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Gastonia, N. C.



**"MY COMPANY FIRST,"
THE RECRUIT'S MOTTO**

By CAPTAIN GEORGE L. KILMER.
After the war novice has taken his stand on the motto "My country first!" and prepares to fight for it he must face the call of another slogan less appealing at the start, but one to grow on him—"My company first!" This company fealty is his everyday job. He must work for that as ceaselessly as he studied and worked at school for the honor of his school or his ball club or team.

Getting down to the company plane of thought and action plays havoc with imaginary ideals. But right here the individual is put to test as a soldier. The officers and the crowd "size" him up. Culture and manners are re-



Photo by American Press Association.

ATTENTION.

spected provided the novice makes good at coarse work, trench digging, hiking and running, as well as at drill and on parade.

Lacking a chance at hand practice with ax or spade, the beginner can make progress by the simple process of club swinging movements. Club swinging develops muscles of limb, chest, abdomen and back. Help may be had also by horizontal bar exercises, jumping and climbing. In company work, which is enlarged teamwork, the importance of these things appears. Some of the number will be expert at one thing and set a standard for all to train up to. The recruit with his specialty will be a teacher for others and learn from others wherein he lacks. Here comes into play the faculty of attention. Every man knows his own failings and the merits of another.

**SELF TRAINING FOR
THE INFANTRYMAN.**

By CAPTAIN GEORGE L. KILMER.

The infantry arm is the main feature of military force on a large scale. Civilians see more foot soldiers than horseback fighters and cannoniers. No special previous training is necessary to make a fair infantry recruit out of a civilian. The infantryman is all the better for good stature, from five feet six inches well on toward six feet four, and weight 125 pounds to 175.

A man's force of bodily impact may serve a good purpose in infantry. Eye and nerve help in the shooting process, but the man behind the bayonet should be as well set up as a pugilist, as firm on his feet and powerful and skillful with arms and hands. Good



Photo by American Press Association.

RIGHT SHOULDER ARMS.

practice for agility and control is to stand erect, with feet together, points open about one foot, elbows to the rear and hands, palms inward, resting on the hips.

Various movements may be made from this pose to exercise the back, shoulders and hips, but it is especially important for the infantryman's training to take it and, while holding shoulders firmly back, rise up high on the toes and repeat it again and again. The strain here is on the feet, and one can get further results by holding to a strap or rope suspended overhead just within reach while on the toes and swaying back and forth and sidewise.

Practice marches are good training for infantry. The long march is unlike the parade ground march in that the gait is natural, one the soldier falls into to be comfortable and get over the ground. On parade the rifle may be carried in various positions, as ordered, but on the march at "shoulder arms," either right or left, is the rule from choice.

**Mr. J. R. Watson
All Run Down**

WAS TIRED AND WORN OUT UNTIL IRONIZED PAW-PAW BROUGHT BACK HEALTH.

FEELS LIKE A NEW MAN

Mr. J. R. Watson, by occupation a paperhanger, residing at No. 51-2 Princess street, Wilmington, N. C., says: "I was all run down suffering from constipation, nervous indigestion and stomach troubles. Hearing of the remarkable virtue in Ironized Paw-Paw I purchased a bottle at Elvington's Drug Store. Began to take it three times before meals and in a few days I felt like a new man, can eat anything I like now without distress and can recommend it to any sufferer as it does all what you claim for it, and will never be without some in my home."

When run down, nervous, tired and worn out all the time, take this reliable preparation and know what it is to again feel like your old self. The cost, regardless of the size of your purse, is the same and it may be secured without trouble at either of these drug stores: J. H. Kennedy & Co., Gastonia, N. C.; The Robinson Co., Lowell, N. C.; Twitty-Robinson Co., Rutherfordton, N. C., and by taking it one loses no time from work or pleasure and soon feels the wonderful transformation which comes over one when regaining strength, vitality and old ambition. Get a bottle today.—Advertisement.

GARDENS A GREAT FACTOR.

(By John Paul Lucas.)

A \$10,000,000 increase in the value of home garden products! That is about as conservative an estimate for North Carolina as one is apt to hear from well-informed men who have had opportunity for observation, while a more frequent estimate would be 25 per cent higher. It is thought that the percentage of increase is not less than 100 per cent, although the increase in the percentage of gardens is hardly as high as that. The increased number and production of gardens in the State have not only saved our people millions of dollars, but in many instances, have forestalled actual suffering.

The increase in the amount of vegetables and fruits that will be conserved through canning and drying will certainly be not less than 100 per cent over the amount for last year, and in all probability it will be higher. The girls' canning clubs will can for the market probably four times as much as they did last year, thanks to the efficiency of the Home Demonstration Service in North Carolina.

