

HALF MILLION CAMPAIGN

We have determined to make July 1916 the biggest month's business we have ever done. To do this we MUST write \$500,000 insurance during the month. That's a great big pile but we are going to it. Just GOT to do it.

And having decided to write this amount, why it will be no trouble for us to succeed. The popularity of our contracts, the wonderful features which modern life insurance has adopted for the benefit, convenience and safety of policy holders are found PAR EXCELLENCE in Philadelphia Life policies.

This makes them go wherever our hustling representatives have the opportunity of showing them. This is why we are going to write to that HALF MILLION in July.

Get in the band wagon by securing one of the best life insurance policies in all America. Our feature policy for the July campaign has a special disability clause which pays itself up automatically in case you become totally disabled, and the face of the policy is paid to you in annual installments during YOUR OWN LIFETIME—into your OWN HANDS.

Ask us about this policy.

Gordon Insurance & Investm't Co.
STATE AGENTS FOR
Philadelphia Life Insurance Co.

NOTICE

Boys, Get Ready for the 4th of July

"On each stand for the sale of lemonade, ice cream, watermelons, fruits, sandwiches or other refreshments, of for sale of other commodities, maintained on public or other occasions, \$2.00 for the first day, and \$1.00 for each succeeding day said business is maintained."

"Any person, firm or corporation desiring to carry on any business hereinafter named, or to do any of the acts or enjoy any of the privileges mentioned in this ordinance, shall, before doing so, apply to the City Tax Collector for license to do the same and shall receive such license by paying the tax necessary for such privilege or right. If any person, company, firm or corporation shall exercise any of the professions, trades, calling or business or do any of the acts licensed herein before paying such license tax, he shall be guilty of a misdemeanor, and upon conviction shall be subject to a fine of fifty dollars, or imprisonment for thirty days, for each offense."

"That it shall be the duty of the Chief of Police and of every other Policeman to report to the Tax Collector any person, firm, company or corporation liable to a license tax, and to do so without delay."

The foregoing ordinances fixing license tax was duly and regularly passed by the Board of Aldermen at their meeting June 6, 1916, to cover all the stands on street OR PRIVATE PROPERTY.

T. L. CROWELL, City Tax Collector.

Young Ladies, Win a Pretty Dinner Set

The Journal has secured a number of pretty "BLUE BIRD" Dinner Sets. This is beautiful hand-painted china, 31 pieces to the set. While they last we will give one to any young lady who secures only FIVE new subscriptions to The Journal for one year each. It is no trouble to get five new subscriptions among your neighbors for The Journal at one dollar per year.

Work quick, there are only a few sets



A SKIN LIKE VELVET,
smooth, clear, free of wrinkles.

Use the exquisitely fragrant cream of the beauty flower of India and be complimented on your complexion. Your dealer has Elcaya or will get it.

**CRÈME
ELCAYA**

BACTERIA, FERMENTATION AND PUTREFACTION.

(By H. D. Stewart, M. D.)

These are the three most dangerous words in the English language. These little microscopic microbes and the two active processes associated with them, kill more human beings than all the wars and pestilences of time.

Whatever may be our trouble, nearly all cases of illness are the result of the action of bacteria in the mouth, throat, stomach, bowels, kidneys, skin, etc.

These bacteria are born, bred and multiplied in decaying organic matter, animal or vegetable.

Pathological bacteria will not breed without organic matter as a pabulum acted upon by heat and moisture.

Some bacteria are harmless. Others will produce the rankiest ptomaines and toxic acids when they have a favorable soil, a suitable food, nutrient or pabulum and weak resistance. The normal secretions of the body are supposed to control or to kill the disease producing bacteria. In this way the gastric juice, the saliva and the bile protect the human organism against disease. But when the normal processes and glandular secretions of the body are disturbed by excesses of heat or of cold, by exhaustion, loss of sleep, dissipation, over-eating, worry, injury, operation or other influences, the bacteria take advantage of the weak resisting power of the energy and make haste to destroy the body.

Every time we violate a law of health we give the hostile bacteria an advantage. We strengthen the attacking host by exercising our own weapons of defence.

Bacteria are not respecters of persons. They will give no quarter and have no mercy.

They are barbarians in warfare. They kill all prisoners.

Bacteria can make you as nervous as a sick kitten; they can prostrate you in a few hours; they give you headache, sleeplessness, dizziness, vertigo, disturbed vision and bad temper or disposition.

Bacteria are carried and transmitted on the fingers, in the mouth, on the skin, in drinking cups, through telephone transmitters, harps, mouth instruments, by kissing, in towels and handkerchiefs.

Disease producing bacteria are carried on food, in water, in dust. They are always taken into the body by the mouth, the nose or the skin.

Bacteria are fostered and transmitted on pillows, sheets, mattresses and quilts.

All these should be sunned once a day, changed often or boiled once a week.

Telephone transmitters should be sterilized once a day in the regular household or office routine.

Bacteria can be carried by flies, bedbugs, ticks, fleas, rats, cats, dogs and other rodents.

Fermentation.

Gastric fermentation is usually associated with hyperacidity of the stomach.

It is the cause of nausea, of sick-headaches, of neuralgia, of gas formation.

Being an acid condition, it stands to reason that an alkali such as soda or lime water will correct it to a large extent. In this way alkalis help headache and other neuralgias.

Fermentation may arise from too much food and consequently stagnation or it may arise from atony and emptiness.

Fermentation is one step in the process of distillation. It is almost the whole process of distillation.

Common indigestion is liquor-making in the stomach. No wonder it intoxicates people.

There is only one cure for it—to omit articles of diet that will ferment.

