

Eats Freely But Has No Dyspepsia

A Little Pepsin in a Mild Laxative Promptly Corrected a Bad Indigestion.

Fortunate is the one who can eat anything without suffering the tortures of dyspepsia, but as few are so fortunate, care should be taken in the matter of diet. Eating slowly, masticating the food thoroughly and taking a short walk after the heavy meal of the day will do much toward assisting digestion. Any grown-up person ought to know the peculiar foods that do not agree, and these should be avoided.

When these common-sense aids fail, the next thing to do is to take a mild digestive tonic with laxative properties, and there is none better than Dr. Caldwell's Syrup Pepsin. It contains the greatest of all aids to digestion, good pepsin. It has other ingredients that act mildly on the bowels, which together form a combination for the relief of dyspepsia or indigestion that is unsurpassed.

Its action is to tone and strengthen the stomach and bowel muscles so that they can again do their work naturally without outside aid, and when that happy moment comes all medicine can be dispensed with. It is the best remedy obtainable for any disorder of the stomach, liver and bowels, for dyspepsia, constipation, biliousness, headaches, drowsiness after eating, gas on the stomach, etc. Thousands of users will testify to this, among them J. W. Goucher, Stites, Idaho, who for several years had all the worst



J. W. GOUCHER

symptoms of chronic dyspepsia. Since taking Dr. Caldwell's Syrup Pepsin these have all gone, and although Mr. Goucher says he is 64, he does not look more than 40.

Syrup Pepsin is sure in its results and a vast improvement over chewing or swallowing tablets and minis, or taking cathartics, salts, etc., all of which are harsh, nauseous and at best do but temporary good. You can obtain Syrup Pepsin at any drug store for fifty cents or one dollar a bottle. Results are always guaranteed or money will be refunded.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 419 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

LETTER TO SCHOOL CHILDREN.

To the Children of Hardin School, Miss Wrenn, Teacher.

Dear Children: You can't imagine how proud I feel of you all this evening as Miss Berta tells me how nice you all have been to her and how well you have studied, and the progress you have made in your studies. This speaks well for you all.

By your courtesy to Miss Berta she will ever be interested in you and will be so glad to hear of your success in life and very sorry to hear of any failure, should any occur.

Now, dear children, you have started right to make noble men and women and may you continue in this direction. Like the Indian's speech, "Go On, Go On."

By your obediences and kindness you have found warm ties that will ever be remembered not only by your teacher this year but in times past never to return.

I especially want to compliment you all for being able to name all the counties in our State.

Now, I wish you all a happy vacation and be ready for a good year's work next year.

Your loving friend,
MRS. R. W. WARD.

Millboro, N. C.

Boil An Egg On Ice and Get Ultra Violet Rays.

Can you boil an egg on a cake of ice?

Certainly. All you need to know is how to manipulate ultra violet rays of proper angstrom units on the egg. Be sure and have your violet rays ultra-though.

Dr. W. L. Bowie did it at the laboratory of the Harvard Center Commission. He exposed a regular egg and a chunk of ice to waves of a length of about 2,750 angstrom units. After a time the egg was hard boiled sure enough, and the ice wasn't melted.

NEW HANOVER LEADING.

Shows the Best Vital Statistics Report in the State.

New Hanover county is head and shoulders above any other county in the State in point of the registering of births and deaths. According to a statement given out at the office of the State Board of Health, New Hanover county shows an annual death rate for one-sixth of the year of 26 1-4 per 1,000 population. While this seems high, in view of the fact that it was thought that the general death rate for the State would probably range between 20 and 25 per 1,000, yet it goes to show that in New Hanover they are registering practically all their deaths.

Forsyth county appears to be the second county in the State with a registration rate of 24, and Guilford third with 19. Special effort will be made from this time on to secure more complete records from the other counties, beginning with the first of the year.

Within the next few days several representatives will be placed in the field to secure better organization of the registration work and to make prosecutions where willful violations of the law are found. The Board intends to have this law fully enforced, and will spare no effort toward this end.

DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE
Cures Anemia, Erythema, Barbers' Itch, Pimples, and all skin eruptions. Immediate relief in itching Piles, Rheumatism, Stomach, etc.
Price 50c. at all Drug Stores.
Bottle and Sample sent for 10c. in stamps.
JOHNSTON, HOLLWAY & CO.,
1750 Spring Garden St., Phila., Pa.

Worth Crowing About

Comparison of results and profits before and after using

Pratts Poultry Regulator
Phos. 25c, 50c, 60c, \$1.00; 25 lb. pail \$1.50
The great tonic and conditioner is sure to make you a permanent friend of all Pratts Products.
Satisfaction Guaranteed or Money Back
Pratts Lice Killer, Powder—5c and 5c. Also a Spring necessity. Sure death to all dangerous vermin. Refuse substitutes; insist on Pratts.
Get Pratts 100 pages Poultry Book
Sold and guaranteed by James T. Turner, 4932.

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 up

GERMAN KALI WORKS, Inc.
42 Broadway, New York
New Orleans, Whitney General Bank Bldg.
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St. Louis, Washburn General Bank Bldg.
Altoona, Empire Bldg.

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

INTERNATIONAL SUNDAY SCHOOL LESSON

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

LESSON FOR APRIL 12

THE JOURNEY TO EMMAUS.

(Easter Lesson.)

LESSON TEXT—Luke 24:13-35.
GOLDEN TEXT—"Who is he that shall condemn? It is Christ Jesus that died, yea rather, that was raised from the dead, who is at the right hand of God, who also maketh intercession for us." Rom. 8:34.

We turn aside today to consider as the Easter lesson a well-known event in connection with the several appearances of our Lord after his resurrection; one of the many infallible proofs, Acts 1:3; I Cor. 15:4. The narrative of this journey is one of the most beautiful post-resurrection stories, simple, clear and of great value. It is related, evidently, by an eye witness. The Cleopas mentioned is not the son of Mary, John 19:25. The name of the second pilgrim is but a conjecture, though we somehow feel it was Luke himself. The journey was about seven and one-half miles and most likely they were returning to their homes after the Passover. Somewhere on the way a stranger joined them who asked the nature of their conversation, and the cause of their evident sadness (v. 17). In astonishment, Cleopas answers, but the stranger continues and adroitly draws out their entire story.

Interesting Progression.

I. Their Disappointment, vv. 13-24. It is all too evident that they did not expect a resurrection and that, filled with perplexity and discouragement they were on the verge of despair. It is interesting in this lesson to observe the progression (1) "and they talked," v. 14; (2) "and they found not," v. 23; (3) "and they saw not," v. 34; (4) "and they constrained him," v. 29; (5) "and they knew him," v. 31; (6) "and they said . . . the Lord is risen," vv. 32, 34; (7) "and they told," v. 34. As they "talked" it was revealed that their loving hearts were full of sadness and empty of faith, yet to talk is often the only way to find relief from the gnawing of grief. There seem (v. 15 R. V.) to have been two opinions and in their slowness of heart and unbelief they did not recognize their new companion. In response to his query they told him this Jesus had been delivered, condemned, crucified, and then revealed that this was to them the end of all things, for said they, "We had hoped that it was he." Are we willing he should have part in our every conversation? Continuing they told the amazing tale related by the women and, moreover that their statement of an empty tomb had been verified by certain women who had gone to investigate, but, in conclusion, they again reverted to their sadness by saying "They found his body."

Cause of Sadness.

II. His Appointment, vv. 25-35. Evidently the journey was continued and he gently rebukes them for their slowness of heart to believe the record of their own prophets. All sadness, practically, arises from unbelief in the Word of God, Phil. 4:6, 7; Rom. 8:28-32. He interpreted to them the true Messianic teaching of their own scriptures. He charges them with folly not to believe "all" of the record (v. 25). True wisdom is not that of skepticism which cuts out portions of the word, but, according to Jesus, it consists in believing all of the Scriptures. At last they reach Emmaus, still, let us remember, not knowing who it is walking with them. The road beyond was dangerous and "they constrained him" to accept their hospitality. As he sat at the table partaking of the ordinary evening meal, he assumed the place of the host, took the bread, blessed it and broke it. Instantly those old familiar acts and words revealed to them who it was that had walked by the way.

