



Everybody

Drinks

Coca-Cola

—It answers every beverage requirement—vita, vigor, refreshment, wholesomeness.

It will satisfy you.

Demand the genuine by full name—The Coca-Cola Company, Atlanta, Ga.



CURE FOR SPRING FEVER.

Spring fever is real, spring fever is common, but it can be cured.

Spring fever is a strain of the liver. It is not a disease, it is only a sign of a weak liver. It has its home deep seated in the blood pressure which adjusts itself to the change in the body and the blood pressure which adjusts itself to the change in the body from cold to warm weather. It is not necessary to explain how and the which, Space forbids. The doctors tell us that it is a strain of the liver, so that is enough.

What you and I want to know is this: What shall we do about it? Shall we lead up in biters, sarsaparilla, take it easy for a few days, eat less, avoid sweets, liver pills, cathartics and things of that general nature? No, that is the very thing you don't want to do. If the appetite seems bulky, if nothing tastes good, and if you have that tired, aching feeling, here is the cure. Obey your instincts, eat or go on a "hunker strike" for a week or two at a time now and then is better than all the sarsaparilla, tonics and cathartics in town. Don't worry—you will not starve. When you really need nourishment, your appetite will return. And when the appetite does return, don't take advantage of it and talk upon heavy native foods. You don't need so much heat-producing food as you did in January. What you really need is food with lots of milk and little energy. Eat things in other words. Cut out the meats, fats, all alcoholic drinks and by that we mean also all potent stimulants, and anything that tends to cause constipation. Eat such things as green vegetables, green peas, string beans, spinach, celery, lettuce, radishes, and plenty of fruit salads. Many vegetables may be obtained canned at this season of the year at reasonable prices. Don't forget fruits of all kinds. Drink plenty of water, and above all things, keep the bowels loose. In ninety-nine cases of spring fever, or any of the hundred other "winter" victims, do not keep their human sewer systems flushed and properly by carefully avoiding constipating foods and selecting a diet of fruits and vegetables. Try it once. You'll feel better within a day or two. Bulletin North Carolina State Board of Health.

Enormous Reserve of Lignite in Alaska.

The lignitic coal reserves of the Bonfield region, Alaska, are estimated by the United States Geological Survey to be nearly 10,000,000,000 tons, which exceeds by nearly 2,000,000,000 tons the estimate made a few years ago on the information then available, of the total quantity of lignitic coal in the Territory. The new estimates, which are very moderate, indicate that the quantity of coal available in the Bonfield region is greater than that of all the other surveyed fields of the Territory.

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General practice, Special attention to land litigation. Criminal practice and collections. Loans negotiated.

COLDS & LaGRIPPE

5 or 6 doses 666 will break any case of Chills & Fever, Colds & LaGrippe; it acts on the liver better than Colomel and does not sicken or sicken. Price 25c.

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Beautiful College Pennants

Yale and Harvard, each 9 in. x 24 in.
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Each 7 in. x 21 in.
All best quality felt with felt heading, streamers, letters and mascot executed in proper colors. This splendid assortment sent postpaid for 50 cents and 5 cents to pay postage. Send now.
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Everything a Man Needs

\$1 Complete Shaving Outfit \$1 10 Articles 10

To advertise our Universal Shaving Outfit and Universal Products we will for a limited time only, send this well worth \$3.00 Shaving Outfit for \$1.00. We sell our products to the consumer direct and therefore you save all agents' profits which as you know are very large.

- 1 Hollow Ground Razor.
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- 1 33-inch Barber Towel.
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Agents need not write. Each outfit packed in neat box \$1.00. Coin or Money Order, postage 10c extra.

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Dayton, Ohio

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Hot weather weakens and makes hens lay. It also retards growth of young birds unless you use

Pratts Poultry Regulator

This wonderful remedy purifies the blood, keeps the liver right and aids growth, digestion and egg production. It is safe, economical, and does not harm the birds. Before substituting, insist on Pratts.

Satisfaction Guaranteed or Money Back. Get Pratts 100 page Poultry Book.

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Oh, I'm a Soapmaker all right. And it's so EASY--so QUICK!
Just dissolve a can of me in a quart of water. Now pour this water into four pounds of melted tallow, or BOILING at all.

And you will have seven pounds of fine, hard soap, 50c worth, and I only cost 5c, a nickel, a half dime.

