

Pains Were Terrific

Read how Mrs. Albert Gregory, of R. F. D. No. 1, Bluffton, S. C., got rid of her ills. "During . . . I was awfully weak . . . My pains were terrific. The bearing-down pains were actually so severe I could not stand the pressure of my hands on the lower part of my stomach . . . I simply felt as if life was but a short time. My husband was worried . . . One evening, while reading the Birthday Almanac, he came across a case similar to mine, and went straight for some Cardui for me to try.

TAKE

CARDUI

The Woman's Tonic

"I took it faithfully and the results were immediate," writes Mrs. Gregory. "I continued to get better, all my ills left me, and I went through . . . with no further trouble. My baby was fat and strong, and myself—thank God—was once more hale and hearty, can walk miles, do my work, though 44 years old, feel like a new person. All I owe to Cardui." For many years Cardui has been found helpful in building up the system when run down by disorders peculiar to women.

Take Cardui

Break your Cold or LaGrippe with few doses of 666.

Prepares Seed Bed With Disk

C. G. E., in Progressive Farmer.

Early in March I take the disk harrow and cut thoroughly the land that is to be made into pasture. After disking until I have a good seed bed I sow 10 pounds of red top and 10 to 20 pounds of lespedeza to the acre. On fairly good land some alsike clover is also seeded. This should be pastured but very lightly, the first season. I have, however, sowed spring oats very thickly when seeding grass and clover and got a great deal of grazing the first season.

Some Bermuda grass put in the land early in the spring will help the pasture a great deal. I prefer setting the sod to sowing Bermuda grass seed. I find the seed germinates all right, but the first winter will freeze it out, as it has but little root.

"Senator Harding is not a whirling dervish," asserts Senator New. He certainly is not. Now, that that is settled, what is he?

Carry chin up, chest up, waist back, weight on the balls of the feet. See how much less tired you get.

SUBSCRIBE FOR THE GLEANER

FRENCH STAGE HUMOR.

The French, who have an armory of critical terms both more exact and more abundant than ours, distinguish between three different kinds of stage humor, says Brander Matthews, writing in Munsey's Magazine. There is, first of all, the mere witticism, the sentence laughable in itself, the so-called "epigram," and this they term the mot d'esprit. Second, there is the phrase which derives its comic effect not from itself, but from its utterance at a given moment in the movement of the story; and this they speak of as the mot de situation. Thirdly, there is the word or sentence whereby a character expresses himself unexpectedly and characteristically, unconsciously turning the flashlight on the unexplored recesses of his own soul; and they are wont to call this the mot de caractere.

VALUE RECEIVED.

"Why are your rates so high?" said the man who wastes time arguing. "Your hotel isn't crowded." "No," answered the clerk with the serene smile. "The fact that the hotel isn't crowded makes it as comfortable and your bill is made out accordingly."

VALUABLE HORSE

SAVED

Expected Horse Would Die—Now Sleek and Healthy.

In reporting his experience, Mr. J. C. Huete, of Rock Bridge, Mo., Va., stated: "My horse is the best advertisement you would want for Dr. LeGear's Stock Powders. He was in a run down fix and poor and I thought he would die soon. I got some of Dr. LeGear's Stock Powders—and today he is as fine a looking horse as you can see in this section. I only used a few boxes of Dr. LeGear's Stock Powders."

Mr. Huete benefited by the advice of Dr. LeGear, Graduate Veterinarian, Surgeon of 27 years' experience. By following the Doctor's treatment, you can keep your stock sleek and healthy. Here's his offer to you. Get a package of Dr. LeGear's Stock Powders from your dealer; feed it to your horses, milk cows, steers, hogs, and sheep as per directions. If after a thorough trial, the results are not satisfactory, just return the empty carton and your money will be cheerfully refunded.

EXISTED IN GLACIAL PERIOD

"Fossil Cataracts" Found in Streams That Were Dried Up Thousands of Years Ago.

"Fossil" cataracts, so-called, have lately been identified in the northeastern part of the Adirondack mountains. They dried up many thousands of years ago, when the great ice sheet of the glacial period withdrew from the northeastern part of the United States, and from eastern Canada to the arctic regions, where it gathered its forces. These cataracts were in a stream that emptied a glacial lake that since has vanished, which covered a forked area in the valley of the east branch of the Au Sable river.

The front of the glacier dammed the waters melting from the ice, and prevented their outlet north, but they were able to flow in a channel extending south for nine miles through depressions now not occupied by any important streams. It is in these channels that the "fossil" cataracts are found. Some must have been impressive falls, for they existed long enough to gouge out large plunge basins, now represented at their base by small ponds. The streams which now occupy these prehistoric channels are too small ever to have produced this effect.

