

Health About Gone

Many thousands of women suffering from womanly troubles have been benefited by the use of Cardui, the woman's tonic, according to letters we receive, similar to this one from Mrs. Z. V. Spell of Hayne, N. C. "I could not stand on my feet and just suffered terribly," she says. "As my suffering was so great, and he had tried other remedies, Dr. — had us get Cardui. I began improving, and I know, and my doctor knows, what Cardui did for me, for my nerves and health were about gone."

TAKE CARDUI The Woman's Tonic

She writes further: "I am in splendid health... I can do my work, I feel I owe it to Cardui, for I was in dreadful condition." If you are nervous, run-down and weak, or suffer from headache, backache, etc., every month, try Cardui. Thousands of women praise this medicine for the good it has done them, and many physicians who have used Cardui successfully with their women patients, for years, endorse this medicine. Think what it means to be in splendid health, like Mrs. Spell. Give Cardui a trial.

All Druggists

IMPROVED MACHINES AID LABOR PROBLEM

Increased Power Enables Owners to Cultivate More Land.

Of Particular Advantage in Raising One Man to Do Considerable More Work in Given Time in Raising Crops.

(Prepared by the United States Department of Agriculture.)

The advantage of the tractor, like that of most other improved farm machinery, lies not so much in the reduction of the cost of performing a unit of work as in the fact that it permits one man to do considerably more work in a given time.

This has been true of practically all improved farm machines. Even the grain binder, generally considered as one of the greatest agricultural inventions of the century, which has increased about eight-fold the acreage one man could handle, has not resulted in decreasing materially the cost of producing grain.

Men who hope to reduce greatly the cost of farming operations by the purchase of a tractor should bear these facts in mind. Judging by the experience of tractor users, it is not safe to expect any material reduction in the cost of farm operations per acre through the use of the tractor, but it is safe to expect to be able to increase the crop acreage to a very considerable extent, and, at the same time, the amount of crops which one man can raise.

Furthermore, it should be remembered that the cost of doing the work with a tractor in most cases cannot be directly compared with the cost of doing it with horses, since on farms where tractors are used a number of horses generally are retained, and, in comparison, therefore, must be made between the cost of operating the farm with horses alone and the cost of operating with the tractor and a certain number of horses. Not infrequently horses stand idle while the tractor is being used for field work because there is not sufficient help available to use them at the same time, and in such cases part of the cost of their maintenance must be considered when figuring the cost of farm operations, since they are so much a part of the farm power plan as is the tractor.

Not only should the relative expense of operation with the two methods be considered, but also the relative results. The increased crop acreage and consequent increase in income which the purchase of the tractor will often make possible may much more than offset a slight increase in the operating expenses of the farm.

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ROAD-BUILDING ROCK TESTED

Value of Material Gathered in Many States Given by Department of Agriculture.

(Prepared by the United States Department of Agriculture.)

Results of physical tests in 1916 and 1917 of road-building rocks are given in Bulletin 670, recently issued by the United States department of agriculture. This bulletin supersedes the department's Bulletin 537 and supplements Bulletin 570, which gave the results of the more common physical tests of approximately 3,550 road-building rocks examined prior to January 1, 1916.

Repairing Road—Cheapest and Best Way Is to Attend to Holes and Ruts While They Are Small.

January 1, 1916. The rock tested came from most of the states. In a number of cases, in addition to other tests, the crushing strength of the rock also is given. The bulletin also contains a complete record of all the crushing strength tests made by the office prior to January 1, 1916.

The average crushing strength of granites and gneisses lies between 20,000 and 21,000 pounds per square inch, according to data in the bulletin, and the average crushing strength of limestone and dolomites is between 18,000 and 19,000 pounds per square inch.

Granites, gneisses, schists, sandstones and quartzites should not in general be used in the wearing course of water-bound macadam roads. It is stated, and shales and slate should never be used in this manner. Cementing value tests, therefore, have been discontinued on these materials.

MOTORCAR IMPROVES ROADS

Farmer in Secluded Rural District Keeps Highway in Good Condition Without Effort.

A friend who spent the entire summer and some of the fall in a secluded rural district was telling us the other day about how the farmers kept their roads in good shape in the section in which he was sojourning, says a writer in the Cleveland Plain Dealer.

"There aren't any state roads in that part of the country," he says, "and no brick or macadam. But the farmers keep the gravel and dirt roads in excellent shape. Whenever my landlord took a trip to town, or anywhere, he used to hitch a road drag to his motorcar. Then the car would pull the drag along the mile or two that he was interested in keeping up. He would unhitch the drag and leave it by the wayside. On the way home he would pick up the drag where he left it and drag the other side of the road going back. And he'd make a round like that almost every time he took the car out."

