

Life Was a Misery

Mrs. F. M. Jones, of Palmer, Okla., writes: "From the time I entered into womanhood . . . I looked with dread from one month to the next. I suffered with my back and bearing-down pain, until life to me was a misery. I would think I could not endure the pain any longer, and I gradually got worse. . . Nothing seemed to help me until, one day, . . . I decided to

TAKE

CARDUI

The Woman's Tonic

"I took four bottles," Mrs. Jones goes on to say, "and was not only greatly relieved, but can truthfully say that I have not a pain. . . . It has now been two years since I took Cardui, and I am still in good health. . . . I would advise any woman or girl to use Cardui who is a sufferer from any female trouble."

If you suffer pain caused from womanly trouble, or if you feel the need of a good strengthening tonic to build up your run-down system, take the advice of Mrs. Jones. Try Cardui. It helped her. We believe it will help you.

All Druggists

DAIRY

USE A STRAINER FOR CREAM

Will Break Up Possible Lumps and Remove Curd Particles and Any Foreign Matter.

(Prepared by the United States Department of Agriculture.)

When cream is ready for churning the churn should be prepared. It should be cleaned thoroughly, rinsed with scalding water, then thoroughly rinsed and chilled with cold water.

The butter lads, paddles, worker and printer should be treated in the same way, and all but the worker placed in a pail of cold water until needed. If that is not done, the butter will stick to them.

Cream should be poured into the churn through a strainer to break up possible lumps and to remove curd



particles and any foreign matter that may be in it. In order to have the necessary concussion the churn should be only about one-third full. If too full, the churning period is prolonged and if the cream foams it mostly fills the churn and prevents concussion. In that case it is usually necessary to remove some of the cream in order to obtain butter in a reasonable time.

Except late in the spring and early in the summer, when butter has a naturally high color, a small quantity of butter color is usually added. In winter the quantity required to produce a shade of yellow like the desirable June color varies from about 20 to 35 drops per gallon of cream.

The color having been added to the cream, the churn may be started at a speed to produce the greatest concussion, which may be determined largely by the sound. About 60 revolutions a minute is the usual speed for the common barrel type of churn. After a few revolutions the churn should be stopped, bottom up, and the cork removed to permit the escape of gas. This is repeated two or three times in the early stages of churning. At that period cream produces a very liquid sound and the glass in the churn is

evenly covered with cream. When churning is nearly completed there is a noticeable difference in the sound made by the cream, while on the glass in the churn a thick, mushy mass will appear, which occasionally breaks away, leaving the glass clear. At this point the butter granules are just forming and the cream is thick and finely granular, like yellow cornmeal mush, with buttermilk separating slightly from the fatty granules. The churn should be revolved several times, then stopped and the butter examined in order to prevent overchurning. When the granules are the size of grains of wheat the churning is completed. To continue the churning until the butter is in large masses is a bad practice, because it incorporates quantities of buttermilk which cannot be washed out. The bad effect of too much buttermilk in the butter has been discussed already.

MILK IS LOST IN HANDLING

Simple Methods of Checking Bottles and Method of Accounting Are Recommended.

(Prepared by the United States Department of Agriculture.)

Much milk is lost in the process of handling in milk plants, says the annual report of the bureau of animal industry, United States department of agriculture. Economies effected in that particular by one plant caused a yearly saving of \$2,836. Simple methods of checking milk bottles, often an important item of loss, and a simplified system of accounting, have been worked out and put into successful operation in a number of milk plants by the bureau's investigators of milk-plant management.

TRACTOR AIDS ROAD MAKING

Successfully Used in New Hampshire in Conjunction With Regulation Road Machine.

In Atkinson, N. H., the farm tractor has been successfully used in making and preparing roads, doing away with horse power.

A 20-horse-power tractor, as shown in the picture, was used in conjunction with the regulation road machine for rounding off the surface of the road and cleaning out gutters. It was found that the tractor not only easily does the work of six or eight horses, but better and in less time. Two men only are required as compared with four required with the former system. Besides, double the ground is covered. When the tractor is used with the road drag, one man, driving the tractor, can round up and smooth as much state road in half a day as one man with a pair of horses in one day and a half. The tractor hauls four to six

FEDERAL AID FOR HIGHWAYS

Organization Arranged by Secretary of Agriculture Described in Recent Publication.

(Prepared by the United States Department of Agriculture.)

The organization that has been arranged by the secretary of agriculture to administer the provisions of the federal-aid road act of 1916 is described in a recent publication of the department.

Ten district offices, each directed by a district engineer, reporting to the director of the office of public roads, have been established. The district offices are located in Portland, Ore.; San Francisco, Cal.; Denver, Colo.; Minneapolis, Minn.; Omaha, Neb.; Fort Worth, Tex.; Chicago, Ill.; Montgomery, Ala.; Troy, N. Y., and Washington, D. C.