The figures above are given merely to illustrate the tremendous importance of home gardens and to show what a splendid total is built up by the small units, which are the individual home gardens. Too few North Carolinians in the past have given any attention to the matter of gardens for fall and winter. These are just as important in proportion as the summer gardens. The large amount of vegetables and fruits that have been dried and canned must be supplemented by fresh vegetables from the garden if our people live up to their opportunity and duty in this crisis.

Among the vegetables that may be planted this month are snap beans, beets, cabbage, collards, carrots, corn, kale, lettuce, okra, pumpkin, radish, turnips and salsify, sweet potatoes and Irish potatoes. Most of these can be planted next month also and even in September. For detailed information regarding garden crops, time of planting, etc., write to the Agricultural Extension Service, Raleigh, N. C., for circulars on gardening and for Bulletin No. 9, "Truck Growing in North Carolina," all of which will be found extremely useful.

One of the greatest problems of the Government today is found in the transportation situation. The railroads are being offered 25 per cent more freight than they can handle. Conditional embargoes have been placed on many articles. The burden of the railroads will grow greater as the amount of military supplies and troops to be handled increases. Herein lies one of the big reasons why the South should produce every pound of food and feed-stuffs possible. The increased production from North Carolina's home gardens this summer has eased the transportation situation to the extent of the number of cars that would have been required to haul to us the food products that we would have required but for the utilization of fresh, canned and dried vegetables from our gardens.

A general movement for fall and winter gardens will save our people probably several million dollars; enable them to have more wholesome food; and relieve to a considerable extent both the food situation and the transportation situation.

Every gardener, on however small a scale, is doing his or her "bit" for their family, their community and their country.

THE GAZETTE AT GROVES.
The Gazette has established a carrier system at Groves station, the new route covering the territory occupied by the Flint and Groves Mills operatives. Master Lee Ritchey is the carrier boy and is authorized to collect for subscriptions and receipt for same. The Gazette will be delivered at your door every Monday, Wednesday and Friday afternoons at about the same time it is delivered to up-town patrons. Subscriptions will be taken for one month or more and are payable strictly in advance.

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GASTONIA, NORTH CAROLINA

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Legal Advertisements.

MORTGAGE SALE OF LAND.

Under and by virtue of the power of sale contained in a certain mortgage deed, executed by Earl S. Sanders and his wife, Mary Sanders, on the 21st day of January, 1915, and registered in the office of the Register of Deeds for Gaston County, in book No. 107, page 324, default having been made in the payments of the indebtedness secured thereby, I will offer for sale at the Court House Door in Gastonia, Gaston County, North Carolina, for cash to the highest bidder, at noon on

Monday, August 6th, 1917

the following described tract of land lying and being in Crowders Mountain Township, Gaston County, State of North Carolina, and bounded as follows:

Beginning at a post oak, a corner of the Barytes Mining Company tract, running thence South 30 W. 8.25 chains to a pine, another corner of said tract; thence N. 61 1-2 W. 10 chains to a stake, a corner of the Garrett lands; thence with a line of said lands S. 4 1-2 E. 21.25 chains to a sassafras; thence with the Lawton line S. 6 W. 25.25 chains to a stake; thence with McGill's line E. 21.60 chains to a stake; thence with John Dila's line N. 2 1-2 E. 45 chains to a rock; thence N. 69 3-4 W. 10 chains to the beginning, containing 96 3-4 acres, more or less, as per survey and plat made by A. P. Falls, Surveyor, dated March, 1910, and being the land this day conveyed to Earl Sanders by said J. W. Wellman and wife.

Also that certain lot of land, situated in the city of Gastonia, in the county and State aforesaid, beginning at a stake in a street at the corner of lots No. 32 and No. 34 and runs N. 86 E. 46 1-2 feet to a stake in the street; thence N. 3 1-2 E. 112 feet to the corner of lot No. 35; thence with Southern boundary of lot No. 35 fifty-one feet to the corner of lots No. 33 and No. 34 and with the boundary of lot No. 33 S. 1 W. 111 1-2 feet to the beginning. The same being the lot conveyed to Mary Sanders by A. E. Woltz and wife and W. H. Adams by deed dated December 22, 1913, and registered in said county in book 104, page 271.

This the 5th day of July, 1917.
J. W. WELLMAN, Mortgagee.

F-27 c 4 w



**PIEDMONT AND NORTHERN RAILWAY CO.
"THE ELECTRIC WAY,"
Between Gastonia and Charlotte, N. C.**

Schedule Effective Sunday, July 9th, 1916.