III. Teaching Points. This narrative is so full of teaching and yet so clear and simple that it is hard to suggest any ordinary deductions therefrom. The story does, however, reveal the interest of the risen Lord in the doubt of these two disciples. That they were probably not of the twelve is evident by the fact that when they returned to Jerusalem they found the eleven assembled (v. 23). Thus we see him going to those outside of that inner circle, also, two who loved him seeking a solution of the mystery and consolation for their sad hearts. First hiding his identity, he drew from them their story. He then took them back to their Scriptures, with which they must have been familiar, and revealed to them that this mystery was according to those holy writings.

Again the picture of his disciples is interesting. The progress of development in their faith above alluded to, the evidence of their faith and love in him, their tender affection and the death of their hope. He had not, so they thought, been able to accomplish that which they had expected he would accomplish. In company with all of his disciples they did not apprehend the real meaning of his mission.

His teaching is manifested in their urgent hospitality for they must have remembered his words, "I was a stranger, and ye took me in."

PRACTICAL TALKS BY GOVERNMENT FARM EXPERTS

No. VII.—Profitable Dairying—Girls' Poultry Club. Guinea Pig as Food.



(Official News Summary of Up to Date Matters Compiled by the United States Department of Agriculture.)

A RECENT report of a cow census originally begun as a private enterprise by ex-Governor W. D. Board of Wisconsin and compiled under the direction of R. H. Rawl, chief of the dairy division, United States department of agriculture, shows that cows in the western and central states which were the most profitable were of a good dairy type, were comfortably stabled and received silage as a part of their ration. The owners of these cows were readers of dairy papers and farmers' bulletins. The investigation was undertaken because of the small profit on many dairy farms. The men who collected the data went into the dairy districts of thirteen states. The facts were collected from 2,103 herds, containing 28,447 cows in all, and covered a period of ten years. The records show that cows of a good dairy type returned to their owners an average of \$12.38 per cow above the cost of feed as compared with \$2.03 returned by the cows of a poor dairy type.

The cows which were comfortably stabled made an annual average profit of \$14.12, whereas those kept in uncomfortable stables made a profit of only 23 cents above the cost of feed.

Those cows which received silage as a part of the ration returned an average of 19 cents more for every dollar's worth of feed given than did the cows which were given no silage. The cows whose owners read good dairy literature produced an average annual profit of \$14.54 per cow over and above the cost of feed. The owners who read neither dairy papers nor farmers' bulletins on dairying made only \$1.85 per cow. Of these nonreaders 48 per cent actually lost money in the dairy business.

Concerning the results of this cow census ex-Governor Board says, "The one great and paramount conclusion, overtopping all others, is that loss of profit in dairying is occasioned in nine cases out of ten by a lack of sound dairy intelligence on the part of the farmer who is behind the cow."

The Guinea Pig as Food.

It is difficult to account for the somewhat prevalent notion that no rodents are fit for human food, states the agricultural department's bulletin on the guinea pig. Because of such prejudice some people will not eat rabbits or squirrels. Probably many others are kept from eating such excellent game as muskrats and prairie dogs. While guinea pigs are seldom eaten in the United States, their near relationship to rabbits and the fact that they are wholly vegetarian in habits should reassure any one who may entertain doubts about their fitness for the table. All the wild species of the guinea pig are accounted good game in South America. Rock cavies especially are much hunted in parts of Brazil. While the small size of the domestic species is probably the chief cause for its neglect as a food animal, yet we have other highly esteemed game animals that furnish less meat than a guinea pig.

That there is widespread interest in the guinea pig in the United States is evident from the large number of inquiries that the department of agriculture is receiving in connection with the proper methods of raising this little animal. The bureau of animal industry has been experimenting on different methods of raising the pig and finds that it costs from 50 to 60 cents per animal to raise. This cost could be substantially reduced by private breeders. While there is at present little demand for the guinea pig other than for laboratory purposes, the market price ranges from \$1 to \$1.50 apiece. Those favorably located near cities or institutions requiring large numbers of guinea pigs should be able to establish a profitable business in supplying them.

