

First and Exclusive Pictures of California Earthquake.



Here are two remarkable pictures, sent by telegraph, of the ruin in Santa Barbara, Calif., caused by the earthquake. At the left, the photo shows the ruins of the famous Arlington Hotel, almost completely wrecked. At the right—a view of State Street—principal business thoroughfare—as it looked one hour after the quake.

DO YOU LOVE POT LIQUOR?

(Literary Digest.)

"Learn to love your liquor," advises Philander D. Poston, writing in the Washington Post. He hastens to explain that this may be done without violation of the Volstead law, for he refers to "pot liquor," or water in which vegetables have been boiled—once a staple of Southern food, but now, he charges, too often poured down the sink. Col. Henry Watterson, he tells us, claims that "pot liquor" made the Confederate soldier the best individual fighter and the finest type of hardy manhood the world has ever seen. He insisted that, without "pot liquor," the Southern Confederacy would have fallen within six months, instead of holding out against overwhelming odds for four long years. Mr. Poston continues:

"Pot liquor" is just plain vegetable essence, or the water in which vegetables are boiled, which nearly everyone pours down the sink. It's that sturdy stuff, dear to the heart and stomach of the real negro 'buck,' that tower of strength and endurance who wins our admiration when we watch the play of his brawn and biceps in the happy execution of his hard physical tasks. 'Pot liquor' is foreign to the frail and educated 'colored gentleman,' but just mention it to a real sturdy, downright negro, and watch him smile.

"Evolution works from the ground up. The earth is composed of certain minerals, such as iron, lime, soda, phosphorous, iodine, etc. These same minerals are found in seawater; in the vegetable and animal kingdoms, and in physical man. Nature, always responding to the eternal cosmic urge, causing the vegetables to eat, digest, assimilate and deposit in the cells of the plant these minerals from the soil. After being so treated, they are advanced to the next higher plane of life—the vegetable kingdom. Now they are refined and made ready for another upward move and similar process in the animal and human body."

"Vegetation receives from still another source another power—tremendous in its strength and eternal in its vitality. That power is solar energy. It comes to the earth in the form of sun-rays, and vegetation, exposed to these constant rays, absorbs this vital power and locks it up tight in the vegetable cells along with the minerals from the earth. There, in the leaf, which is the chemical laboratory of the plant, in the pod, in the fruit, and in the grain are blended and bound, together the Almighty powers of sun and earth.

"But right here, man steps in and spoils it all. He destroys or throws away practically all value in the vegetables he cooks and eats. In the hard, long boiling, the vegetable cells are broken open and the mineral wealth and vitamins liberated into the water and steam. This great wealth is then drained off, or pressed out, and poured down the sink!

"Millions of people in the United States face actual starvation, not for lack of food in quantity, for our harvests are bountiful, but because, through commercial processes and fertilizer destructive treatment wherever food is served, little remains in the form of mineral and vitamins.

"In boiling vegetables they should be started with a moderate amount of water, more water being added from time to time, as cooking proceeds, to the end that a moderate amount of essence remains when the vegetable is done. This essence contains what remains of the minerals and vitamins, and should be served along with the vegetable, in a bowl, and drunk with a spoon, or separate-

ly as a broth.

"Boiling should be at a high temperature and for a short period rather than at a lower temperature for a longer period. Quick cooking saves much of value in food. A moderate amount of bacon may be boiled with vegetables where appropriate and desired. Too much meat will cause the essence to be greasy and unpalatable for drinking. Milk and butter may be used in seasoning, after cooking of vegetable is complete. Flour thickening should be avoided.

"The rule in every home, cafe, club, boarding-house and institution is to dump the vegetable essence down the sink, then to 'cream' with deadly white flour the even more dead and deadly bodies of the vegetable cells from which the life has fled, and adding condiments in a vain effort to put some semblance of life or taste into this muddled mess.

"Leave in your vegetables this vital life fluid, wasting not a drop.

Soon you will form a taste and thirst for this rare stuff. Take it often and in volume and start now the replacement in your body of the elements for which it has for years starved, giving it an abundance of this building vitalizing material that will mean to you a new life and a better mental order. When you drain this essence down the sink, with it goes from 75 to 90 per cent of the money value you paid for the vegetables. This momentary loss is as nothing compared with the irreparable loss to you in body and in mind through such a silly act.

"To 'pot liquor' there's a powerful kick, but no backfire. It gives you headway, but not headache. It

will keep you within the law, but without a doctor or bondsman. It's the safest, sanest, surest way to good health and a good time.

"Learn to love your liquor and take it daily, but take it from the pot."

ADMINISTRATOR'S NOTICE

The undersigned having this day qualified as administrator of the estate of Ernest C. Bailey, deceased, late of Person County, this is to notify all persons having claims against the estate to present the same to the undersigned on or before the 26th day of June, 1926, or this notice will be pleaded in bar of their recovery.

All persons indebted to the estate will please make immediate payment.

This June 26th, 1925.

EDWARD D. BAILEY, Administrator.

ADMINISTRATOR'S NOTICE

Having this day qualified as the Administrator of the late Martha Hamlin and J. R. Hamlin, of Person County, N. C., this is to ask all persons indebted to said estates to please come forward and settle, and all persons holding claims against said estates will present them to the undersigned within one year from this date or this notice will be pleaded in bar of their recovery.

Hall's Catarrh Medicine

is a Combined Treatment, both local and internal and has been successful in the treatment of Catarrh for over forty years. Sold by all druggists. F. J. CHENEY & CO., Toledo, Ohio

Do You Have HEADACHE? EYEACHE?