Nearly All Undersea Boats Are Equipped With Kitchens Where Cook Prepares Meals

In the earlier submarines no provision was made for cooking the men's meals. Everything had to be eaten cold.

This did not matter so very much when these craft were quite small, with a correspondingly small radius of action.

But when larger undersea boats came to be built, the provision of properly cooked hot meals became a pressing necessity.

So now, says a writer in Pearson's Magazine, all but the very oldest types of submarines are fitted with a small galley, no bigger than a very moderate-sized cupboard, where the cook has just room to stand in front of his doll's house stove. This latter is electrically heated, in order that the already oppressive air may not be further vitiated by heat or fumes.

The menu on board a submarine is not varied, consisting mostly of stew, with an occasional "mugup" of salt-fishing for a change, and plenty of strong piping-hot coffee to chase away sleep from the tired eyelids.

Meals are eaten out of aluminum dishes in collapsible mess-tables when the vessel is submerged. When the submarine is running on the surface her crew usually prefer to take their plates of stew on deck, and the North sea attends to its salting for them.

HINTS FOR POULTRY GROWERS

The beginner and the careless should never attempt midwinter hatching. The care is extensive, the loss great. One old in the business declares that the beginner should put off hatching until April and May, and the weather then will help him. Winter hatching pays best for the experienced poultryman who lives close to a good paying broiler market, or the fancier who wants show birds ready for the fall fairs. Also, it pays to hatch, if you can do it successfully, some of the large, slow maturing breeds, such as Cochins or Brahmas, in January. These, if not hatched until late April or May, seldom come into laying until the late April—unless their owner knows how to push pullets into laying successfully. If you hatch in January you must not grumble if you get but a half hatch, and some of these will be too weak to live long against the time of year, but this you know—those that do live and grow strong and hearty must surely bring you profit early in some manner. If you hatch in winter you must have warm winter quarters for your chicks. Poultrymen who sell eggs for hatching purposes quite often have all their own flocks hatched some time before the call for hatching eggs comes in, which is often not until in April.

FARM ANIMALS

TYPES AND BREEDS OF HOGS

Two Kinds Are Found to Great or Less Extent in Most Parts of United States.

(Prepared by the United States Department of Agriculture.)

There are two types of swine, namely, the fat or lard type, and the bacon type. Both types are found to a greater or less extent in most parts of the country and are the outcome of local conditions rather than market requirements. The lard type prevails in sections where corn is used as the principal feed, and the bacon type is generally found on farms where the hogs require a variety of feeds.

The lard type of hog is one which has a compact, thick, deep, smooth body and is capable of fattening rapidly and maturing early. The hams, loins and shoulders are the most valuable parts and should be developed to the greatest possible extent. The whole body of the animal should be covered with a thick layer of flesh representing the extreme development of meat production. This type of hog, under good conditions, should weigh 200 pounds or more when seven to nine months of age. This is the most popular market weight. Due to the fact that corn is the most abundant hog feed and lard hogs mature very early, this type predominates.

The most popular breeds of the lard type are the Berkshire, the Poland-China, the Duroc-Jersey, the Chester White, and the Hampshire.

The Berkshire had its origin in England and takes its name from a shire or county by that name. The color is black with white markings on the feet, on the face, on the tip of the tail, the face is moderately dished and the snout is of medium length. The ears are usually erect, though they may incline forward in aged animals.

The Poland-China originated in Butler and Warren counties, Ohio. The breed takes its name from the two breeds from the crossing of which it is supposed to have resulted, namely, a Poland breed and a Chinese breed. The color is black with white on feet, face, and tail. The face is nearly straight and the jaw is full and heavy.

The Duroc-Jersey had its origin in the breeding of two red breeds, the Jersey Reds of New Jersey and the Durocs of New York. The color is fiery or yellowish red. The face is slightly dished, the snout is of medium length, and the ear is drooped.

The original Chester White had its origin in Chester county, Pa., hence the name. There are two other breeds known as the Improved Chester White and the Ohio Improved Chester White, commonly known as the OIC strain. The color is white. The face is straight; the snout is usually longer than that of the Poland-China. The ear is drooped. In general conformation the Chester White and Poland-China are very much alike.

