

Makes Healthy Bowels

THIS simple rule of health is daily called attention to by every doctor in the land, whose first question to the patient almost invariably is, "Are your bowels regular?" Yet there's not one person in fifty who takes proper care of the bowels. And the result of this foolish neglect is nine-tenths of all ill-health.

If today you are unable to free your body of waste matter at the usual time, or if the act causes straining, pains and discomfort, *don't let that condition occur again tomorrow.* Unless your bowels can carry away the waste materials left after food is digested, decay sets in, the poisons of which, taken up by the blood, increase the risk of Typhoid Fever, Appendicitis, and many other serious diseases.

In treating constipation, there is a *right way* and a *wrong way.* The *wrong way* is to take harsh purgatives which even though they do clear the bowels, cause griping and nausea, injure the delicate tissues, and so disturb the normal functions as to cause the return of constipation. The *right way* is to help Nature to produce natural movement, without pain or discomfort, by using

Rexall Orderlies

More Than One Hundred Million Were Sold Last Year

This enormous quantity was used with good results by busy men who suffered from constipation, due to lack of exercise, or indigestion caused by overwork—by children whose parents realize the harmful effect of common purgatives—by old people whose systems cannot stand anything harsh—by women during pregnancy, and after childbirth, when any medicine with a violent action would be particularly dangerous. Many of these people are your neighbors and friends. Ask anyone who has ever used them—they'll tell you Rexall Orderlies satisfied and helped them.

—a gentle laxative in the form of a chocolate-tasting tablet. One of these tablets eaten just before going to bed will help to restore your bowels to normal activity at a time when, your body being at rest, the medicine can do its best work. As a result of taking that tablet (or say two, if your case is obstinate), your bowels will move easily and naturally in the morning. The use of Rexall Orderlies for a few days afterward will restore normal regularity. Even chronic constipation is benefited by them, and it is not necessary to continue the treatment for a long time, because, instead of driving Nature, they simply help her to help herself.

Sold only at the more than 7,000 Rexall Stores and in this town only by us. Invest pocket tin boxes, 10c, 25c, 50c

This Is Our Guarantee—You Risk No Money

If Rexall Orderlies do not make your bowels act right, tell us so and we'll give back your money without asking a single question. There is no red tape to this guarantee. It means just what it says. You sign nothing. We won't hesitate, or ask you any questions. Your word is enough. If Rexall Orderlies do not do all you expect them to—if you don't feel better after using them and find that they are the pleasantest-acting and best laxative you have ever used, we want you to tell us and get your money back.

Standard Drug Company and the Rexall Store

Asheboro, North Carolina

Rexall Means "KING OF ALL" — Ours is The Rexall Store in this town.

For that HEADACHE take
BRO-MAL-GINE



You'll be Glad in Ten Minutes

AGTS LIKE MAGIC—ABSOLUTELY HARMLESS
10c, 25c, 50c. Bottles at Drug Stores FIVE CENTS AT FOUNTAINS
THE BROMALGINE COMPANY, Goldsboro, N. C.

Diversified Farming Is Making the South

Planters are finding that it pays to rotate crops. Corn, hay and cotton follow each other with a sure profit. Besides raising diversified crops, more planters use fertilizers containing

POTASH

enough to balance the phosphoric acid.

Enough Potash means at least as much Potash as phosphoric acid.

To get full value out of your fertilizer, insist on high-grade goods. If your dealer doesn't carry such grades, buy Potash separately. **Potash Pays.**

We will sell you any amount from one 200-lb. bag at

GERMAN HALL WORKS, Inc.
42 Broadway, New York
Chicago, St. Louis, St. Paul, Minneapolis, St. Paul, Wash. D. C., San Francisco, 25 California St., Atlanta, Empire Bldg.

3 — Equals — 25

A startling statement but a true one in this case. One teaspoonful of medicine and two pounds of your own ground feed (cost about 3 cents) equal, in what they do for your animals and fowls, two pounds of any ready-made stock or poultry tonic (price 25 cents). There you are! If you don't believe it, try it out! Buy, today, a can of—

Bee Dee STOCK & POULTRY MEDICINE

Changes feed into milk—Makes it worth producing.