THE AMERICAN RED CROSS IN PEACE TIME



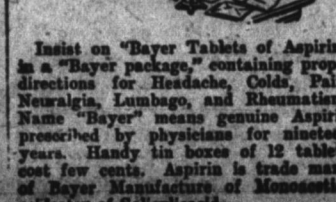
About 12,000,000 boys and girls, composing nearly half the school population of the United States, are members of the Junior Red Cross, which is helping the children of Europe, while at the same time it is doing an important work here at home. Kallian Chetworf, who wears the engaging smile shown in this picture, is the son of an Indian guide and trapper. He is the youngest Junior living in the neighborhood of Juneau, Alaska—and he sends greetings to fellow Juniors of the United States.

Wants Trees With History.

If you know where there is a tree with a history, the American Forestry association, at Washington, D. C.

ASPIRIN FOR HEADACHE

Name "Bayer" is on Genuine Aspirin—say Bayer



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacturing of Monastereich, Germany.

JUNIOR RED CROSS

WORKING AT HOME

Production of Sound American Citizenship the First Aim, Says Dr. Farrand.

On the badge of every member of the Junior Red Cross are the words "I Serve." That tells the story of the school children's branch of the American Red Cross and its efforts to bring happiness to children throughout the world.

Realizing that the time never was so propitious as right now for teaching the highest ideals of citizenship, the entire present program of the Junior Red Cross has been framed under the very inclusive phrase, "Training for Citizenship Through Service" for others. Since the Junior Red Cross is the agency through which the American Red Cross reaches the schoolboys and the schoolgirls, all its activities are designed to come within the regular school program, and without creating new courses or increasing the number of studies to lend its aid in vitalizing the work of the schools.

"The thing that is needed," says Dr. Livingston Farrand, Chairman of the American Red Cross Central Committee, "is not a perpetuation of the Junior Red Cross, but the training and breeding of sound American citizenship inspired by the true, fundamental ideals of sound democracy. One of the great conceptions in making the Red Cross a contributor to better citizenship in our American democracy is the realization that after all the sole hope of any nation is with the children of the country."

The plan of organization of the Junior Red Cross makes the school—public, parochial and private—the unit, not the individual pupils. Mutual service, helpful community work such as clean-up campaigns, care of the sick, promotion of health regulations, participation in civic and patriotic movements—all these creative agencies designed to translate into life and action the regular school program are parts of the machinery which the Junior Red Cross places at the disposal of the school authorities.

Graded study courses giving practical methods of civic training, supplemented by pamphlets and helpful suggestions, are supplied to the local schools by the Junior Red Cross. An elaborate plan for promoting an interchange of correspondence between children in different sections of the United States as well as with children in foreign lands is being devised and will take a prominent place in the established classroom program.

If promoting the general cause of child welfare, Red Cross courses in home hygiene and care of the sick, first aid, and dieting may be established in all Junior Red Cross Auxiliaries. The ideals and the objective of the Junior Red Cross are embodied in the pledge of service which the pupil takes when he signs the membership roll and pins on his coat the Junior's badge. The pledge which binds together service and citizenship reads: "We will seek in all ways to live up to the ideals of the Junior Red Cross and devote ourselves to its service. We will strive never to bring discredit to this, our country, by any unworthy act. We will reverse and obey our country's laws and do our best to inspire a like reverence and obedience in those about us. We will endeavor in all these ways, as good citizens, to transmit America greater, better and more beautiful than she was transmitted to us." At the foundation of this school program of the Junior Red Cross is a great love for America's children.

RED CROSS ACTIVE IN DISASTER RELIEF

When disaster hits a community—fire, flood, earthquake, explosion, bad wreck or tornado—the American Red Cross can be depended upon to follow right at its heels with help for the stricken people. Red Cross relief is almost immediately forthcoming—food, clothing, shelter and funds; doctors, nurses and special workers with long experience in handling similar trouble elsewhere.

During the last year, ending June 30, there was an average of four disasters a month in the United States. One hundred and fifty communities in twenty-seven states suffered. The largest and most destructive of these were the tidal waves at Copius Christi, Texas, and tornadoes in Mississippi, Louisiana, Alabama, Georgia, Ohio, Indiana and Illinois. In these events of horror 850 persons were killed, 1,500 were injured, 13,000 were made homeless, about 30,000 families needed help, the property loss was nearly \$100,000,000 and almost \$1,000,000 in relief funds, not including emergency supplies was expended. To the sufferers from all disasters during the year, the American Red Cross sent \$120,000 worth of supplies, 110 Red Cross nurses and seven special relief trains. To meet the needs of the stricken, the organization set up ten relief stations, operated thirty food canteens and as many emergency hospitals. One hundred and twenty-five Red Cross chapters gave disaster relief service. If disaster ever strikes this town or county, the citizens can be absolutely sure the Red Cross will be right on hand to help them in every way.

