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## BATTLE IN POLAND FAVORS THE RUSSIANS

Russians Are Steadily Advancing in Galicia; Repulse the Enemy Before Cracow.

London, Nov. 23.—The battles in the region between the Vistula and Wartha rivers in Poland appear to have turned in favor of the Russians. A special dispatch from Petrograd to Paris says the Russian army already has won a decisive victory. While this may be an exaggeration both the Russian and the German official reports suggest that General Von Hindenburg's second thrust at Warsaw has been checked. Grand Duke Nicholas, commander-in-chief of the Russian forces, for two days in succession has recorded partial successes and tonight the German general staff says the arrival of Russian reinforcements has postponed a decision. Both sides have expressed the greatest confidence in the outcome. Grand Duke Nicholas and General Von Hindenburg heretofore have been so successful in their strategy that their adherents look upon them as almost unbeatable.

The German papers this morning were talking of a general Russian retirement despite the fact that the Russians have been advancing steadily in Galicia, have repulsed the Austro-German attack before Cracow, hold part of the German territory in East Prussia and oppose General Von Hindenburg's advance on Warsaw. It is the same at Petrograd. All the correspondents there declare the Russian numbers must tell when the Germans have reached the ground on which Grand Duke Nicholas has chosen to give them battle.

While undertaking immense tasks in the east the Germans, according to all accounts, are preparing to launch another offensive movement in the west. Just where this is to be known by the general staff alone. It is believed here they will make another effort to get through to the French coast and perhaps at the same time try to force the line of French fortresses in the Argonne region.

The Germans have been violently bombarding Ypres in Flanders, Soissons, in the Aisne and Rheims, while they have been attacked in force in the Argonne region. The French claim the Argonne assaults have been repulsed while the Germans say that they have been gaining ground steadily.

Any or all of this activity may be intended to divert attention from the quarter in which the supreme attack will be made, but the allies are sure to discover soon where they must expect the next blow. To ward off the possibility of the Germans again trying to move along the coast the British fleet has been bombarding their positions from the sea.

Turkey, as usual, reports victories over the Russians in the Caucasus and the British in Egypt, but these lack confirmation. The English tonight issued an account of successful British operations in the Persian gulf. The same statement told of the defeat of a British force sent against German East Africa.

## A People Without a Country; Belgium Becomes Scene of the World's Greatest Calamity

Christian Herald.

The war in Europe has almost taken second place in world interest. It may reasonably be questioned if it has not entirely done so. For the world is threatened by a situation among the innocent sufferers of the war that defies the telling. On the battlefields men are deliberately rushing to their deaths, cheered on by a number of emotions. But upon the most reliable authority it is now known that millions, actually millions of women and children, aged people and invalids, face death by starvation and exposure as winter comes on, because their homes have been destroyed, their means of self-help taken away, and their natural providers forced to the scenes of war.

In London there has been organized an official body, which arranges for transmitting food-stuffs into Belgium; it is known as the American Commission for Relief in Belgium. That commission has been asked by King Albert of Belgium to appeal to the American people on behalf of Belgium's famine-threatened women and children. "It is a great comfort to me," he wrote, "in this hour of sorrow and misfortune to feel that a great-hearted, disinterested people is

directing its efforts to relieving the distress of the unfortunate civilian population of my country. Despite all that can be done the suffering in the coming winter will be terrible, but the burden we must bear will be lightened if my people can be spared the pangs of hunger with its consequences of disease and violence."

Reports from members of this commission who visited Belgium state that there are still some seven million people in that country. "In many centers," the report says, "people are receiving an allowance of little more than three ounces of flour per capita daily. This is a question of feeding an entire population. The situation affects the wealthy as well as the poor. It touches every home in Belgium. Our experts calculate that in order to avoid actual starvation, Belgium must have every month a minimum of 60,000 tons of wheat, 15,000 tons of corn, 5,000 tons of peas or beans and a limited amount of bacon or lard." Such a bill of fare, merged to the point of privation as it is, will cost between four and five million dollars monthly, and there is no money in Belgium and no credit, and eighty per cent. of the people are unemployed.

### Mr. S. P. Hall, of Charlotte to Open Drug Store at Hamlet.

The Hall Drug Company, with an authorized capital stock of \$10,000, has been granted a charter by the secretary of state, a copy of it having been filed today in the office of the secretary of state. The incorporators are Messrs. S. P. Hall, M. M. Murphy and T. J. Smith, all of this city.