The procedure adopted calls for the submission of an application, known

Efficient Aid in Road Repairing.

cartloads of gravel in the same time that a two-horse team requires for one load. Figured in dollars and cents, the tractor could easily do \$24 worth of work at a cost of only \$8, with an additional saving of from 25 to 50 per cent in time.—Popular Science Monthly.

BENEFIT OF IMPROVED ROADS

Make It Possible to Consolidate and Establish Graded Schools in Rural Districts.

(Prepared by the United States Department of Agriculture.)

That improved roads would benefit our country-school system there would seem to be no doubt. Good roads make it possible to consolidate or centralize the schools and to establish graded schools in the rural districts. Each school centrally located will accommodate all of the children within a radius of four or five miles. In many communities having the advantage of improved roads commodious buildings have been provided, more competent teachers employed, and modern facilities for teaching supplied at a minimum cost.

Normal Eggs Favored.

Normal eggs almost certain to produce chickens which will lay normal eggs, while the reverse is equally true.

If You Were a Prisoner

in the compartment of a German prison train, with an armed guard over you, a window open beside you, the train speeding through an enemy's country at thirty-five miles an hour

would you jump and take the one chance in a million to escape?

It was the "millionth" chance Lieut. "Smiling" Pat O'Brien took—he jumped from the train, he lived, and with the stars to guide him, wounded and lame he "crawled" two hundred and fifty miles through the enemy's lines to safety.

The story of his escape is told by him in our new serial "Outwitting the Hun."

DO NOT FAIL TO READ IT!

Subscribe for The Gleaner. \$1.00 a year, in advance.

GOOD ROADS

GOOD ROADS IN NEW ZEALAND

Concrete Declared Most Satisfactory in Land of Heavy Rains—Cheaper in Long Run.

The New Zealand authorities, both local and national, are carefully studying the subject of good roads, realizing that this is the best way to open up the hinterland of the dominion. The roads of the country, in the main, are not in very good condition. There are some good stone roads, about the larger centers, but few of them extend over more than 25 or 30 miles. Their upkeep has been found very expensive, especially in the northern part of the country, since the rainfall is heavy and washouts are numerous because the stone used is soft and grinds up rapidly. The Scientific American states:

Of late much has been said in regard to the construction of concrete highways, and it is thought that this will be far cheaper in the long run than the stone roads as they are now constructed, for the reason that the upkeep will be so very greatly reduced. It is estimated that a mile of 12-foot concrete road four inches thick could be built in New Zealand for \$2,000 more than a mile of ordinary stone road, on which there would be a saving in upkeep for the first five years of at least \$1,200, while at the end of ten years there would be a saving of \$7,000 or \$8,000.

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OUTWITTING THE HUN

By PAT O'BRIEN

R.F.C.

THIS is without a question one of the most astounding stories of air and land adventure written since the war began. A flier under the British flag, O'Brien, after a hard fight with several Boche machines was finally wounded 8,000 feet in the air, brought down and captured.

While being taken to the prison camp with a German guard beside him with gun loaded ready to shoot, he made his escape by jumping through a window.

After 72 days of crawling and slipping by night and hiding by day—bleeding, wounded—passing sentries boldly—fighting peasants—he crossed the boundary into Holland.

No wonder he was received with joy by the English public—no wonder audiences all over the United States listened breathlessly to his story. YOU can read it now for we have secured it for our next serial.

This long-limbed, hawkfaced daredevil Irishman—they could not keep him out of war—they could not kill him—they could not hold him! Read his story, it is a splendid proof that indomitable spirit that makes America unconquerable, invincible.

Our New Serial—Be Sure to Read It

POULTRY

ESSENTIAL IN GRADING EGGS

Candling is Only Method by Which Producers Can Be Certain of Quality of Product.

(Prepared by the United States Department of Agriculture.)

Grading is becoming more and more customary in the sale and purchase of eggs, and a knowledge of candling is essential to egg grading. It is only by candling that producers and shippers of eggs can be certain that they are complying with federal, state and other regulations, because by this method one can determine the freshness and quality of eggs. The process, in simple terms, is to hold an egg before a shaded light in a dark room, and by noting certain characteristics seen through the semitransparent shell to determine its edible and marketable qualities.

Farmers with only a few eggs to market may improvise a candler by placing a stovepipe over a kerosene lamp, cutting a small hole in the pipe, level with the light. The eggs are held in a slanting position at the opening. It is twisted a few times to the right and left and then from end to end, so that its entire contents may be visible. Care should be taken that the fingers or hand do not conceal small blemishes, which otherwise would be disclosed by the light. The beginner should study carefully the general formation of an egg, as this detailed knowledge is necessary for the application of the standards of various grades and qualities.

