

# IS YOUR HEALTH GRADUALLY SLIPPING?

Interesting Experience of a Texas Lady Who Declares That if More Women Knew About Cardui They Would Be Spared Much Sickness and Worry.

Navasota, Texas.—Mrs. W. M. Peden, of this place, relates the following interesting account of how she recovered her strength, having realized that she was actually losing her health:

"Health is the greatest thing in the world, and when you feel that gradually slipping away from you, you certainly sit up and take notice. That is what I did some time ago when I found myself in a very nervous, run-down condition of health. I was so tired and felt so listless I could hardly go at all.

"I was just no account for work. I would get a bucket of water and would feel so weak I would have to set it down before I felt like I could lift it to the shelf. In this condition, of course, to do even my housework was a task almost impossible to accomplish.

"I was . . . nervous and easily upset.

I couldn't rest well at night and was . . . just listless.

"I heard of Cardui and after reading I decided I had some female trouble that was pulling me down. I sent for Cardui and began it . . .

"In a very short while after I began the Cardui Home Treatment I saw an improvement and it wasn't long until I was all right—good appetite, splendid rest, and much stronger so that I easily did my house work.

"Later I took a bottle of Cardui as a tonic. I can recommend Cardui and gladly do so, for if more women knew, it would save a great deal of worry and sickness."

The enthusiastic praise of thousands of other women who have found Cardui helpful should convince you that it is worth trying. All druggists sell it. Y. 78

## Upon the Shoulders of these Ten Men Falls Southern Red Cross Leadership



ADVISORS AND COUNSELLORS FOR THE RED CROSS IN THE SOUTHERN DIVISION. They compose the membership of the advisory board for the Southern Division of the Red Cross, which supervises and suggests the administration of Red Cross work. The picture was taken at their first conference in Atlanta, and shows, besides members of the board, several Red Cross executives. In the picture, left to right, are: Hon. Eugene R. Black, chairman of the board; Dr. Livingston Farrand, of Washington, D. C., chairman of the Central Council of the American Red Cross; George E. Bennie, of Nashville, Tenn.; C. B. Bidwell, of Atlanta; Hon. Richard I. Manning, of Sumter, South Carolina; back row, C. F. Lambeth, of Thomasville, N. C.; Legare Davis, of Atlanta, assistant manager of the Southern Division of the Red Cross; Colonel Alex R. Lawton, Jr., of Savannah; J. L. McMillin, manager of the Southern Division of the Red Cross; and D. T. Edwards, of Kinross, N. C. Members of the board not in the picture are W. B. Wilbur, of Charleston, S. C.; Howard E. Harkishelmer, of Jacksonville, Fla., and Rev. T. S. McCallie, of Chattanooga, Tenn.

## "GREATEST MOTHER IN THE WORLD" IN FOURTH RED CROSS ROLL CALL

PUBLIC MEN AND WOMEN BY THOUSANDS LAY PLANS TO BREAK ALL MEMBERSHIP RECORDS

SOUTHERN DIVISION WORKERS ARE ACTIVE  
Terse Review of What Red Cross Has Done and Now Is Doing on Peace Working Basis

Atlanta, Ga., Oct. 30.—Public spirited men and women by thousands in the five states of the Southern Division of the American Red Cross, are laying their plans to break all membership records for the Red Cross when the Fourth Annual Roll Call is held from November 11 to November 25.

From every part of Georgia, Florida, North Carolina, South Carolina and Tennessee comes the report that community after community is organized for the Roll Call, and that many are only awaiting the word "Go!" to get their quota of members on the very first day.

The Roll Call is expected to be started by the renewal of memberships by every chapter worker in the division. There are 128 chapters organized for the Roll Call, and many more that are expected to complete their organization before Armistice Day, when the Roll Call opens.

The Roll Call Opens  
Memberships in the Red Cross are of five different classes, the annual \$1; the contributing, \$5; the sustaining, \$10; the life, \$50; and the patron, \$100. Any one can join under any one of these different classes in the Fourth Roll Call.

Quotas for the Fourth Roll Call have been based not on population, but on the plans of the different chapters for the coming year and their actual financial needs. The money, too, will be spent largely right where it is subscribed.

Of the annual memberships of \$1, fifty cents is kept by the chapter; the contributing membership of \$5, \$4 is kept by the chapter; of the sustaining membership of \$10, \$8 is kept by the chapter; of the life membership of \$50, and the patron membership of \$100, the chapter sends the entire returns to Washington, where the interest is used to carry on the national work of the Red Cross.