The Peruvian method of dressing the guinea pig for cooking is the one generally adopted wherever it is eaten. The animal is killed by dislocating its neck, after which it goes through about the same process as a sucking pig in preparation for cooking. Its throat is cut, it is hung up for a few minutes to bleed and is then scalded in hot water. The hair is removed, the skin scraped with a knife, the viscera taken out and the carcass washed in tepid water. It is then ready for the cook. The Peruvians usually

roast the animals, but they state that they are excellent eating when cooked in any of the ways commonly applied to small game.

Girls' Poultry Clubs.

The Girls' Poultry club, a unique organization started by the United States department of agriculture for the purpose of encouraging the poultry industry of the country, is making good headway, particularly in the west and middle west. Large organizations have been established in Indiana, Illinois, Iowa, Nebraska, Utah and Idaho. Clubs have also been organized in Virginia, West Virginia, Mississippi, North Carolina and South Carolina.

The first poultry club was organized in Virginia and is flourishing under J. W. Klinghorne, the department's instructor in the state. The object in forming the club was to give a better knowledge of the value and importance of poultry raising and the marketing of a first class uniform product and to teach better methods for the caring of poultry and eggs; also to show the increased revenue to be derived from well bred poultry where proper methods of management are pursued.

There is a four year course mapped out by the founders, starting with the setting of fifteen eggs as a unit for the year's work and concluding with a pen of fifty chickens, forty-six of which are hens and four roosters. Points are given for the number of eggs hatched, number of live chicks, number of cockerets marketed, profit on investment and equipment. Some of the state governments are offering prizes for the most proficient students of the clubs in the nature of trips to their capitals, and one is now offering a prize of a trip to Washington to see congress in session, visit the president and inspect the department of agriculture.

Throughout the year meetings are held in the states where the clubs are in existence for the purpose of discussing the different problems of poultry management. At each meeting, whenever possible, the department of agriculture will have one of its specialists from the animal husbandry division present to instruct the members on poultry raising, selection and care of stock and handling demonstrations. He will also assist in securing first class markets for the sale of the poultry and eggs.

In instructing the clubs the department says that each county club should hold an exhibition once a year, preferably in connection with the county fair, at which place a pair of the best chickens grown by each member should be placed on exhibition and entered to compete in the regular class



HOMEMADE EGG TESTER.

for premium. An exhibition of the best dozen of eggs should also be made.

The department has issued the following suggestions:

To rid the poultry house of mites wash the pen, the roost and the dropping board with kerosene or crude petroleum at least once a week.

Market all cockerets except those intended for breeding purposes as soon as they attain broiler size.

Petroleum Oil as Adulterant.

The department of agriculture has discovered a new adulterant that is being used in the manufacture of biscuits and wafers containing an upper and lower crust with a cream filler. This adulterant is made of petroleum oil, and seizures have already been made of products containing such ingredient.

The oil is used in connection with sugar and milk in preparation of the cream filler and substituted because it is cheaper than coconut oil or butter. The use of this substance in articles of food is regarded as adulteration and in violation of the federal food and drugs act. Petroleum oil is a lubricant rather than a product containing food value.

Wheat, Barley and Oats Abroad. The 1913 total production of wheat was 9.2 per cent more, barley 7.5 per cent more and oats 0.8 per cent more than produced in 1912 in Prussia, Belgium, Denmark, Spain, France, Great Britain and Ireland, Hungary, Italy, Luxembourg, Netherlands, Roumania, Russia in Europe, Switzerland, Canada, United States, India, Japan, Russia in Asia, Algeria and Tunis, according to the International Institute of Agriculture, Rome.

For European Russia the preliminary figures of production this year are: All wheat, 638,000,000 bushels; barley, 559,000,000; oats, 1,101,000,000.

BEEF-RAISING IN DIXIE.

Federal Government's Latest Bulletin On Subject Is Optimistic.

As many North Carolina citizens have long known by experience there is no reason in the world why the Old North State should not furnish beef to thousands of consumers outside of the State, as well as supplying its own people with plenty. Here is evidence compiled by experts of the U. S. Department of Agriculture:

The geographical location and the climatic conditions of the South are such as to make it a good section for cattle raising. The soils are so varied that what may be said in a general way will not hold true for all places or sections of this large area. They vary from light sand to heavy clay, or to the black prairie soils, or the stiff post oak. As a rule the stiffer the soil and the greater the extent of lime in the soils the more nutritious the grasses are, and the greater is the variety of clovers which will grow.

