

Attorney-at-law NASHVILLE, N. C. Special attention given to 1,600 tons. Administrations.

naval forces. Last week only six British merchantmen were sunk and only one of these was a craft exceeding This is the smallest total of vessels sent to the bottom during any week since the submarine warfare began, the lowest previous figures having been tweive merchantmen, eight of them in the category of 1,600tons and over, and four of less than 1,600 tons. While the Italians continue to hold tenaciously to 'most of the new line along the Plave river srom the Adriatic sea to the region of Feltre and through the northern hills westward from Feltre to Lake Gorda, they again have been compelled to give ground in both sectors to the Teutonic allied armies. Upon the shoulders of the Italians alone for several days must rest the security of the Plave line and of historic Venice, for the information has been vouchsafed by Major General Maurice, chief director of military operations at the British war office, that it will be "some days yet" before British and French fighting forces can be placed in the field to reinforce the Italians. Meanwhile, the enemy is striving energetically to force passages of the Piave at various points and again has been successful on southern reaches in crossing the stream at Grizola, four L. L. Davenport miles distant from its mouth and some twenty miles northeast of Venice. Here, however, in the swamp regions the Teutons are being wold by the de-fending forces from further gains. The north around Zenson, where the stream was negotiated by the Austro-Germans Tuesday, fighting lie still in progress with the Italians h ing the upper hand, but not yet hav-ing been able to drive back the invad-ers to the eastern bank of the stream. Still farther north attempts to gain a foothold on the western bank of the Piave between Quero and Fenere were apulsed with heavy casualties.

ing librarian, without salary, to serve until the next session of the general assembly, when an effort will be made to co-ordinate all the library facilities ignation of Mr. Alex J. Field as State ington, D. C.

ence librarian, has been appointed by the trustees of the State library, act-"Make New Year resolutions and take inventories too, but don't forget most valuable asset-your health," advises the State Board of Health. "Whatever else a man has or does, his first consideration is his health. Only a few years ago, good health was considered good luck, and bad health, bad luck, but now a per son's health is known to be just what he makes it from his manner of living. Health is no longer considered a matter of chance or a condition beyond one's control, but on the other hand, it is largely a personal matter and depends on intelligent care and

of the State under one head. The ac- tion card the new card asks everyone ham.

We eat and waste 240 per cent more fat than is necessary.' What is Called for Now. Aside from the general directions contained in the first home instruc-

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O. B. MOSS, Attorney and Counsellor-At-Law, Spring Hope, N. C OFFICE IN CITIZENS BANK.

Dr. C. F. Smithson. DENTIST. Office Epstein Building Rocky Mount, N. C.

DR. F. G. CHAMBLEE DENTIST. Spring Hope, N. C. office in Finch Building.

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OFFIC:AL CLASSIFICATION AS TO MILITARY DUTY

m.-The five classes into Washington.—The five classes into which \$,000,000 men registered for mil-itary daty—ade divided and the order in which they will be called for mylee was officially annunced in the provent marshal general's question-nairs which every registered man must fill out and file. The order shows nome change from, the testative draft mobile do nome time are blished some time ago.

COAL SHORTAGE IS PUT AT FIFTY MILLIONS OF TONS

The 1917 coal sh ploted by the fast adminis-

With a crowd of visitors estimated at between 700 and 1,000 souls, with complete exhibit of dairy products, neat and show cattle, the sixth annual

treatment.

sion

cold.

neeting of the North Carolina Live Stock, Dairy and Poultry Asosciations opened at Wilson with an address of welcome from Mr. R. W. Freeman, Sistrict agent of the Agricultural Exten Service. The weather was very with snow lying around in all protected places, but despite this fact Mr. Dan T. Gray, chief of the Animal Industry Division, goes on record as

feeling unusually good about the suc cess of this meeting because of the large first day's attendance,

Judge Albert L. Coble died at his bome on Walnut street of heart trouble. He had an attack of heart

disease some time ago, but had seem discase some time ago, but had seen ingly recovered. He appeared to be in usual health the day before, having attended a directors' meeting, and at-tended to his regular business.

aissioner of Public Safety D.

Hiden Ramsey has set a pracedent in North Carolina by appointing a spe-cial officer to investigate pro-German talk or dislayol utterances in this city.

nde Widenhouse, eight years dead, and her brother, Richard nonse, 22, may die as the result of the smashing of ay motor delive truck by the section of No. 37, the fa

st train on the Southern bout three miles north of

no wheat products. ONE MEATLESS DAY each week, which shall be Tuesday and one meat. fer privation to the extent of our own less meal each day. By meatless we individual negligence. mean to eat no red meat-beef, pork. mutton, veal, lamb; no preserved meat-beef, bacon, ham or lard. - | should export abroad, we will need to addition to Tuesday, which shall be ferent foodstuffs which we cannot ex-Saturday. By porkless we mean no port and which we have at home. For

fresh or salted pork, bacon, lard or SUGAR-You can materially reduce

sugar by reducing the use of candy than is necessary to maintain their and sweet drinks. We will make every endeavor to see that the country is cy only the simplest of living is patriprovided with a supply of household otic. We want no person in the Unit-

not consume more.

