

**RED CROSS WINNING
IN FIGHT FOR HEALTH**

**Better, Stronger Citizenry Now
Emerging Out of War in
United States.**

The American Red Cross as an evangelist of better health has looked its problem square in the face. How it accepted the task revealed to it in the nation's physical condition as brought out during the World War, and conscientiously applied its activities to correction forms a vivid chapter in the forthcoming annual report. Historically and practically, nursing is a long step for the Red Cross. In its public health nursing service, in instruction in home hygiene and care of the sick, nutrition classes, first aid and life saving courses and health centers, the American Red Cross is applying effectively the lessons learned during the war and making for a healthier, stronger and better national citizenry.

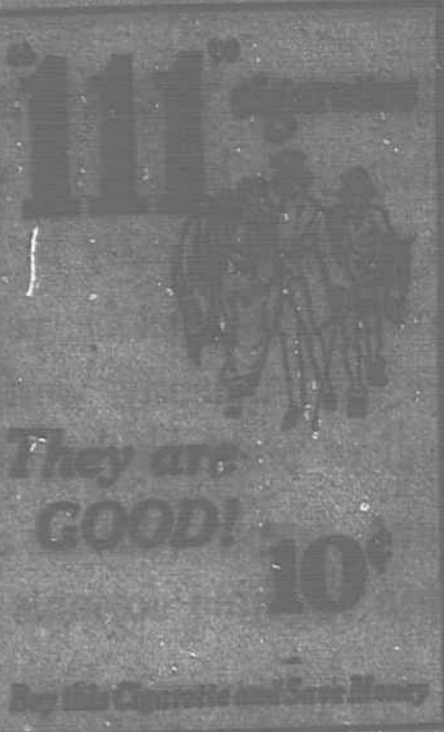
The year of the Red Cross Public Health nurse is the 1,240 nursing services now operating throughout the country instructing their communities in health essentials and disease prevention in demonstrating the possibilities of human betterment and the great benefits of enlightenment.

During the last year 313 new public health nursing services were established by Red Cross Chapters, and several hundred services so convincingly proved their effectiveness that they were taken over by public authorities. In order to promote this work \$50,000 was allotted to provide women to prepare themselves for public nursing. The home visits made by the 1,240 nurses aggregated nearly 2,500,000 visits to schools numbered 140,000, and in six months 1,200,000 school children were inspected by these nurses and whose defects were found without examination by physicians. In rural communities this service has made a very marked advance and has won thousands of converts to approved methods of disease prevention.

In home hygiene and care of the sick, instruction, which fits the student in methods of proper care where illness is not so serious as to require professional services, the Red Cross conducted 3,884 classes during the last year, enrolled 2,256 instructors, 88,498 students and issued 41,354 certificates.

On June 30, 1924, nutrition services embraced 2,199 chapters, with a total of 37,500 children and 5,200 enrolled dietitians. Seventy-eight food selection classes graduated 780 who received Red Cross certificates. In several local chapters and from chapters throughout the health centers, serving as many communities, provided public health lectures for large audiences of interested, while clinics numbered over 10,000.

**"The Right Way, The Right Way"
FOR BETTER PRINTING**



Beauty your home with flowers. T. W. Wood & Sons Flower Bulbs of all kinds on sale at our Store, prices same as quoted in catalogue.—Smith Grocery Co. Farmville.

Here's The Opportunity!

THE word "HOME" has been called the best known in the English language—because it is there that all of our hopes are centered and our ambitions supported. The husband and wife's responsibilities to their children—and to themselves—is to build a home which is an incentive to the best that is in them.

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Our 15th Series Opens Oct. 1st.**

Farmville Building & Loan Asso.
A. H. JOYNER, Sec'y Treas.
At Lang & Co.'s Store Farmville, N. C.



