

ANNOUNCEMENTS.

For Sheriff.
I hereby announce myself a candidate for the office of Sheriff of Union county, subject to the action of the Democratic primary.
J. N. PRICE.

For Sheriff.
I hereby announce myself a candidate for the office of Sheriff of Union county, subject to the action of the Democratic primary.
J. V. GRIFFITH.

For Cotton Weigher.
I announce myself a candidate for cotton weigher at Monroe, subject to the Democratic primary.
J. C. WINCHESTER.

For Cotton Weigher.
I am a candidate for re-election to the position of cotton weigher for Monroe, subject to the Democratic primary.
CHAS. B. BARDEN.

For Cotton Weigher.
I hereby announce myself a candidate for cotton weigher at Monroe, subject to the Democratic primary. Your vote will be appreciated.
JESSE J. LOCKHART.

For Cotton Weigher.
I announce myself a candidate for the office of cotton weigher for Monroe, subject to the Democratic primary.
BARTLEY HELMS.

For Cotton Weigher.
I announce myself a candidate for the office of cotton weigher for Monroe, subject to the action of the Democratic primary.
JOHN W. BROOM.

For Cotton Weigher.
I hereby announce myself a candidate for cotton weigher of Monroe, subject to the rules governing the Democratic party.
JAS. F. McMANUS.

For Cotton Weigher.
I hereby announce myself a candidate for Cotton Weigher at Monroe, subject to the action of the Democratic primary.
HENRY M. PRESSON.

For Cotton Weigher.
I hereby announce myself a candidate for cotton weigher at Monroe, subject to the Democratic primary.
G. WATT DAVIS.

For Clerk Superior Court.
I hereby announce myself a candidate for re-election to the office of Clerk of the Superior Court, subject to the action of the Democratic primary.
R. W. LEMMOND.

For Clerk of the Court.
I hereby announce myself a candidate for the office of Clerk of the Court of Union county, subject to the action of the Democratic primary.
C. E. HOUSTON.

For County Commissioner.
I hereby announce myself a candidate for the office of County Commissioner of Union county, subject to the action of the Democratic primary.
R. B. CUTHBERTSON.

For County Commissioner.
I hereby announce myself a candidate for the office of County Commissioner subject to the action of the Democratic primary.
JERRE C. LANEY.

For County Commissioner.
I am a candidate to succeed myself as county commissioner, subject to the Democratic primary.
R. A. HUDSON.

For County Commissioner.
I hereby announce myself a candidate for re-election to the office of county commissioner, subject to the Democratic primary.
H. T. BAUCOM.

For County Commissioner.
I hereby announce myself a candidate for county commissioner, subject to the Democratic primary.
G. W. SMITH.

For County Commissioner.
I hereby announce myself a candidate for county commissioner, subject to the action of the Democratic primary.
J. E. THOMAS.

For Commissioner.
I hereby announce myself a candidate for the office of county commissioner, subject to the Democratic primary.
L. R. HELMS.

For Representative.
I hereby announce myself a candidate for Representative in the General Assembly from Union county, subject to the action of the Democratic primary.
J. M. FAIRLEY.

For Representative.
I hereby announce myself a candidate for Representative in the General Assembly from Union county, subject to the action of the Democratic primary.
W. A. EUBANKS.

For the Legislature.
I hereby announce myself a candidate for representative from Union county in the next general assembly, subject to the action of the Democratic primary.
J. DUNHAM BUNDY.

For Representative.
I hereby announce myself a candidate for Representative in the General Assembly from Union county, subject to the action of the Democratic primary.
T. B. MOORE.

For Representative.
I hereby announce myself a candidate for the Democratic nomination as one of Union county's representatives in the next Legislature, subject to the action of the Democratic primary.
J. C. M. VANN.

For Representative.
Having been solicited by so many friends to allow my name to go before the people of Union county for Representative in the Next General Assembly, I now submit, subject to the Democratic primary, and if elected, will serve to the best of my ability.
W. G. LONG.

For Constable Vance Township.
I hereby announce myself a candidate for constable of Vance township, subject to the Democratic primary.
W. H. STARNES.

For Constable.
I hereby announce myself a candidate for constable of Monroe township, subject to the Democratic primary.
A. L. HELMS.

For Constable.
I hereby announce myself a candidate for constable for Monroe township, subject to the action of the Democratic primary.
W. L. EARNHART.

For Constable.
I announce myself a candidate for constable of Vance township, subject to the Democratic primary.
JAMES K. POLK.

