

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 that I have not."

"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."

All Druggists

IMPORTANT NEWS THE WORLD OVER

IMPORTANT HAPPENINGS OF THIS AND OTHER NATIONS FOR SEVEN DAYS GIVEN

THE NEWS OF THE SOUTH

What is Taking Place in The South-land Will Be Found in Brief Paragraphs

Domestic

Lieut. Harold F. Maxon of Los Angeles and Cadet G. F. Gedson of Tusville, Fla., were killed when their airplane crashed to the ground in a hay field near Comack, N. Y. It was caused, it is thought, by an explosion in midair.

The so-called billion-dollar budget for railroad improvements and equipment has proven insufficient to meet war needs, and it has been increased to \$154,000,000 more than the original aggregate—that is to say, to \$1,097,398,000.

There is a growing need for more cars to meet the great demand on the railroads for war materials.

The Tulsa (Okla.) Confederate reunion committee, composed of many of the leading citizens of Tulsa, have been engaged for some weeks raising a fund of one hundred thousand dollars and perfecting an organization for the entertainment of the twenty-eighth annual reunion of the United Confederate Veterans' association, the Confederate Southern Memorial association and the twenty-third reunion of the Sons of Confederate Veterans, on September 24-27, inclusive.

It is believed that one hundred thousand delegates and visitors will attend the Confederate reunion to be held in Tulsa, Okla.

Arrangements have been made to care for, free of charge, from 5,000 to 10,000 Confederate veterans at the reunion September 24-27 to be held in Tulsa, Okla.

Organized labor's emphatic opposition to any work or fight provision in the new man-power bill extending the draft ages is expressed in a letter from Samuel Gompers, president of the American Federation of Labor, to the members of the senate military committee.

Generous support of the schools, colleges and universities where it will not interfere with the operation of the draft law, is urged by President Wilson. He deprecates any falling off in the schools further than necessity requires.

"My only regret is that I am unable to fight beside my sons." This runs the answer of Col. Theodore Roosevelt to the expressions of condolence from President Poincaré on the death of his son, Quentin.

Dispatches from Cape May, N. J., report that the American schooner Dorothy Barrett was sunk by shell fire from a German submarine. The schooner was set on fire by the shells. Seaplanes and chasers dropped bombs without result over the spot where the U-boat was last seen.

Robert Pay, who has been at liberty two years, having escaped from the federal prison at Atlanta, Ga., has been apprehended in Spain, and will return to the United States without extradition. He had been convicted of placing bombs on ships carrying supplies and troops to Europe.

General March is reported to have said to the senate committee on military affairs that it is up to the United States to put enough men in France to win the war, and that when we get four million men "over there" under one American commander we will go through the German lines whenever and wherever we may elect.

Washington

American troops at home and overseas are setting world records for health and low death rates. Deaths from disease among soldiers during the week ending July 26 were at the rate of 1.9 per thousand a year. In the past the best rate was 20 per thousand during the Russo-Japanese war.

Official dispatches from American Consul General Foster in Moscow lifted the curtain for a moment on what has been going on in Moscow, Russia, and revealed an amazing train of events.

Recruiting of labor in the neighboring British colony of the Bahamas Islands, off the coast of Florida, for use in emergency war work in the United States, is going on actively at Nassau, reports reaching Washington indicate.

It is announced that the annual death rate among civilians of military age is 8.7 per thousand.

French and British citizens have recently been arrested in Moscow and the Bolsheviks announce they will be held as hostages because of the attack on the soviet government by British and French troops at Archangel.

And now Mexico turns to smite the hand that saved her. All the oil in Mexico is owned by American and British companies. Under the new Mexican decree Mexico attempts to make oil the property of the nation. Mexican petroleum then would become a national-owned contraband, and as such might not be sold by a neutral country to a belligerent under international law.

Members of the French and British military mission stationed in Moscow have been refused permission to leave the country in spite of a previous promise of safe conduct.

