

Health About Gone

Many thousands of women suffering from womanly trouble, 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 it cured me. I know, and my doctor knows, that 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... 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

Home Town Helps

ROOFS GIVEN MORE THOUGHT

Proper Care Bestowed on Them Has Been Found to Pay in More Ways Than One.

In course of the clean-up and paint-up movement, which produced good results in many towns and cities, repairs of all sorts were brought about. The householder who looked over his property in the spring, with a view of merely removing rubbish from back yards and alleys, found that there was much to be done, and as a result of recent experiences in war economies has been inclined to study methods of saving.

One of the interesting features of the "paint-up" activities has been unusual care in choosing colors. Since the ending of the war a wide range of colors is again offered, and more attention than at any previous time has been paid to general effect, according to reports received by the own-home service, United States department of labor. Roofs have been recognized as important in the color schemes, artistic results being obtained by the use of paint in harmonizing or contrasting hues.

As a matter of conservation in the clean-up and paint-up campaigns the repair of roofs has been studied and various methods have been employed to prevent the expense and labor of replacing wooden shingles. Preparations of asphalt are now commonly employed, for they have the advantage of recommending themselves to fire insurance companies and they are inexpensive. In several cities the slogan, "Save the old wooden shingles," has been incorporated with the regular paint-up and clean-up watchwords.

MADE ATTRACTIVE BY VINES

How Rapid-Growing Plants Will Hide Bare Appearance of Garden Flower Box.

A flower box with the side covered by vines presents an attractive appearance. Such a box is easily made by boring large holes in the side of the box and planting vines in the dirt inside of these holes, taking care to leave the foliage all on the outside.



while setting the roots deep into the soil. If planted with Vinca or Wandering Jew vines, which grow very rapidly, the box will be entirely hidden in a very short time.—Popular Mechanics Magazine.

Paths of Democracy. To accustom oneself to disregard the accidents of manner and station sufficiently to see the man as he is, to have a clear sight for genuine character under any of the disguises of unfamiliarity and prejudice, to know how simple and how common are the elements that go to the making of manhood, are the paths that lead to belief in democracy.—George E. Woodberry.

OUTLOOK FOR THE NEXT WHEAT AND OAT CROP

BY CHARLES A. WHITTLE, Soil Improvement Committee, Atlanta, Georgia.

The approach of wheat and oat sowing time raises a question in the farmer's mind as to the outlook for these crops. It is well known that under the stimulus of Government price an enormous wheat crop has been produced, a crop of approximately 1,200,000,000 bushels.

It is estimated that this country requires 600,000,000 bushels and that Europe will require from 410,000,000 to 460,000,000 bushels. If these figures prove correct, there will be a very little surplus left of the big crop of wheat this country has grown.

Since it appears to be probable that there will be no trouble to dispose of the present crop the next question is, what are the planting prospects for other wheat growing nations?

Of course the nations south of the equator, like Argentina and Australia, that have their summer when we are having our winter, have already sown their fall crops, and will harvest them next Christmas time. These nations have, thus far, good prospects; but they would hardly compare with any two leading wheat-growing states of this country; therefore, they are not important factors.

Russia is the great granary of Europe and Asia. Those who have watched the political trend of that country see nothing but war and paralyzed agriculture ahead another year, if not for several years.

European countries in general are short of labor. Demobilization of armies progresses slowly and the period for fall sowing of small grain in Europe will have passed before any material change can be made through recovery of labor from the armies.

Therefore, there is going to be a continued shortage of small grain in Europe, making it probably necessary for this country to supply as much grain next year as this.

But instead of the nation maintaining its wheat acreage, it is feared the withdrawal of the Government guarantee will result in a reduction. In the South it is not only a good farm practice to grow wheat, oats and rye enough for home needs, but it is very desirable, (1) to have winter cover crops that will take up the plant food that would otherwise wash out of the soil with the winter rains; (2) to provide light winter grazing for livestock; (3) to furnish in early spring some fresh cereal hay which will be the better if it has vetch or bur clover growing with it; (4) to furnish vegetable matter or humus to turn into the soil at the spring plowing.

If all the cotton and corn fields were sown to small grain in the fall, it would mean more cotton and corn, better soil, larger returns from fertilizers and greater farm profits.

Too little attention is given to obtaining good wheat, oats and rye seed; too little attention is given to preparing a good seed bed, and too little fertilizers are used in growing the small grain crops in the South. What is worth doing at all, is worth doing well.

ENORMOUS LOSS IN THRESHING

Million Bushels of Grain Lost Each Year Because of Inefficient Methods.

KEEP MACHINES IN REPAIR

Separators Out of Adjustment Are Cause of Greatest Trouble—Threshermen Should Study Manufacturer's Instructions.

(Prepared by the United States Department of Agriculture.)

Every important grain state has been losing over a million bushels of grain each year because of inefficient threshing methods, declare investigators of the United States department of agriculture. The government, by bringing this enormous loss to the attention of farmers and threshermen and showing them how to avoid it, saved 22,000,000 bushels of grain in the 21 states in which the educational work was carried on last year.