For Coroner.
I hereby announce myself a candidate for the office of coroner subject to the Democratic primary.
T. B. DAVIS (Buford township.)

For Coroner.
I hereby announce myself a candidate for re-election to the office of Coroner of Union county, subject to the Democratic primary.
J. S. PLYLER, Waxhaw, N. C.

For Recorder.
I hereby announce myself a candidate for the office of Recorder, subject to the action of the Democratic primary.
LEE M. HOWIE.

For Recorder.
I hereby announce myself a candidate for election to the office of Recorder, subject to the action of the Democratic primary.
H. B. ADAMS, JR.

For Recorder.
I hereby announce myself a candidate for Recorder, subject to the action of the Democratic primary.
VANCE McNEELEY.

For Recorder.
At the request and solicitation of many Democrats and believing that I have arrived at suitable age and have sufficient knowledge of law to hold the scales of justice properly and impartially between man and man and enforce the criminal laws for the protection of society and desiring to receive the nomination at the hands of the democratic voters of the county, upon my own merits and qualification to fill the office and not antagonizing any other candidate aspiring for the office by resorting to improper methods or by abusing or throwing mud at him, do hereby announce myself a candidate for Recorder for Union county, subject to the action of the voters at the Democratic primary. The support of the democratic voters in the primary, for Recorder, is solicited and will be greatly appreciated.
M. L. FLOW.

For Register of Deeds.
I hereby announce myself a candidate for the office of Register of Deeds for Union county, subject to the action of the Democratic primary.
M. C. LONG.

The North Carolina State Normal and Industrial College

Maintained by the State for the Women of North Carolina. Five regular courses leading to degrees. Special Courses for teachers. Free tuition to those who agree to become teachers in the State. Fall Session begins September 16th, 1914. For catalogue and other information, address
JULIUS I. FOUST, President, Greensboro, N. C.

Colds
should be "nipped in the bud", 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. Ragland, of Madison Heights, Va., says: "I have been using Theford'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."
Insist on Theford's, the original and genuine. E-67

Whenever You Need a General Tonic Take Grove's
The Old Standard Grove's Tasteless Chill 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, Enriches the Blood and Builds up the Whole System. 50 cents.

EATING FOR HEALTH.

Practical Rules of "Fletcherism" Laid Down by Mr. Fletcher.
Editorial Note—Eating too fast, too much, and not chewing what we do eat, is a crime against nature for which many of us are suffering or will suffer. We call our punishment indigestion, dyspepsia, stomach trouble, etc., instead of acknowledging that we have been bolting and gulping down our food instead of chewing it as Nature intended. This abstract from Mr. Fletcher's article in a recent issue of The Ladies' Home Journal contains some more excellent suggestions on healthful eating. At forty, Mr. Fletcher was refused life insurance on account of ill health, after which he began following the rules of eating laid down in this article, and now claims to be in better shape physically than he was twenty-five years ago.

When, about five years ago, I leave The Ladies' Home Journal the story of my feeling younger at sixty than at forty, I did not realize that I could feel still better at sixty-five than I did at sixty, or at fifty, and most certainly better than I did at forty. For it was at this latter age that I stood practically at the edge of the grave, with my friends alarmed at my nearness to the human scrapheap, with the insurance companies giving me the cold shoulder. It was then that I discovered what has so universally become known as "Fletcherism."

Since that time, and particularly during the last five years, I have seen one friend after another of my forty-to-fifty-year period go out of my life, friends who, compared to me were vigorous in health and alert in mind; while I am here—more decidedly here than ever—and I yield to no one in my declaration that I consider myself the most fortunate man alive. I am fortunate because I have personally tested my theories of eating and have translated them into actualities, and I have seen them adopted by thousands of others who have during these years written and told me of the efficiency of the rules in their case.

I consider myself fortunate because I am splendidly well: I rarely have headache, never without knowing the cause. I never feel tired. I can do better work at sixty-five than I could at fifty, and I can relish and digest anything my nature calls for and my appetite approves.

Of course it is needless to say that I continue to believe in "Fletcherizing" more than I ever did, and that I live by those rules. What are those rules? Some ask—because new readers constantly come to a magazine, and I suppose there are thousands of these who may read these words who did not see my article five years ago.

