0000 EMBRA that hand FOR RENT finess place for of business. It can be divered into two compari-Entrance is at the rear of M. E. Thornton, office up stairs

me

TWO small farms close to town for sale. See J. C. Martin.

RENFREW suiting that positive-ly will not fade at J. A. Bow-

GIRLS WANTED at once to work in the new knitting mill. Reg-ular employment. Apply at once at office of The Best Knitting Mills, over Umstead's 5 and 10c store.

LIST your property for sale with J. C. Martin, Real Estate Ag't

PARASOLS at reduced prices at J. A. Bowles.

WANT to exchange second-handed two borse wagon for a good milch cow. J. C. Martin.

FOR SALE OR TRADE for Hick ory property. Property in Tul-sa, Oklahoma, best oil city in the West, one block to car line, one block to school, three blocks to What have you

Kendall College. What have you to trade? Write J. S. Curtis, Tulsa, Okla.

BUY a house and lot from J. C Martin and save rent.

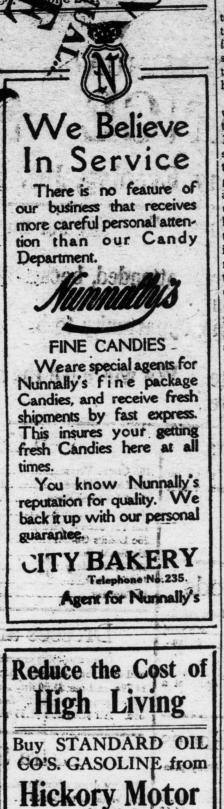
RATINE trimming at J. A. Bow

les. J. F. SMYRE, dealer in groceries, fresh meat and fresh fish or Tuesday, Thursday and Saturday. No. 601, 13 st. Phone 157-L.

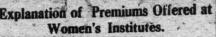
WHY not save money on ribbons by getting from J. A. Bowles.

BEAUTIFUL parrot for sale Good talker. Pleasant company, a great pet. Call on Mrs. Brown at Beckley & Brown Milli nery Store, Hickory, N. C.

FOR SALE-a farm of 36 acres 3 miles from Hickory, 4 room cottage newly painted, good barr and other buildings, good orchard R. F. D. 4.



Car Company



The following explanation in regard to the premiums that we are offering to the girls and women living on the farm for the best exhibits of bread and school lunches at our women's insti-tutes may be of value to would be ex-hibitors. The school lunch exhibit is open to the school lunch exhibit is open to to the girls and women living on the

The school lunch exhibit is open to women over 18 years of age only; and the bread exhibit only to girls under 18 years of age. This ruling will be strictly adhered to. In either exhibit the exhibitor must sign a statement, gving name, post office address and the professors Schosel, a pupil of Leschet-izky, Packman (graduate London Con-serval ory of music) and Misses Helga Olsen and Eulalie Chenevert, both ed-ucated in Germany and having private studios in Minneapolis. age, that is, whether she is over or under 18, stating that she made the bread or prepared the lunch, place that intormation in an envelope, seal

that intormation in an envelope, seal it and place with the exhibit. By this mears the Judge can be sure of get-ting the name and the address of the exhibitor. • The school lunch is deserving of more consideration than many parents give it. Childhood is an impression-able age and great care should be ex-ercised as to influences that are brought to bear on the child during this critical period in its life. Influ-ences that to us grown people seem small may leave an impression with children throughout their lives. For this reason we should be exceedingly careful as to the kind of influences that surround our children. Cleanli-ness, and neatness should be among the early impressions made upon the mind of the obid. The school lunch the early impressions made upon the mind of the child. The school lunch is a good means of impressing the child with these habits, or perhaps I might say virtues, for they are virtues. The school lunch should have three

characteristics: appetizing, nourishing, and easily digested. A normal child of school age requires considerable focd ger of a robust child, and at the same time be so easily digested as to per

rather than to be put to sleep from the effects of the lunch. In preparing the school lunch avoid all soggy foods, all fried meats, unless a small quantity of well fried break fast bacon may be permissible. Good bread and biscuits, boiled eggs. chick-

en and tresh meats, butter, sandwich es, ripe fruit, salted peanuts or other nuts, plain cake and a bottle of fresh milk are sufficient to draw from and will supply the requirements of almost any school. Sandwiches may be made from home grown vegetables with or without mayonnaise dressing as the

child may prefer. The lunch should be put up in a neat basket or bucket and never in a pasteboard box. The

Lenoir College-New Teachers.