Freedom of departure from this country of aliens by means of a number of dangerous enemy aliens has been able to escape from the authorities since the United States entered the war will not be permitted after September 15 under a proclamation signed by President Wilson and an executive order.

Fifty thousand women will be needed by July 1, next year, to assist in the care of the sick and wounded in the American army.

Fully 15,000 women can be used as hospital assistants or student nurses in the United States, says Surgeon General Gorgas.

The allies need this year 420,000,000 barrels of crude oil, for which they depend entirely upon the United States. The United States can produce not over 215,000,000 gallons. The Mexican fields can supply 120,000,000 barrels.

European

Lord Robert Cecil, British under secretary of state for foreign affairs, says he believes the international commission on revitalizing forms the nucleus of a league of nations.

Available from French sources, it is pointed out that the German losses since the beginning of the war to the present has been not less than six million men.

From the British Army headquarters in France, it is learned that German acknowledges her man power is dwindling.

Judging from the news emanating from Russia, the march of events is rapidly assuming the proportions of a rout to the Bolsheviks.

Czechoslovaks have taken new heart in their heroic fight against the Germans and Austrians, due to the rapid movement of allied troops at Vladivostok and to the west of that city.

Just four weeks ago the residents of Paris were awakened by the sounds of such a cannonade as they never had yet heard. It was General Mangin's "counter preparation" against the German attack which the enemy believed was to take him into the gates of classic Paris.

Allied troops, among whom the men from America have borne a creditable part, have captured 73,000 prisoners and more than seventeen hundred guns in the four weeks' drive against the central powers.

The German supreme command on the western front, it is reported, has passed to specialist in retreats—General von Boehn, who conducted such a masterly retreat four years ago, when General Joffre turned and hit them so hard they never knew what had happened.

The Germans are being beaten and outnumbered at every point, and the soldiers from America have hardly yet started.

"Another defeat for us; we shall lose the war. We have nothing to eat, no clothes, no shoes; we shall starve and be utterly ruined." As a cure for this state of mind the Volks Zeitung, says an Amsterdam dispatch, administers an antidote in the shape of a raging article about the enemy "wanting to murder, rob and enslave German men, women and children."

"Foch and Haig probably will continue attacking on the Somme, but they will never achieve more than pyrrhic victories, which will assist in the attrition of their own forces," says Baron von der Osten, the military critic of the Rheinische Westfälische Zeitung of Essen.

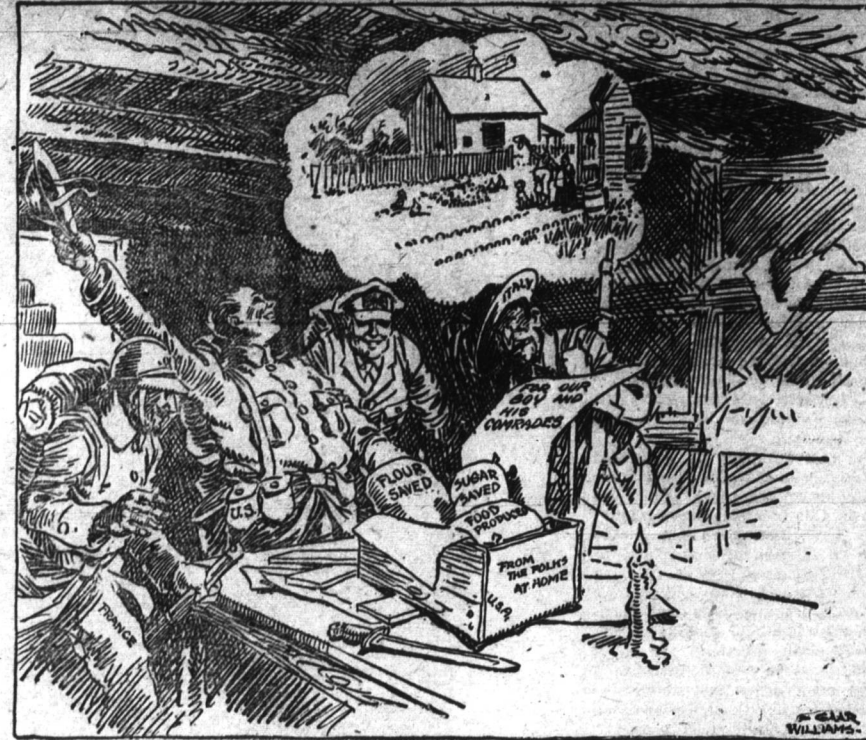
The Weser Zeitung of Bremen, with ill-concealed pessimism, regretfully admits that the once derided United States army is giving more trouble than was anticipated.