Write for a trial package of Bee Dee STOCK & POULTRY MEDICINE, also our 25 page, illustrated book, fully explaining its use. Address: Bee Dee Stock Medicine Company, Chattanooga, Tenn.

25c, 50c and \$1. per can. At your dealer's.

Have Galvanized Steel Roofing and Galvanized Wire Fencing which we offer at reduced prices. Come to see us before it is all gone.

McCrary-Redding Hardware Co.
Asheboro, N. Carolina

Canada and Europe.
The total area of the Dominion of Canada is only 237,000 square miles less than the whole continent of Europe. In other words, if the state of Texas were added to the Dominion it would be 30,000 square miles larger than all Europe, Great Britain and Ireland.

NOTICE.

Having qualified as administrator d. b. n. on the estate of Delphina Hill, deceased, before W.C. Hammond, Clerk of the Superior Court of Randolph county, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 19th day of March, 1915, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

This 11th day of March, 1914.
J. A. McRAE.

Notice of Surviving Partners.

As surviving partners of F. T. Finch, J. S. Spencer and W. S. Thayer, trading as W. S. Thayer and Co., this is to notify all persons holding claims against said company to present them to the undersigned, or either of them, on or before the 14th day of March, 1915. All persons indebted to said company are expected to make immediate payment and settlement.

This 16th day of Feb., 1914.
F. T. FINCH,
J. S. SPENCER,
Surviving Partners

SHORTHAND IN 30 DAYS

We absolutely guarantee to teach shorthand complete in only thirty days. You can learn in spare time in your own home, no matter where you live. No need to spend months as with old systems. **Boyd's Syllabic System is easy to learn—easy to write—easy to read. Simple Practical. Speedy. Sure. No ruled lines. No positions. No shading as in other systems. No long lists of word signs to confuse. Only nine characters to learn and you have the entire English language at your absolute command. The best system for stenographers and railroad men. Lawyers, ministers, teachers, physicians, literary folk and business men and women may now learn shorthand for their own use. Does not take continual daily practice as with other systems. On graduates hold high grade positions everywhere. Send today for booklet, testimonials, etc.**

Chicago Correspondence Schools
339 Chicago Opera House Block,
Chicago, Ill.

An Interesting Letter Written From Fredericksburg, Va., During the War.

One day last week Mr. A. Q. Jones of Greensboro showed Rev. J. F. McCulloch a letter which was written by his father to his mother during the war while Mr. Jones was at Fredericksburg, Va. Mr. Jones' mother lived near Gray's Chapel, this county, where she received the letter. It was addressed to Furgess P. O. Guilford county. The envelope is of manilla paper and has two five-cent Confederate postage stamps.

The letter is a family treasure, but Mr. Jones permitted Mr. McCulloch to copy the following items of general interest which will be of interest to our readers:

"This is the coldest spring that I ever saw in all my life. We had a large snow the last day of March and today is so cold as ever winter is at home and we have to carry our wood that we burn a half mile. Clothing is very high and everything else. I bought me an overcoat for sixteen dollars, a pocket knife for five dollars, and a steel pen for \$1.25 and a small bottle of ink for 50 cents. Tobacco is worth \$3 a plug. Dried apple pies, \$1; soda, \$6 a pound.

"I would like to come home very much, but I expect it will be a long time before I get to come with out I get sick. You need not make yourself uneasy about me, for I think the time is coming when I will be at home with you all again. Day before yesterday I saw two more men whipped and I expect to see more whipped yet."

Secretary Bryan Gives Newspaper Men Smoker.

Secretary William J. Bryan's fifty-fourth birthday anniversary was celebrated last Saturday on a scale quite unusual. One of the features was a smoker given by the Secretary to his many friends among the newspaper men, whose duties bring them into close daily association with him. Mr. Bryan gave his guests this thought from James Russell Lowell to carry back to their work:

"Get but the truth once uttered, and it is like a star new born, that drops into its place and which, once circling in its placid round, not all the tumult of the earth can shake."

