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Our Mechanism Is Not To Be Surpassed Anywhere

Dunn, North Carolina

TEN HINTS THAT WILL ADD TEN YEARS TO YOUR LIFE

First. Don't overeat. Too much food clogs the intestines, generates poisons which the body finds difficult if not impossible to throw off, and in general has the same effect on the vitality as banking a furnace would have on fire.

Second. Don't drink booze; drink pure water instead. Alcohol lowers the mental efficiency, poisons the nerves, impairs the body resistance to infectious diseases, and tends to degenerate the arteries. This indictment of alcohol is amply substantiated by scientific researches.

Third. Sleep with your windows open. The lungs throw off carbonic acid gas, which is poisonous. This gas must be allowed to escape from the bedroom or it will be breathed in again, and thus the body will be poisoned over and over by its own waste products. Moreover, the lungs need the oxygen which is found only in fresh air.

Fourth. Bathe every day, regulating the temperature of the water by the effect which the bath has upon you. Bathing keeps the skin healthy, reduces the number of germs on the body surface, acts as a tonic to the nerves which keeps the blood in circulation throughout the skin. The skin circulation is the chief agent for regulating the body temperature.

Fifth. Always wash your hands before eating. The hands pick up millions of germs between meals, and these will surely get on the food unless they are washed off before you sit down to the table.

Sixth. Keep your mouth in good condition. Poor teeth not only prevent you from chewing your food properly, but also promote a foul, germ-laden condition of the mouth, which will infect all food and thus tell adversely upon the general health.

Seventh. Take a walk every day. Rust attacks unused machinery and sends it to the scrap heap years before its time.

Eighth. Don't worry over things you can't help, and see that you don't have to worry over things that you could have helped. Worry brings on nervousness, indigestion, and poor nutrition.

Ninth. Leave patent medicines alone. Go to a reliable doctor instead. He can prescribe a suitable treatment for every given disease or person far more than a tailor can cut a suit of clothes that will fit everybody.

Tenth. Start following these rules young. Any human being's good health begins with his parents. If they bring him into the world healthy, teach him personal hygiene, give him good plain food and sanitary

surroundings and keep him away from bad habits till manhood, he is likely to have good health all his life.—J. W. Scherschewsky, M. D., of the U. S. Public Health Service.

NAME THE FARM

It is an excellent idea to name the farm. The agricultural and other papers are urging farmers to do this and good reasons are given for it. They are also urging farmers to use printed stationery to avoid errors and loss of letters and also by way of advertising their farms, the names of which should be printed on their letter heads and envelopes. Commenting on the subject of naming the farm, the News and Observer says:

By all means give a name to your farm, Mr. Farmer. It is the proper thing to do, and if you carry on a business with the world you will find that with products worth while having a name for your farm will pay in hard cash.

The General Assembly of North Carolina has made a law by which the names of farms can be registered, making them trademarks. We believe the charge for registration is one dollar, and it may prove a dollar well spent. If you put butter on the market, and it is better worth while, then your farm name will be a trademark which counts. If the eggs you sell from time to time come from a farm with a distinctive name customers will hold it in mind and there will be a market waiting for you. But whether or not you register it, by all means name it.

Instances can be multiplied in which the farm name will prove of value. Papers in the various counties are asking for farmers to name their farms and permit the papers to publish the names. Among these is the Dunn Dispatch which, concerning farm names, has the following:

"Name the farm. If you have a farm home of which you are proud—give it a name. Let it have an individuality all its own. There are lots of fine country places in the surrounding country whose beautiful surroundings suggest any number of pretty, appropriate names. Give the old place a name so that when some one asks your pretty daughter where she lives she can say 'The Elms,' 'The Oaks,' or some pretty sounding place. Numerous farms have been named in this county."—State Journal.

Miss Ruth Meadows has returned to her home at Mt. Olive, after spending several days here as a guest of Miss Margaret Pope.

Mr. Ernest Young is at Pittsboro this week to appear in a big land suit which has been claiming the court's attention for several years. He will return Saturday.

MISSING

His typewriter's covered and silent, his chair is empty, his desk is in trim; It never was so when he used to sit there

And hammer out "copy" with vim. The cigarette stubs that he left in a row

Are gone and the table is clean; But give me the mess that the place used to show And the click of his busy machine.

He used to come in with his hat on his ear

And a limp cigarette on his lip, With a smile that was crooked, and an eye that was clear,

And a tongue that was fluent and flip.

He'd hang up his coat on the hook overhead,

Tilt his chair to the proper degree, Run his hands through his hair, which was curly and red, And write like a cyclone set free.

And sometimes, when poggng away, I forgot

That he isn't one of us still And I'll start to say, "Jim, got a good cigarette?"

And then I'll remember that "30" is in

For him who once sat in that spot; And well; I redouble my hurry and din

In writing the story I've got. His fingers will nevermore clatter the keys;

His life and his stories are done Those stories as brisk as the keen western breeze—

Another will take up his run, Another will cover assignments he had;

He's gone, but the world hasn't lost. It takes of the sad and the bad and the glad—

Its regular quota of news. A newspaperman's always moving about,

He seldom stays long in a place; And yet when he leaves, why you haven't a doubt

That you'll see him again face to face; But this—well it's different; this is the end.

And the coffee won't seem just the same. My "fellow reporter"—and also my friend—

He is through with the newspaper game.

—Berton Bruley.

Mrs. J. L. Wade and her children left last week for Hendersonville, where they are to spend the balance of the summer with Mrs. Wade's parents.

MORE BARGAINS

DRAUGHON SALE EXTENDED TO SATURDAY JULY 10th.

Volumes of Values More Varied--Bigger and Better Bargains

It was our intention to close our stupendous sale on Saturday the 3rd; but because our shelves still contain considerably more goods than the season warrants, we are going to postpone the closing until

Saturday, July 10th.

This will permit everybody to take a hand in the great money-saving opportunity we are offering.

Biggest Bargains

No Sale anywhere affords bigger money saving opportunities than this. Everything guaranteed as represented.

Drawing For The FREE \$15 IN GOLD Has Been Postponed to the 10th

To See is to Appreciate

It is impossible to fully realize what this Sale means to the public unless you see the goods.

Visit Our Store To-day and View the Variety of values in Clothing Shoes, Hats, Dress Goods and Furnishings.

We have never made greater overtures to our patrons—even the low prices which characterized the Sales' early days have been lowered. Especially low prices are evident in clothing—Palm Beach included—Slippers for women, and low cut Shoes, Straw Hats and Shirt Waists and for a limited time we will have several hundred remnants of choice dress and apron goods at remarkably low prices. All lines in the store have been made to feel the knife of low prices, and you must come and see to comprehend what has happened.

J. W. DRAUGHON The Dependable Merchant DUNN, N. C.