



**ON HER LOOKS**  
 "Why don't you send the typewriter back to the business school if she is so incompetent?"  
 "To be frank, I don't feel justified. I took a look around the class and picked her out myself."  
**No Private Stock.**  
 To save my coin I shall not try. My hope of bliss has flown. I cannot board enough to buy A coal mine of my own.  
**The Uneffaced Smile.**  
 Like a man who always wears a smile.  
 "I don't know whether I do or not," replied Miss Cayenne. "Anybody who wears a perpetual smile cannot avoid being very much of a dissembler."

**Light and Dark.**  
 Howell—Here is a queer color scheme.  
 Powell—What do you mean?  
 Howell—The story says that her light voice was heard in the dark.  
**A Public Speech.**  
 Bill—Have you ever done any public speaking?  
 Joe—I once proposed to a girl over the telephone in my home town.—Burr.  
**The Natural Result.**  
 "He is going to cook up some kind of a story by way of excuse."  
 "Then he is going to get himself into a stew."  
**A Logical Question.**  
 "Pop, will you tell me one thing?"  
 "What is it, son?"  
 "What's the real difference between a parrot gun and a repeating rifle?"

**ELLERBE TOPICS**

**School News.**  
 (By Essie Caudle)  
 The "Last Loaf" was given at Montrose free to the sick boys and girls and the soldiers who were there.

The boys and girls are practicing every day for the field meet which we will have in about three weeks. Several prizes will be given for the ones that run, walk, jump, and does the best in all of the athletic sports.

The Ellerbe School boys played the Roberdel boys Friday afternoon. They claimed our boys were putting on Sunday airs and the Roberdel boys putting up the "everyday stuff". But it pays to put on Sunday airs when the score is 10-6 in favor of Ellerbe.

The Rockingham boys are coming here Friday to play on our ground. We hope the game will be a success in our favor.

We all feel very much better to-day to have Arthur Greene back in school. This is his first day in school since his return from the hospital.  
 On Easter Monday quite a number of town boys and girls were going on a picnic on Little River. A large crowd of school children decided they would be independent and go without permission from our teacher. We carried dinner and stayed all day; every one enjoyed it greatly especially the dinner, but every since then Mr. Mithell has been giving us all the picnics we wanted, and more too. But it is teaching us a little about our presidents; each one had to make a speech about a different one until we have come to Harding.

Miss Ruby Allred from Asheboro is visiting Mr. A. R. Spivey's girls; we are glad to have her in our town.

Mr. and Mrs. Rourke are moving in their new home today.

**Roberdel No. 2 Items.**

A very good Sunday School has been organized in the Presbyterian church here in the afternoon.

Rev. Mr. Dallas, from Rockingham, made a fine lecture last Sunday afternoon immediately after Sunday School, which encourages us all in S. S. work and in doing our best in all things that we undertake.

I guess the Corresponding Secretary of the Epworth League will write up their interesting meeting of Sunday night, so I refrain; but must say they started with 51 chartered members.

Mr. Z. V. Grant has been very sick; glad to hear he is improving.

Mrs. Rebecca Hill has returned from a two weeks' visit to see her sister in Charlotte.

Glad to see Mr. Silas Riddle able to get out a little; he has been down with rheumatism ever since X-mas.

Mrs. Bolton from Pee Dee visited her daughter, Mrs. R. H. Allen, Sunday.

**Ellerbe Beginning Victorious.**

In the first game of baseball in the championship was played between Ellerbe and Roberdel on the latter's diamond. Roberdel showed great stuff until the 9th inning when the "Maroon and Old Gold" team began to show them some real hitting when they hit Sedberry at will, altho some bad fielding on Roberdel's side started the downfall of their team.

Furman Broadway was the outstanding star of the game. homed three safes and one sacrifice out of five trips to the plate.

Roberdel 6 8 4  
 Ellerbe 10 11 3  
 Batteries: Sedberry and Ringwater; Price and Key.

**LADIES LISTEN!**

We are now prepared to do your Hemstitching, Picoting, Knife, Box, Side and Accordion Plaiting at reasonable prices.

Hemstitching and Picoting at...10c yd  
 Accordion Plaits, 22 to 42 in.....50c yd  
 Accordion Plaits, 15 to 20 in.....30c yd  
 Accordion Plaits, 8 to 14 in.....20c yd  
 We Box, Side and Knife Plait at same prices.

We Machine Plait Ruffles up to 3 inches at 5c per yard.

We Machine Plait Ruffles from 4 to 7 inches at 10c per yard.

We furnish Cotton but do not Silk thread. It requires one 50-yard spool of silk to every four yards hemstitching.

For good work in plaiting skirts always press seams and hems down. All work Guaranteed. Mail orders given prompt attention.

Sewing Room No. 16 Main St. Opposite Union Bldg.

