

At The Star Theatre Friday,
Nov. 22nd, 1918.

One day only. Admission 15 and 25c

Dear Madam:

We are showing the photoplay called "THE SEVEN SWANS" at the Star Theatre on Nov. 22, where Marguerite Clark will show you how to knit garments that will transform swans into beautiful young princes. We shall look forward with pleasure to seeing you, and trust you will bring as many children as you can with you.

The Star Theatre.

LOCAL ADVERTISEMENTS

Boy Wanted.

WANTED—a boy to learn the hardware business. Make application in your own hand-writing and give references. Must be over 12 years old.
Everett Hardware Co.

Ford For Sale.

For sale, a Ford touring car, 1917 model. Apply to Prince O'Brien, Ellerbe

Saw Mill Outfit for Sale.

One saw-mill outfit complete for sale; also a good horse for sale, cheap.—M. B. Leath.

Farm For Rent.

For rent, a five-horse farm. Will either rent as a whole, or in part.—M. B. Leath.

Endicott, Johnson.

Received last Friday by Dockery-McNair Clothing Company by express 25 cases of the celebrated Endicott, Johnson work shoes for men; prices range from \$2.50 to \$7.00.

If you are looking for SOLID leather shoes for the whole family, see Arenson.

Dog Lost.

Lost, a month ago a pointer named "Don." Is white with brown head and brown spots. Finder will be rewarded by returning to E. B. Liles, or giving me information leading to his recovery.

Cars For Sale.

Three or four good second-hand Ford cars for sale, at a bargain, to quick purchasers.—Leo Warburton at Hamlet or Rockingham.

\$5 for \$3.49!

\$5 solid leather ladies shoes to go at \$3.49 at Arenson's.

Safe for Sale.

1800-pound fire-proof Mosler safe for sale. See Claude Williams at Stephenson-Belk Co's.

Auto Crank Found.

Auto crank found; owner can get same by paying for this notice, at Post-Dispatch office.

Try a pair of the celebrated Endicott, Johnson work shoes at Dockery-McNair's.

A Well Set Table

No table is well set unless it is supplied with appropriate

Cut Glass and Silver

They give to your table service a "tone" that nothing else can impart.

Also, styles change in these articles, as in all others.

Just drop into our store and let us show you the LATEST creations in Cut Glass and Silverware.

Our ware is not only something NEW, but it carries the hall-mark of ELEGANCE. You will be charmed when you see it.

T. R. Helms & Co.

NEW STORE
Three Doors east of Fox Drug Store
Next to Hicks Barber Shop.

PERSONAL

Don Coppedge has returned from Newport News.

A dance in Mfg hall tomorrow (Friday) night. Orchestra from Bennettsville.

C. B. Wallace and family Tuesday moved from Route 1 to Robedel No. 1.

Rev. J. H. Hall will fill the Methodist pulpit Sunday morning and night.

Walter S. Dabbs is with the Dupont Engineering Co. at Nashville, Tenn., 405 Humphrey St. He was formerly at St. Petersburg, Fla.

Mr. M. W. Harriss was able to return to Goldston Monday. He has been ill for the past three weeks at the home of Mr. W. R. Culberson.

Mrs. M. F. Hicks, who has been visiting her daughter, Mrs. E. B. Morse, since Sept. 1st, is in bad health. She is 60 years old; her heart is not functioning properly.

Miss Susie Shipp came from New Haven last week to visit in the State. She came this morning to Mrs. W. C. Leak's, and on Saturday will accompany Mrs. Howard Foushee to Durham for a few days.

Miss Emilee Dickey, of Macon, Ga., came Tuesday to visit Miss Sarah Lily Dockery. She and Miss Dockery will go to Winston next Wednesday for a few days' visit at Salem College. Miss Betsy Bailey went to Winston last Tuesday.

Quite a number of local men are spending a part of this week at Councils, deer hunting; among those we have heard of as participating are: Walter L. Steele, Henry C. Wall, T. B. Hunter, Carl Shores, E. B. Liles, Brant Shankle.