Well the rules are simple. Here they are:

- 1. Never eat except when "good and hungry."
- 2. Never eat when worried badly or angry.
- 3. Eat only what really tastes good to you.
- 4. Exhaust all the good taste from all food, liquid or solid or mushy, before swallowing. Don't swallow any food until first it is like a pulp in your mouth and has been fully tasted. When this is so the food will swallow itself.
- 5. Leave a little bit of the appetite as a "nest egg" for the next meal.
- 6. Eat always somewhat less than you can; but eat what you do a little more, and so get far better results in the way of both pleasure and nutrition. It isn't how good, it is how you eat what you do eat.
- 7. If you have only five minutes in which to eat, and do not expect to have another chance for a long time, don't hurry. Be just as deliberate as if you had an hour to eat in. Taste completely each morsel that you do eat. Remember that taste is the best aid and assurance of digestion, and digestion is the measure of nutrition. A small amount of food thoroughly masticated is better than much more which is swallowed unmasticated.

That's nearly all, but not quite all. Mental conditions which are under easy personal control have much to do with digestion. That's what is generally called "Fletcherizing." Do not believe folks, please, when they say "Fletcherizing" means that you must count forty or fifty when you put a morsel in your mouth, before you swallow it. Or that you must chew each morsel forty or fifty times. Don't eat by such a yard stick; use common sense. This simple rule, I repeat, is all you need. Don't swallow anything until it is first a pulp in your mouth, and the taste there is in it has been fully exhausted.

So really, "Fletcherism," as applied to nourishment, is summed up in this very convenient rule: Eat what you like and when you like; only eat it right—that's "Fletcherism."

Of course this isn't all there is to health. It is a large part. Yet no amount of "Fletcherizing" will do you much good if you go to the table with worry on your mind. You must be cheerful while eating. Better miss a meal or two and let the mental fog clear up, as it surely will do if you starve it. Worry, anger, etc., will disturb digestion. But, remember that these emotions start in the mind, and can be and are controlled by the mind. So here are two rules, and these do mean the whole of good health:

- 1. Mind the mind.
 - 2. Mind mastication.
- And believe me, nature will do the rest. Appetite will then be able to act in normal manner.

Nor does it make the slightest difference how old or young you are: "Fletcherizing" is as good for one as for the other; and for the rich as well as for the poor.

HELP THE KIDNEYS.

Monroe Readers Are Learning The Way.
It's the little kidney ill—the lame, weak or aching back—the unnoticed urinary disorders—that may lead to droopy and Bright's disease.
When the kidneys are weak, Help them with Doan's Kidney Pills.
A remedy especially for weak kidneys have been used in kidney troubles for 50 years.
Endorsed by 30,000 people—endorsed at home.
Proof in a Monroe citizen's statement.

Mrs. E. McCorkel, 505 Haynes St., Monroe, N. C., says: "I suffered for years from rheumatic twinges and other symptoms of disordered kidneys. My whole system seemed to be filled with uric poison. I heard of Doan's Kidney Pills and getting a box from the English Drug Co. I used them as directed. They brought me more relief than anything else I had ever taken."

Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. McCorkel had. Foster-Milburn Co., Proprietors, Buffalo, N. Y.

Has Your Child Worms?
Most children do. A coated, Furred Tongue; Strong Breath; Stomach Pains; Circles under Eyes; Pale Sal-Pains; Circles under Eyes; Pale, Sal-low Complexion; Nervous, Fretful; Grinding of Teeth; Tossing in Sleep; Peculiar Dreams—any one of these indicate Child has Worms. Get a box of Kickapoo Worm Killer at once. It kills the Worms—the cause of your child's condition. Is a Laxative and aids Nature to expel the Worms. Supplied in candy form. Easy for children to take. 25c. at your Druggist.—Adv.

How To Give Quinine To Children.
FEBRILINE is the trade-mark name given to an improved Quinine. It is a Tasteless Syrup, pleasant to take and does not disturb the stomach. Children take it and never know it is Quinine. Also especially adapted to adults who cannot take ordinary Quinine. Does not nauseate nor cause nervousness nor ringing in the head. Try it the next time you need Quinine for any purpose. Ask for 2-ounce original package. The name FEBRILINE is blown in bottle. 25 cents.

NOTICE OF ADMINISTRATION.

Having qualified as administrator of James A. Pate, deceased, this is to notify all persons having claims against the estate of the said deceased to present them to the undersigned before the 10th day of July, 1915, or this notice will be pleaded in bar of their recovery. All persons indebted to the said estate are notified to make prompt payment of same at once.
This, the 14th day of July, 1914.
Mrs. M. A. PATE,
Administrator of James A. Pate.

NOTICE OF ADMINISTRATION.

