

DARING AVIATRIX

Ruth Law Reaches New York in Her 832-Mile Fly From Chicago
NEW YORK, Nov. 20—The record breaking airplane flight of Ruth Law, begun yesterday in Chicago, terminated at Governor's Island, New York Harbor, at 9.40 A. M. today, after stops at Hornell and Binghamton, N. Y. The final 152 miles from Binghamton to this city was covered this morning in 2 hours and 20 minutes and the entire journey, 832 miles in an air line in the actual flying time

of 9 hours and 1 minute. Driving her antiquated Curtiss through a 45-mile gale, she flew from Chicago to Hornell—a distance of 590 miles (air line) in 6 hours 50 minutes. She thus captured the brief honors held by Victor Carlstrom, who on November 2 flew from Chicago to Erie, Pa.—452 miles—in an attempt similar to that which Miss Law made yesterday. On her trip she wore two garments of silk and chambric, two heavy woolen. Two woollen caps and a leather helmet covered her head.

REPORT OF THE CONDITION OF

The National Bank of Granville

at Oxford in the State of North Carolina, at the close of business Nov. 17, 1916

Table with columns for RESOURCES and LIABILITIES. Resources include Loans and discounts, Total, Surplus fund, etc. Liabilities include Capital stock paid in, Surplus fund, etc.

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STATE OF NORTH CAROLINA, COUNTY OF GRANVILLE, ss: I, W. T. Yancey, Cashier of the above named bank do solemnly swear that the above statement is true to the best of my knowledge and belief.

Subscribed and sworn to before me this 22d day of Nov., 1916. B. K. LASSITER, Notary Public.

REPORT OF THE CONDITION OF

The Oxford Savings Bank and Trust Company

At Oxford in the State of North Carolina, at the close of business Nov. 17, 1916

Table with columns for RESOURCES and LIABILITIES. Resources include Loans and discounts, Total, Due from National Banks, etc. Liabilities include Capital stock paid in, Undivided profits, etc.

State of North Carolina, County of Granville, ss: I, W. T. Yancey, Cashier, of the above-named bank do solemnly swear that the above statement is true to the best of my knowledge and belief.

"I'LL EAT TURKEY THANKSGIVING DAY FIRST TIME IN YRS"

Says "Judge" Wrightenberry, Who Will be 76 Christmas Day. He Gained 20 Pounds on Tanlac.

"I will eat turkey on Thanksgiving Day for the first time in years," said "Judge" Wrightenberry, "and on Christmas Day I'll be 76 years old and will celebrate by having a bottle of Tanlac on the family dinner table, in appreciation of the wonderful relief I have gained through it."

"Judge" Wrightenberry owns a 117 acre farm on the outskirts of Greensboro, and is a Confederate Veteran. His numberless friends take him at his word when he says: "Tanlac is worth more than a hundred times what I paid for it, because it is the only medicine that has helped me."

"The last doctor to attend me told my wife, as I lay on my sick bed, that he feared if I would live until he returned to his office. Then it was that a neighbor dropped in and told of his success with Tanlac. I told Mrs. Wrightenberry to get some and, believe me, I took it."

"Soon after taking Tanlac I improved so that I told the doctor he needn't come back. Why, I can digest the rankest bacon now. My sleep is as good as any person's and my regained strength enables me to work again. I let my hired hand go because I didn't need him any more. My weight has increased 20 pounds and there is nothing too good I can say for Tanlac."

Tanlac is sold in Oxford by Frank F. Lyon; Creedmoor, Granville Pharmacy; Youngsville, Winston Blank Drug Co.; Henderson, W. W. Parker; Fuquay Springs, Fuquay Springs Drug Co.; Roxboro, Hambrick & Austin; Northside, Fleming Bros.;

Got His Watch

While holding a meeting in Asheville a few months ago, Rev. J. C. Owens, evangelist for the Baptist Mission Board, left his gold watch on the pulpit stand while he stepped down in front to exhort. When he looked for his watch it was gone. Recently it was returned to him, but the preacher refuses to say how the timepiece got back.

RUBBER ROOFING THAT CAN'T be equaled anywhere at Samuel Davis, Clarksville, Va. The man who pays the freight. 18-25

A CAR OF FIELD FENCING, BOTH American and Pittsburgh in hog wire, and stock fence now at prices 10 to 15 per cent lower than factory cost today. A good stock on hand and prices for the next ten days lower than you will ever buy again for. 18-25

Feeding the Human Being

How to Plan Meals for the Growth of Bone and Blood, Repair of Waste Tissue and Elimination of Waste Matter

By MISS MINNIE L. JAMIESON (Assistant State Demonstration Agt.)

