

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 from pain caused from womanly trouble, or if you feel the need of a 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

Y. W. C. A. WORKER IS BIG SISTER

Industrial Woman's Service Club Brings Home to Girls in New Factory Community.

BLUE TRIANGLE MEANS CHEER

Club Stands for Hot Lunches, Clean Towels, Comfortable Cots, Parties, Games and Recreation to Girls Workers.

Katherine Holland Brown.

"MY name is May Isabel Carnahan. I am eighteen years old, and I work in a big factory in Michigan. More than four hundred other girls work there too. I don't aim to tell you about my job. You can read about our work in the labor department reports. But I do aim to tell you about our Big Sister and of the things she has done for us.

"To begin with, our factory town isn't a town at all. It's a huge hazy of buildings stuck down in the country nineteen miles from any town. There is a railroad siding, a station the size of a dry goods box, seven farmhouses and one general store and postoffice combined—it's pretty near as big as a hot tamale stand. And that's all. No Main street, no banks nor stores, no ice-cream parlors, not one solitary movie show. In all those nineteen miles. Loneliness! It's the ragged edge of desolation, that's what it is.

"I was one of the first carload of forty girls that was shipped up from Chicago. The factory was swarming with workmen putting in the machinery, and we girls couldn't begin work for a day or so, so we began hunting places to eat and sleep. That was a trifle that the employment folks hadn't thought of. The workmen were sleeping and eating in the cars that had brought them there, backed on the siding. Our only chance for beds and food was with those seven farmhouses, so we marched straight to the farmers' wives and asked for board and room.

Farmers' Wives Hospitable.

"I will say that those women were kind and hospitable. They fixed it up between them to feed us forty girls, and they gave us good food too. But for rooms, that was the question. They could reach spare rooms. That meant sleep five or six in a room. But right then along came the boss of the factory and told us the machinery was ready and he'd expect us girls to work double shifts, night and day.

"He wanted to make use of every minute, you see. But that gave us our chance as to sleeping. We fixed it up with the farm folks that we'd work double shifts and sleep double shifts too.

"So we planned it. Three girls would use a room from eight at night till six the next morning. Then they'd rotate over to the factory, and the three girls who'd been working all night would take the room and sleep till afternoon. It wasn't any luxurious slumber, believe me. The farm women had so few sheets and pillow cases that most of us slept without. And towels were scarce as diamonds on blackberry bushes. As to soap—well, the general store kept yellow bar soap, that kind that is so full of rosin you could use it to calk a ship. But we made out till the next three carloads of girls came rolling in. Then we went 'most distracted. Those poor girls had to sleep in tents and in the cars that the workmen had abandoned by this time, and they were lucky if they got a straw tick and a blanket. By this time it had turned raw cold, and maybe you know what late autumn nights in Michigan feel like. To cap the climax the farm folks cut down on food, and for a week it was potatoes and beans and mighty few beans at that.

Along Came a Miracle.

"But, right when we were about ready to quit our jobs and beat it for home, along came a miracle. Two quiet, businesslike women—climbed down from the eastbound train one morning. With them came eight workmen, a carload of quilting and tarp paper, another carload of cots and blankets and pillows and sheets and towels—brand new blankets and beds—think 'of the glory of that!—and bushes of dishes and rolls of allicho and enough burlap to carpet the country. You won't believe when I tell you that in ten days their workmen had a scantling-and-tarp-paper shack put up and burlap tacked over the walls, and the Y. W. C. A. secretary and her helper had set up board tables and coffee kettles and were serving us the grandest hot lunches every day. And back behind the burlap screens were set those rows of clean cots, with enough cover to keep you warm the coldest night that ever blew, and a tumbled piece for every single girl. Do you wonder that we all felt, at once, 'I'll wager the Fritz-Carlton has nothing on this!'

"Who were those women? Why, Y. W. C. A. secretaries, of course. I'd think you'd know that without being told. All over the country wherever we girls have pitched in to make aeroplanes cloth or overalls or munitions or canned goods you'll find a Y. W. C. A. secretary working harder than anybody else to make the girls comfortable and to keep them happy and well. Sometimes they have to deal with the worst of the world, but they don't let it get to them. They really need, but all ways they stretch every cent to make it do its level best for us. Do you wonder that we girl workers have learned to call the Y. W. C. A. our Big Sister—the very best Big Sister of all!