The Secretary and Mrs. Bryan later in the day gave a reception to officials and employes of the Department of State and the ladies of their families.

Secretary Bryan had expected to celebrate the day by signing peace treaties with Brazil, Argentina and Chile, but the conventions were not prepared in time.

President Wilson wrote Secretary Bryan a birthday letter, which was not made public, but was described by officials as being one of warm congratulation.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute, Chicago.)

LESSON FOR MARCH 29

JESUS THE GREAT TEACHER.

(Review.)

READING LESSON—Matt. 7:21-23
GOLDEN TEXT—"He hath showed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God."—Micah 6:8.

There is no chronological order to the lessons for the past quarter, though they have all been selected from the period of the Persian ministry of our Lord. The thought of the Golden Text, rather than the reading lesson, will serve to give us a connected review.

The lessons have chiefly concerned Jesus as the great Teacher, thus we notice the inclusive note of the first clause of the Golden Text, "He hath showed thee, O man, what is good." As an exposition of that note we have presented God's plan of action, outward, "to do justly, and to love mercy," and inwardly "to walk humbly with thy God." With this thought in mind let us divide lessons of the quarters into two sections: (1) The first seven lessons which have to do with man's relation to the kingdom in its outward manifestation, and (2) the remaining five that have to do with "walking humbly with thy God."

As Children.

I. The first section. In order to keep this two-fold thought before us, we must observe carefully the several golden texts. In the first lesson we have set before us the manner whereby we are to enter into this new kingdom. We must enter as children and the Golden Text, "Likewise, ye younger, be subject unto the elder . . . for God resisteth the proud, but giveth grace to the humble," illustrates the humility of children and the necessity of our right relationship to them. The second lesson deals with the possibility of co-operation with him in service, as when the 70 went before his face. Great privileges, however, when abused, bring condemnation and degradation. "It is not you that speak, but the Spirit of your Father that speaketh in you." The third lesson—"The Good Samaritan"—is another expression of the outward walk of life, that of loving mercy. True love never asks who it may, but rather who it can, serve. It always manifests itself in sacrifice and in service—"Thou shalt love thy neighbor as thyself."

The story of service actually rendered to our Lord in the days of his flesh is the subject of the fourth lesson. All other interests and ties must be secondary to our allegiance and obedience to him—"Inasmuch as ye did it unto one of these, my brethren, even these least, ye did it unto me."

The fifth lesson concerns prayer. The parable of the unfriendly neighbor and the effect of prayer to bring about just relations is revealed in the Golden Text which is the heart of that lesson. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." The sixth lesson still continues to treat this outward aspect and reveals to us the fact that great as Satan is, our Lord Jesus has far greater power.

Must Walk Humbly.

II. The second section. We now come to a group of lessons that seem to emphasize the second part of God's requirements, as expressed in the Golden Text for today, viz., "and to walk humbly with thy God." This is the inward, personal, relation with God, as against our outward, right-ous relations with men. These remaining lessons deal with the abiding principles of discipleship which Jesus gave to his followers. The eighth lesson reveals the principle of a true confession of Christ to be that of the faith which makes fear impossible. We are to fear God alone. In the ninth lesson we see that the true fulfillment of life is that of having the heart set upon the true treasure, which is spiritual, rather than upon the false treasure which is material, for, "Where your treasure is, there will be your heart also." In lesson ten we have set before us the principle of faithful service which is that of watchfulness for the returning King, and which expresses itself in perpetual service in his interest and on behalf of his household. "Blessed are those servants whom the Lord, when he cometh, shall find watching." The principle of the religion of Christ is that of compassion (lesson 11), and the true sanction of the Sabbath is fulfilled in such service as makes the Sabbath possible to those who are in need. It is, therefore, lawful to do good on the Sabbath.

Lesson 12 deals with the vital issue of this second section, viz., that it is of far more importance that we be in the kingdom than any other issue. We must put forth strenuous efforts that we may enter the narrow door. The kingdom of God is doing the will of God, rather than calling him Lord! Lord! "Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom of heaven."