To those who are not as familiar as others with the work of the Red Cross since the war, a brief review will give an idea of what the Red Cross has done in the past two years and what it expects to accomplish for America in the next few years to come.

The Man in Uniform.  
It has held, course, as its first and most sacred duty its obligation to the man in uniform and to the men who fought and served for America in the world war. Red Cross has continued to serve the American Expeditionary Forces in Germany. Red Cross has continued to keep up its service to the 25,000 men at American military posts, at all of which it maintains a personnel to help out the boys in difficulties of bonus and back pay and transportation and the like, to help in family problems, to assist them in recreation and entertainment, to be, in short, the same "greatest mother" to them that the Red Cross was to the man overseas in 1917 and 1918.

Besides such service, Red Cross has given its care and attention to 53,000 former service men taking treatment in United States public health hospitals, it has put practically every man blinded in the world war into the Red Cross Institute for the blind at Baltimore, it has kept in touch with 80,000 returned soldiers and their families to give them help when it was most needed. For the fiscal year ending last June 30, it spent \$8,600,000 in military relief in the United States, exclusive of money spent by chapters in similar service.

That much for Red Cross work with

the military. To other citizens—the afflicted, the diseased, the disaster-stricken—Red Cross has been the friend, the shield, the helper.

Red Cross health work has been one of the prime factors in its peace program, and will continue to be pushed on an even greater and more universally beneficial scale. One has but to mention the 15,000 Red Cross nurses who were on duty during the influenza epidemic last year, to inspire the people to rejoin the Red Cross, if only to carry on such splendid work as this.

15,000 Health Centers  
Then there are the health centers the Red Cross has inaugurated in about 15,000 communities, through which health education has been spread, disease checked and many of the 750,000 annual deaths in the United States from remedial causes prevented. More than one thousand Red Cross nurses are working in the rural communities of America, where their services are most in demand. More of this work than ever will be done by the Red Cross next year, and it is hoped to put a public health nurse in every county where the need is great and the people sufficiently interested.

Much other splendid work has been done and will continue to be done by the Red Cross in teaching people how to get well and keep well. There are First Aid classes of the Red Cross, which taught more than a million Americans last year what to do before the doctor comes. The toll of deaths in America from accidents each year is more than 100,000, of whom 7,000 are drowned. The Red Cross has been particularly active in the South in organizing Life Saving corps to stop such lamentable and preventable loss of life as this. Many Southern papers in the past year have carried accounts of rescues at beaches and lakes where life was saved by Red Cross first aiders. Other classes of this character that have accomplished splendid work are the classes in home hygiene and care of the sick, and classes in home dietetics, in which last year more than 90,000 women and girls of America learned how to care for the sick people in their homes and what is best for the family to eat in order for the members to keep well and strong.

Right On The Job  
Disaster relief has been the job of Red Cross for many years past. During the Wall street explosion not so long ago, Red Cross was on the job with doctors and nurses almost as soon as the police and as a result a number of lives were saved outright and many wounded people kept from being invalids and cripples for life. People in the South will recall the numbers of times when Red Cross has been the only relief and helper in time of flood and fire in several communities. In the 39 years of its existence Red Cross has given relief in 250 floods, fires, tornadoes and other disasters and last year alone it gave aid to more than 30,000 unfortunate in 150 different communities.

While so much has been done by Red Cross in America in the last two years, it has not stopped administering wise, economical but unstinted aid to starving peoples in other lands. By fighting typhus, cholera, tuberculosis and other horrible diseases in fever-ridden European countries, Red Cross has saved thousands of lives, particularly those of women and children who had no one else to turn to save the "greatest mother in the world."

## SPLENDID RECORD OF RED CROSS IN NORTH CAROLINA

Work of Society Throughout State Has Been of Great Aid to All.

ACTIVITIES BROADENING

Aid to Soldiers and Public Health Nursing Are Two Outstanding Features

Atlanta, Ga., Oct. 30.—Leaders of American Red Cross in North Carolina are planning to base their appeal for memberships in the Fourth Red Cross Roll Call, November 11-25, not simply on the general worthiness of the Red Cross cause, but on the specific work Red Cross has done for the state in the last two years since the signing of the armistice.

They declare, in letters to Division headquarters here, their confidence that, once the people of North Carolina, realize the actual service Red Cross has given them in peace as well as in war, and the fact that such service can be continued and broadened on a greater scale than ever with proper support, they will eagerly renew their memberships, and will do all in their power to secure a record membership throughout the state.