FIGHTING PARSON GETS WAR CROSS

John Clifford Wearing Y. M. C. A. Uniform, Proves Himself Real Hero

New York, Jan. 1.—There have many war heroes, but there is certainly no more conspicuously heroic figure than John H. Clifford, Baptist minister in time of peace, but real fighter in time of war, who has been awarded the Croix de Guerre for extraordinary heroism in action.

John Clifford, a Y. M. C. A. worker, braved the red wrath of war. He has been in the firing zone as much as the hardest infantryman and was decorated for a most unusual feat. He was one of three men who braved incessant enemy shell fire while rescuing Col. Albertus W. Catlin, commanding officer of the Sixth regiment of Marines. The trio carried the colonel to safety on a stretcher.

Mr. Clifford went over the top many times and was near being killed on several occasions. He is fifty-one years old and was born at Oxford, England, and has preached the gospel in many parts of the world. When given a chance to serve with the Y. M. C. A. in France, he knew that it was a good thing, and he jumped at it.

PERSHING SENDS MOTT NEW YEAR GREETINGS

Paris, Dec. 26.—Many times during the past year General Pershing has taken occasion to commend the work of the Y. M. C. A. for the soldiers of the A. E. F. and to express his kindest appreciation for the many good deeds done by the "Y" in this country.

On Christmas Day the commander of the American Expeditionary Forces sent the following telegram to Dr. John B. Mott, head of the National War Work Council:

"With a deep feeling of gratitude for the enormous contribution which the Army Young Men's Christian Association has made to the moral and physical welfare of the American Army, and for the splendid service which it has rendered, I send you my warmest wishes for the New Year."

MESSAGE TO Y. W. C. A. FROM FRANCE

I must express to you the very great satisfaction and most sincere gratitude of the French Government for the service rendered to the women working in Y. W. C. A. Government factories through the establishment of Y. W. C. A. Foyers des Alliees (clubrooms for munitionettes).

These foyers have been an excellent means for bettering the physical conditions and the morale of the women working in Y. W. C. A. Government factories through the establishment of Y. W. C. A. Foyers des Alliees (clubrooms for munitionettes).

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Soldiers Overseas To Serve For Y. M. C. A.; Fewer Men Go From U. S.

General Pershing Tells Y. M. C. A. to "Take Their Pick" From Men of A. E. F., Which Cuts Down Recruiting Program in This Country

Atlanta, Ga., Jan. 1.—The offer of General Pershing to release officers and men of the A. E. F. from military duty in order that their services might be utilized by the Y. M. C. A. resulted in the recruiting of a large number of soldiers for "Y" work, and naturally resulted in a decrease in the number of men being sent from this country overseas.

Up until the time General Pershing's offer was made, the Y. M. C. A. had done extensive recruiting for the purpose of sending a large number of workers overseas. But when it was learned that workers could be secured in France—men well fitted for the work because of their familiarity with conditions—the services of many men in the United States were not needed.

While many candidates for service overseas were disappointed over the outcome, the Y. M. C. A. General Pershing told the "Y" to take any soldier

Mastering English Words



FRENCH FACTORY GIRLS LEARNING ENGLISH IN A CLASS CONDUCTED BY THE Y.W.C.A.

SWEET CHOCOLATE CARRIED UNDER FIRE ENORMOUS AMOUNT OF SUPPLIES SENT BY Y. M. C. A.

Chocolate Furnished by Y. M. C. A. Arrives Just When It Is Needed

With the American Armies in France, Jan. 1.—Praising the men of Company D, 109th Machine Gun Battalion, 28th Division, Howard R. Keiser, a Y. M. C. A. man of Dunsellen, Fla., tells how, without food, they sent the sweet chocolate which he secured for them in an isolated platoon, which was under severe fire, across the Vesle river at Fismes.