**Poem
by UNCLE JOHN**

When you hear a feller grumble at the hill he has to climb, an' later, see him crumble in despair,—you wouldn't err in judgement, if you bet yer bottom dime, that he has built the cross he had to bear. This thing we call humanity, is full of human freaks, with fird an' imaginative brains. There's very few that's brave enough to scale the highest peaks,—that knows enough to come in, when it rains! With Messia's all around us, we embrace the things that curse. We ponder to the vicious appetite. We undertake the very thing that's sure to leave us worse, an' 'sheat our eyes to everything that's right. Then—is it any wonder, that we founder in the sea, and swallow bitter waters, tempest-tossed? Too often we imagine that our trouble has to be, when we only need the rudder that we lost! We'll find it smoother sailin' if we banish every dread, and cure the imperfections of our own. The trouble's nearly allers in our little ivory head,—and trouble's hard to massage—in a house!

New Passenger Schedule of E. C. Ry.

Southbound			Effective Sunday, May 21st			Northbound		
Monday	Daily	Daily Ex. Sunday	FIRST CLASS	10th Ex. Sunday	Daily	Daily	Daily	Sunday
A.M.	P.M.	A.M.	STATIONS	A.M.	P.M.	A.M.	P.M.	P.M.
9:35	4:35		Ly—Hooker—Ar	7:10	1:10	7:10	1:10	7:10
9:45	4:40		Shades	7:20	1:20	7:20	1:20	7:20
10:10	5:00	7:55	Ly—Farmville—Ar	7:45	1:45	7:45	1:45	7:45
10:35	5:24	8:18	Fountain	7:59	1:59	7:59	1:59	7:59
10:45	5:40	8:29	Mason's Field	7:59	2:05	7:59	2:05	7:59
10:55	5:49	8:38	Pinetops	7:05	2:12	7:05	2:12	7:05
11:20	6:18	9:10	Junction Tarboro	7:45	2:10	7:45	2:10	7:45
11:40	6:25	9:20	Ar—Tarboro—Ly		2:00			

YOUR EYES

Spectacles are the little pieces to go behind ears. They hold on better regardless which you wear. What we have is just right. Yours style known. You can get it right. We take pride in fitting a glass to look well, as well as wear well. Call and see.

WHEN YOU COME TO US

You don't get cheap glasses. We make thorough examinations and fit according to the condition we find. We charge for the work, but give the very best. Your eyes are the SOUL OF THE BODY. Worth more than everything else on earth. When you put a cheap glass on you take a chance. Not more talk, ask any physician and they will tell you a glass not fitted by a Specialist is DANGEROUS.

ASTIGMATISM—What It Is? It Is Trouble!

The doctor or optician may suggest, or advise you to wear, if it seems necessary and pain. For satisfaction the glasses must be ground. They cannot be purchased at any store, cheap or high priced ready made, but must be made according to prescription. When you fit yourself, you take a great chance. IT IS NOT PLEASANT TO BE BLIND. No one can help you but the one you do. TAKE CARE OF YOUR EYES.

We have hundreds of plated lenses. We can please you. If you cannot read well, if you have headaches, if your eyes feel like they have sand in them, if the eyes are easily or have a dull feeling, or if they bother you in any way, come in and let us tell you about them. If they show anything to us, we will give you free tests.

Dr. Z. B. SPENCE

SECOND FLOOR
Grant Building Goldsboro, N. C.



Her Range

Is there a woman who doesn't take pride in her cooking? She knows that her range is the most important thing in the kitchen. If it is a Cole's Sanitary Down Draft then she is always sure of her baking and her cooking. She knows that it is the best range that money can buy. She relies on it absolutely. It means a one-third to one-half fuel saving and will hold its own right.

**COLE'S
HOT-BLAST**

FUEL SAVING SYSTEM

of combustion burns the fuel gases that other makes of ranges waste. This means a clean sweep of hot flame under all six lids and all around the oven. This insures quick even baking and cooking on the entire range top. This range is designed with so much thought for convenience, comfort and economy of time that you will find the day's cooking or baking done as though by magic. This range has full enamel, rust resisting linings. This insures a long life and perfect satisfaction. We have a limited supply in stock so see us immediately.

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