Thus as we hastily look over these lessons from these two viewpoints, we are led to conclude with the first declaration of the Golden Text for the day.

LOOK AT YOURSELF

Is Suffering Writing Lines In your Face?



Many a handsome woman looks in the glass and sees the premature lines of the old hag already beginning to show in her face. Secret suffering and sickness is writing those lines every day plainer and plainer.

They don't know what to do. Their aches, their bodies ache; poor appetite, bad digestion, sallow skins, drooping shoulders, always a tired, probably suffering from organic or functional trouble peculiar to women. Doctors don't seem to help them. It's pitiful.

But there is a way out. A distinguished Southern physician gave a life time of constant study to perfecting a remedy for suffering women and when he had perfected it he rightly called it *Stella Vitae*, the star of life.

All dealers sell it and so certain are they that they guarantee to give you your money back if *Stella Vitae* doesn't benefit you. If you want to stop that nagging pain, aid your digestion, clear up your complexion and regain your physical attractions try a bottle of *Stella Vitae*. Try it today. Don't hesitate, for it costs you nothing if it fails to benefit you. Your dealer sells it in 51 bottles. Teacher Medicine Co., at Chattanooga, Tenn.

Rev. A. W. Plyler of Lexington Preaches Sermon On Methodism.

Rev. A. W. Plyler, a former pastor of Asheville, preached an able sermon on Methodism last week. We quote from The Dispatch.

Rev. A. W. Plyler preached a very interesting sermon Sunday night on the Methodist church as a "revival." He began with the beginning of Methodism at a time when the Christian Church faced extinction. It was dying of "dry rot" when the "revival" came. He traced the wonderful growth of the church from the days of the Wesleys up to the present and showed the terrible hardships endured by the early Methodist pioneers. The first Methodist conference in the United States was held in Philadelphia in 1773. 18 Methodist preachers, all natives of England, attended. They represented 1,100 people. Soon all of these ten Englishmen gave up their work in America and it was left mainly to native workers, poorly trained and badly equipped but very zealous in the work. Today the Methodist church in all its branches, numbers 7,100,000 members in the United States.

A Word to Newspaper Readers.

The Yadkin Valley Herald, published twice-a-week at Salisbury, is to put two canvassers in the field early in April to extend the circulation of the paper in Rowan and adjoining counties. The publishers of The Herald are seeking to make it the Great Home Weekly for Piedmont North Carolina. Sample copies of this eight-page, twice-a-week paper for the asking. One dollar gets it for a year, also a premium.

Establishment of Night Schools in Harnett County.

It is reported that night schools for illiterates, such as have been successfully operated in Kentucky, have been opened at two points in Harnett county and that they are patronized by women from 35 to 50 years old and by men up to 60, some of them grandfathers.

Harnett county is to be congratulated on this move. Every county in the State should look into her illiteracy and try to remedy it.

Retired Georgia Planter's Advice to Kidney Sufferers

Regarding the wonderful curative merits of your Swamp-Root, I cannot say too much. After suffering severely for three years or more with severe pains caused by weak kidneys, I was finally induced to try Swamp-Root through a testimonial I read in one of the newspapers. I was in such a condition that I was obliged to arise from my bed six or eight times every night. I purchased a fifty-cent bottle and before it was used I felt so much relief that I purchased a one dollar bottle and by the time this was taken the old pains had left my back and I could sleep the whole night through. I am a retired planter 70 years of age and owing to Dr. Kilmer's Swamp-Root, I am in the best of health and feel like a boy. I am always glad to recommend Swamp-Root to those who are in need of it. a

Sincerely yours,
C. E. USSERY,
Bowersville, Ga.

Personally appeared before me this 8th day of September, 1909, C. E. USSERY, who subscribed the above statement and made oath that the same is true in substance and in fact.

T. H. McLANE,
Notary Public.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You.

Send ten cents to Dr. Kilmer and Co., Binghamton, N. Y. for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information telling about the kidneys and bladder. When writing, be sure and mention the Asheville Weekly Courier. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.