



Punch!

It is the man with punch and vigor who accomplishes the big things in life. Sound health gives him a force that sweeps all before it.

Back of his health is regular functioning of the physical organs, sound lungs, a good heart—regular bowel action.

Nujol will give you punch by keeping the poisonous food waste moving from your body—and by an entirely new principle.

Instead of forcing or irritating the system, it simply softens the food waste. This enables the many tiny muscles in the walls of the intestines, contracting and expanding in their normal way, to squeeze the food waste along so that it passes naturally out of the system.

Nujol thus prevents constipation because it helps Nature maintain easy, thorough bowel movements at regular intervals—the healthiest habit in the world.

Nujol is absolutely harmless and pleasant to take. Try it.

Nujol is sold by all druggists in sealed bottles only, bearing Nujol trade mark. Write Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York, for booklet, "Thirty Feet of Danger".

The Modern Method of Treating an Old Complaint

Nujol For Constipation

REG. U.S. PAT. OFF.



UP TO THE MINUTE

HOME FURNISHINGS

Home Furnishings that insure lasting satisfaction—That's the kind you will find at the House of Dillon. The only kind it pays to buy for your home and you will find, too, that our prices are always the lowest possible, consistent with the high quality Home Furnishings we sell. We have been in the business a long time and are always believed that a pleased customer was a profitable customer. We have the goods and it will be a pleasure to show you through our large stock. Come in and see for yourself.

"WE TURN A HOUSE INTO A HOME"

Dillon & Sons

FURNITURE UNDERTAKING

EST. 1895

AT THE OLD STAND

MEMBER CHAMBER COMMERCE MONROE, N. C.

SALE OF LANDS NEAR WINGATE, NORTH CAROLINA.

Under and by virtue of a judgment of R. W. Lemmond, Clerk of the Superior Court of Union county, made in a special proceeding wherein the heirs at law of Ann Long and others are parties and being entered on Special Proceeding Docket as No. 58, to which reference is hereby craved, we will on

Saturday, the 31st day of July, A. D. 1920, at twelve o'clock M., at the court house door in Monroe, N. C., offer for sale at public auction to the highest bidder for each all of that tract of land lying and being in Union county, N. C., near the town of Wingate, N. C., and described as follows:

Beginning at an iron stake, Mariah Hamilton's line, and runs with her line S. 1-2 W. 7.45 chs. to a P. O. stump on southwest side of road, H. P. Melgus corner; thence with his line and said road S. 45 E. 4.25 chs. to a P. O. H. A. Redfeare's corner; thence with his line N. 47 1-2 E. 2.25 chs. to an iron stake in a ditch, McCuller's corner, in Redfeare's line; thence with McCuller's line N. 1-2 E. 9.16 chs. to an iron stake in said line; thence a new line S. 87 W. 4.56 chs. to the beginning, containing 4 1-4 acres, more or less, and being Lot No. 8 in the division of the Baly Barrio estate lands.

Bidding to begin at \$485.00. This the 10th day of July, A. D. 1920.

J. C. M. VANN and JOHN C. SIKES, Commissioners, Armfield, Maness & Vann and John C. Sikes, Attys.



W. HOWARD WOLFE, Representative.

Sold in Monroe by Monroe Union Mercantile Co., Lee Griffin, Bivens Bros., T. C. Lee & Son, Crowell's Variety Store, S. R. Doster, Heath Grocery Co., Five Points Grocer Co., Parker & Moore, Sikes Sanders Co., J. W. Springfield, Benton & Benton.

DR. P. M. ABERNETHY VETERINARIAN Office FOWLER & LEE STABLE MONROE, N. C. Phone 308. Residence Phone 159-J.

Some of the Wastage of a Great City.

(From the Richmond Journal.)
As a result of a unique investigation conducted in connection with the survey being made by the Philadelphia bureau of street cleaning, it has been discovered that Philadelphia wastes nearly two million dollars yearly in good, heat-producing coal. Upward of three hundred thousand tons goes to the ash dumps from homes, apartments and business and industrial establishments. To get the data ash dumps were screened and the waste analyzed, care being taken to learn whence the ashes came, and it appears, naturally enough, that the largest waste derives from houses where the coal bill does not constitute a serious economical problem. In those the ratio was: sifted of fine ashes, 45 per cent.; clinkers, 15 per cent.; and good coal, 40 per cent. The general average of Philadelphia is: Fine ashes, 36 per cent.; clinkers, 2 per cent.; coal, 17 per cent.; glass and metals recoverable, 35 per cent. and rubbish recoverable, 35 per cent. Movable stoves, it is said, reduce the waste 10 per cent. This report, adapted to their varying sizes, must be equally applicable to every city in the United States and every year, every day, there is piling up this fearful waste of one of the necessities of life. There is, as yet, no definite scheme for the recovery of coal from the ashes on a dump, but, in view of the mounting prices, surely, the sifter might be expected to play a more prominent part in household economy than it has in the past.

Snake Invades House and Bites an Infant.

Mount Airy, July 15.—While the children of Roy Venable, a farmer living in the Little Mountain section were playing on the kitchen floor yesterday, a large and venomous snake entered the house, frightened the children and twice biting the thirteen-months-old baby on the hand. The parents at the time were at work in the adjacent garden, and the screams of their children brought them immediately to the rescue but before the snake had buried its poisonous fangs deep into the child's hand. The injured boy was hurried to the hospital here, where small hopes are held out to the distracted parents of saving the child's life.