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. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA? Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing 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 *Dr. J. C. Fletcher* In Use For Over 30 Years The Kind You Have Always Bought

THE FAR-REACHING EFFECTS OF BLOOD DISORDERS

Pimples, Rash, Itching etc., the First Signs—New Form of Iron Clears the Skin and Brings Positive Benefit Quickly

It is impossible to estimate the extent to which human ills and disease owe their origin to disordered and impure blood. Think of the various forms of Kidney ailments that have their origin in diseased blood conditions. And no one questions that Rheumatism starts in blood. So it is important to watch the blood and to begin treatment at the first signs of disorder. By taking such troubles in time and through persistent attention, harmful results and much suffering can be avoided. Nearly everyone is familiar with the so-called blood disorders as evidenced by pimples, rash, itching, etc. It is not important whether these symptoms indicate eczema, salt rheum, scrofula, etc., but it is vitally imperative that the blood be given treatment to make it healthy. There should not be an instant's delay in doing this.

And the disfiguring effects produced by these blood impurities are embarrassing to the sufferer. A remedy should be used which not only drives the impurities out of the blood but which will at the same time remove every trace of pimple, rash and "breaking out." A positive and quick treatment for these blood disorders is supplied by Acid Iron Mineral—a new form of liquid iron. Its first function is to strengthen and purify the blood by putting iron into it. Thus impurities are driven out and the blood is enriched—the whole system is strengthened—the skin is made clear and free from blemish, perfect health throughout the body is established. Druggists will refund the purchase price of Acid Iron Mineral if it fails to give you satisfaction—it contains no alcohol or injurious drugs.

For Sale by All Good Druggists. Burwell & Duran and Jehu M. Scott & Co., Charlotte, N. C., Distributors.

HOME SERVICE FOR EVERYBODY IN NEED

Do you know what the present day Home Service of the American Red Cross is? Many people do not know that, besides completing the work for ex-service men, especially the disabled, it provides the same neighborly service to families in general that it formerly gave families of soldiers, sailors and marines. "Home Service covers a wide and varied field," says Frederick C. Munroe, general manager of the American Red Cross. "It gives aid to families in solving such problems as budget planning, marketing, tiding over times of financial stress, keeping children in school, helping crippled children, widowed and deserted mothers, children backward in school and children in conflict with the laws. It renders service to the homeless and transient, to the illiterate, to tenement dwellers, to the unemployed, and gives friendly assistance and advice to foreign speaking groups." In addition to helping families in the solution of their own problems, Home Service helps in strengthening the weak spots in the social life of communities. It joins hands with others to make communities safer, healthier and happier. Organizing action along lines in which the community is already interested is one of the objects of Home Service. It has established community meetings, patriotic celebrations, picnics and picnics. Rest rooms, recreation facilities, play supervisors and moving pictures have been provided. Through Home Service other agencies are influenced to bring about improved commercial amusements and better school facilities and to promote traveling libraries as well as to secure county agricultural and home demonstration agents. If you need assistance at any time, go to the secretary of the nearest Red Cross chapter and describe the situation. Your confidence will be secretly respected and every possible effort will be made to aid you.

Accept No Substitutes for **Thedford's BLACK-DRAUGHT** Purely Vegetable Liver Medicine

CHURCH-ROBBERS' LOOT.

A burglar broke into St. Paul's Episcopal church, New Rochelle, N. Y., the other night, drank all the communion wine and left with two solid silver communion plates and a solid silver and gold baptismal font. Entrance was gained by forcing a basement window. The thief examined the ice box and closets, finding the keys of the vestry room in a locker. The silver was all gifts from members and societies of the church. A silver and gold chalice was found on the floor of the vestry closet, where it evidently had escaped the burglar's notice.

BUY "DIAMOND DYES" DON'T RISK MATERIAL

Each package of "Diamond Dyes" contains directions so simple that any woman can dye any material without streaking, fading or running. Druggists has color card—Take no other dye!

ROYSTER'S FERTILIZERS

TRADE MARK FSR REGISTERED

Will Help the Labor Shortage

By growing more wheat on less acreage. They increase quantity improve quality and decrease danger from insects and diseases. To be sure of the best results from your wheat

Order Early and Order ROYSTER'S

By ordering early you help to relieve the serious car shortage and insure yourself against delay or disappointment. By ordering ROYSTER'S you secure the quality and service which have made the unusual popularity of these brands.

F. S. ROYSTER GUANO COMPANY

Norfolk, Virginia