When an average of eight bushels of grain is lost on every farm in the United States at threshing time every year, that loss begins to have a personal meaning. With wheat worth \$2.20, it is well worth while to prevent that loss, if possible. And it is entirely possible. The chief source of loss is the inefficient operation of threshing machines.

Any standard threshing machine will do satisfactory work if kept in repair and operated intelligently. If the operator knows his machine, and sees that it is properly adjusted and operated, grain will come through clean and losses will be small. The farmer should know enough about the general operation of a threshing machine to detect poor work, which means a direct loss to him.

Adjust Separator Carefully. To do good work the separator must be set level, both crosswise and lengthwise, and then carefully adjusted to the particular job at hand. The greater part of the separation is done in the cylinder and immediately after the grain passes over it. If cracked grains are frequent there may be too much



Large pile shows grain wasted while threshing 2½ bushels—8 pints in this instance. Small pile shows grain wasted after adjustments had been made to machine—less than 1 pint. The unnecessary loss of 7 pints occurred every two minutes the separator was in operation. This means that 4½ per cent of the grain was lost.

end play of the cylinder, the speed may be too high, or the concaves may be set too high. The teeth may be crooked or too high and not centered. Too rapid speed will also crack grain. Dry grain demands a lower speed of the cylinder.

Unthreshed heads are often found in the tallage. This results from missing or broken teeth, or teeth too far apart, not centered, or badly worn; concave set too low, or concave with not enough teeth. The speed of the cylinder also causes many unthreshed heads. Damp, unripe or moldy grain requires more than normal speed of the cylinder to thresh it out well.

Operator Should Know Machine. Grain is lost through the improper adjustment of other parts of the separator as well as the cylinder, so it is evident that the operator must be thoroughly familiar with the entire machine. It may not be possible to save all the grain now lost, but the careless operator who does not know how to adjust the different parts of his machine will waste a great amount unnecessarily. He will surely have to make frequent stops for adjustment.

Every time a machine stops the whole crew must be idle until it starts again—a loss of time to everybody concerned. Manufacturers furnish instruction books on the care and operation of their threshing machines. They have spent years in experimenting, and they know how their machines should be run to secure the most satisfactory results. Manure used in connection with the threshing machine is due to his disregard of or even neglect to read the manufacturers' instructions.

There are other ways in which grain can be saved, but the proper operation of the separator is the most important. Efficient operation of the threshing machine should interest both threshermen and farmers.

Super-Butchery. "We caught him, forced him at the pistol point to give up the stolen property, and then cut off one of his ears. 'It will be both ears, and both hands, if I catch you again.'"—Pictorial Magazine.

Catches Falling Hairs. To catch hair as it is being cut by a barber, an inventor has patented a circular piece of fabric with the edges turned up, to be fastened around a man's neck.

Alaska Trees. In Alaska a willow tree of a species only a few inches high grows farther north than the hemlock, spruce or cedar, which are important cold-resisting trees.

Kissing Spot. Billy had been running errands for his mother, and to show her appreciation she offered him a penny. Billy looked disgusted and, glancing into her face, he exclaimed: "Oh, be a sport, ma, and pay me what it's worth!"

The Laborer and His Hire. Billy had been running errands for his mother, and to show her appreciation she offered him a penny. Billy looked disgusted and, glancing into her face, he exclaimed: "Oh, be a sport, ma, and pay me what it's worth!"

Learn Wisdom Through Folly. It is a great pity that we must experiment with a score of follies, most of them costly, before we can arrive at a point of wisdom.—Sir Richard Cooke.

A TIP FROM UNCLE SAM



To His Nieces and Nephews: "Beware of the man who offers you something 'just as good' for your Government securities."

REGULATION TO PREVENT INTERSTATE SHIPMENT OF TUBERCULAR CATTLE



It is impossible to tell the Tubercular from the Healthy Cows by External Appearance.

(Prepared by the United States Department of Agriculture.) The regulation prohibiting, after July 1, 1919, the interstate movement of cattle for breeding or dairy purposes unless they are properly tuberculin-tested, will prove to be a long step toward the control of tuberculosis and its eventual eradication in this country, according to officials of the United States department of agriculture. It supplements and strengthens state regulations on this subject.

The object of the regulation is specifically to prevent the interstate shipment of diseased animals to cattle breeders or dairymen who are trying to drive out or keep tuberculosis from their herds. Cattle consigned to a public stockyard, and steers and strictly range cattle may be moved interstate without restriction under the new regulation.

Copies of the regulation, which has been issued by the secretary of agriculture and is known as regulation seven of bureau of animal industry order 268, are being printed, and will be available soon for cattle owners, dealers, veterinarians and others who may desire them.

The regulation of interstate movement of cattle follows the same principle used successfully in the control of other animal diseases, and has been recommended to the department of agriculture by many cattle owners as an essential part of the campaign against tuberculosis, which is now getting well underway, and in which the federal government and 42 states are co-operating.

What Cattle May Be Moved. Cattle known to be tubercular may be moved interstate for immediate slaughter under federal inspection. They must be marked for identification and accompanied by a certificate showing their condition, that they may be shipped interstate, and the purpose for which they are shipped; transportation companies must identify the cattle as tubercular.

