For Weak Women

In use for over 40 years! Thousands of voluntary letters from women, telling of the good Cardui has done them. This is the best proof of the value of Cardui. It proves that Cardui is a good medicine for women.

There are no harmful or habit-forming drugs in Cardui. It is composed only of mild, medicinal ingredients, with no bad

TAKE

CARDU The Woman's Tonic

Surely it will do for you what it has done for so many thousands of other women! It should help.
"I was taken sick,

seemed to be . . . ," writes Mrs. Mary E. Veste, of Madison Heights, Va. "I got down so weak, could hardly walk . . . just staggered around

and after taking one bot-tle, or before taking quite all, I felt much better. I took 3 or 4 bottles at that time, and was able to do my work. I take it in the spring when run-down. I had no appetite, and I commenced eating. It is the best tonic I ever w." Try Cardui.

All Druggists Sabababababa

FARMERS WARNED OF NEW SWINDLE

MAN IS ADVERTISING THAT HE WILL ORGANIZE FARM LOAN ASSOCIATIONS FOR \$500.

SMALL TOWNS MAKE RECORD

ad of Cities in Buying the Smile on Tuscania Protected by Govern

Vashington. — Another scheme for indling the farmers of the United tes has been discovered by the fed-if farm loan board. A man adver-ing himself as an authorized organ-r of national farm-loan associations sending out advertising matter em-azoned with the national flag, stat-g that he will organize such associa-ons at \$500 each, and will teach oththe trick for a certain sum o His advertisements have ched farmers and business men r a large part of the United States to be so busy organizing al farm-loan associations that eds help, but will take time to others for a monetary considera-

such representations are fraudu In order to borrow under the loan act, it is necessary for ers to organize co-operative nafarm-loan associations in their communities. It is a violation of ling of the federal farm loan rd, published more than a year ago a national farm-loan association a joint-stock land bank to spen oney for promotion purposes itions thus organized will no anyone asking a fee for hi

ults of the smileage campaign put books of theater admis s on sale in nearly every and city in the country, show the owns and villages far ahead of les in overselling their propor-quotas of books.

te quotas of books.

of Rock, Ore., was the first town of Rock, Cre., was the first town of country to send in a check. LauIowa, a town of 900 population, in \$100 before the first smilleage was received. Titouka, Iowa, 200 population, bought \$63 worth oks, the largest sale in proportion upulation yet returned.

c coupons in smilleage books are anged by the soldiers for admission of the second of the sec

entertainments in theaters the camps by the commission ing camp activities. Admis-

merican soldiers lost on the ransport were protected by tes government insurance refriment compensation. Those of not applied for insurance vered by automatic insurance payable to a

vered by automatic insurance, a payable to a wife, child or d mother. The automatic inaggregates about \$4,300, netia month for 240 months. Inthat had been applied for is to a much larger class of bena and can go as high as \$10,tting \$57.50 a month for 240 ition in case of death

the government without d regardless of rank or pay, m \$20 to \$75 a menth, based umber of dependents. Pay-

in case of death are unvable to

eature of the act is a separate pro The scale of compensation in sase of death follows:
(a) For a widow alone, \$25.
(b) For a widow and one child, \$35.

(c) For a widow and two children \$47.50, with \$5 for each additiona child up to two.

(d) If there be no widow, then for ne child, \$20.

(e) For two children, \$30. (f) For three children, \$40, with \$5 for each additional child up to two.

(g) For a widowed mother, \$20. The amount payable under this subdivision shall not be greater than a sum which when added to the total amount payto the widow and children, Coes

To meet the shortage of small silver change in Norway a large issue of one-crown notes (at normal exchange the Norwegian crown is worth 26.8 cents United States currency) has been put

United States publis health The United States points incaning service is carrying on a campaign along sanitary lines in areas adjacent to 28 military camps. Complete sanitary organizations work to prevent the spread of disease from the civilian pulation to military forces, and to otect civilians from communicable es where they have occurred

mong troops.