It was during the heavy fighting at Chateau Thierry, that the men of the 109th Machine Gun Battalion got ahead of their supplies, and the sweet chocolate which the Y. M. C. A. managed to get to them, was especially welcome.

Y. M. C. A. SECRETARY HONORED FOR BRAVERY

Brooklyn Man Is Awarded Croix de Guerre by Commander of Polish Forces

Paris, Dec. 11.—For heroic and untiring work for the soldiers while under fire, Stanley Modra, of 2123 Canal avenue, Brooklyn, a Y. M. C. A. secretary, has just received the Croix de Guerre from General Haller, commander-in-chief of the Polish army, and has been mentioned in the official citations. He is the third Y. M. C. A. man thus honored for conspicuous bravery.

Modra has been with the Polish forces continuously since his arrival in France five months ago, and has given many notable exhibitions of gallantry and fidelity to duty. During the last days of the hostilities he served with the First division in the Vosges, in charge of a hut in a narrow valley between the first and second line trenches. From this hut he made trip after trip, carrying supplies to the men at the most advanced posts, and was under fire repeatedly.

DR. R. O. FLYNN AS "Y" WORKER

Well-Known Minister Leaves Pulpit to Take Up Work Overseas

Atlanta, Ga., Jan. 1.—Dr. Richard Orme Flynn, pastor of the North Ave. Presbyterian church, is going to France for the Y. M. C. A.

Dr. Flynn, who is one of the best known ministers in the Southeast, and who has a host of friends throughout this section of the country, will be engaged in special educational work, and will likely be overseas for some time.

Horticultural NEWS

METHODS OF GRAPE PRUNING

No Other Tree or Vine May Be Handled So Systematically—Essential Points Given.

By L. M. BENNINGTON.

So much has been written on this subject, and so many complicated methods set forth, that the essential points have been lost sight of, and those who cannot follow these methods to the letter just let the vineyard go without care.

Proper pruning is the most important item in grape culture, and there is no tree or vine which may be handled so systematically as the grape. With fruit trees a great deal has to be left to the judgment of the operator and the condition of the trees; not so with the grape, for there are certain rules which must be adhered to, leaving nothing to guess.

It is not enough to cut away half or two-thirds of the growth, for unless you have a proper knowledge of the fruit-bearing canes you may cut away the very ones you ought to let alone.

In the first place let us understand that some of the canes will produce fruit buds next year, while others will only make more wood.

It is not at all difficult to determine between the two. The fruit canes have the buds close together and these buds are short and plump. Such canes usually come from wood of the previous season's growth, while the long-jointed and unfruitful canes come from the older wood.

Let us remember, however, that these long-jointed canes in their turn produce fruit-bearing canes next year, and one or two bud spurs should be left on them, for the vineyardist must look a year ahead. The time for pruning grapevines is any time from the falling of the leaves in the fall till the sap rises in the spring, and no matter what kind of trellis you use, canopy, wire or even a single post for each vine, the essentials are the same; and these are, that two fruitful canes be left on each vine, three or four feet long, or containing ten or fifteen buds each.

These buds will produce fruitful vines for next year's pruning, as it is a well-established fact that canes growing out of these spurs are more apt to be vigorous and fruitful than those from canes that bore fruit this year.

If this has been looked after this year, all you will have to do next year is to pick out the canes from these two spurs, cut them to the desired length, removing all other wood except two spurs of the long-jointed wood for the forthcoming year.

Exact Copy of Wrapper.

PATENTS

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

GASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of Chat. H. Williams

In Use For Over Thirty Years

GASTORIA

The Woman's Tonic Sold Everywhere

Used 40 Years

GASTORIA

Under and by virtue of a certain deed of trust executed by A. M. Garwood to Alamo 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. 74 at page 188, default having been made in the payment of said bond, the undersigned trustee, will, on

MONDAY, JANUARY 27, 1918, at 12 o'clock P. M., at the court house door of Alamance county, in Graham, North Carolina, offer for sale to the highest bidder for cash, the 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 Mrs. P. H. White, Miss Zora Albright and others, the same being in the corporate limits of the city of Burlington, and bounded as follows:

Beginning at an iron bolt on the West side of the street—name unknown; running S. 83 1-2 deg. W. 327 feet to a rock, corner with Albright 27 acres to an iron bolt on said street and corner of Albright; thence N. 29 deg. W. 67 feet to the beginning, containing one acre, more or less.