Not Appreciated. A tourist was being driven through a picturesque glen in Scotland, and while his companions went into raptures over the wild, weird, awe-inspiring features of the place he yawned over his cigar and newspaper. "Don't you like the glen, sir?" the driver asked, at a particularly striking spot. "Why," grunted the tourist, "I suppose it's all right, but I can't see any of the scenery for those wretched hills!"

Women Doctors. It was in 1874 that the London School of Medicine for Women was founded. This was the first of its kind. Shortly afterward women were allowed to take the medical degree of the Universities of Dublin, London and Durham. But it has been in more recent years that the fair sex in large numbers have ventured to practice.

Few Things Really Count. A man can pile up a palace of marble and live the life of a pauper within it, or he may be able to build only a hovel and yet live a princely life within its poor walls. The things that can really help or hinder a human soul are, after all, comparatively few.

Don't trifle with a cold—it's dangerous. You can't afford to risk influenza. Keep always at hand a box of

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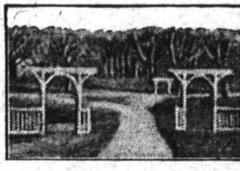
THE CENTAUR COMPANY, NEW YORK CITY.

Home Town Helps

GATEWAY THAT COSTS LITTLE

Entrance Constructed of Plain Lumber in Standard Dimension Always Easy to Procure.

The gateway here shown was very economically constructed by using lumber supplied in standard dimensions, reports Popular Mechanics Magazine. The uprights are 4 by 4 inches; the lower crosspieces and fence rails, 2 by 4 inches, and the fence spindles and upper crosspieces of the gate, 2 by 2 inches, as are also the short horizontal strips which extend at right angles between the crosspieces, to support vines over the archway. The arches are made of basswood, which is easily bent into shape after being soaked overnight in water. The structure was



By Using Cheap Lumber, an Ornamental Gateway is Erected at the Entrance to an Undeveloped Park at Trifling Cost.

Painted white, with the exception of the fence spindles, which were given a brown tone; but the color scheme in such a case depends on the surroundings. At very slight expense a gateway of this kind greatly improves the entrance to a farm, a small park, or even a private residence. The example shown stands at the side entrance to a large park, to serve until the development of the neighborhood will make possible something of a more substantial nature.

BETTER THAN WOODEN FENCE

Wall Constructed of Loose Stones Has Many Features of Superiority—Harmonizes With Nature.

The New England stone wall, as a feature in landscape scenery, is sometimes spoken of as a deformity; yet it cannot be denied that the same lines of wooden fence would mar the beauty of our prospect in a greater degree. On account of the loose manner in which the stones are laid one upon another, as well as the character of the materials, this wall harmonizes with the rude aspects of nature better than any kind of masonry. It seems to be less of a blemish than a trimmed hedge or any other kind of fence, unless in ornamental grounds. In wild pastures and lands devoted to rustic life, the stone wall is the most picturesque boundary mark that has yet been invented. A trimmed hedge in such places would present to the eye an intolerable formality. One of the charms of the loose stone wall is the manifest ease with which it may be overtopped. It menaces no infringement of our liberties. When we look abroad upon the face of a country subdivided only by long lines of loose stones, and overgrown with vines and shrubbery, we feel no sense of constraint. . . . Fences are deformities of prospect which we are obliged to use and tolerate. But the loose stone wall only is expressive of the freedom which is grateful to the traveler and the rambler.—Wilson Flagg.

Best to Build for Oneself.

The advice to the citizen to build his own home, if possible, is good. When a man builds for himself and his family he knows precisely what he gets, and he gets the kind of home he likes. It is better suited to the needs of himself and his family than is one that has been constructed for some other family. The cost of such construction may seem high, but good judges of values believe that an investment of this kind, made carefully and wisely, is the soundest and most satisfactory in the long run.

Slam at the Gentle Sex.

"If I saw any sho'-nuff beautiful mermaids," said Uncle Eben, "a lot o' human ladies would get jealous an' drown deirse's tryin' to imitate 'em."

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Summons by Publication

North Carolina, Alamance County, In the Superior Court.

Joseph Hendrix vs. Ida Walker Hendrix.

The defendant above named will take notice that an action for divorce entitled as above has been commenced in the Superior Court of Alamance county; and the 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 1st Monday after 1st Monday of September, 1919, at the court house of said county in Graham, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said complaint.

D. J. WALKER, C. S. C.
This 9th day of July, 1919.
Long & Long, Att'ys for plaintiff.
17 July 19

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Pain along the back, stiffness, headache and general laziness. Get a package of Mother Gray's Backache Remedy, the pleasant and safe remedy for Backache, Headache and Urinary troubles. When you feel all run down, tired, weak and without energy use this remedy. It is a combination of nature's herbs and roots. As a regulator it has no effect on the bowels. It is sold by Druggists or sent by mail for 50 cents sample sent free. Address, The Mother Gray Co., Le Roy, N. Y.