Station, 204 West Main Avenue, Gastonia.

Lv. Gastonia	7:00 A. M.
Lv. Gastonia	9:00 A. M.
Lv. Gastonia	11:00 A. M.
Lv. Gastonia	1:00 P. M.
Lv. Gastonia	3:00 P. M.
Lv. Gastonia	5:00 P. M.
Lv. Gastonia	7:00 P. M.
Lv. Gastonia	9:45 P. M.
Lv. Charlotte	8:00 A. M.
Lv. Charlotte	10:00 A. M.
Lv. Charlotte	12:00 A. M.
Lv. Charlotte	2:00 P. M.
Lv. Charlotte	4:00 P. M.
Lv. Charlotte	6:00 P. M.
Lv. Charlotte	8:00 P. M.
Lv. Charlotte	11:00 P. M.

Connection made at Mount Holly with Seaboard Air Line, at Gastonia with Southern Railway and Carolina & Northwestern Railway.

The above schedule figures and connections are published as information only and are not guaranteed. E. THOMASSON, General Manager. C. S. ALLEN, Traffic Manager. Greenville, S. C.



SOUTHERN RAILWAY.

Premier Carrier of the South.

Arrival and departure passenger trains, Southern Railway Station, Gastonia, N. C.

N. B. Schedule figures shown as information and not guaranteed.

Arrive from

29 New York, Washington Birmingham	5:15 a. m.
39 Charlotte (local)	8:00 a. m.
42 Atlanta, Night Express	8:35 a. m.
36 New Orleans-Atlanta (U. S. Fast Mail)	9:12 a. m.
37 N. Y., Washington, (N. Y., Atla., N. O., Limited)	10:45 a. m.
46 Westminster (local)	12:45 p. m.
12 Atlanta (local)	4:50 p. m.
45 Greensboro (local)	5:45 p. m.
38 N. O. Atla., (N. Y., Atla., New Orleans Ltd.)	7:46 p. m.
35 N. Y.-Washington, (U. S. Fast Mail)	9:55 p. m.
30 Bham-Atla., (B., spl)	10:24 p. m.
43 Charlotte Night Express	11:43 p. m.

Depart for

29 Bham., (Bham., Spl.)	5:15 a. m.
39 Atlanta, (local)	8:00 a. m.
42 Charlotte night express	8:35 a. m.
36 Washington N. Y. (U. S. Fast Mail)	9:12 a. m.
37 Atla., N. O., (N. Y., Atla., New Orleans, Ltd.)	10:45 a. m.
46 Greensbor (local)	12:45 p. m.
12 Richmond (local)	4:50 p. m.
45 Westminster (local)	5:45 p. m.
38 N. O. Atla., (N. Y., Atla., New Orleans Ltd.)	7:55 p. m.
35 Atla., New Orleans (U. S. Fast Mail)	9:55 p. m.
30 Wash., N. Y., (Birmingham Special)	10:24 p. m.
43 Atlanta, Night Express	11:43 p. m.

For rates reservations or other information call on or write TICKET AGENT, Phone 22. G. C. ANDREWS, Agt., Phone 73.

CAROLINA & NORTHWESTERN RAILWAY COMPANY.

Schedule Effective Sunday, August 20, 1916.

Northbound No. 10.

Leave Chester	7:43 a. m.
Leave York	8:29 a. m.
Leave Gastonia	9:24 a. m.
Leave Lincolnton	10:20 a. m.
Leave Newton	10:55 a. m.
Leave Hickory	11:40 a. m.
Arrive Lenoir	12:45 p. m.

Northbound No. 6.

Leave Hickory	5:45 p. m.
Leave Lenoir	6:50 p. m.
Arrive Mortimer	8:22 p. m.

Southbound No. 9.

Leave Lenoir	1:40 p. m.
Leave Hickory	2:35 p. m.
Leave Newton	3:08 p. m.
Leave Lincolnton	3:46 p. m.
Leave Gastonia	5:00 p. m.
Leave York	5:46 p. m.
Arrive Chester	6:35 p. m.

Southbound No. 5.

Leave Mortimer	7:00 a. m.
Leave Lenoir	7:22 a. m.
Arrive Hickory	9:30 a. m.

Connections.

Chester—Southern Ry., S. A. L. and L. & C.
York—Southern Railway.
Gastonia—Southern Ry. and P. & N. Railway.
Lincolnton—S. A. L. Railway.
Newton and Hickory—Southern Railway.
E. F. REID, G. P. A., Chester, S. C.