The Frankfort Gassette is pleading with the German military authorities to let the whole truth "as far as possible."

Allied and neutral shipping sunk by enemy submarines during July amounted to 270,000 tons. This is about one-half of the tonnage sunk in July, 1917.

The entente nations constructed during July a tonnage in excess of 250,000 tons that were destroyed during the month by enemy operations.

A BOX FROM HOME



Drawn by Gear Williams, Division of Pictorial Publicity.

Food savings of millions of Americans during our first year of war enabled this government to send enormous food shipments abroad for our fighting forces and the Allied nations. Our savings in cereals—out of a short crop—amounted to 154,000,000 bushels; all of which was shipped to Europe. We increased our meat and fat shipments \$44,800,000 pounds. This was America's "box from home" to our army abroad and the civilians and military forces of the Allied nations.

SHARE OUR SUGAR WITH THE ALLIES

British Get Two Pounds a Month. French Pound and Half, Italians One Pound.

GERMAN SUPPLY PLENTIFUL

All Nations Permit Use of Sweetening for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is equitable when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar.

Each Allied nation—in the matter of sugar consumption—is charting on nearly equal possible equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly classed as a luxury, sugar is now a war time essential. The fair food division of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. In France the ration is a pound and a half, and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little sacharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

Before the war started France had 625,000 acres devoted to sugar production. By 1917 the French sugar acreage had decreased to 180,000 acres.

Today the French man or woman with a sugar card has no assurance whatever that he or she will be able to actually buy sugar. To buy it, one must first find it.

Italy has "State Sugar." Especially drastic regulations govern the use of sugar in Italy. Its manufacture, distribution and sale are closely controlled, and in part actually taken over by the state.

Saccharine is permitted to be sold and used as a substitute for sugar and the government manufactures a mixture of saccharine and sugar called "State Sugar," which is largely used.

Germany, before the war, produced a great surplus of sugar and exported large quantities. Today the Germans have virtually gone out of the export business, but have plenty of cheap sugar for home use.

Wholesale prices prevalent in the Allied nations, according to information received by the United States Food Administration are as follows: England, 10 cents a pound; France, 12 cents; Italy, 20 cents.

While these high prices are being paid abroad the American wholesale price is being held at 7½ cents.

Every available sugar source will be drawn on by the Food Administration during the next winter months to maintain sufficient stocks here to keep up our national sugar supply. During October the first American beet sugar will arrive in the markets. By the middle of November some of our Louisiana cane crop will be available. All of this sugar and more may be needed to keep this nation supplied on a reduced ration and to safeguard the Allied sugar ration from still further

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of

War Time Sweeteners

AMERICA has several excellent war time sweeteners that will be used largely during the shortage in the sugar supply.

They are maple sugar, syrup, honey and molasses and may be used in preparing desserts and other dishes requiring sweetening.

When a cup of syrup or honey is used to replace a cup of sugar the liquid in the recipes should be decreased one-fourth.

One-third of a cupful of sugar is equivalent half cup of syrup and about one-half cup of corn sugar. One-fourth of a cup of sugar is equal to about one-half cup of syrup or one-third cup of corn sugar.