The Hampshire breed was formerly known by the name of Thin Hind. The breed seems to have had its origin in Hampshire, England. The color is black with a white belt 4 to 12 inches

wide encircling the body and including the forelegs. The face is straight and the ear inclines forward but does not droop.

The bacon type differs from the lard type in that the animals are more active, have longer and coarser bones, and do not carry as much fat as the lard type. Their bodies are longer than those of the lard hogs. The hams and shoulders are light but the bodies are deep and wide. The most popular market weight ranges from 175 to 200 pounds.

The most common breeds of this type are the Tamworth and the York-shire.

The Tamworth is of English origin and takes its name from Tamworth in Staffordshire. The color varies from a golden red to a chestnut shade. The face is practically straight, the snout is long and straight, and the ear is inclined slightly forward.

The large Yorkshire breed originated in England and takes the name of the shire of that name. The color is white. The face is slightly dished and the snout is of medium length. The ears are large and erect, but may incline forward in old animals.

HOARDING AND PROFITEERING

Dealer Should Not Hold or Contract for More Than Reasonable Requirements of Trade.

(Prepared by the United States Department of Agriculture.)

To sell farm equipment on the basis of what it would cost the dealer to replace it may be considered profiteering, according to a statement issued recently by the office of farm equipment control of the United States department of agriculture.

Persons who have sold equipment at replacement values when costs were high must continue to do so if prices go down, even though such sales bring less than the original cost price of the stock. Moreover, those whose selling price is fixed in relation to high replacement prices must restock immediately and carry the same quantity of equipment throughout the high-price period as they had at its beginning, in order not to profiteer. Those who desire to sell out without replacing their stock should not sell at a prevailing high price, but at cost plus a fair usual profit.

It will be considered hoarding if manufacturer or dealer holds, contracts for, or arranges for more equipment than the reasonable demands of his business require. Dealers finding themselves with excess stock on hand and not under the ruling as to replacement values just issued by the equipment control office.

BENEFITS OF MOTOR TRUCKS

Cross-Country Hauling Again Has Become Widely Used for Inter-City Transportation.

An even century ago transportation interests centered on Wheeling, W. Va. That year saw the Cumberland road—the wagon highway planned as a dominating factor in leading settlers to the great West—completed as far as the outlying town on the Ohio. Fifteen years later the road had been extended to Columbus; in another decade it crossed the Indiana state line.

Then came the steam railway. With the arrival of this new transportation colossus, interest in the Cumberland and other highways waned rapidly. Road building all but stopped, long distance hauling by highway stopped, too.

And now, after three-quarters of a century, cross-country hauling again has become a widely recognized form of inter-city transportation. The powerful, big load motor truck again has ushered in the highway as an important part of our national transportation system.

PREVENT FOREST FIRES

(Prepared by the United States Department of Agriculture.)

Forest fires are unnecessary and preventable.

They destroy existing forests. They destroy the possibility of future forests. They destroy an important market for labor. They destroy the beauty of a region. They destroy property. They destroy homes. They destroy lives. They destroy prosperity. They destroy foodstuffs.

CIDER VINEGAR CAN BE MADE ON FARM

Unmarketable Apples Converted Into Table Condiment

Good cider vinegar which will meet the requirements of both federal and state food laws can be made on the farm, say the specialists of the bureau of chemistry, United States department of agriculture. Cider vinegar is made by subjecting apple cider to a process of alcoholic fermentation by which the sugar in the apple juice is changed to alcohol, producing what is commonly called hard cider, and then subjecting the hard cider to a process of acetic fermentation by which the alcohol is changed to acetic acid. The acetic acid gives to vinegar its characteristic sourness.

It is not profitable to add water to the pomace for a second pressing. The sound apples that cannot be marketed as fruit may be used profitably for vinegar making. Neither green nor rotten apples will make good cider or

Apple Cider is Changed into Alcohol, Which in Turn is Converted into Acetic Acid in Making Vinegar.

vinegar. Dirt, grass, leaves, and any foreign substance, if allowed to get into the press with the apples, will not only injure the flavor but may retard the vinegar-making processes. The apples should be ground fine and then pressed slowly. As much of the juice as possible should be pressed out, but it is not profitable to add water to the pomace for a second pressing. The cider should be allowed to settle for a day or two in loosely stoppered barrels or other covered receptacles.

There are two well-known processes for converting hard cider into vinegar. One is known as the slow-barrel process. This is the simplest and requires the least work and attention, but the disadvantage of requiring a long time for completion. The second method is known as the rolling generator process, which is more elaborate and requires daily attention.