Having qualified as administrator of W. J. Pigg, deceased, late of Union county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 1st day of July, 1915, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This June 20, 1914.
W. O. LEMMOND, Administrator.

SALE OF HOUSE AND LOT IN WAXHAW, N. C.

Under and by judgment of the Superior Court of Union County in S. P. D. No. 674, entitled Harry Blackman et als vs. Calvin Federson, et als., which is a proceeding to sell land for partition among the heirs, I will on **Saturday, the 1st day of August A. D. 1914**, at the court house door in the city of Monroe, county of Union and State of North Carolina, at twelve o'clock, offer for sale for cash to the highest bidder all of that house and lot being in the town of Waxhaw, N. C., and bounded and described as follows:

Beginning at a stake in J. W. Byrum's line by one pine and one P. O. pointers, and runs with the said J. W. Byrum's line about N. 77 E. 80 links to a stake in the said Byrum's line by one R. O. and one P. O. pointers; thence about N. 8 1/4 W. 4 chs. and 8 links passing the corner of the Dunham lot to a stake the said Dunham lot, corner in the G. C. & N. Ry. right-of-way; thence with the said G. C. & N. Ry. right-of-way about 8 1/2 W. 80 links to a stake in said line; G. C. & N. Ry. right-of-way; thence about S. 8 1/4 E. 4 chs. and 14 links to the beginning, containing 3/4 and 12 poles of an acre of land, be the same more or less. Being the tract of land deeded by J. W. Price and wife to Harry Byrbrough January 25, 1894, and registered in book 24, page 321 of the office of Register Deeds for Union county, to which reference is hereby made.
This the 24th day of June, 1914.
JOHN C. SIKES, Commissioner.
Redwine & Sikes, Atty's.

NOTICE.

North Carolina, Union county, in the Superior Court, Before the Clerk. The Sikes Company, Incorporated, vs. Dorothea Poer-Hasty and her husband, Milton Hasty.
To Milton Hasty, the defendant above named, take notice:—
That an action entitled as above has been commenced in the Superior Court of Union county to sell the house and lot on Windsor St. known as the Joana Poer house and lot for the purpose of partitioning among the tenants in common, to-wit: The Sikes Company and Dorothea Poer Hasty, and you will further take notice that you are required to appear at the office of Clerk of the Superior Court of Union county in Monroe, N. C., on Friday the 31st day of July, A. D. 1914, and answer the complaint which is to be filed in ten days after the date of this summons, and you will further take notice that if you fail to answer said complaint within that time, the plaintiff will apply to the court for the relief demanded in the complaint.
This the 29th day of June, A. D., 1914.
R. W. LEMMOND, C. S. C.
Redwine & Sikes, Atty's.

Invincible Flour
In color—Cream White. In Quality—Goodness. Merely the wheat, its overcoat taken off, the inside sifted through silk and packed in a fresh clean bag. It's ready for you. Scientific Simplicity best describes our process of milling.
Manufactured by Henderson Roller Mills, Monroe, N. C., and sold by Grocers.



Invincible Flour

Crow's Sale Continues.
Our Special Closing Out Sale will continue till all Dress Goods are sold out, as we are not going to handle these goods any longer. ::
Special Prices
on Clothing and Low Cut Shoes for men, women and children.
Grow Bros. Cash Store.
Come to the Big General Store for all your needs.

Small Farms.
We have cut the 838 acre tract at Baker's into small farms, ranging from 15 to 50 acres. Also into building lots close to the Station and schools. Any one can own one of these small farms, as the price and terms are RIGHT.

Monroe Insurance & Investment Company.
Office in Bank of Union Building. G. B. CALDWELL, Manager.

Sallow Complexion comes from bilious impurities in the blood, and the fault lies with the liver. It is torpid.
SIMMONS RED Z LIVER REGULATOR
(THE POWDER FORM)
Is the greatest of all liver medicines. Its powerful purifying and strengthening influence is at once apparent in an improved appetite, good digestion and a feeling of strength and energy in the body. When the system has been put in order the yellow cast in the skin gradually disappears and the complexion becomes clear and healthy.
Sold by Dealers. Price, Large Package, \$1.00.
Ask for the genuine with the Red Z on the label. If you cannot get it, remit to us, we will send it by mail postpaid. Simmons Liver Regulator is put up also in a liquid form for those who prefer it. Price \$1.00 per bottle. Look for the Red Z label.
J. H. ZEILIN & CO., Proprietors, St. Louis, Missouri