Prof. K. G. Busch, of St. Paul, Minn., the new professor of Chemistry and Physics, is on the ground looking af-ter the equipment of the new Yoder Memorial Science Building. The new teacher of Plano, Harmony

Miss Wright is doing private work

in 'l icago this summer. The new teacher of art is Miss Doro-thea Dorn, of Fort Wayne, Ind. Miss Dorn has been most forfunate in her it and place with the exhibit. By this educational advantages, having grown

All who wish to secure genuine col-

lege advantages and the very best instruction and work in Ausic, Art, Express on and Business at the lowest cost possible should get the facts concerning Lensir College.

Prof. A. C. Lineberger of the De-partment of English is taking the summer quarter in the University of Chicago. He was admitted to full Ph. D courses without any trouble.

to meet the demands of up-keep and growth, so a school lunch should be sufficiently appetizing to induce him to eat freely. It should be composed of the things that will satisfy the hun-

mit the child to study in the afternoon

F. G. Morgan, the new teacher of Latin is studying in Virginia. He re-ceived the A. M. degree from the Uni-versity of South Carolina in June. The president made special public mention of the excellence of Mr. Morgan's

Prof. M. L. Stirewalt will be one of the instructors in the S.S. Normal to

be held at the college, August 11-15. Mr. Kiser, the new treasurer of the college has spent a month canvassing n South Carolina.

State's Finances to Claim Attention of Legislator;

of Legislators Raleigh. July 22.—Members of the corporation commission and the freight traffic managers of the Railroad com-panies doing interstate carrier service for. North Carolina resumed negotia tions today at Old Point Comfort for the special purpose of working out the revised freight tariffs in which it is expected that the demands of the authorities for a 25 per cent is luction of rates will be met by the railroad authorities. As confirming the reports at the time of the recent conference of the presidents of the railroad comof the presidents of the railroad comof the presidents of the railroad com-panies, Governor Craig and the cor-porati n commissioners that the state and the railroads were very close to the 25 per cent reduction demands of the state. Governor Craig said at Asheville Saturday: "It is not alto-gether impossible that freight rate re duction will not have to come before-the legislature at the extra session ac-cording to the latest attitude of the cording to the latest attitude of the railroads. At the recent meeting of the corporation commission and the state officials appeard so be doing their best to bring about an ad-justment of the rates satisfactory to be the state, and their figures were very close to the 25 per cent disco nt from the present rates demanded by the state."

In view of the strong indications that the freight rate fight will be set tled satisfactorily before the legislature convenes, and of the further fact that the constitutional amendment commission has so thoro ighly turash-ed out the matter of constitutional amendment proposals and prepared-the maclingry for the ratification e-lection ready for adoptior, it looks like the biggest thing that whitrequire the attention of the legislature will be the adjustment of State finances, although this is not mentioned in the call for the assembly to convene.

Premiun s Offered at Women's Institute.

Don't forget to attend the women's institute and go prepared to get a prize. Every farm wife and daughter should attend this meeting.

Mr. H. C. Martin, editor of the Lenoir News, gave us a pleasant call Tuesday on his way to Asheville to attend the Editors' Convention, the 23 d and 24th.

CHICHESTER S PILLS Chi-chee-tor a Diamond Brand Pills in Eed and Gold metallic bors, scaled with Blue Ribbar Take ne other. Buy of your Drageled. Atk for Child OHES. FER B DIAMON', BRAND PILLS, for 85

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