The organizations include physiians, sanitary engineers, nurses, at-

The committee on public information has received the following excerpts from a speech in the German reichstag by Herr Ledebour, joint leader of the ndependent socialists:

"Again has an opportunity been neg-lected to satisfy the world's longing for peace. It is plain that a step backward has been taken and that the pe litical authorities have completely adopted the military views of the conervatives. It is very disquieting for friends of peace to hear the chancello say that we now have a free hand in the west. Czernin's speech is a strik-ing refutation of Hertling's, for Czering reintation of stertings, to nin accepts Wilson's proposals as the basis of understanding, whereas the chancellor rejects them. We hope, the negotiations, which Czernin's ac-tion permits us to expect. We cannot agree to Czernin's and Kuehl mann's interpretation of the right of self-determination. We want general peace on a democratic foundation. The pretended popular manifestations in he occupied territory were brought bout under the influence of the Ger dous mistake. The German govern and we shall soon have peace in the east. The true opinions of nations can only be expressed by a referendum after evacuation. The Fatherland party wanted to replace Hertling with Prince Buelow, but that is no longer necessary. Militarism has won the day, and the proletariat must force peace on the basis of the recon-

Complaints have been made to the pigeon section of the signal corps that carrier pigeons of the racinghomer type, being trained throughout the United States for communication service with the American army, have een shot by persons on hunting ex

ciliation of all nations."

editions. Because of the important part car breeding and development ountry, the war department has considerably expanded the pigeon section of the signal corps. Homing pigeons constitute one of the most effective means of communication in the army Any pigeon in the air may be a car rier pigeon flying from a loft under government supervision. Its destruc-tion may be a serious loss to the American army. Anyone coming into pos ession of pigeons labeled "U. S. A. 18," indicating they are being trained for army purposes, is requested to re-port the fact at once to the office of the chief signal officer, land division,

cial courses of training for athletic instructors have been established at Camp Kearney, Linda Vista, Cal Ope lieutenant and one noncommis-sioned officer from each company have been detailed to take the courses which include boxing, wrestling and calisthenics. The classes are held bree times each week, and the officer

in turn instruct their men.

Two athletic fields have been laid out at Camp Lewis, American Lake, Wash, and stands with seating capac ty of from 16,000 to 18,000 person built at a cost of \$3,000 each. The ex-pense was met with funds derived from athletic contests and entertainnents given by the men.

lance at boxing at Camp Upand noncommissioned officers hav been assigned, has been made comput

According to a late report, of the 1,800,000 women engaged in agricul-ture in the United States, 750,000 are inder twenty years of age and 1,050 000 are negroes. A majority of the woman workers are found in the

The lines of work in which wor will be likely to increase their farm ing activities, according to the report, are vegetable gardening, poultry raising, butter making, hog raising, etc. It is suggested that women who know how to operate motorcars may with little additional training operate trac-

Now that American troops are tak ing their places in the trenches, atten-tien is again directed to an estimate by the secretary of war, that the losses up to June 1, 1917, of the British editionary forces from deaths in ac on and from wounds amounted to but per cent of the total of all men sent France since the beginning of the

The ratio of losses of this character today, because of improved tactics, is less than 7 to every 100 men.

It is the opinion of the United States food administration that the gross maximum profit for wholesalers in flour should not exceed from 50 to 75 cents per barrel. The profit to re-tail dealers in original mill packages uld not exceed from 80 cents t \$1.20 per barrel, depending character of service performe retailers sell in amounts less than th

Women with a fluent knowledge of French are being trained in several cities for work in France as tele-phone operators with the expeditionary forces. They will not be sent over in one unit, but ordered to go in groups from time to time. No inforgroups from time to time. No information can be given as to the locality in which they will be stationed.