Mr. C. M. Hobbs has so far regained his health as to permit his again 'taking the road.' He started out Monday. His son, Charles Stevens Hobbs, is ill with pneumonia at the Base Hospital at Pelham Bay, New York, but is improved today.

Rev. W. H. Ball, formerly rector of the Episcopal Church at Rockingham, died suddenly at Monroe Friday. The funeral was held there Saturday. He was 61 years old, was born in London, and for 20 years had been a missionary in South Africa.

Mr. and Mrs. J. W. Leak and Patty left this morning for Columbia to visit their granddaughter, Mathilda Boykin Howard, born Wednesday to Mr. and Mrs. J. Rufus Howard. Mrs. Howard was formerly Miss Marguerite Paschal.

Influenza Situation.

Half a dozen or more new cases of flu are reported for the county each day, but not a case has occurred in Rockingham in over three weeks. One death from the flu is reported from the Huntley farm, near Ellerbe, a negro, on the 17th.

The health office, where daily reports have been received, will be discontinued after today. Every physician in the county has been, or will be, furnished with yellow Quarantine placards, and each will quarantine every home in which new cases develop.

New cases reported:

Nov. 14	3
" 15	9
" 16	12
" 17	4
" 18	6
" 19	7
" 20	9

Sewing Room Report.

Wednesday, 13th—Mesdames W. T. Covington, G. F. Smith, James Finley put Red Crosses on 60 sheets and towels.

Tuesday, A. M., Nov. 19th—Miss Sarah Lily Dockery, Mesdames Fred Dickinson, W. N. Everett, Jr., J. LeGrand Everett stamped 52 sheets and 12 napkins, sewed markers on 89 pieces of underwear.

Tuesday P. M. Nov. 19th—Mrs. J. P. Cameron, Mrs. J. T. Collier, Mrs. R. B. Waddell sewed markers on 34 pieces underwear, worked 12 button-holes.

Wednesday Nov. 20th—Mrs. Boyd Gasque, Mrs. J. LeGrand Everett, Mrs. W. L. Scales, Mrs. John Ledbetter, Mrs. John Hall begun work on a "rush order" of 100 comfort bags for Italian soldiers. Worked 12 bags!

Wednesday P. M.—Mesdames Lillie Limbrey, B. F. Palmer, John P. Cameron made six comfort bags; put on a number of labels.

Thursday A. M. Nov. 21st—Mesdames W. L. Parsons, R. S. Leak, W. N. Everett, Jr., J. LeGrand Everett Made 16 bags put tapes on 2 bed shirts, markers and buttons on 1 suit underwear.

Camp Fires Burning.

Now that the fearful epidemic of influenza has subsided, and the ban on congregating lifted, every member of Charter Oak Camp No. 5, W. O. W., is urgently requested to be present at the hall at the regular meeting Friday night, 22nd.

This is indeed a time for rejoicing and thanksgiving of every true Sovereign of Woodcraft. Not one of the brave, stalwart young Sovereigns who went forth to battle for righteousness and Democracy was called upon to make the supreme sacrifice. The great victory achieved is a glorious triumph of the principles

of Woodcraft.

Our boys will soon be back at the Camp. Let's show them that while we have kept the home fires burning, we have not forgotten to keep their Camp fires burning, also.

Fraternally,
T. B. LILES, C. C.

Candidate James F. Hicks.

James F. Hicks, a brother of Mrs. E. B. Morse, is now in an officers training school in France. We are permitted to publish extracts from a letter home.

"Oct. 8th.

Dear Sister:—
Have made a change since last writing you. We went to the front about two weeks ago, and while there I received an appointment to come to this Army Candidates School; arrived at the School on Oct. 7th and am now getting settled. The course runs from 60 to 90 days and those who pass are commissioned as 2nd lieuts. I am going to do my best. For many reasons I hated to leave Co. K. Was much attached to my officers and the men. We are now in a French fort, mostly underground. Our stay on the front was in a quiet sector, so did not fare as hard as some.

Always glad to hear from any friends back home. Letters 'go good' here. With best wishes to all.

Candidate James F. Hicks
20th Company, 5th Bat.
Army Candidates School,
A. P. O. 714, A. E. F."