MUSIC REACHES THE HEART

Performer Dealing in Emotions Captivates Women More Swiftly Than the Poets or Painters.

The poet deals in words, while the painter deals in color and form, but the musician deals in emotions and therefore his appeal to women is always more swift, as it is always more subtle, than the appeal of any other artist.

Such, summed up by a writer in the Philadelphia North American, is the latest theory to explain the lure of music for women and the attraction of the dark-eyed, long-haired musician himself.

The average woman, say the theorists, is hemmed in with conventions that make her feel a prudish discomfort if a book or a poem talks too openly of what she thinks of, but never puts into words. With a picture it is the same way, but in the music, she hears with emotional delight all the romanticism, all the beauty, and all the vague dreams which she hides so closely from the world. In consequence she reads into the music her own feelings, and then she confuses the musician with his music. He, too, is keyed up to a high tension; he feels telepathically the emotion he has communicated, and so a spark is kindled between them. As for the result, sometimes it is love, sometimes a momentary infatuation—that all depends upon how much music they hear together and how much pent-up nervous emotionalism lies buried in the woman's soul.

BARBERRY AIDS WHEAT RUST

Proof of Close Relationship of Disease on Common Shrub and Cereals Seen in Indiana.

(Prepared by the United States Department of Agriculture.)

Further proof that there is a close relationship between the rust of barberries and of wheat and other cereals has resulted in active campaigns to eradicate the shrub in many communities. Two rather striking cases of this close relationship were observed recently in Indiana. In one locality a field of wheat, along one side of which grew a barberry hedge, was practically destroyed by the black stem rust. In another case it was clear that 17 farmers have a field observation day under the guidance of the county agent and immediately drew up resolutions, in which they stated that the relation was so clear that they wished to go on record as favoring legislation to eradicate all barberry bushes from the state. In another case a hedge of barberry and two deep plantings were found on a farm upon which a wheat field was so badly affected that the crop was a partial failure. A second field near by was very seriously affected also, as well as a number of fields in the vicinity. Similar cases have been observed in a number of other states, and public sentiment favoring the eradication of the common barberry is growing rapidly. It is said that Japanese barberry does not harbor the wheat rust.

PLACE MACHINERY IN HOUSE

Protect Valuable Implements From Exposure in Winter—Paint All Iron or Steel Parts.

(Prepared by the United States Department of Agriculture.)

The cost of machinery and implements is constantly increasing. Prepare now to protect implements and machinery from exposure during the coming winter. As far as possible all implements should be placed under a dry shed. Woodwork should be painted and all exposed iron and steel parts should be either painted or covered with grease or oil to prevent rusting.

Better Dairymen Needs are met by RUB-MY-TISM—Antiseptic, Restores Rheumatism, Sprains, Neuralgia, etc.

Mothers of France

Mothers of France—we feed our sons to you. The ships go out from morn to evening, Bearing with them the hope of our young land. That they may stand in battle side by side With these, your sons, who die so well for France.

We shall not be less brave than you have been. With patient hearts we pay the price you paid. And wait our sons—both who will not come and those who will. Nor shall we ever know where they are laid.

Remember us—for we are mothers, too—When fair peace glads your land, and poppies grow. Ours our battlefields. Do not forget Our sons, whose alien graves we do not know. Tend them our homeless dead—mothers of France—Anne Bunner, in Everybody's Magazine.

FALL WORK WITH POULTRY

Overcrowding is Liable With Growing Chicks Unless Closely Watched—Three Big Points.

(Prepared by the United States Department of Agriculture.)

Growing chicks should be looked after very closely, as overcrowding is liable to happen, owing to the fact that the chicks are getting larger and need more room. This is a very important point. Care given the flock at this time means a profit; lack of care, a loss. The three important points are (1) fresh air, especially during the night, (2) fresh water at all times and (3) clean quarters.

In every instance where egg production in the end sought, the pullets should be put into winter quarters as soon as possible. Their winter quarters should be ready in advance. At this season cockerels should be selected for next spring's breeders and placed by themselves with plenty of room. None but strong, vigorous specimens should be selected.

Culling can be done all through the year, but at no time is it more profitable than at this season with the brood-

WOOD FOR FUEL

(Prepared by the United States Department of Agriculture.)

Value of good roads is now recognized everywhere, but few know how easily and how cheaply they may be had.

WOOD FOR FUEL

(Prepared by the United States Department of Agriculture.)

The man who would like to burn coal because it is easier and handier, but who thinks enough of his country and the boys "over there" to shoulder his ax, brave the winter wind, and go out and cut wood in order to save coal, is helping to win the war.