In order to emphasize the splendid asset the Red Cross has been to North Carolina since the war, they have made a report on Red Cross work in North Carolina, which was given out at Division headquarters here recently.

"The first mission of the Red Cross in North Carolina, as the country

The report says in part: over, has been to care for the interests of the ex-service man and his family. This duty the Red Cross has discharged since the war at the rate of 1,840 cases—soldiers' and sailors' families—a month, assisted in a variety of ways. In addition, the Red Cross has been able in North Carolina to help 759 civilians or civilians' families, to put the state's public nursing service on a firm footing, to install 22 public health nurses in the state, conduct 175 classes in home hygiene and care of the sick, teach more than 3,000 students, these principles and knowledge of dietetics, look after the tubercular soldiers at Otseu, teach first aid in high schools and colleges, train a large number of social service workers, and interest more than 35,000 North Carolina children in the work of the Junior Red Cross."

The report states there are 132 Red Cross chapters in North Carolina, with a total membership of about 98,000 and with 124 full-time secretaries and workers, of whom 8 are trained workers, 33 are paid workers, and the rest are volunteers.

Red Cross Nursing Service  
The report gives examples of specific nursing activities at Andrews, Ashboro, Boone, Bryson City, Carthage, Chapel Hill, Gastonia, Highlands, Edgecombe county, Morgantown, New Bern, Newton, Catawba county, Oxford, Granville county, Salisbury, Rowan county, Tarboro, Washington, Wilson and other North Carolina towns where, states the report, "any citizen will testify to the value of Red Cross nursing service, particularly during the influenza epidemic, when all of the nurses worked to the limit of their endurance, to which fact many people owe their lives."

The report comments on the number of social workers trained for service in North Carolina, and mentions the Red Cross Institute being conducted in co-operation with the University of North Carolina at Chapel Hill. It describes community studies which have been made, such as at Raleigh, N. C., tells of the first aid courses conducted at a number of chapters, relates the work of the Red Cross for patients at Otseu, and concludes with a description work by the Junior Red Cross, ranging all the way from "bird dinners" given by Wilmington; Junior to dolls and washings made by the Juniors of Statesville, Mooreville and Charlotte.

# 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 *Chas. H. 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 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.

## WHY ARE YOU RUN-DOWN NERVOUS AND WEAK?

Your Blood Needs Iron to Give You Energy, Power, Strength and Endurance

How is your appetite? Do you relish the food you eat? Do you tire easily? Are you pale and sickly looking? Do you get nervous? Do you sleep well?  
These are questions you should ask yourself frequently. You owe it to yourself and those around you to keep in as good condition of health as possible. Neglect of little things often leads to serious and complicated sicknesses.  
You must not neglect to keep your blood pure and in condition so that it carries life and health and vigor to all parts of the body.  
At the first sign of fatigue or weakness at any point begin to strengthen the system through the blood. It is the surest way, for healthy blood carries strength to the nerves, power to the muscles, and replaces weakness with vigor.  
There is nothing that can compare with Acid Iron Mineral for enriching the blood and making this life fluid pulsating with health and energy.  
Ask your druggist for Acid Iron Mineral. He will tell you that it is a natural form of soluble iron—the only form of iron which can be absorbed by the blood in sufficient quantities to bring quick and lasting results. It will give you natural strength, for it is a remarkable blood tonic and body builder.

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

### THEY HAD TWO QUARTS.

His eyes were bleary and his hand was shaky when he met an old pal on the street.  
"I wish I could have met you yesterday," he said to his old pal. "I had two quarts of liquor. Where were you last night, anyway?"  
"Where was I?" replied his old pal. "Why, you darn fool, I spent the night with you!"—Cincinnati Enquirer.

### SUFFICIENT.

"Did your audience find your arguments sufficient?"  
"They must have," replied Senator Sorghum. "The committee sent a man up to whisper to me that it was getting late and I had said all that was necessary."

### VALUABLE HORSE SAVED

Expected Horse Would Die—Now Sleek and Healthy.

In reporting his experience, Mr. J. C. Hunte, of Rock Bridge Baths, 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. Hunte benefited by the advice of Dr. LeGear, Graduate Veterinary 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.—Dr. L. P. LeGear, Med. Co., St. Louis, Mo.

### Accept No Substitutes for Theford's

**BLACK-DRAUGHT**  
Purely Vegetable Liver Medicine

Making a Movie.  
"A big touring car whirled around a corner with two men standing up in the tonneau and firing at another car full of policemen in pursuit."  
"Yes, yes."  
"As I stood paralyzed in my tracks I thought I heard bullets spattering all around me."  
"Go on."  
"Just as I leaned against a telephone pole to keep from falling in a faint I heard a voice behind me say, 'Cut it, Bill. We're due back at the studio.'—Birmingham Age-Herald.