Men who are capable of handling horses are still wanted for the veterinary corps. They must be physically fit and not of selective-service

GIVES HUSBAND AND 3 SONS FOR COUNTRY

Lingle, Wyo.-A husband and three sons for Uncle Sam's lib erty forces is the contribution of Mrs. John M. Bennett, of

this town.
With all the male members of her family preparing in various training camps for the fight for democracy and humanity, Mrs. Bennett and her two young daughters spend a great deal of their leisure doing Red Cross

onononononononononononono HOLD LIBERTY BONDS

People Urged to Retain Them as Permanent Investment.

ment Discourages Practice Merchants in Accepting Them in Exchange for Merchandise.

United States treasury officials ar seeking to discourage the practice fol-lowed by many merchants throughout the country of offering to accept Lib-erty bonds of the first and second issues at par, and in some cases at a premium, in exchange for merchandise. They hold that such practice defeats the primary object of the sale of the bonds, discouraging the general thrift movement and increasing expenditures,

"While I have no doubt that mer chants are actuated by patroltic mo-tives," said Secretary of the Treasury McAdoo, in a statement given out through the federal reserve banks, "I am sure that they have failed to con sider the effect which the acceptance have these government bonds pur chased for permanent investment by the people at large, to be paid for out of the past and future savings of those who buy them. Purchases thus made not only result in providing funds for the uses of the government, but they also effect a conservation of labor and anterial. "When the bonds are exchanged for

merchandise, the primary object of their sale is defeated, discouraging thrift and increasing expenditure. In addition to this, such bonds, when taken in exchange for merchandise, must in most cases be immediately sold in the open market. This naturally tends to depress the market price of the is sue and makes it less easy to sell fu ture issues at the same rate."

Secretary McAdoo believes that the

merchants of the country, upon a more careful consideration of the subject will discontinue their efforts to sell

CONVICTS KEEP THEIR WORD Warden Liberates 40 of Them fo Holiday, and All Return to

Rahway, N. J. - Warden Frank Moore of the state reformatory ex-perimented during the holiday in permitting prisoners, after receiving their word of honor to return, to spend

the Prison.

Christmas at home. He liberated 40 of them and they all returned within the agreed time. "Barry the Buster," who is clever at tail deliveries, was one of the forty

Jail deliveries, was one or the forty.

Another was a young man who took
a large turkey home to his mother.
His friends bade him good-by as he
left Christmas, night, belleving his
story of having business elsewhere.
They did not know.

Timber Sales on National Forests Doubled in Year

the fiscal year 1917 were more than double those of 1916, according to the annual report of the government for ester. The total amount sold exceed more than \$3,715,000. During the same period about 727,000,000 feet were cut and removed, for which the purchasers paid \$1,507,303 into the federal treasury. The largest sales were made in Oregon, where about 688,000,000 board feet were disposed

In addition to the timber sold, approximately 113,000,000 board feet, valued at almost \$150,000, was cut under free use permit by more than 41. 000 settlers living near the national forests and depending on the forests for firewood and building material to

mprove their homesteads.

The timber business on the eastern purchase areas, while still small as compared with the western forests, showed a decided increase. More than three times as much timber was sold and more than twice as much cut as in 1916. The material dispo largely of poor quality and its removal will improve the forest growth.

Of Interest to Women.

di's Statue of Liberty is now in possession of Mme. Oliver Bas-

ored women porters who wear a quite natty uniform.

Mrs. Blanche Wagstaff, poet and traveler, has been appoint-ed to the state charities board by Governor Whitman of New

Members of the New York woman's motor messenger corps receive first aid instructions at St. Luke's hospital.