On page 9 can be seen the corrected tabulated vote of the Nov. 5th election. Save it.

Miss Fan and Miss Pinkie Steele returned on Wednesday of last week from Baltimore.

Miss Kathryn McDonald returned last week from an extended trip in Western States.

Grady Capel, who is studying dentistry at Atlanta Dental College, spent the week-end at home.

Mr. J. L. Sinclair died at Olive Branch, Mississippi, Monday, aged about 36. Surviving are his wife and five children. His father, Mr. C. D. Sinclair, lives three miles north of town.

W. N. Everett and Mrs. John Sandy Covington went to Raleigh Wednesday to attend the meeting of Food Administrators. Mrs. Covington returned this a. m. Mr. Everett will return tonight

Dr. and Mrs. W. P. Webb returned from Baltimore Sunday, but again went there Wednesday night where Dr. Webb will undergo a second treatment or operation at Johns Hopkins.

GINGLES' JINGLES

OLD FATHER HANG ON.

"You are old Father Hang On," the young wife said, "and your pate has lost most of it's fuzz; I thought you'd kick out many long years ago, but instead you kick in with a buzz. The shine of your silver once dazzled my eyes, your gold made me yearn to be yours, but years of experience teaches a bit the youthful illusion it cures. I'm sick of the dollars you've strewed in my way—I'm sick of the things they have bought; their glitter has lost all the glare for my glims—their gleaming has all come to naught. I thought when you shuffled, I'd be there with bells—a young-looking widow with dough, but time keeps a speeding and I am declining, while you seem to stay about so. My hope of a future of wonderful bliss is fast being shooed from my reach, the lemon I slipped to myself for your gold—I can never exchange for a peach. You are old Father Hang On, I loudly proclaim, and your hold upon life is absurd. My word! Your cling to this life is *Levin H. Gingle* a bird."

Children's ribbed unionsuits 49c at Arenson's.

Job Printing

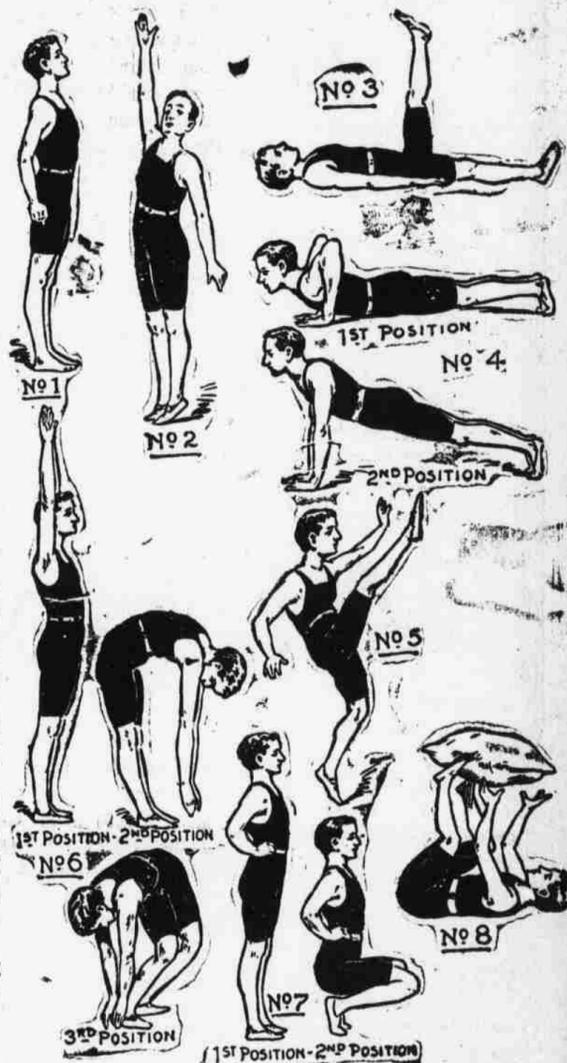
We are equipped to handle any kind of Job Printing, and when it comes to Service, we can only refer you to our customers or ask that you give us a trial.