The issuing of the charter marks the opening of a new drug store in Hamlet, which will be operated by Mr. Samuel P. Hall of this city. He has been connected with the Burwell & Dunn Drug Company of this city for five years and is a very experienced druggist. He has organized the company and will be its manager at Hamlet, where the store will be conveniently located on Main street. The enterprise will be known as the Hall Drug Company.

Mr. Hall is a son of the late Major J. G. Hall of Lenoir and has hosts of friends in that vicinity and here. He will leave in a few days for Hamlet to take up his new business.—Charlotte News.

### Short News Items.

General Funston's infantry and marines, numbering 6000 men, hauled down the Stars and Stripes which had been flying over Vera Cruz since last April, and evacuated the Mexican port in obedience to orders from President Wilson.

A cash contribution of \$1,538 was realized at a mass meeting of Raleigh citizens Sunday afternoon to be applied for the relief of suffering Belgians.

It is said the North Carolina General Assembly will be asked to issue bonds direct and at the beginning of its next session before it makes appropriation from running expenses for permanent improvements.

While cleaning a gun at his home in Guilford county Sunday morning Robert Smith was struck full in the stomach by the discharge of the gun and died within a few hours.

Vera Cruz, Nov. 20.—Traffic was interrupted today on both the railroads leading from Vera Cruz to Mexico City.

Mexican railway officials said the Constitutionalists had taken all rolling stock on that road between Mexico City and Esperanza for movement of troops. Col. Edmundo Martinez, representative of General Gandino Aguilar, intimated that another reason for subservience was to prevent entrance to Vera Cruz of passengers who might turn out to be followers of General Villa.

The Inter-Oceanic, the other line to Mexico City, is being operated only by sections. A stretch beyond San Marcos is under control of the ex-Federal General Higinio Aguilar.

### What Tuberculosis Day Should Mean to North Carolinians.

Raleigh, Nov. 22.—Broadly speaking Tuberculosis Day is a national movement having for its aim the prevention of tuberculosis, but more directly speaking, it is a personal responsibility. To us of North Carolina it comes as a grave responsibility, imposed by the 6000 needless deaths annually in our state from this disease.

While the plan of Tuberculosis Day is an educational campaign against tuberculosis, its ultimate aim is prevention, for knowledge is power. With this in view the preachers and the churches have been called on to present to their congregations the nature and methods of prevention of tuberculosis, or some feature pertaining thereto. The movement is undenominational and nonsectarian. Its aim is to reach Jew and Gentile, Protestant and Catholic. Furthermore it aims through the church, through its message and presentation, to reach lodges, schools and various social and civic bodies of the country.

At the State Sanatorium for the Treatment of Tuberculosis where there is space for only sixty patients, but where ninety or more are crowded in and hundreds are waiting for entrance, is a most crying need that should have a heart-appeal to the various lodges, orders, clubs, organizations and individuals of our State. Here is afforded them an opportunity by which they could take care of the tubercular sick of their own members or those within their midst. Here is a means by which they could render humanity an invaluable service and the way by which they could help the State protect and save her unfortunate and control the scourge of tuberculosis. The responsibility is upon them.

One of the school days should be observed by the schools as Tuberculosis Day. The pupils on this day should study or become informed as to the cause, nature and prevention of tuberculosis. Perhaps for the first time some child will know that it is positively preventable and possibly curable.

Individuals have a responsibility. Besides being their brother's keeper they must also be keepers of themselves. The first law of health as well as nature.

Mexico City, Nov. 20.—The military has taken complete command of all roads out of the capital and troops in the suburbs facing Zapata supporters have been strongly reinforced. It is believed General Lucio Blanco will remain to protect inhabitants from a raid by Zapata adherents.

A meeting of all generals in the city was held today to discuss the general situation.

### Cause of Insomnia.

The Most common cause of insomnia is disorders of the stomach and constipation. Chamberlain's Tablets correct these disorders and enables you to sleep. For sale by Grimes Drug Co. and Mozer & Lutz.

## BANK ORGANIZED FOR LATIN TRADE

Merchants of the South and West Lay Plans For a Larger Business.

Memphis, Tenn., Nov. 20.—Preliminary to an extensive campaign for the trade of Latin America, merchants of seventeen Southern and Western States today authorized the organization of a banking corporation to promote an exchange of credits between the United States and South and Central America and the establishment of a co-operative trading company for the exchange of commodities.