FEEDING FOWLS FOR MEAT AND EGGS

In feeding the flock an effort should sible, consistent with the production ceggs. To accomplish this all table scraps, kitchen waste, etc., should be utilized. Scraps of meat or leftover vegetables which cannot be utilized in any other way make excellent feed. There are also many other waste prodicts, such as beet tops, turnip tops, carrot tops, potato parings, onlon tops, the outside leaves of cabbages, waste lettuce leaves, bread and cake crumbs, etc., all of which are relished by the hens and can be used to the best advantage. In saving the scraps and waste it is well to separate the por-tions adapted for feeding to the flock and place these in a receptacle or pail of their own. Decomposed waste ma-terial or moldy bread or cake should never be saved to feed to the hens, as it is harmful to them and may cause serious bowel trouble. Sloppy mate-rial, such as dishwater, should not be thrown into their pail. It is also use-less to put in such things as banana peels or the skins of oranges, as these have little or no food value. Any sour milk which is not utilized in the house should be given to the chickens. This should be fed separately, however, either by allowing the hens to drink it or by allowing it to clabber on the back of the stove and then feeding it in that condition. When the family's table wasta is not sufficient for feeding the flock, it is usually possible to who keep some of the neighbors no liens to save material suitable for feeding. Many people are glad to do this if a small pail in which to place

the waste is furnished. Table scraps and kitchen waste are best prepared for feeding by running them through an ordinary meat grinder. After the material has been put through the grinder it is usually a rather moist mass, and it is well to mix with it some cornmeal, bran or other ground grain until the whole mass assumes a crumbly condition.
The usual method is to feed the table scraps at noon or at night, or at both times, as may be desired, in a trough or on a board. All should be fed that the hens will eat up clean, and if any of the material is left after one-half or three-quarters of an hour it should be removed. If allowed to lie it may spoil and would be very bad for the hens. With the table scraps it is well to eed some grain. Perhaps this may be duen best as a light feed in the morn-

ng. Four or five handfuls of grain (about one-half pint) scattered in the litter will be sufficient for a flock of twenty or twenty-five hens. By fand-ful is meant as much as can be grasped in the hand, not what can be scooped up in the open hand. By scattering to in the litter the hens will be come to scratch in order to find the grain and in this way to take exercise, which s decidedly beneficial to them. If the house is too small to feed in, the grain can be scattered on the ground outside. A good grain mixture for this purgose is composed of equal parts by weight of wheat, cracked corn and oats. Another suitable grain mixture is com posed of two parts by weight of cracked corn and one part oats.

Live in Suspended Huts. In the lowlands of the delta of the Orinoco river the natives build huts suspended between trunks of Mauritia flexuosa, a palm. They also eat its fruits, its pith, its juice and use the fibers of its-leaf stems for making ropes, hammocks, etc.

President Approves the **Timely Injunction Sent** By Redfield to Chiefs

President Wilson has set the stamp of his approval upon a timely injunc-tion addressed by Secretary Redfield to his bureau chiefs. It is to be cir culated, posted up, and made a guid-ing rule in the transaction of all war business. It should be a golden rule, a precept always to be heeded:

"Forget how things were done be-fore the war; eliminate red tape, We must learn with Germans that the war won't wait." Delay is the kaiser's

Heads of department bureaus are alone insisting upon doing things s year as they did them last year and the year before that. The "bust ness as usual," "pleasure as usual," and "my own interests first" advocates are just as guilty as the tape-bound bureau chiefs. All such are playing

Germany's game of delay. to bestir himself to help win the war. It is the business of all to realize that everything is changed, that nothing can be done this year as it was last.

do the things the war mands, and do them now.

******* THE DOLLAR QUEST

Of the dollar you'll find There is many a kind While you seek it, as men And you shouldn't neglect Some care to select Some care to select
The kind it is best to pursue.
There's the dollar that shriks;
There's the dollar that shriks;
There's the dollar that loves to assist;
There's the dollar that slacks
And just stands in its tracks.
When it ought to get out and enlist.

There's the dollar that thrives
And the one that contrives,
An indolent fancy to please;
The dollar that hopes
And the dollar that gropes
In the haunts of improvident e And the dollar that gropes
In the haunts of improvident ease.
There are dollars that roam:
There are those that stay home.
They are built both for joy and regret,
And success will depend,
More or less, in the end,
On the kind of a dollar you get.

It is when you have a sever

giving it to him until he

Rev. H. B. Hemmeter, who has

been president of Concordia Col

lege, Conover, for two years, has resigned and has accepted a pas-torate at Rochester, N. Y.

WHEN YOU HAVE A COLD.