Right Living

One of the largest life insurance companies, under the above caption, gives good sound common sense rules that are well worth considering. Without attempting to produce it, we would brief it substantially as follows:

The selfish, instinctive desire to live should prompt every intelligent being to guard his life against every emergency, and to take every care and precaution against damage of any character to the frail vessel containing the precious life essence. You should not expose yourself to needless hazards; should eat proper food and avoid gormandizing; should take ample exercise and get plenty of sunlight and pure air; should avoid nervous and physical strain, loss of sleep or rest; avoid indulgence in fats, sweets, tobacco, alcohol, and drugs; abjure peevishness and worry—in short, if you live right, you will enjoy an orderly, peaceful, and sane existence, and get more joy out of life by conserving it than by jeopardizing it.—Square and Compass.

Report of the Bureau of Fisheries

A report of the Bureau of Fisheries describes in some detail the methods employed in shipping live carp from the Great Lakes and Upper Mississippi Valley to the New York market. Normally two carloads are shipped each week. The fish are transferred from the nets to large "live cars" and towed to the shipping point or to ponds to be held for shipment. Those held in ponds are fed regularly with grain to fatten and harden them. The cars used in shipment are generally old baggage cars fitted up with tanks, receptacles for ice and apparatus for pumping air through the water. In transit the constant attention of a skilled attendant is required to care for the machinery and the fish. At the terminals the fish are carried on automobile trucks to the retailers, who have tanks of running water in which the fish are kept alive until sold.

REPORT OF THE CONDITION OF Farmers & Merchants Bank

at Monroe, in the State of North Carolina, at the close of business, June 30th, 1920.

RESOURCES	
Loans and Discounts	\$421,977.15
Overdrafts	1,629.89
U. S. and Liberty bonds	5,890.00
All other Stocks, Bonds, and Mortgages	19,627.50
Banking Houses, \$25,000; Furniture and Fixtures, \$7364.48	32,364.48
Cash in vault and net amounts due from Banks, Bankers, and Trust Companies	\$103,291.30
Cash items held over 24 hrs.	3,620.96
Checks for Clearing	6,710.63
Customers bond Acct.	215.00
County Pension Paid	437.00
Total	\$505,664.91

LIABILITIES	
Capital Stock paid in	\$50,000.00
Surplus Fund	33,500.00
Undivided Profits, less current expenses and taxes paid	4,230.57
Dividends Unpaid	105.00
Bill Payable	30,000.00
Deposits subject to check	244,276.45
Demand Certificates of Deposit	188,241.32
Reserve for Depreciation of Building and Fixtures	2,966.60
Total	\$505,664.91

State of North Carolina—County of Union.

I, H. E. Lee, Cashier of the above named Bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.

H. E. LEE, Cashier.

Subscribed and sworn to before me, this 15th day of July, 1920.

P. H. JOHNSON, Notary Public Correct—Attest:

L. N. Presson, A. M. Seerest, F. G. Henderson, Directors.

Are You Sure of Your Bank?

Many business men have been seriously crippled, if not ruined, by their failure to entrust their interests to a bank that would respond to their needs in time of stress.

This bank makes it a point to study the needs of its customers—how they can best be met, etc. It takes pride in its ability at all times to render to customers every assistance that they deserve.

If we are not already serving you, let's talk the matter over.

THE BANK OF UNION

Monroe, N. C.

CAPITAL \$100,000.00
SURPLUS \$100,000.00

W. S. BLAKENEY, President.

J. R. SHUTE, Vice-President W. B. COLE, Asst. Cashier
B. G. LANEY, Cashier HARGROVE BOWLES, Asst. Cashier



ALWAYS THE BEST THE MARKET AFFORDS

WE OFFER YOU

QUALITY GROCERIES

ALL THE TIME

It means economy, satisfaction, good living for you to buy such goods.

In making our purchases our immediate profit is not considered—it is your welfare and, as a result, your permanent trade.

We are consistent, therefore, in requesting your business.

QUALITY — ECONOMY — SERVICE

PHONE 255

THE QUALITY GROCERS

BIVENS BROTHERS

FANCY & STAPLE GROCERIES

MAIN ST. MONROE, N. C.



There are many ways in which a good strong bank may be of value to you. Our unalterable policy is to be of the greatest possible value to the largest possible number of people, regardless of whether or not they are customers of ours. Our welfare is dependent on the welfare of this community, so we have a vital interest in each individual who composes it. Do not hesitate to call on us whenever we may be of service

RESOURCES OVER THREE QUARTERS OF A MILLION

J. H. LEE, President
DR. J. ASHCRAFT, Vice Pres.

FIRST NATIONAL BANK

J. W. LANEY, Cashier
C. W. BAUCOM, Asst. Cashier

MEMBER FEDERAL RESERVE BANK

MONROE, N. C.

COBLES CASH GARAGE

FORD REPAIRING A SPECIALTY.

Next to Baptist Church.

FISK TIRES.

FORD PARTS.

"Is my son getting well grounded in the classics?" asked the millionaire.
"I would put it even stronger than that," replied the private tutor. "I may say that he is actually stranded on them."

DR. B. C. REDFEARN, DENTIST. Office over Heath-Morrow Company. Phone 232. Monroe, N. C.