Twenty Minutes For Efficiency

How to keep well is a problem which seldom bothers a busy man or woman until the health is lost. Then it assumes a signal importance. Everyone knows that health is essential to thorough business efficiency. A sick man or woman lacks "punch." It therefore pays to keep well. It is just like saving money. Few of us realize the value of a savings account when we are enjoying success and have ready money coming in regularly; yet we all know that this

much as you like. Repeat on the left. Day by day increase these movements. A dozen times would be ample for any of these movements, after several weeks of regular training.
7. Erect. Hands on hips. Now squat as low as you can and spring right up again without sitting on the heels a moment. Three times at first, increased day by day, till twenty-five to fifty movements may be done with out excessive fatigue or next-day muscle stiffness.
8. Turn a few somersaults on the floor, or if you are not equal to this lie on back, draw up legs and arms in monkey fashion and juggle a good heavy pillow for a few moments.
All this exercise need take no more than ten minutes. Follow it faithfully



LOOKS HARD.

Not at All.—Try These Movements Fifteen Minutes Night and Morning, and Renew Your Youth. Get Your Blood Going and Give Nature a Chance.

is just the time when it is wise to make small and regular deposits against the rainy day. Supposing you are enjoying fairly good health, or even feel that your health is not quite as nearly perfect as you could wish, here is a plan whereby the devotion of ten minutes night and morning to a sort of sinking fund will help to maintain your efficiency long after the other fellow's has petered out.

Take these exercises undressed.

1. Stand rigidly erect and endeavor to contract every muscle in the body for a few seconds while you hold your breath with the chest full of air. Erect posture means toeing straight ahead, abdomen drawn well in and up, shoulders well down and back, chin pulled in, crown of head reaching for imaginary ceiling.

2. Rise as high as you can on tip-toes and reach as high as you can, first with one arm, then with the other, and then with both. Make a mark showing your highest reach, and strive day by day to better your reach.

3. Lie flat on back, palms down. Lift first one leg slowly, to vertical and slowly down. Then the other. Once only, at first, and gradually increase the number of times as you become accustomed to unwanted exercise. Now turn over and—

4. Lie on abdomen, elbows flexed and palms on floor. Push yourself up to arm's length, keeping the whole body rigid, and let yourself slowly down to floor again, just once. This may be gradually increased to as many as a dozen or twenty times as you become hardened and fit. After a month you may begin trying to elevate the body in the same way on one hand—which is very difficult but acquired by perseverance.

5. Get up on feet and try how high you can kick, with each leg, marking your high point and striving daily to beat it.

6. Erect. Hands stretched high above head. Now bend far forward, keeping knees stiff, and try as nearly as you can to touch the floor. Then up again. Now bend far to the right and try to touch the floor with both hands directly behind both heels, this time, of course, bending the knees as

night and morning for a month and you will scarcely know the old body it will look so much better and feel so much better.

Meat And Heat

The popular delusion that meat is more sustaining for one doing hard work than vegetables or cereals is hard to down. There are two reasons why the average man harbors this delusion. First, because meat is an appetizing food; the odor of meat cooking or cooked and the flavor too conduce to hearty eating—alas, too hearty eating for the physical welfare of sedentary persons. And second, the extractives of meat, the essence you get in meat broth or soup, are stimulating, and the situation is commonly mistaken for actual energy.

Several years ago Horace Fletcher, the advocate of prolonged mastication and vegetarianism, then about 59 years old, visited the Yale gymnasium and surprised everybody by far outlasting the best young athletes in tests of physical endurance—athletes highly trained, whereas Fletcher had not trained at all.

The hardest work of the world is done by people who live on a diet without meat—the coolies who cool steamships in the Orient.

Meat eating is largely habit. The stimulation produced by fresh meat is very agreeable, and as difficult to do without, once you have acquired the habit, as is the effect of tobacco or alcohol. Not that we condemn meat eating. A certain amount of fresh meat in the diet seems essential for growing children and may be more or less essential for most adults.

Meat (protein) produces a great deal of heat which the system can not convert into working or functional energy. This heat only goes to impair the comfort and efficiency of the individual in very warm weather. It makes him suffer from the heat when the wise one who eliminates meat from the diet on very warm days feels himself able to keep cool and enjoy life.