British women are proving

uccessful as veterinary sur-cons.

The original model of Bartholcold that you appreciate the good qualities of Chamberlain's Cough qualities of Chamberlain's Cough Remedy, Mrs. Frank Crocker, o' Pana Ill., writes, "Our 5-year-old son, Paul, caught a severe cold last winter that settled on his lungs and he had terrible coughing spe is, We were greatly worried about him as the medicine we gave him did not help him in the least. A neighbor spoke so highly of Cham-berlain's Cough Remedy that ' got a bottle of it. The first dose benefited him so much that I con-tinued giving it to him until he con of Paris.

New York's subway has col-

SUBSCRIBB FOR THE GLEANER.

Red Cross To Enter New Field Of Service In Army Campa Of America

At the suggestion of Secretary o War Baker, the American Red Cre is about to enter a new field of service in the army camps of the United States, a field in which they are already working in France, the Bureau of Communication between the men in the hospital and their families at home. This will necessitate building a Red Cross house in every army camp in the country and securing for each house a man who will keep in personal touch with every man who is admitted to the camp hospital, as well as a sufficient stenographic force to handle the letters dictated by these men and to keep their families constantly informed as to their condition and progress.

Col. William Lawson Peel, General manager of the Southern division, has just received letters from W. R. Castle, Jr., director of the Bureau of Communications, and from Harry B. Wallesser. about to enter a new field

tle, Jr., director of the Bureau of Com-munications, and from Harry B. Wal-lace, assistant director-general of mili-tary relief, explaining Secretary Ba-ker's plan and asking for suggestions as to men in this division who are qualified for the positions of respon-sibility at the camps. Colonel Peel announced Thursday at a meeting of his bureau directors that the Southern division would co-operate in every way. division would co-operate in every way
with the national organization and
that work would be begun at once to
assist in carrying out Secretary Bakers plans.
The directors of the work in the Red

The directors of the work in the Red Cross houses will be under the authority of the Red Cross Field Directors in the various camps, who in turn are under the supervision of Z. Bennett Phelps, director of military relief for the Southern division.

Secretary Baker says in his letter:

"Since the American Red Cross has already established in France, in accordance with an army order, a service to keep families in America in personal touch with their boys, ill or wounded in the field, it is suggested that this service be extended to the camps in the United States. American Red Cross representatives at the camps, here, as in France, would have access to daily lists of admissions and evacuations from the hospitals, and evacuations from the hospitals, and so far as it is in accord with neces sary medical rules, would be allowed to talk with sick men. They would to talk with sick men. They would be expected to keep families constant-ly informed as to the condition and progress of the men in the hospitals, to write letters for men unable to write themselves, and in general to fulfill that clause of the Red Cross charter which designated the society as "a medium of communication be-tween troops in the field and their families at home."

Red Cross Worker Honored By Nurses Association

Miss Jane Van De Vrede Nominat Director For 1919-1920.

Miss Jane Van De Vrede, of Savan-nah, director of the Bureau of Nurs-ing, Southern Division, American Red Cross, has recently received word from Mrs. Charles D. Lockwood, chair-

from Mrs. Charles D. Lockwood, chairman of the nominating committee of the American Nurses Association, of her nomination as director of the association for the term of 1919-1920.

This is one of the highest honors that can be given a member of the nursing profession and comes as a recognition of Miss Van De Vrede's splendid service. The nomination will be confirmed at the association convention the first week in May.

Appropriations For Relief Work In France Announced By Red Cross War Council

The Relief work of the American Red Cross in France is already well under way, and appropriations for this work to the amount of \$30,519,-259.80 have been made by the Red Cross War Council to cover the period from the time when the United States entered the war up to April 30, 1918. Of this amount, \$14,019,889.50 is for military relief, under which head comes everything pertaining to hospitals and hospital supplies, canteen service, and arrangements for the rec-

pitals and hospital supplies, canteen service, and arrangements for the recreation and comfort of the American soldiers when off duty.