Other action, taken at the final session of the first International Trade Conference of the Mississippi Valley and Central West, included the framing of an appeal to the Federal reserve board to empower regional banks to establish branches in the Latin-American republics; urging the establishment of modern terminals at all important trading points along the Mississippi River and other inland waterways; the enactment by Congress of legislation to encourage the building of an American merchant marine and an appeal for more liberal Federal applicants for the improvement of the Mississippi river and its tributaries.

Details of the plans will be worked out by committees to be appointed by the chairman of the conference, Edward E. Gore of Chicago.

The proposed banking corporation will be financed by the merchants and manufacturers of the Southern and Western States and its energies will be devoted entirely to South and Central America and the West Indies.

### Railroad Committee Organized.

Raleigh, Nov. 20.—H. P. Edwards general superintendent of the Atlantic and Western Railroad company, who is chairman of the special committee of the officers of the short line railroads in North Carolina to make a fight in the approaching session of the legislature for the repeal of the "long and short haul clause" of the Justice intrastate freight rate act, says he has fully organized his committee and that the members of the senate and the lower house of legislature are having the conditions as they exist so ruinous to the business of the short lines, laid before them. He says the expressions being obtained from the law makers elect indicate that there will be little trouble in getting the repeal of this feature of the act so that the short lines can resume their business of handling large volumes of freight in long competitive hauls jointly with their connections that constituted a most profitable feature of their business before the Justice act went in effect.

### Frost Proof Cabbage Plants.

Please tell me about the so-called frost-proof cabbage. What kind of seed are they and where secured? When should they be planted to pull in February and March? Will stable manure be a good fertilizer? Name the best varieties.

The frost-proof plants that are advertised are simply the Early Jersey Wakefield plants that have been sown in the fall and wintered outdoors. There is no such variety of cabbage as the frost-proof, but the plants are Wakefield, and the seed can be had from any seedsman. Sow the seed in the middle of September and transplant in November or late October. Stable manure used heavily is as good as anything for them. Run out open furrows east and west and set the plants in the furrows deep enough to cover the entire stem, as that is the tender part. They will usually winter well in the open furrows, as the furrows will protect them. Throw all the furrows to the south side so that there will be ridge enough to shelter the plants from the morning sun when frozen, for the sun shining on them then will do more damage than the cold.—The Progressive Farmer.

## Waste Not Your Hours

O, weary women, with few hours of ease  
Whose time is taken up with clubs and teas—  
Waste not your hour! Learn wisdom in the fields  
From birds and roses and the murmuring trees.

O, weary men, whose business lets you find  
Small leisure for the masters of the mind  
Waste not your hour! Pause now and then to dream;  
Let up a little on your steady grind.

Go back, my friend, to your forefathers' days;  
Revive their calm, serene, untroubled ways,  
Waste not your hour! The gods look pitying down  
While humane hearts grow cold and faith decays.

Waste not your hour! Turn from the noisy street,  
And hand in hand with little children sweet,  
Find God again among the forest shades,  
By river shores and fields of waving wheat.

The follies of the time the soul devour;  
God calls to you in every lovely flower;  
O, heed His voice ere yet it be too late—  
Drink deep at nature's fount; waste not your hour.

—John Russell Hayes.

### Diet and Woman's Beauty.

One of the most important matters in connection with health and beauty is the diet question: What to eat, how much and how often? To master this problem will not only of itself insure beauty, but as I have explained above, only when the dietary conditions are right will there be good clean blood.

After about two decades of careful study regarding foods and feeding, I have come to the conclusion that the best rules of diet can be embraced in the two words, moderation and simplicity. Simple food taken in moderate quantities at long intervals, and eaten only at times when the mind is free from anything like haste or disturbance will give the best conditions for good, clean blood.

If I were asked in detail to describe a model dietary, I should suggest one like the following: For breakfast; cereal with milk or cream, fresh fruit, a glass of milk, either with or without a beaten egg. This is rather a heavy meal; and, should personal preference or requirements seem to indicate it, I would suggest leaving off the egg or the glass of milk, or the cereal. In many cases the fruit alone is quite sufficient for a wholesome and body-building breakfast.

For the second meal I would suggest peas or beans, baked potato, salad, bread and butter, fruit. While allowing meat in small quantities, I am inclined to think that it is not one of the foods which conduces to beauty or health. Certainly no one who eats much meat can be permanently healthy or beautiful. I may mention that I speak quite without prejudice since I myself am not a vegetarian.