PATENTS

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D. SWIFT & CO. PATENT LAWYERS 303 Seventh St., Washington, D. C.

ADMINISTRATOR'S NOTICE

Having qualified as Administrator of the estate of ALVIN DIXON, deceased, the undersigned hereby notifies all persons holding claims against said estate to present the same, duly authenticated, on or before the 15th day of November, 1919, to the undersigned in his office at 1206 North Main Street, in the town of Graham, N. C., and all persons indebted to said estate are requested to make immediate settlement.

This Oct. 31, 1919.

H. W. VINCENT, Adm'r of ALVIN DIXON, Dec'd.

140604

Look out for Spanish Influenza. At the first sign of a cold take

CASCARA QUININE

Standard cold remedy for 29 years—in tablet form—safe, sure, no opiate—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if not satisfied. The genuine box has a Red Top with Mr. Hill's picture. At All Drug Stores.

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 Dr. J. C. Ayer, 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 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.

Summons by Publication

North Carolina, Alamance County, in the Superior Court, January Term, 1919.

Alice Hill, Plaintiff, vs. James Hill, Defendant.

The defendant above named do take notice that an action entitled as above has been commenced in the Superior Court of Alamance County for the dissolution of the bonds of matrimony a vinculo matrimonii between the plaintiff and the defendant; and said defendant will further take notice that he is required to appear at the term of the Superior Court of said county, to be held on the sixth Monday before the first Monday of March, 1919, in the court house of said county in Graham, N. C., to answer or demur to the complaint in the said action, or the plaintiff will apply to the court for the relief demanded in said complaint.

This November 12, 1918.

J. K. KERNODLE, Clerk Superior Court

TRUSTEE'S SALE OF REAL ESTATE

Under and by virtue of a certain deed of trust executed by A. M. Garwood to Alamance Insurance & Real Estate Company as trustee, on October 26, 1917, for the purpose of securing the payment of a bond of even date herewith, which deed of trust is recorded in the office of the Register of Deeds for Alamance county, in Book of Mortgages and Deeds of Trust No. 73, at page 138, dated having been made in the payment of said bond, the undersigned trustee, will on

MONDAY, JANUARY 27, 1919, at 12 o'clock M., at the court house door of Alamance county, in Graham, North Carolina, offer for sale to the highest bidder for cash, a following described property, to-wit:

A certain tract or parcel of land in Burlington township, Alamance county, State of North Carolina, adjoining the lands of George D. White, Miss Zora Albright and others, the same being in the corporate limits of the city of Burlington, and bounded as follows:

Beginning at iron bolt on West side of the street—name unknown; running S. 83 1/2 deg. W. 327 feet to a rock, corner with Mrs. D. H. White; thence S. 23 deg. E. 255 feet to an iron bolt, corner with Miss Zora Albright; thence N. 61 deg. E. with the line of said Albright 237 feet to an iron bolt on said street and corner of said Albright; thence N. 29 deg. W. 60 feet to the beginning, containing one acre, more or less.

Alamance Ins. & Re. Co. as Trustee.

his December 23, 1918.

ARNOLD'S BALSAM

50 YEARS REPUTATION

ALL SUMMER SICKNESSES BY

GRAHAM DRUG CO.

DO YOU WANT A NEW STOMACH?

If you do "Digestione" will give you one. For full particulars regarding this wonderful Remedy which has benefited thousands, apply to

HAYES DRUG CO.

ADMINISTRATOR'S NOTICE

Having qualified as Administrator of the estate of ALVIN DIXON, deceased, the undersigned hereby notifies all persons holding claims against said estate to present the same, duly authenticated, on or before the 15th day of November, 1919, to the undersigned in his office at 1206 North Main Street, in the town of Graham, N. C., and all persons indebted to said estate are requested to make immediate settlement.

This Oct. 31, 1919.

H. W. VINCENT, Adm'r of ALVIN DIXON, Dec'd.

140604

ADMINISTRATOR'S NOTICE

Having qualified as executor of the will of J. W. Teague, deceased, the undersigned hereby notifies all persons holding claims against the said estate, to present them, duly authenticated, on or before the 15th day of December, 1919, or this notice will be placed in bar of their recovery; and all persons indebted to said estate are requested to make immediate settlement.

This Nov. 28, 1918.

H. L. BAYNES, Adm'r of J. W. A. Teague, Dec'd.

140606

BUY WAR SAVING STAMPS