For civilian relief, including aid to refugees, care and prevention of tuberculosis, care of children, re-education of mutilated and blind soldiers and general relief work in six districts of the devastated area, a total of \$9.56,482.15 has been appropriated.

The bureau of supplies and other administrative bureaus will' receive \$3.359,641.75. Under this head come

administrative bureaus will' receive \$3,359,541.75. Under this head come all transportation facilities, the department of engineering, the expenses of 27 warehouses and insurance on goods stored therein, as well as all office expenses in France.

Under the head of miscellaneous activities, for which \$3,583,346.20 has been appropriated, come such things as relief of the families of sick and wounded French soldiers, all emergencies, the American ambulance fund, food for the French people, the Red Cross health center and other similar work.

imilar work.

In addition to this amount, an appropriation of \$7,063,649.12 has been propriation of \$7,063,649.12 has been made for the purchase in the United States of supplies for shipment to

Of this appropriation, only a very small percentage goes for salaries as more than 3-4 of the Red Cross work ers in France are volunteers, a grea many of whom even pay their own expenses. It has been estimated by expenses. It has been estimated by the War Council that for every dollar donated to the war fund, \$1.02 is spent in direct relief, the .02 being interest.

GORGES ON BANANAS TO INCREASE WEIGHT

Marinette, Wis.-Because b wants to join the army and can-not be accepted as he is under-weight, Stanley Brown of Menoninee is literally buying up all the bananas in the Twin Cities weight rapidly, and will again try to pass the avoirdupois demands of the recruiting officer •••••

CHAMBERLAIN'S TABLETS. These tablets are intended especially for disorders of the stomach, liver and bowels. If you are troubled with heartburn, indigestion or constipation they will do you good.

The Maryland Legislature has ratified the prohibition amend-ment to the Federal constitution, stored therein.

SLACKERS PREFER CRIME TO FIGHT FOR COUNTRY

Columbus, O.—During the past six months there have been more men between the ages of eighteen and thirty committed to state penal institutions than ever before. There have been fewer men over thirty-one com-mitted than in recent years. It has been pointed out this situa tion may be due to slackers con mitting petty offenses in order to escape military duty. There are about five hundred more young men confined than reeords of previous years show.

OIL IS BIG FACTOR

Asset That Makes America Important as War Power.

Valuable to Cause of Allies as American Men, Money and

Washington.—If America's men, money and munitions did not consti-tute a vital asset in the cause of the allies against Germany, America would still be a friend in need. If she could not provide ships or steel, she would still constitute a pillar of strength. The reason? Oil.

America produces more oil than all the rest of the world. And ships, en-gines, autos, and many other war fac-tors are using oil as a motive force. Oil is needed as a lubricant for all the metals used in the prosecution of war. Its uses are so varied and so vital, indeed, that oil constitutes another of those commodities without which the war could not be won.

In 1915, for which figures have be completed and issued by the American Mining congress, the United State produced and marketed 281,104,104 barrels of crude petroleum. This con

per cent; Mexico, 7.69 per cent; Dutch East Indies, 2.90 per cent: Rou 2.81 per cent; India, 1.92 per cent. And less than 1 per cent each, Galicia, Ja-pan and Formosa, Peru, Germany, Trinidad, Argentina, Egypt, Canada

With this list in hand, it is easy to see why American oll is so important a factor in the prosecution of the war. Russian fields, if they are being worked at all, probably are being worked for Germany's benefit. So are Rou nanian fields.

Thus far, though prices have soared just as if there was a famine in oil, the American fields, including the Mexican, have sufficed to keep all the allies fairly well supplied. Students of war problems declare that America's oil supply will be practically as valuable supply will be practically as valuable in the last analysis as American men, money and munitions.

SHIP VANSE LOST AT SEA

Few Vessels as Well Known to Per sons Other Than Seafaring Men.

New York.—Somewhere in the At-lantic, tossed about like a cork and without lights or course, is the staunch ship Vanse, the pride of Capt. Jacob O. Samuelson, who was forced to de sert her five days after a terrific storm snapped off her masts.