Alamance Ins. & Real Estate Co., Trustee.

This December 23, 1918.

ARNOLD'S BALSAM

60 YEARS REPUTATION

ALL SUMMER SICKNESSES BY GRAHAM DRUG CO.

Certificate of Dissolution

To all to Whom These Presents May Come: Greeting:

Whereas, it appears to my satisfaction, by duly authenticated record of the proceedings for the voluntary liquidation, and the unanimous consent of all the stockholders, of the company known as the Arnold's Balsam Company, Inc., a corporation of the State of North Carolina, organized under the provisions of Chapter 21, revised of 1909, entitled "Corporations," and in compliance with the requirements of Chapter 21, revised of 1909, entitled "Corporations," that I, J. Bryan Grimes, secretary of said corporation, do hereby certify that the said corporation is dissolved as of this day, to-wit: the 11th day of December, 1917, and all affairs of said corporation are closed, and all its liabilities are paid, and I, J. Bryan Grimes, Secretary of said corporation, do hereby certify that the said corporation is dissolved as of this day, to-wit: the 11th day of December, 1917.

J. BRYAN GRIMES, Secretary of said corporation.

BANISH GRAY HAIR

Don't look old and gray—don't fall behind in life's procession bring back a natural, wavy, curly, or wavy hair in a perfectly healthful, simple way by using guaranteed Q-ban Hair Restorer.

You ought to have beautiful hair: dark, lustrous and silky. Q-ban is all ready to use—money back if not satisfied. Sold by Hayes Drug Co., and all good drug stores, 50c per large bottle. Try Q-ban Hair Tonic, Liquid Champoo, Soap, also Q-ban depilatory.

Plenty of exercise, fresh air, regular hours—is all the prescription you need to avoid influenza—unless through neglect or otherwise, a cold gets you. Then take—at once

Q-ban

Besides peace, the citizen must consider the approaching spring elections.

Inconsiderate winter landed with both feet in the lap of smiling autumn.

It appears that the German "reds" are merely flushed and rapidly becoming pale.

RUB-MY-TISM—Antiseptic, Relieves Rheumatism, Sprains, Neuralgia, etc.

Summons by Publication

NORTH CAROLINA—

In the Superior Court, Alamance County.

Judie Truitt, Mamie Kernode, Corinna Proxier, Lois Kernode, Infants, by their next friends, Murray and Walter Kernode, vs. Dr. J. L. Kernode and wife, Kerndode, Albert Simpson, Bettie Simpson, Lee Simpson, Joe Simpson, by their next friends, John Kernode and wife, Kernode, Ed. Kernode and wife, Kernode, Alene Kernode and A. B. Kernode.

The defendants above named and particularly Albert Simpson, Bettie Simpson, Lee Simpson, and A. B. Kernode will take notice that an action entitled as above has been commenced in the Superior Court of Alamance county to recover the sum of partition a certain tract of land in Alamance county, formerly belonging to Georgia Ann Kernode from whom it descended to plaintiffs and others who are wrongfully dispossessed of same and that defendants are proper parties to said action; and the said defendants will further take notice that they are required to appear at the term of Superior Court of said county to be held on the sixth Monday before the first Monday of March, 1918, at the court house of said county in Graham, N. C., and answer or demur to the complaint before the first Monday of the relief demanded in said complaint.

This December 11, 1918.

D. WALKER, Clerk Superior Court.

CASCARA QUININE

Standard cold remedy for 20 years—in tablet form—safe, effective—keeps you cool in 24 hours—relieves grip in 3 days. Money back if fails. The only cold remedy with Mr. Hill's picture. At All Drug Stores.

Plenty of exercise, fresh air, regular hours—is all the prescription you need to avoid influenza—unless through neglect or otherwise, a cold gets you. Then take—at once

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