One tablespoon of sugar is equal to one tablespoon of honey, about one and one-half tablespoons of syrup and one and one-third tablespoons of corn sugar.

Sugar may be saved by the use of raisins, dates, figs, dried pears and fruit pastes used on the breakfast cereals.

Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful.

Preserving demands this year a thin syrup instead of a heavy syrup.

If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatins and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatin, junkets, custards, puddings and cakes.

AMERICANS ASKED TO LIMIT USE OF SUGAR

Must Use No More Than Two Pounds Per Person a Month if the Present Meagre Allied Sugar Ration Is Maintained.

Stocks Will Be Short Until Beginning of New Year—Ration May Be Enlarged Then.

Two pounds of sugar a month—half a pound a week—that is the sugar ration the U. S. Food Administration has asked every American to observe until January 1, 1919, in order to make sure there shall be enough for our Army and Navy, for the Allied armies and for the civilians of those nations.

By New Year's the world sugar situation will be relieved somewhat by the new crop. Cuban sugar of this year's crop will be arriving in this country.

Every available sugar source will be drawn on by the Food Administration during the next winter months to maintain sufficient stocks here to keep up our national sugar supply. During October the first American beet sugar will arrive in the markets. By the middle of November some of our Louisiana cane crop will be available. All of this sugar and more may be needed to keep this nation supplied on a reduced ration and to safeguard the Allied sugar ration from still further

reduction. In Europe the present ration is already reduced to a minimum.

Our Situation. The situation which the United States faces in its efforts to maintain a fair distribution of sugar to the Allied world is as follows:

Sugar supplies throughout the country, in homes, stores, factories and bakeries are at a low ebb. We must make increased sugar shipments to the Allies.

GREAT STRATEGIC GAINS ARE MADE

ENEMY RETREAT OVER FRONT OF SIX MILES; MERVILLE IS NOW IN BRITISH HANDS.

NOTABLE ADVANCE BY FRENCH

French Penetrate Lines to Depth of Mile or More and Capture Towns and 2,200 Men.

The Germans on three important sectors of the western battlefield have been compelled to give up positions of great strategic value under the onslaughts of the British and French troops.

In the Lys sector, west of Arras, the enemy has retreated over a front of nearly six miles, leaving the town of Merville in British hands. Between the Metz and Oise rivers the French have fought their way to the western outskirts of the dominating position of Laassigny and farther south in this hill and wooded region have debouched from the Thiesscourt wood and also captured the town of Pimprez, situated in the Oise valley on the Noyon-Compiègne road.

Around the curve in the battlefield, northwest of Soissons the French from near Carlepont to Pontenoy on the Aisne, a distance of approximately nine miles, have driven back the enemy to an average depth of more than a mile and captured several villages and 2,200 prisoners.

ENEMY DEFENSE IS GROWING WEAKER

Unofficial reports record the capture by the British of the railway station on the western outskirts of the important town of Roye, one of the pivotal points on the battlefield between the Somme and the Oise, but there is no official confirmation of this.

Viewed on the war maps the gains in the new operations are most important ones for the allies, for, aside from wide areas over which the enemy has been compelled to acknowledge defeat in retreating, in the German defenses is becoming daily more noticeable.

GERMANS ARE NOW IN BAD PREDICAMENT

Under the new gains of the British around Roye and particularly those made by the French from Laassigny to the Oise valley and northwest of Soissons, the Germans now are in a bad predicament. Here their positions are dominated by the allied guns from the west, southwest and south for many miles and apparently a retreat eastward across the plains of Picardy and over the Somme, in the face of the western Allies will be necessitated.

The latest German official communication asserts that French attacks between the Oise and Aisne, delivered over a wide front, failed, but the French war office statement is specific in announcing the penetration of the environs of Laassigny, the putting of a passageway through the Thiesscourt wood and the capture of Pimprez.