Few sailing vessels are as well known as this erstwhile full-rigged

ship to persons other than seafaring men. For years the Vanse was a passenger ship, carrying sometimes 1,000 coolies out of Calcutta. Her last cargo was oil, which she conveyed from New York to Buenos Ayres. She is of New York to Buenos Ayres. She is of 1,691 tons register and was coming up the coast in ballast, bound for Hampton Roads, Va., when the storm hit

HUN TELLS OF TANK TERROR General in Tageblatt Recalls Hanniba

Elephants as Simile to British

Machines. Berne, Switzerland.-Describing the ittle of Cambrai to German readers, Lieutenant General von Ardenne in the Tageblatt says: "Those who fought in the battle describe the imposing im-pression made by the British tanks which preceded the attack on the widest front. As they advanced in masses with very small intervals between them, they reminded one of Hannibal's battle elephants or the sickle charlots of Pharaoh. The booming, rumbling attack was accompanied or, rather, supported from the air by a vertiable cloud of battle aircraft, while closely pressed masses of infantry and field artillery followed the iron wall, three cavalry divisions bringing up the rear."

SAYS SON OWES FOR BOARD tepfather Puts in Claim Against Estate for \$5,200 for Meals and Lodging.

Racine, Wis.-Claiming that Theo ore Johnson, who died six months ago, leaving an estate worth \$70,000, owes his mother for board and rent for the last quarter of a century, August Vilson has filed a \$5,200 claim against the estate. Wilson declares Johnse boarded at his mother's house and also had a trunk stored there for twenty-five years. He figures that the board and room were worth at least \$5 week with accrued interest.

ABOUT CONSTIPATION. ABOUT CONSTIPATION.

Certain articles of diet tend to check movements of the bowels. The most common of these are cheese tea and boiled milk. On the other hand raw fruits, especially apples, bananas, also Graham bread and whole wheat bread promote a movement of the bowels. When the bowels are badly constipated, however, the sure way is to take one or two of Chamber.

s to take one or two of Chamb ain's Tablets immediately af

upper.

Nat Greenwood of Buncomb ounty, trying to escape military ervice, went to the home of hi ister in Gastonia and changed his name to Cap. Carter. He was in jail before he got used to the change of name.

Break your Cold or LaGrippe with few doses of 666.

Fire in an Asheville garage destroyed 25 of the 33 automoriles Children Cry for Fletcher's

CASTORIA

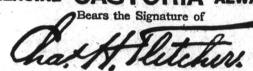
The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops' and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising

Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend. GENUINE CASTORIA ALWAYS



In Use For Over 30 Years The Kind You Have Always Bought

JUST FOR FUN

Something Suitable.
"What can I make for my husbane to eat?" asked the bride. "Something suitable for the honeymoon. I don't want anything prosaic, you know." "Try angel food." "We've been having a great deal of

"Well, make him some spoon bread."

Breaking the News Poor Tim Mur-phy went up in a premature blast, and Mike Mulli-

After a few cas ual remarks, Mike asked, "Has Tim any insurance on his life?" "He has, in-deed," replied

Mrs. Murphy.
"Well," said
Mike, "we can't Mike, collect yure pore husband, but we'll help ye collect that."

Up Against It. "Are you the dealer who supplies Cinderella with her glass slippers? "I am, and it's a job to fit her, too admit she has a small foot, but she thinks it's smaller than it really is. And you know, glass slippers don't stretch."

She Wasn't So Smart. Mother-I just knew you were going to spill that milk.

Had Knowledge of Both Banker—Do you know anything drafts? Applicant-Yes.

years. A Soft Answer. "These bargains you women are after are really dear things."

married you.' After Effect. First Bill—What makes him so pugacious?

"Yes, for I got a bargain when

ing scrap iron. Oh, How Different. "That man sure has a handsom nug."
"Why, I think he's as homely as

in."
"I mean he has a handsome mug

in the barber shop with his mono

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