A Wet Hump.  
Recently at one of the towns on the Canadian border a goat severely butted a hunchback, and a sharp-eyed customs official perceived that, succeeding the assault, the man's lump was out of place. Upon further examination it was found that the man was perfectly formed, though diminutive, and that his "hump," when detached, was a two-quart receptacle filled with whisky.—Brooklyn Eagle.

### 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. Dyes in color card—Take no other dye!

# FARM STOCK

SCRUBS BEING CLEANED OUT

West Virginia Stockmen Making Vigorous Effort to Drive Out All Scrub Bulls.

(Prepared by the United States Department of Agriculture.)

West Virginia—largely regarded as a mineral-producing state—is on the war-path to increase beef cattle production and its output, of dairy products by eradicating scrub bulls, which are primary offenders against profitable and progressive live stock husbandry. Within a few months parts of West Virginia where the campaign is most active expect to round out a clean-up which will eliminate the scrub bulls and leave the purebreds as monarchs of all they survey. The case of Roane county, W. Va., is an example of what West Virginia stockmen accomplish when they go over the top. The live stock specialists of the State agricultural college, the county agent and officers of the Roane county farm bureau have solidly backed up the scrub sire clean-up.

"Not a single man turned us down," remarked the live stock specialist in telling how the campaign to oust the scrubs was conducted.

"The first of the year our local stockmen made a declaration of independence against scrub bulls, and work was begun promptly in taking a thorough bull census. This investigation of sire ancestry showed that there were 200 bulls in the county, of which 102 were misfit grades and scrubs, while 98 were registered pure-breds. There were 57 registered Herefords, 28 registered Angus, and 13 registered Short-horns. Fortunately, the army of 102 grades and scrubs was not as formidable as it looked on the paper, because 60 of these low grade sires were yearlings. Furthermore, the census showed that there were only 30 men who actually made a practice of keeping a scrub bull."

By correspondence and personal contact with farmers the state live stock agent and the county agent waged the battle. These men toured the county

day after day visiting the scrub bull owners, holding meetings, and requesting influential farmers to assist in relegating the scrub sires into the live-stock scrap heap. In the main the scrub bull owners, once they learned the purpose of the campaign, and once



A Typical "Native" Scrub Bull, an Obstacle to Progress in Live-Stock Improvement.

they appreciated the benefits which would result if they substituted purebred sires for the mongrels, were glad to dispose of their inferior herd-headers. Detailed figures showing the increased value of calves sired by purebreds over calves of scrub parentage were particularly convincing in gaining converts. Most of the scrub bull owners were prompt in admitting the error of their live-stock raising ways. The Roane county banks have aided the movement to replace poor bulls with good ones. Every bank in the county has offered to lend money at 6 per cent to farmers for the purpose of purchasing pure-bred sires as substitutes for their scrubs.

### BOYLIKE PRINCE.

Admiral Halsey, who escorted the prince of Wales in Australia, must have had some anxious moments when the prince went careering off on a strange race horse, for instance; and bored moments when the prince, with boyish delight, danced and danced, forgetting the lateness of the hour. On one occasion in Melbourne, as the prince showed no signs of retiring, the admiral instructed the band to play "God Save the King" by way of closing. When it was finished the prince said: "Now that they have put father to bed, we will start again."—Christian Science Monitor.

## As Dead as the Dodo



Every druggist in town—your druggist and everybody's druggist has noticed a great falling off in the sale of calomel. They all give the same reason. Dodson's Liver Tone is taking its place.

"Calomel is dangerous and people know it, while Dodson's Liver Tone is perfectly safe and gives better results," said a prominent local druggist.

### Take "Dodson's Liver Tone" Instead!

Dodson's Liver Tone is personally guaranteed by every druggist who sells it. A large bottle costs but a few cents, and if it fails to give easy relief in every case of liver sluggishness and constipation, you have only to ask for your money back.  
Dodson's Liver Tone is a pleasant-tasting, purely vegetable remedy, harmless to both children and adults.

Take a spoonful at night and wake up feeling fine; no biliousness, sick headache, acid stomach or constipated bowels. It doesn't gripe or cause inconvenience all the next day like violent calomel. Take a dose of calomel today and tomorrow you will feel weak, sick and nauseated. Don't lose a day's work! Take Dodson's Liver Tone instead and feel fine, full of vigor and ambition.