The yolk ranges in color from light yellow to orange, and is occasionally light green. The eggs with olive green yolks are less desirable because of this color, but are considered edible. The yolk is contained in a delicate membrane and on its surface is a small light-colored circular area called the germinal disk, from which the chick develops. The yolk always floats in the white with the chick spot on top. Around the yolk lies a small quantity of thick white, and twisted cordlike coils

COMPLETE PAVING IS SOUGHT

Only Nineteen Miles of Lincoln Highway Remain Unpaved in the State of Ohio.

There will be improved in the state of Ohio during 1918 many miles of the Lincoln highway. The plans for improvement are so far advanced that of the 234 miles in the state only 19 miles of the route will remain unpaved after the contracts for the present year are fulfilled. Practically all of the road completed is of brick.

RIGHT SYSTEM OF HIGHWAYS

It Should Include Everything From Expensive Concrete to Minor Dirt Wagon Ways.

What we need and in time will have is a system of highways which will ramify from the largest cities to the doorway of the humblest citizen—villager or farmer. Such a system of highways will include trunk lines with expensive concrete or brick surfaces for the very heavy traffic, including trucks and automobiles. Less used but important roads may be of waterbound macadam or gravel. Perhaps in certain regions where stone and gravel are not at hand oiled roads may prove most economical and practical. Minor wagon ways must remain of native soil, built and maintained with the road drag. Meanwhile antagonism to road dragging breeds in a lack of information or a narrowness which fails to comprehend the facts.—D. Ward King.

Homemade Candling Outfit.

of opaque white material called chalc, also extend from the yolk through the

DAIRY FACTS

STUDY NEEDS OF LIVE STOCK

Dairymen and Stock Raisers Are Cautioned to Feed Only Balanced Ration to Animals.

(Prepared by the United States Department of Agriculture.)

In order to save feed—to see that none of it is wasted—dairymen and live stock men should study the needs of their animals and see that only the required feed is given in a balanced ration. This is particularly important at the present time, since an increase in feed and more live stock are needed to supply the needs of this nation and the allies.

To reduce the problems involved in the selection of feeds on the basis of their nutritive value—which are measured in terms of protein, carbohydrates, and fat contents—in order to make them apply to every-day feeding, has not been simple. In a bulletin recently issued by the United States department of agriculture tables are given which make the balancing of rations a simple matter of multiplication and division. It is explained that protein, carbohydrates, and fat contents of a feedstuff are not the only factors affecting its feed value. Proteins differ in their nutritive qualities, while some substances not included in the classes mentioned are necessary to the proper maintenance of the bodily functions. The palatability and succulence of a feed has much to do with its value as a feed. Many feedstuffs have physiological effects entirely apart from their nutritive qualities. A ration may be perfectly balanced from the standpoint of relative content of protein and energy producers, and yet be quite impracticable, the specialists point out, because it is too bulky or too concentrated. Consideration of a feedstuff or a ration based only on chemical composition, therefore, is to be taken merely as a guide. It is explained, to be followed in the light of all the knowledge obtainable about animal nutrition.

The selling price of a feed is not a reliable guide to its relative feeding value. The carbohydrate feeds—corn, oats, barley, kafir, and various others—and the protein feeds—cottonseed meal, tankage, and brewers' grains—are found on the market at various prices. The feeder desires to know, with certain given prices, which is the cheapest feed to buy—the true value of a bushel of oats, rye, or barley for feed when corn is worth 80 cents a bushel. He wishes to know the value of a ton of brewers' grains, linseed meal, or bran when cottonseed meal is worth \$30 a ton and corn \$1 a bushel. By the use of the tables presented in the bulletin, which show comparative costs based on nutritive values, these questions can be answered.

RAISING CALVES FOR DAIRY

Young People Can Help by Caring for Young Animals—Task is Made One of Pleasure.

(Prepared by the United States Department of Agriculture.)

In the calf club an effort has been made to centralize the energy of the boys and girls in raising and caring for dairy calves. The objects of the club are many; the chief one, however, is to develop in the boys and girls a desire to engage in live stock husbandry and at the same time teach

Summons by Publication

NORTH CAROLINA—ALAMANCE COUNTY.

In the Superior Court—

Before the Clerk.

Calvin S. Whitted and wife, Reba Whitted, John S. Whitted and wife, Catherine Whitted, Doris M. Holt and husband, Sam'l Holt,

vs.

Spencer Thompson, Katie Ross and husband, Will Ross, Daisy Shaw and husband, Albert Shaw, Maggie Wagstaff and husband, Samuel Wagstaff, Saunders Thompson and wife, Willie Thompson.