Do You Hold Thing too Near, or too Far, to See Them?

These and many more are symptoms of Defective Vision.

We have furnished properly fitted glasses to over 11,000 just such cases.

OFFICE IN CONNECTION WITH MR. GREEN, WATCH MAKER, OVER CAROLINA POWER AND LIGHT CO.

Come to See Us Roxboro, N. C.

DR. L. V. LIENBEE, REGISTERED OPTOMETRIST



Concrete Blocks Save Coal

The coal bin and the coal shovel don't meet so often in the house that is built of concrete blocks covered with stucco.

And the man who pays the bills is richer by 13 1/2% of his annual coal bill.

Houses built of concrete blocks and covered with stucco cost only from 2% to 5% more than frame houses; and besides being warmer in winter, are cooler in summer. They never need repainting and are permanently beautiful.

Ask your building material dealer to tell you the economy and beauty achieved in building homes with Atlas Portland Cement.

ATLAS PORTLAND CEMENT

"The Standard by which all other makes are measured"

ded in bar of their recovery. This June 1, 1925. J. A. HAMLIN, Administrator.

NORTH CAROLINA PERSON COUNTY IN THE SUPERIOR COURT In the Matter of the Will of Ruffin Davis

CITATION

J. T. Davis and all other non-resident devisees, legatees, heirs at law and distributees of the late Ruffin Davis will take notice that W. R. Davis, J. W. Davis, J. A. Davis, Mrs. Saline F. Burch and Mrs. Nora Lee, having filed a caveat to the probate of a paper writing purporting to be the last will and testament of Ruffin Davis, late of Person County, North Carolina, and having filed the bond required by law, and the cause having been transferred to the Superior Court for trial at term, they are required to appear at the office of the Clerk of the Superior Court of Person County, in Roxboro, North Carolina, on July 21, 1925, or at August 1925 Term of said court, and make themselves parties to said action if they so choose and file such pleadings as

they may be advised. This July 16, 1925. D. W. BRADSHAW, Clerk Superior Court. 6-17-4ts

EXECUTORS NOTICE

North Carolina Person County Having qualified as executors of the estate of Mrs. Eliza D. Floyd, deceased, late of Person County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Roxboro, North Carolina, on or before the 2nd day of June, 1926, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This 2nd day of June, 1925.

WILLIAM A. DANIEL, GEORGE A. DANIEL, Executors.

ECZEMA! Money back without question. HUNTS GUARANTEED SKIN DISEASE REMEDIES (Hunt's Salve and Soap), fall in the treatment of Itch, Scabies, Ringworm, Tetter or other itching skin diseases. Try this treatment at our risk. DAVIS DRUG CO., Roxboro N. C.

ADMINISTRATORS NOTICE

Having this day qualified as the Administrators of the late R. W. Morris, of Person County, N. C., this is to ask all persons indebted to said estate to please come forward and settle, and all persons holding claims against said estate will present them to the undersigned within one year from this date or this notice will be pleaded in bar of their recovery.

This July 1, 1925.

J. R. MORRIS, B. L. EVANS, Administrators.

THIS NIGHT may convince you

Sallow skin is more than skin deep. For that tired, worn-out listless feeling, keep your stomach, liver and bowels free from indigestion, biliousness and constipation.

Chamberlain's Tablets

will keep you clean inside. Take two tonight. They will not make you sick and you will feel good tomorrow. Only 25 cents.

Sold everywhere For Sale By NEWTON DRUG COMPANY.

High Up In The SOUTHERN APPALACHIAN MOUNTAINS

OF

WESTERN NORTH CAROLINA, EASTERN TENNESSEE and NORTH GEORGIA

Land of the Sky

Are Many Good Places to

SPEND YOUR SUMMER VACATION

Reduced Summer Fares to All Summer Tourist Resorts Tickets on Sale Daily, Beginning May 15th Good Until October 31st, 1925

WEEK-END TICKETS NOW ON SALE

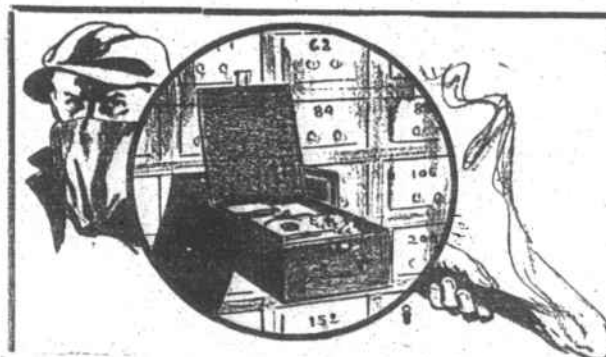
WRITE FOR SUMMER VACATION FOLDER

CONSULT TICKET AGENT

Southern Railway System

J. S. Bloodworth, D. P. A.

RALEIGH, N. C.



PUT IT WHERE SAFETY REIGNS

Your Money and Your Valuables stored in one of our Safety Deposit Boxes is as Safe as the Ingenuity of Man can Make Them. Absolutely Fire Proof and Protected in Every Possible manner from Theft. And if you are Going Away this Summer, do Not Let Fear and Anxiety for Valuables Left at Home Destroy the Pleasure of your Trip. The Cost is Lower than you would think.

CONFEDERATE MEMORIAL HALF DOLLARS

You can have a part in the great Memorial to Southern Confederacy, now being carved out of Stone Mountain, by buying one or more of these special issue of coins. You could not spend a dollar for a better cause, a limited supply will be available at this Bank on and after July 3rd.

The First National Bank

"THE FRIENDLY BANK"