We Are a Wasteful People. Human foodstuffs comprise three principal elements:

PROTEIN: Mainly present in meat, beans, fish, poultry, milk, and to same extent in grains.

FATS: That is, butter, cream, lard, bacon, margarine, cooking fats, beans, cotton seed oil and other vegetable oils.

CARBOHYDRATES: Grains, sugar, potatoes and other vegetables.

As a nation we eat and waste 80 per cent more protein than we require to maintain health. Therefore, we can

reduce the amount of meat we eat without harm. We eat and waste 240 per cent more

fat than is necessary. Of the carbohydrates we can as well consume corn, cats and other cereals as wheat, and we have abundant supplies of potatoes and vage-

Do not limit your supplies of milk and table butter, but consume it all. Don't waste any.

You can reduce the consumption of fats by reducing pastry and fried

er the Gospel of the Clean the serving of small perchase of ices supplies

Any person in the United S I the Food Ad

Thus every particle of diminished mans nowhere successful in breaking tion of the trustees followed the res- to maintain rigid economy of at least: consumption by the American people the British front. At La Vacquerie ONE WHEATLESS day each week is one particle more for the soldiers, they again succeeded in penetrating librarian to ake up a position to and one WHEATLESS MEAL each men, women and children of our Al- the village from which they were ejec which he has been appointed in Wash- day, the wheatless day to be Wednes- lies and for the starving people in oth- ed previously, but a strong counter day. By wheatless we mean to eat er countries. This is a personal obli- attack again turned the scales in favor gation upon every one of us toward of General Byng's forces, who threw some individual abroad who will suf. out the enemy, inflicting heavy casual For Ladies and Gentlemer.

If we are to reduce the consumption of the few products which we

hand, unless we can consume less. Due

to the shortage in shipping, our avail-

able sugar supplies must be less than

normal from the present time forward.

Every Particle Saved Will Count.

this reason we MUST NOT waste ANY

health and strength. In this emergensugar on the basis of three pounds of ed States to eat less than is required edge of the village of Villers-Guislain sugar for each person per month. Do for good health and full strength, for and driven out the Germans from La in this emergency America requires Vacquerie. They held this latter po

every atom of the productive power of sition until Monday morning, when our people. While many can eat less they were compelled again to cede it all of our population can substitute to the enemy, only to take it again other foodstuffs for the few that are

vitally needed for export. We must not overlook the fact that Russia collapsed not because of the

Germans on her borders but largely because of the failure to organize and feed her own citizens, and, IF WE ARE TO emerge victorious from this into the air, have been brought to the war, we cannot risk the collapse of another of our Allies from this same rause. There is no waste of food at Fort Omaha, Neb., and trailing 6,000 among any of our Allies-there is the feet of steel tethering cable, traveled among any of our Alles there is the most drastic reduction in their con-sumption; there is actual privation back into Nebraska, where it was capamong their women and children; tured. there is starvation in Belgium.

Problem for Individual.

We have already issued a series of suggestions in the Home Card—a card thiled, two are missing and more than that is now hanging in over ten mil-lions of homes. These suggestions have already shown important results, and to these we now add others. The problem of saving in food is a local and individual one, so that more pre-cise and definite rules just to all can not be formulated. It is a matter for cise and definite rules just to all can-not be formulated. It is a matter for the conscientions

ry individual that he or she should ity that which is necessary to aintain bodily health and stre

solfishly to select those foodtuffs the use of which relieves interof 1918 lies the pariod when there be tested in this great free country of ours the quation as to whether or not our people are expanse of voluntary individual self-eacrifice to may the

ROCKY MOUNT HOTEL ties on him.

In the region of Gonnelieu, La Vac-

querie and southward to Vendhulle

and northward toward Masnieres, bat

tles waged with great flerceness

day.

As in their previous attacks th Germans used great masses of artillery, but the British forces every where met their onslaughts stoically ONE PORKLESS day each week in eat a larger proportion of many dif. and at last accounts were firmly hold ing their line at all points. Although the Germans in their of fensive have been using men reckoned at 20 divisions, the British have been foodstuffs. A great many individuals in our population eat far more food of the ground they lost in the initial attack which was delivered with s suddenness similar to that of Byng's big drive toward Cambrai. Sunday night they had gained the eastern

RELEASED BALLOONS ARE BROUGHT DOWN IN SAFETY

Kansas City, Mo .- Two United States army observation balloons, un leashed by accident and shot unguided

Chemical Plant Wrecked. Pittsburgh, Pa.-Eight men aggestions in the Home Card-a card | killed, two are missing and more

NO DIRECT DENIAL OF

FUEL OR TRANSPORTATION

milel Industr on will be

European Plan. The home of good Eats;

Visitors From Nast

Stop at

When in Rocky Mount

AND CAFE

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