The salad referred to may consist of any of the fresh, green leaves that grow in the sunlight—celery, lettuce, chicory, romaine escarole, or water cress. It is sometimes a good plan to combine two or more of these leaves. The salad should be dressed with a small quantity of olive oil and a few drops of lemon juice.

The meals should be separated by an interval of at least seven hours. To fully digest a meal and prepare for another requires five or six hours, and perhaps few habits of civilized life are more destructive than the common practice of crowding three meals into ten hours. It is, perhaps, unnecessary to warn beauty seekers against all kinds of fancy foods, "made dishes," sauces and condiments, Sugar,

## CONFUSION RUNS RIOT IN MEXICO

Villa is Still Advancing But Move of Obregon is Not Understood

Washington, D. C., Nov. 20.—Official advice to the American government today from its agents in Mexico pictured the situation as more confused than it has been in many months. The official telegrams summarized events as follows:

General Gutierrez selected provisional president by the Aguas Calientes convention has decided to continue General Villa in command of all the troops controlled by the convention. Villa has advanced to Irapuato without resistance and American consular agents say he will continue to Queretaro and the vicinity of Mexico City without difficulty.

General Obregon, in the Mexican capital, loyal to Carranza, has formally declared war on Villa, but his troops have been evacuating Mexico City today. The purpose of the move is unexplained.

General Obregon will leave the capital on Saturday. One message said he would go to Salina Cruz, on the west coast, from which point it was thought he would move north to Guadaluajara and attempt to get into the rear of the Villa forces. Another telegram spoke of his probable departure for Vera Cruz, where it is supposed he will join Carranza next Monday to take possession of the city when the American forces depart.

All the public offices in Mexico City have been vacated. American agents there do not know whether the Carranza-Obregon faction will leave the place undefended, or leave a small garrison there while General Pablo Gonzalez and other Carranza forces move north to meet the Villa advance.

Railroad communication north of Mexico City is interrupted and either Zapata followers or ex-Federalists have cut the line from Mexico City to Vera Cruz at San Marcos.

There are rumors at Villa's headquarters, according to one consular dispatch, that Puebla has been occupied by Zapata.

### Russian Police Find Secret Plot.

Petrograd, Nov. 22.—The police have discovered a revolutionary plot in which several Duma members are incalculated, and a number of arrests have been made. A semi-official announcement says:

"At the beginning of the war, most of the Russian people were unanimous in assisting the authorities in the task incurred by war. An altogether different attitude was observed by some members of the social democratic associations who continued an activity aiming at the downfall of Russian military power by means of an anti-war agitation, the distributing of secret proclamations and the conducting of propaganda by word of mouth.

"The government in October learned of a plan to convoke a secret conference of social democratic organization to discuss measures aiming at the ruin of the Russian state, and speedy realization of revolutionary plans.

"On November 17th, the police discovered that a meeting of the said conference was to be held in a house eight miles from Petrograd. A detachment of police found there eleven persons, including the following members of the Duma: Petrovsk, Badayev, Mouranoff, Samiloff, and Chagoff.

"There being no doubt as to the anti-government object of the conference, the members of the meeting were arrested with the exception of the members of the Duma, who were released. An examining magistrate, having examined documents seized in the raid, drafted an indictment against all the members of the conference and issued warrants for their arrest."

For dyspepsia, our national ailment, use Burdock Blood Bitters. Recommended for strengthening digestion, purifying the blood. At all drug stores, \$1.00 per bottle. [adv't.]

A Special Bargain Sale of Men's Hats at Lowe & Co., Saturday. See their window.—adv.

Doan's Kernels are recommended by many who say they operate easily, without griping and without bad after effects. 25c at all drug stores, adv't.

Tonight, if you feel dull and stupid, or bilious and constipated, take a dose of Chamberlain's Tablets and you will feel all right tomorrow. For sale by Grimes Drug Co. and Mozer & Lutz.

Piles Cured in 6 to 14 Days  
Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 14 days. The first application gives ease and relief. 50c.

Does Old Sarsaparilla Remove Wart? Sure. The worst cases, no matter how long standing, are cured by the wonderful, old reliable Dr. Porter's Antiseptic Healing Oil. It relieves Pain and Heals at the same time. 25c, 50c, \$1.00.

Look for the fine display of Men's Hats in Lowe & Co's window.—adv.

The Quinine That Does Not Affect The Head Because of its tonic and laxative effect. LAXATIVE BROMO QUININE is better than ordinary Quinine and does not cause nervousness nor ringing in head. Remember the full name and look for the signature of E. W. GROVE, 25c.