Excessive fermentation will wind up at times for the time being with nausea, vomiting, and headache or pain elsewhere.

Putrefaction.

Putrefaction is a rolling process and takes place in the intestine. It causes nervousness, insomnia, indigestion, loss of memory, confusion of ideas.

Putrefaction will cause congestion or inflammation of the bowels, congestion of the kidneys, exhaustion, general disability and debility.

The same food that rots easily and quickly in the air will rot in the stomach and intestine when not properly acted upon by the gastric juice in the stomach or by the bile and the pancreatic juice in the intestine.

Lean meats and dark meats will rot more readily than fats. Sweets and acids will ferment more readily than alkaline foods, neutral foods or food salts.

So you can easily see why vegetables are an ideal diet. They will not decay quickly and they furnish ample mineral bases to neutralize poisonous acids in the body.

If you wish to keep your health, avoid bacteria, fermentation and putrefaction. The bacteria, acting upon organic matter, cause both fermentation and putrefaction, and these dangerous disease processes cannot go on without the presence of bacteria.

Save Your Hair and Keep Your Job.

Tens of thousand of men are losing their hair daily and are ignoring the fact. Many a man has lost his job because he lost his hair.

Dust and dirt make dandruff and dandruff makes heads bald and bald heads are the first to go down when business is poor.

Wash your hair at least once a week with any pure soap and every other night apply Parisian Sage rubbing it thoroughly into the scalp.

Parisian Sage will save your hair; it will remove every trace of dandruff and banish scalp itch and make your head feel fine.

The cost of a large bottle is trifling but the benefits are very great as every druggist well knows. English Drug Co. cheerfully guarantees Parisian Sage to you.

Nothing jolts a smart man so hard as being beaten at his own game.

Glimpses of War Seen at Wilmington

Wilmington Dispatch, June 21.

Tied along the Sprunt's wharf here today is the ocean liner "City of Memphis" loading 8000 bales of cotton for France, to be used it is presumed, for ammunition purposes. Across her side near the stern has been newly painted the American flag as a protection through the war zone. Seated on the decks of the Hamburg-American line steamers, "Nicaria" of Hamburg and "Kiel," both interned since the war, a group of German sailors watched the loading of the big ship with peculiar interest, barely 300 feet away.

"I wonder how many of our brave lads that stuff will help to kill," ventured one.

"I have a brother on the Verdun front," said another. And a third left the deck of the German steamer, to busy himself ashore, near the docks.

"There were over 40 of us on the two ships originally," said he but since our boats have been interned here it has been very hard, oh, so trying to sit and wait and watch day after day, until now only eight of us are left. This has been the third boat this year I've seen here right across from us loading thousands of bales of cotton to use against us on the other side. Yet we can do nothing for the Fatherland."

TO THE PUBLIC.

"I have been using Chamberlain's Tablets for indigestion for the past six months, and it affords me pleasure to say I have never used a remedy that did me so much good."—Mrs. C. E. Riley, Ilion, N. Y. Chamberlain's Tablets are obtainable everywhere.

Speaking of tongues—a woman can seldom hold her own.



Great Stars in Great Plays by Great Authors combine to make **METRO PICTURES** The newer, bigger better screen productions.



INSIST ON SEEING METRO PICTURES

Your Money Draws Interest

When it is in the Savings Department of this Bank. It earns nothing when carried around in your pocket.

The Savings, Loan and Trust Co.

R. B. REDWINE, President.

H. B. CLARK, Cashier.

"My Druggist."

"My Druggist" is what we want you to call us, and if you give us an opportunity we will live right up to your expectations in every respect.

We will sell you drugs of absolute purity and freshness.

Your prescriptions will be filled with faithful attention to the minutest detail.

The toilet articles you buy will be the best money can obtain for the price, and the price will always be low.

The rubber goods we sell are of the best make and will prove eminently successful to you.

We will give you our best in everything, including service.

ENGLISH DRUG CO.

"The Store That Always Has It"

Phone No. 39.

Monroe, N. C.

Look Here, Girls!

Betty Bright and Kitty-Kats.



Betty Bright is a handsome, big, fat, chubby, lovable darling of a doll. She is twenty-two inches tall, so she is as big as a real live baby. She has yellow curls, a big bright red hair ribbon, red ribbons in her under-bodice and fancy socks, with cute little slippers. She comes to you all ready to cut out with plain directions, so simple that any child may follow them.

Besides that, there are two Kitty-Kats, which come with Betty Bright. They are each six inches tall,—one, kitten is yellow and white, and the other kitten is black and white. Each have red ribbons and a bell about their necks. They are made of very serviceable cloth, so that they will wear for a great length of time. All you have to do is to follow the simple directions, cut them out, and stuff them, and you have a great big life-sized doll, also two cute Kitty-Kats. Children invariably love a cloth doll in preference to a breakable doll.

There is also considerable pleasure and amusement to be derived when cutting them out, and making them at home. Every little girl will love Betty Bright and the two Kitty-Kats.

Our Offer: Cut out this advertisement and bring it to our store with 25 cents and we will give you Betty Bright and two Kitty-Kats. Be sure to bring the ad. with you.

Austin & Clontz 5 and 10c. Store.

NOW IS YOUR CHANCE.

Having for the moment caught up with our shipments of potato plants, we will for the next few days, sell plants at the reduced price of

one dollar per thousand.

In ten thousand lots ninety cents per thousand. Our plants are the best to be secured for Union county as they are grown here and we deliver them fresh from the bed. Many have already set them out and are highly pleased with them as they are growing off beautifully. We make prompt delivery. Porto Rico and Nancy Hall varieties.

Springdale Farm

GARRISON MEDLIN, Manager.

Monroe, N. C.