ALLIED AIRPLANES NOW IN CONTROL IN THE AIR

Italian Army Headquarters.—Two Austrian documents captured on the Austro-Italian battlefield show the extraordinary mastery of the entente allies have obtained over the enemy in aerial warfare. The first enjoins greater protection for the ammunition dumps and emplacements against aerial observation by more efficient camouflage and less military order.

The second document, which is from a colonel commanding an artillery unit, seeks to explain the impossibility of systematic effective destruction of the entente allied artillery. This indicates that the allied guns, as well as aerial observation, are superior.

ABANDONED LIFEBOATS ARE SWEEP ASHORE

Norfolk, Va.—Two abandoned lifeboats of the Norwegian bark Nordhav, sunk by a German submarine 125 miles off the Virginia capes, were swept ashore on the Atlantic coast near this port. One was discovered in the breakers by the life saving crew of the Virginia Beach station and an hour later the surfmen of the Little Island life saving station, 30 miles further south, reported the recovery of the second.

ALL GROUND TAKEN BY FOE IN FIVE MONTHS, REGAINED

New York.—It is possible now to review with a certain measure of exactness the facts and figures of the past operations and to measure the slow but sure turn of the tide which has brought up to the present moment a situation where all the valuable ground lost in the first four months of the campaign has been retaken in the fifth and the invaluable advantage of the initiative has passed to the allied commander-in-chief.

HAVE HAIR LIKE "20"

It's never too late to get rid of gray in the hair. Thousands have benefited by this scientific discovery. Why don't you?

Gray, faded, bedrabbled hair can be changed to a uniform, lustrous, beautiful, dark color, so natural in appearance by applying Q-ban Hair Color Restorer. Safe, simple, guaranteed harmless—! Sold by Hayes Drug Company and all good drug stores. Try Q-ban Hair Tonic, Q-ban Liquid Shampoo, Q-ban Toilet Soap, Q-ban Depilatory.

STOMACH AND LIVER TROUBLES

No end of misery and actual suffering is caused by disorders of the stomach and liver, and may be avoided by the use of Chamberlain's Tablets. Give them a trial. They only cost a quarter. For sale by all dealers.

CHRONIC CONSTIPATION.

It is by no means an easy matter to cure this disease, but it can be done in most instances by taking Chamberlain's Tablets and complying with the plain printed directions that accompany each package. For sale by all dealers.

Try Q-ban

Hayes Drug Co. and all good drug stores. Try Q-ban Hair Tonic, Q-ban Liquid Shampoo, Q-ban Toilet Soap, Q-ban Depilatory.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. 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 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

Charles H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

EXECUTORS NOTICE

Having qualified as Executor of the will of the deceased, the undersigned hereby notifies all persons holding claims against the estate of the late Geo. W. Stockard, Jr. to present the same to me on or before the 20th day of July, 1918, or this notice will be deemed a final settlement.

W. STOCKARD, Jr., Executor.

EXECUTOR'S NOTICE

Having qualified as Executor of the will of the deceased, the undersigned hereby notifies all persons holding claims against the estate of the late Geo. W. Stockard, Sr. to present the same to me on or before the 20th day of July, 1918, or this notice will be deemed a final settlement.

W. STOCKARD, Sr., Executor.

CONSERVE SUPPLY OF FEED

Greatest Economy in Feeding Grain During War—Should Be Practiced by Dairyman.

(Prepared by the United States Department of Agriculture.)

National necessity during the war requires the greatest economy in the feeding of grain to live stock. Human beings must be fed first, yet milk production must be maintained. That does not mean that our dairy cows should be starved or even that they should be required to live on half rations. This is the very thing they should be fed, and well fed, in order to maintain sufficient supplies of dairy products for our own armies and the armies of our allies, and still have enough for our civilian population.

In order to feed the dairy herd well, with the minimum production of milk at a relatively low cost. Under ordinary farm conditions it is not to be expected that legume hay will take the place of the entire grain ration, but if it is substituted in part, large quantities of grain will be released for human food.