All of the respondents above named, and more particularly Samuel Wagstaff, Katie Ross and husband, Will Ross, will take notice that a Special Proceeding, entitled as above, has been commenced in the Superior Court of Alamance county, before the Clerk, for the purpose of obtaining an order of sale for division of the real property of the late George Whitted, situate in Melville Township, Alamance county and State, for division among his heirs-at-law.

And the said respondents will further take notice that they are required to appear at the office of the said Clerk of the Superior Court of Alamance county, at the court house in Graham, on or before Monday, the 1st day of July, 1918, and answer or demur to the petition filed by the petitioners in said Special Proceedings, or the said petitioners will apply to the court for the relief demanded in said petition.

Done this 25th day of May, 1918.

J. D. KERNODLE,
Clerk Superior Court.

Notice of Sale.

Under and by virtue of the order of the Superior Court of Alamance county, made in the Special Proceeding entitled U. A. Albright, Clerk of the Superior Court, vs. W. J. Wilson and her husband, A. G. Wilson, Deane Albright, Pearl Robertson, Walter Robertson and his wife, Emma Robertson, Thomas Albright, Jewel Robertson vs. Violet Robertson and Lucy Robertson vs. Violet Albright, Glenn Albright, Mayo Fowler and Adelle Fowler, the same being No. 10, upon the Special Proceedings docket of said court, the undersigned will, on

SATURDAY, JULY 27, 1918,

at 12 o'clock M., on the premises, offer for sale in public auction, to the highest bidder, the following described tract of land, to-wit:

A certain tract or parcel of land in Alamance county, North Carolina, adjoining the lands of N. A. Ward, Central Loan & Trust Co., J. P. Albright and others, and bounded as follows:

Beginning at an iron bolt, corner with said Ward in center of public road to Burlington, N. C., via W. D. Whitesell's; thence S. 89 deg. W. 95 chains to an iron bolt, corner with said Ward; thence S. 89 deg. and 30 min. 65 chains to an iron bolt; thence N. 5 deg. E. S. 9.53 chs. to an iron bolt; thence S. 89 deg. W. 95 chains to Central Loan & Trust Co.; thence N. 89 deg. 30 min. 65 chains to a red oak, the beginning, containing 6.18 acres, more or less.

Terms of sale—CASH.

Central Loan & Trust Co.,
June 24, 1918. Mortgagee.

Very Serious

It is a very serious matter to ask for one medicine and have the wrong one given you. For this reason we urge you in buying to be careful to get the genuine—

THE FORD'S BLACK-DRAUGHT

Liver Medicine

The reputation of this oil, reliable medicine, for constipation, indigestion and liver trouble is firmly established. It does not irritate other medicines. It is better than others. It would not be the favorite liver powder, with a larger sale than all others combined.

SOLD IN TOWNS

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of *Chas. H. Fletcher*

Still Want Good Roads.

The day when the airplane shall exceed the automobile as a means of locomotion probably will find many communities still talking about building hard surface roads.

Subscribe for The Gleaner. \$1.00 a year, in advance.

CASTORIA

Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* 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 base 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 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

Bears the Signature of *Chas. H. Fletcher*

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Sale of Real Estate.

Under and by virtue of the authority and powers contained in a certain Mortgage Deed of Trust, dated the 1st day of February, 1916, and executed by J. H. Kernodle and wife, Ida Kernodle, to Alamance Insurance & Real Estate Company, recorded in the public registry of Alamance county, in Book No. 65 of Deeds of Trust, page 284, the undersigned will, on

MONDAY, JULY 15, 1918,

at 12 o'clock, p. m., at the court house door in Graham, North Carolina, expose to public sale to the highest bidder for cash, at public auction, a certain tract or parcel of land in Alamance county, State of North Carolina, in Burlington township, adjoining Tucker and J. E. Braxton, and described as follows:

Beginning at an iron bar, Braxton's corner on Tucker Street; thence with his line 50 feet to corner of North Carolina Railroad Co., lot No. 43; thence with the line of lot No. 43 192 feet to corner of lots No. 35 and 36; thence with the line of lot No. 35 30 feet to Braxton's corner; thence with his line 192 ft. to the beginning, being that lot sold to W. S. Long by the Triple City Realty Company, October 26th, 1905, recorded in Deed Book No. 28, pages 133-4-5.

This June 7th, 1918.

Alamance Ins. & Real Estate Co.,
Trustee.

PATENTS

Trade marks and copyrights obtained or searched for. Free search and report on prior art. For full particulars regarding PATENTS BUILD FORTUNES for you. Our free booklet tell how, what to invent and how to protect it.

D. SWIFT & CO.

PATENT LAWYERS,
303 Seventh St., Washington, D. C.

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