North Carolina is Favored.

The Piedmont section of Virginia, West Virginia, west in North Carolina, Tennessee and northern Alabama (Tennessee and northern Alabama is a fine grazing country, and thousands of good beef cattle are found there. The Shorthorn is more popular than any other breed in this section, and they do exceedingly well. The grazing plants are chiefly blue grass, white clover, red clover, reedtop, and orchard grass. The cattle fatten very rapidly during the grazing season and raise excellent calves. Most of this region is free of ticks, and the losses from death are relatively small.

The black prairie section of Alabama, Mississippi and Texas, and the Delta lands of Mississippi and Louisiana, are extremely favorable sections for raising and finishing beef cattle. Experiments conducted by the Bureau of Animal Industry and the Alabama experiment station show that cattle which kept free of the cattle tick can be raised at a cost of 3 to 4 cents a pound. This cost includes the keep of the cows for one year, charges for pasturage and all fees consumed at market prices, depreciation in the value of the herd, and 6 per cent interest on the money invested. The principal native grasses which are indigenous to these coils are Bermuda, Johnson grass, Lespedeza and Melilotus; but red clover, alsike clover, bur clover and white clover grow readily when planted in the pastures, and the grazing season can be extended

beans, cowpeas, corn, sorghum and greatly by their use. Alfalfa, soy other forage crops so well on these lands and produce an abundance of roughage and hay for wintering and fattening the cattle. The red clay soils produce crops very similar to those mentioned for the prairie soils.

Cut-Over Lands Cheap.

There are great areas of "cut-over" lands in the South that range in price from \$2 to \$10 per acre which could be used for beef production. The soil of such lands is usually sandy or post-oak, neither of which are as good for grazing as the prairie or delta lands, but which would furnish good grazing if a little care was taken in getting pasture plants started. On these soils carpet grass, Bermuda, Lespedeza, white clover, red top, Paspalum dilatatum, and bur clover do exceedingly well. The carpet grass furnishes abundant grazing on the sandy land (while the bermuda does better on the soils which are a little stiff. The Paspalum, white clover and red top do well on the damp lands and if some lime is present alsike clover will furnish fine grazing. The foundation of all pastures on sandy or sandy loam lands should be carpet grass, bermuda and Lespedeza. The variety of forage crops which may be raised on this type of soils is large, and it is an easy matter to grow all the hay, silage crops and forage necessary for feeding the stock which may be kept on the farm.

One of the greatest drawbacks to the cattle industry of the South has been the presence of the cattle tick that transmits Texas fever, which kills many of the cattle and stunts others in growth. The tick is rapidly being eradicated, and it is only a question of time until the South is freed of this pest.

The native cattle of the South are cold-blooded scrubs carrying a variable percentage of Jersey blood. They are small in size and inferior in quality, but they have stamina and the cows produce good calves when bred to a beef bull. Some of these cows weighing not over 600 pounds have given birth to half-bred calves which have developed into 500 to 600 pound animals at 12 to 13 months of age.

They usually weigh about 800 to 850 pounds at 2 years of age when raised under average Southern farm conditions. Half-bred calves do not fatten out as well as calves of a higher grade, but if permitted to grow until 2 or 3 years of age they finish out as very good beef animals. The half-bred heifers when bred to beef bulls usually produce excellent calves.

No section of the country can raise cattle as cheaply as the South, and the variety and prices of feeds are such that the animals can be economically finished for market.

Worms the Cause of Your Child's Pains.

A foul, disagreeable breath, dark circles around the eyes, at times feverish, with great thirst, cheeks flushed and then pale, abdomen swollen with sharp cramping pains are all indications of worms. Don't let your child suffer—Kickapoo Worm Killer will give sure relief—it kills the worms—while its laxative effect adds greatly to the health of your child by removing the dangerous and disagreeable effect of worms and parasites from the system. Kickapoo Worm Killer as a health producer should be in every household. Perfectly safe. Buy a box today. Price 25c. All druggists or by mail, Kickapoo Indian Med. Co., Phila. or St. Louis.