I AM RED DEVIL LYE

GET ME AT ANY GOOD STORE

SAVE MY LABELS

5c ONLY

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Everyone is beginning to realize the reasons for the increase in the selection of a trust company as executor and administrator under wills. It acts as fiscal agent, including real and personal property, collecting incomes, investing moneys as assignee or receiver, acts as guardian for minors, and in any capacity of trust.

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Respectfully solicits such business and will give prompt attention to matters entrusted to it.

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And willing to do everything for our customers that a good bank ought to do. Why don't you open an account with us? With a record of seven years of successful business and resources of more than two hundred thousand dollars, we solicit your business. Call to see us.

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Hurcules Stump Puller

For sale. Practically new, at a bargain. Write or call to see us.

McCrary-Redding Hardware Co.

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Special Hosiery Offer

Guaranteed Wear-Ever Hosiery for Men and Women. Ladies' Special Offer.

For Limited Time Only—Six pair of our finest 35c. value ladies' guaranteed hose in black or tan colors with written guarantee, for \$1.00 and 5 stamps for postage.

SPECIAL OFFER FOR MEN

For a limited time only, six pairs of our finest 35c. value Guaranteed Hose with written guarantee and a pair of our well-known Men's and 5 stamps for postage.

You know these hose; they stood the test when all others failed. They have no seams to rip. They never become loose and buggy as the shape is knit in, not pressed in. They are Guaranteed for fineness, for style, for superiority of material and workmanship, absolute wear-resistance and to last six months without holes, or a new pair free.

Don't delay. Send in your order before offer expires. Give correct size.

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SAVE FROM 30 TO 60 PER CENT

Tire	Tube	Retinet
28x3	\$ 7.20	\$1.65
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32x3 3/4	11.90	2.95
34x3 3/4	13.70	3.00
34x4	14.70	3.35
34x4	14.80	3.50
34x	16.80	3.60
35x4	17.75	3.90
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37x5	24.90	5.90

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New Perfection WICK BLUE FLAME Oil Cook-stove

means easier work and a cool, clean kitchen.

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Where Col. Ebercyon Is Laying Ground.

(By Albert Hubbard.)

During the last six months I have attended forty-seven banquets. And I still survive. I state the number of banquets, not to boast but in a way of confession.

Also, I mention the matter for the further reason that I desire to qualify as an authority in gastronomy.

Sixteen of the banquets were dry. Fifteen were semi-dry. That is, they started with a cocktail and stopped there. The rest were of the old-fashioned kind, beginning with cocktails, running into wine, and often there was beer and whiskey that had been contributed by charitable parties for advertising and ethical purposes.

I can well remember a time when a banquet without "booze" was considered a barren idealism, worse than Hamlet with the melancholy Dane omitted, or a ham sandwich without the ham.

A banquet is merely an excuse for getting men together for a certain purpose. This purpose is good fellowship, focused to further ideas, plans and schemes, civic and social in which all should be interested. A banquet is supposed to bind men into the common bond, to create a oneness of feeling and sentiment—all this for some beneficial, specific purpose.

A banquet has its basis in good fellowship, and good fellowship is a thing to be both commended and recommended. However, good fellowship need not be confounded with conviviality.

The dining clubs which started up in numbers, in cities all over our country a few years ago, have given way to Ad Clubs, the Rotary Club, Boards of Trade, Chambers of Commerce and various associations that give lunches and banquets from time to time.

I have noticed that the Rotarians especially cut out strong drink. At a Rotary Club, if you say it to sober men. And it's worth while.

Speechmaking is a collaboration between the speakers and the listeners, just as music is a collaboration between the performer and the auditors.

The listeners at a banquet key to discourse. And I have known a few banquets of the silly, smothering, swilling "sooze." He vitiated the atmosphere, and turned all discourse into discord.

There is nothing between business and "booze" that forms a bond. The two are better separated.

Therefore, it seems to me a superfluous for any Board of Trade or Chamber of Commerce to even allow Col. Ebercyon a place at their boards.

Business stands for human betterment. "Booze" isn't so popular.

All of which is presented with malice toward none and charity for all.

For a Torpid Liver.

"I have used Chamberlain's Tablets off and on for the past six years whenever my liver shows signs of being in a disordered condition. They have always acted quickly and given me the desired relief," writes Mrs. F. H. Tribus, Springfield, N. Y. For sale by all dealers.