**MRS. J. L. DAVIS**  
 in Charge. Phone 101  
 Hamlet, N. C.

**Charter Oak Camp.**

Charter Oak Camp, No. 5, W. O. W., meets every Tuesday night at 7:45 in the hall over Swink's meat market, Rockingham. Visiting members are cordially invited. Regular members urged to attend with due regularity.

**Number Found.**

Found, auto number 112547. Apply Post-Dispatch office.



I'll bind myself to that which, once being right will not be less right when I shrink from it.—Kingsley.

**HOW MUCH FOOD SHALL WE EAT?**

It is safe enough to state that the average adult eats at least one-third more food than he needs and is able to assimilate. The excess of food overtaxes the digestive organs and is thrown off in waste or stored up as excess fat. Fletcher says if we masticate our food twice or three times as long as we do we would eat less, be fully satisfied, feel much more comfortable and eliminate a large per cent of illnesses. Such a treatment costs nothing to try, but a little perseverance and stick-to-it-iveness.

We know that there are four things that the food which we eat is to do for us: To generate heat, to keep the body warm, to rebuild and repair its waste tissues, to store up reserve energy for illness or emergency work, and to produce energy to enable us to walk and do all kinds of physical and mental work. Hard, mental labor or hard physical labor uses up more food than the inactive body, but even that needs food to keep it in working order.

A calorie is a measure of heat or energy which a certain amount of food yields when burned in the body. Just as so much gas per cubic foot produces a certain heat or light, so too a definite amount of food gives off so much heat and energy measured in calories when we burn it in our bodies. An active adult needs from three thousand to three thousand seven hundred calories per day to cover all the body needs. Just accept this as we do that it takes two cupfuls of many things to make a pound. Science helps us in finding the calorie value of various kinds of food by giving us the hundred calorie portions of common dishes. For example one small baked apple without sugar yields one hundred calories, one-half a medium-sized grape fruit yields the same, also a large banana, three prunes with a tablespoonful of the juice; two slices, one-fourth inch thick of bread equal the same; one tablespoonful of butter, one cupful of cooked cereal, one tablespoonful of sugar, one-half cupful of whole milk and one-fourth cupful of thin cream, cocoa, one-half cupful.

FIRST ANNUAL REGISTERED  
**JERSEY SALE**

ROCKINGHAM NORTH CAROLINA  
**Thursday, April 14, 1921**

Fifty head of choice  
**Registered Jersey Cattle**  
 from the Leading  
 Producing Families.

\* FIFTY HEAD—including cows, heifers, calves and a few extra bred sires.

PLANTERS AND FARMERS—  
 Sooner or later you'll go into Dairying.  
 It's the only safe and sane way to assure oneself of a steady and profitable income. "Investigate Now."

*The Jersey is the Profitable Breed*

Get your foundation at

**DIGGS FARM**

J. F. DIGGS, Owner.

(The first annual sale of Registered Jerseys will be held by the Diggs Farm, at Rockingham, N. C., on Thursday, April 14th, 1921. Lunch will be served at 12 o'clock. Sale starts immediately thereafter. We invite you to attend; these splendid offerings will please you.)

**SAY IT WITH FLOWERS!**

Nothing sweeter; nothing more acceptable.

I am representative for the leading florists, among them being Hammond, of Richmond; Scholtz and Ratcliffe, of Charlotte; Van Lindley, of Greensboro; O'Quinn and Steinmetz, of Raleigh; Hubberd, of Durham; and Redher, of Wilmington.

Your orders will be appreciated.  
**Mrs. A. C. Corpening**  
 Rockingham, N. C. Phone 137

*Nellie Maxwell*

**Fish—the base of Our fertilizers**

**Famous SOUTHERN Fertilizers**

Our plants at Savannah are the most modern of their kind in the South. Machinery of recent design, and careful work in our chemical laboratory, eliminates all guess-work in the manufacture of our products.

We are the only fertilizer manufactory owning and operating a fishing fleet and a scrap plant, which assures you of a liberal supply of fish scrap in FAMOUS SOUTHERN FISH FERTILIZERS.

The red fish on the bag is a guaranty of fish in the contents.

**Southern Fertilizer and Chemical Co.**  
 SAVANNAH, GA.

**Hold Back anything needed Here and it shows Here**

A Cow can give milk to her fullest capacity only when fed the right proportion or balance of milk-making materials. Milk is made up of Protein, Carbohydrates, Fat, Minerals and Water, in proportions that, practically speaking, can't be varied. Instead of making imperfect milk, a poorly fed cow gives less milk.

**Feed Purina Cow Chow**

and your cows will get all the Protein and Calcium needed to balance your Carbohydrate roughness.



All we ask is that you give Purina Cow Chow a trial and let your milk scales show you why you should keep on feeding it.

For Sale at all good grocery stores.  
**Leak-Parsons Co.**  
 Wholesale Distributors.

For Sale by **DOCKERY MERCANTILE & MFG. CO.**  
 ROCKINGHAM, N. C.