The first step in bringing this condition about must be the planting of many legumes, and the sooner it is done the better it will be for the individual dairyman, as well as for his state and nation. Every dairy farm should produce, when possible, at least one ton of legume hay for each cow on the place.

Fresh and green vegetables are as good as so to supply succulent and palatable foods for the family during the winter. Succulence is just as essential to cows as to a human being. The abundant milk flow obtained from June pasturage probably is due, to a large extent, to the succulence of the forage. Silage provides succulent feed during winter, when pasturage is not available. With silage in the ration, dairy cattle can be kept in the condition of health common to animals on pasture. The digestive system of a cow is well suited for the utilization of large quantities of green grasses and other coarse, succulent material.

Silage is palatable, and no other feed will combine so well with dry hay and a little grain to produce maximum economical results.

The preservation of the mature corn crop or the sowing of one which for any reason must be harvested before maturity by placing it in silos is deservedly increasing in popularity. About 40 per cent of the total food material in the corn plant is in the stalks and leaves. When only one-half of the crop is lost; on the other hand, when the crop is put into the silo the losses are very small.

No feed crops can be so successfully harvested under such widely varying conditions as those that are put into the silo. Only in case of drought or frost is it necessary to rush the filling of the silos; rain or dew on the forage does not injure the silage.

Boschec's German Syrup will quiet your cough, soothe the inflammation of a sore throat and lungs, stop irritation in the bronchial tubes, insuring a good night's rest, free from coughing and with easy expectation in the morning. Made and sold in America for fifty-two years. A wonderful prescription, assisting nature in building up your general health and throwing off the disease. Especially useful in lung trouble, asthma, croup, bronchitis, etc. For sale by Graham Drug Co.

Land Sale. Under and by virtue of an order of the Superior Court of Alamance county, made in a Special Proceeding therein pending, whereto all the heirs-at-law of the late Geo. Whitteer are duly constituted parties, the undersigned Commissioner will offer for sale at public auction to the highest bidder, at the courthouse door in Graham, at 12 o'clock noon, on

SATURDAY, AUGUST 31, 1918, the following described lots of land:

First lot: A certain lot or parcel of land situate on the southern side of the North Carolina R. R. track, bounded on the North by the right of way of the North Carolina R. R.; on the East by the lands of Jack Melbane; on the South by the lands of Ben Melbane; and on the West by the lands of Kate Graves and Mr. Charles Harris; and containing about one acre, and being the home place of George Whitteer, deceased.

Second lot: A certain lot or parcel of land lying North of the North Carolina R. R. track, bounded on the North by the lands of Houker Holt; on the East by the lands of Joe Holt; on the South by the lands of Newman Freedland; and on the West by the lands of Phil Tice; containing about one acre of land, and being that part remaining of the 15-acre tract of land formerly owned by Geo. Whitteer.

Terms of Sale: One-half purchase price in cash; other half to be paid in six months. Deferential payments to be evidenced by bond of purchaser bearing six per cent interest. Sale subject to confirmation by the court.

This July 30, 1918.

J. DOLPH LONG, Commissioner.

DO YOU WANT A NEW STOMACH? If you do "Digestonine" will give you one. For full particulars regarding this wonderful Remedy which has benefited thousands, apply to HAYES DRUG CO.

60 YEARS REPUTATION ARNOLD'S BALSAM ALL SUMMER SICKNESSES BY GRAHAM DRUG CO.

ADMINISTRATRIX'S NOTICE

Having qualified as administratrix of the estate of Levi H. Aldridge, deceased, all persons indebted to the said estate are hereby notified to make settlement of the same promptly; all persons having claims against said estate are notified to the said estate are hereby notified to the undersigned administratrix, on or before the 15th day of July, 1918, or this notice will be deemed in bar of their recovery.

This April 23, 1918.

Mrs. Minnie Graham Aldridge, Adm'r of Levi H. Aldridge.

11 July 18.

BUY WAR SAVING STAMPS