in weight and enjoy eating three meals a day. I shall do all I can to recommend Ziron."

Try Ziron! Your druggist sells Ziron on a guarantee to refund your money if the first bottle fails to benefit. You can not lose anything, but very likely will gain much, by getting a bottle of Ziron, today!

ZN 14

Your Blood Needs
ZIRON

HAVE YOUR
Films
Developed at
WOOTTEN-MOULTEN
New Bern, N. C.

Beaufort

Produce

GO.

Samuel A. Thomas, Manager

No Pain

If you are suffering from Indigestion, Biliousness, Headache, Dizziness or any disorder of the liver, stomach or bowels resulting from Constipation you can secure quick relief from

DR. MILES' Laxative Tablets
The Painless Laxative

Action mild and gentle—yet effective. Easy and pleasant to take—taste like candy. Children take them readily.

Especially good for delicate persons and children requiring a reliable laxative free from pain or harsh effects.

Suppose you buy a box today. Money back on first package if you are not satisfied with results.

SOLD BY ALL DRUGGISTS

Explaining the Hermit.
A good many of the unknown "relatives" who always appear soon after the death of a rich hermit probably are genuine, and help explain why the hermit became a hermit.—Kansas City Star.

Incompatibility.
It is said that the average Chicago family spends \$75.00 a year for books. Still we do not see any immediate hope of friendly relations being established between the Windy city and Boston.—Newark (O.) Advocate.

Nippon Has Its Salvation Lassies, Too



East may be East and West may be West, but the twain meet under the colors of the Salvation Army. Here one sees evidence of the Army's labors in the "Cherry Blossom" land of Japan. The color of the skin or the slant of the eyes of these Salvation Army officers makes no difference in their purpose and endeavor. The men wear the same uniform as their western brothers, but the women have adapted the Army's garb to the kimono robes of their native land. The pictures give testimony to the work of the Salvation Army in but one of the 66 countries in which that organization has its posts; and Japanese is only one of 40 languages spoken by those who wear the uniform in these scattered lands.

**AMERICANS BIGGEST USERS OF RAILROADS;
SERVICE HERE FAR OUTSTRIPS EUROPE**

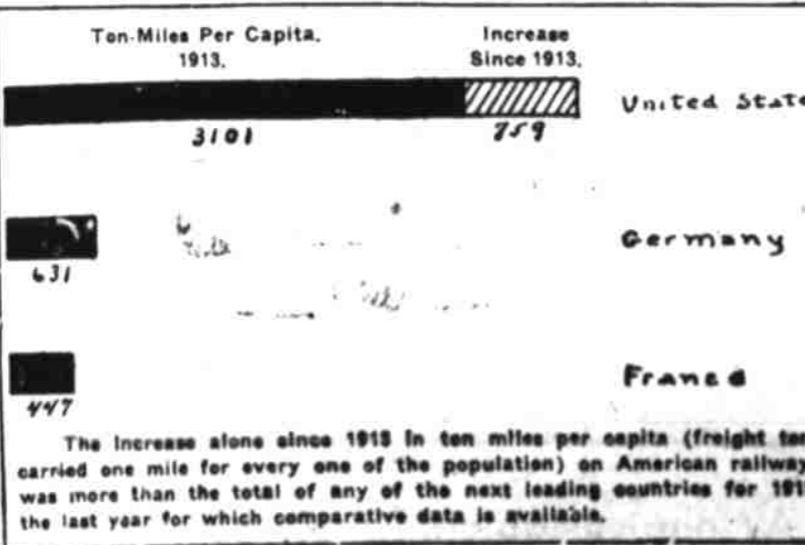
The railways of the United States in point of actual railway service lead the world. Americans buy more railway service, and a greater amount of transportation is supplied and used in the United States than in any other country.

According to statistics prepared by the Bureau of Railway Economics, the ton miles per capita carried by United States railroads in 1913 were almost five times the ton miles per capita carried by Germany, which was second to the United States in this respect. The ton miles per capita carried by the United States railroads in 1913 were 3,101. In Germany the ton miles per

capita carried by the railroads were 631 and in France 447.

Since 1913 the increase in ton miles per capita carried by the railroads of the United States was more than the total carried by either of the two other countries in that year. In comparison with the total of 631 carried by the railroads in Germany and the total of 447 carried by the railroads in France the increase carried by the railroads in the United States since 1913 was 759 ton miles per capita.

The chart below shows the transportation supplied in the United States, Germany and France in 1913 and the increase in railroad service in the United States since 1913.



Three Generations



**HAVE USED
STELLA-VITÆ**

Grandmother used it and handed it down to daughter and granddaughters. It helped them all—is a boon to all women and young girls. "Woman's Relief"—"Mother's Cordial", GUARANTEED—if the FIRST bottle gives no benefit, the dealer from which it was bought will REFUND THE MONEY. The prescription of an old family physician, in use for three generations.

Sole Preps. & Mfgs.
THATCHER MEDICINE CO.
CANTONMENT, TEX., U. S. A.

Mrs. Agnes Miller, Okla.
"I was an invalid for two years. By the advice of my doctor I used STELLA-VITÆ and it cured me. I can now do all my own work."

Mrs. J. R. Powell, Dal., Tex.
"Before I took Stella-Vitæ I could not see a well day for over twelve months. After taking one bottle I was better. My complexion has cleared up and I have gained 25 lbs."

Telephone

**Install One In Your
STORE and HOME**

*No Business or Residence is
complete without one*

One Call Some Time Justifies Its Cost For A Year

Ask the Manager to see you and talk over the proposition a Telephone for every Business and Residence.

**Home Telephone and Telegraph
Company.**



Has many advantages over other makes. It makes a Full, Clear Tone produced by the tone chamber and the Pathe Sapphire Ball. No needles to be changed on a Pathe, the Ball does not wear out. It plays all makes of Records. Pathe records are guaranteed to play 1,000 times.

The Pathe Controlla enables you to play loudly or softly. These and other advantages make the the Pathe the most desirable machine of all.



LET US SHOW YOU ONE AND DEMONSTRATE IT

Gaskill Mace Comp