If our girls are given the training that fits them for their life work—if they are taught how to plan meals for the growth of bone and blood, how to repair waste tissues, how to eliminate waste matter and how to prepare these meals from a hygienic, economic, attractive standpoint, is it not reasonable to believe that such training will produce better management in the home, less friction as a result, and, in the end, develop a higher and better type of citizenship?

Our bodies are made of cells. The proteins—eggs, lean meats, milk, cheese, fish, peas and beans and some nuts—furnish the material out of which these cells are built.

The sugars, starch and fats, furnish the heat.

The ash or mineral matter found in green vegetables, fruits and melons furnish the cell-salts which, when united with the proteins, make the chemical changes that must be made to keep an even balance or health in the body. These are the bulky foods taken as an aid to peristalsis or bowel movement. They contain the cell-salts of iron, lime, magnesia, potash, etc., so necessary in building the structure of the body and keeping it renewed and refreshed.

The mineral or cell-salts needed for nerve cells are magnesia, potash, soda and iron and are found largely in vegetables, grains and fruits.

The mineral salts needed for bone cells are lime, potash and magnesia and are found in milk, potatoes, fruit and grains.

The mineral or cell-salts needed in muscle cells are magnesia, potash and iron and are found in green vegetables, fruits and grains.

Mutton, like beef, calls for potatoes, turnips or cauliflower, with Chilli or Caper sauce.

Lamb, being less mature and more delicate than mutton, calls for peas, rice and tomatoes, mint sauce.

Wily duck calls for sweet potatoes and tomatoes.

Game calls for hominy, in croquettes or squares, and asparagus.

Opossum calls for sweet potatoes and tomatoes.

Goose calls for mashed potatoes, watercress and apple sauce.

Clear soup, a stimulant, is served before a heavy meal to bring the blood to the stomach and cause the flow of the digestive juices.

Cream soups are served for luncheon, or when meat or protein food is not heavy.

Peas and beans, rich vegetable protein, are also rich in starch and call for the eliminative foods such as to-

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BUY WAGONS BEFORE DEC. 1st or you will pay much higher for them, so remember that Samuel Davis will save you money on both one- and two-horse wagons. He handles 4 makes and can ship quick. Davis, Clarksville, Va.

HOG WIRE, FIELD FENCE, Poultry wire, Barb wire is now going at Davis' lower than you can buy from factory and if you want to save yourself money, then, now is the time to write or come at once. Davis, the Hardware Man, Clarksville, Va. 18-25

DAVIS, THE HARDWARE MAN, Clarksville, has a good stock of painted and galvanized V crimp roofing on hand at prices lower than factory today. 6, 7, and 8 foot lengths are his stock lengths. Send your orders now, and save money while he has it. Davis pays the freight. 18-25



Children Beg For Our Cookies.

They are so good and pure that you can give them to the little folks without the slightest fear. Children do like cookies and we can save you all the bother of making them. At 10c per dozen they're as cheap as you can make them, too.

The Cash Bakery H. J. KNIGHT, Proprietor

DON'T FORGET TO LEAVE YOUR

WHISKERS

AND

SURPLUS HAIR

AT THE

CITY BARBER SHOP

BATH

IN CONNECTION

E. L. KEARNEY, PROPRIETOR

FLYERS

EVERYTHING AT LOW RECORD PRICES

THANKSGIVING SALE

FLYERS

DON'T MISS IT!—BARGAINS---NOTHING BUT BARGAINS!

A Sale of Such Importance and Such Magnitude, of Such

WONDERFUL BARGAINS

has never before been witnessed in Oxford. Everybody knows about VICTOR KAPLON'S LOW CASH PRICE. The Prices have been cut about one-half and less on this entire stock of splendid, seasonable, wanted merchandise of every kind.

Notions, Shoes, Ladies' Suits, Ready-to-wear, Gents' Furnishing Goods, Blankets, Etc.

You cannot afford to miss this matchless outflowing of unparalleled values. Buying in large quantities enables us to sell cheaper than others, Sale now going on at Victor Kaplons. Please call and see our prices on Ladies Suits and Hats, they are always cheaper at

Next to National Bank of Granville

VICTOR KAPLON'S

Oxford, N.C.