

SALTS IF BACKACHE AND KIDNEYS HURT

Drink lots of water and stop eating meat for a while if your bladder troubles you.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Most forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells, your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

CAPTAIN TIEBOR'S SEALS

This marvelous animal act is one of the features of Sparks' Circus which is billed to exhibit here Friday, September 18, and the following is the criticism of the New York Morning Telegraph of Saturday, November 22nd, 1913, at which time these wonderful animals were playing an extended engagement at all the largest New York City vaudeville theaters:

"The past week the electric lights in front of the American Music Hall have blazoned forth 'Capt. Tiebor's Seals' and they deserved every kilowatt used to flash it. What impresses one most, after seeing the wonderful exhibition given by the seals, is the extraordinary patience which must have been used by Captain Tiebor to train the seals. Training horses, dogs, and monkeys is easily understandable, but to take a quintet of sea lions, performing out of water, their natural habitat, and to put them through a course of stunts, including walking tight rope, playing as a brass band, juggling rubber balls and other articles and even doing comedy stunts, is almost unbelievable, and for once that hackneyed phrase, 'must be seen to be appreciated,' is apropos. One of the seals gets many laughs by his trick of applauding each stunt by the other seals. He does this by means of his flippers on the sides of the stand from which he works. Capt. Tiebor is a young chap of likable personality, and there is a cleanliness and neatness to the entire act that goes far toward making it an unusual animal act and a great favorite with the ladies and children.

AGRICULTURAL LEGISLATION DEMANDED

El Paso, Texas, Sept. 9.—The Texas State Democratic Convention, which adjourned Wednesday, adopted a platform pledged to give agricultural legislation first attention by the next Legislature of Texas.

Hon. James E. Ferguson was declared the nominee of the party for Governor, having received 45,500 more votes than his opponent in the recent primary election. The principal issue of the campaign was prohibition. Mr. Ferguson, in campaigning the state, promised, if elected, to veto all liquor measures submitted to him by the Legislature.

The Texas Farmers' Union demanded a cessation of prohibition agitation and that the Legislature give first attention to agricultural legislation, and the votes show the result is largely due to their efforts.

IF ON FIRE, DON'T RUN; LIE DOWN, SAYS DOCTOR

"When your clothing catches fire, don't run. Lie down and roll, if there is nobody near to wrap you in a coat or heavy cloth."

That is the advice of Dr. Harte, director of health, who commented on the number of fatal burnings in Philadelphia recently.

SAGE TEA PUTS LIFE AND COLOR IN HAIR

Don't stay gray! Sage Tea and Sulphur deters hair so naturally that nobody can tell.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a 50-cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old, famous Sage Tea Recipe are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray, becoming faded, dry, scraggly and thin have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful—all dandruff gone, scalp itching and falling hair stops.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur to-night and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

THE NEGLECTED NINETY-SEVEN

Dr. Harrelson of the State A. & M. College, made a strong appeal at the recent State Farmers' Convention in which he took as his subject: "The Neglected Ninety-seven."

He directed his remarks principally against the methods of public education in the past.

"We have for a long time," he said, "believed in an education theoretically. But it is only comparatively recently that we have undertaken to educate all the people. As a matter of fact, we are not so sure that we are earnest even now. Dr. Joyner, of the State Department of Education, tells us that we are spending this year and will spend during the year 1914 five billion dollars on education. That looks as if we were beginning to wake up."

Two Opponents

He pointed out that there are two opponents to education. One is the class which says there must always be hewers of wood and drawers of water, and that an educated man feels above these necessary tasks.

Dr. Harrison had an answer for this: "The man who is properly educated," he declared, "will do whatever comes his way and he will do that manual labor with a thoroughness, efficiency and earnestness that the uneducated man knows nothing about. But it is probable that he will not use his hands altogether. In a short time he will have rigged up a gasoline engine and will have taught others how to draw the water and hew the wood without exertion of a physical nature himself."

The other class of opponents to public education are those who claimed that it is impractical, that it does not meet the needs of the present day, and that the time spent in school is wasted to a great degree by many who have no professional life before them.

"Unfortunately," said Dr. Harrison, "this is true. This class of objectors are about right. Then he went into a close criticism of the educational system that once characterized this State. He told of one High School not far from Raleigh in which for six years had not a single boy graduate. He characterized this as a farce. Here is the place he introduced the figures of the percentage of college students as compared with the number who start out in the public schools. Only three percent reach college.

Even this would be all right if the same grammar and high school training were equally good for all, but it is not the case. The farmer boys have no need and are able to get little benefit in their work from the training of an ordinary grammar school. And for this reason declared the speaker agriculture had made no progress for so many years.

He then argued that since 85 percent of the people of this State are farmers, it is safe to say that 85 percent or thereabouts of the boys will be farmer boys. Then the only proper thing to do is to give these 85 percent an opportunity to develop themselves in the highest along the lines which they are best suited by nature and endowment of heredity to follow.

To better conditions, Dr. Harrison proposed practical measures. He urged that the 215 State high schools be given vocational departments suited to the interest agriculturally inclined, and that the teachers in these schools be given every fair opportunity and inducement to study agriculture to fit themselves for the post of teachers in the farm life schools of the State thus created.

"FOOLISH TRADING"

As producers and builders, the American people excel all previous civilization and we are a present-day marvel in business efficiency, but in dealing in foreign countries we are a sorry lot of traders. Ever since Wm. Penn traded the Indians a handful of trinkets for what is now the state of Pennsylvania, the American people have been selling their birthright to foreigners for a mess of pottage, so to speak.

We export over \$50,000,000 worth of cattle and their products per annum, which feeds the nations of Europe, and our American heiresses spend a similar amount in buying and maintaining dukes, counts and titled peerages. These foreign noblemen are, as a rule, absolutely worthless—in fact become a perpetual liability—for it costs more money to operate and keep them in repair than it does to run our cotton mills. European royalty puts the black sheep of its families on the block and our rich American girls buy them and we virtually exchange railroads, wheat fields and millions of dollars worth of products of farm, mine and factory for titled paupers who could not be resold for any sum. It does not require foreign treaties, a fleet of war vessels or tariff revision to stop this enormous loss. It needs only common sense in the homes of the rich.

We export \$18,000,000 of lumber and timber, and American tourists spend a similar amount in motoring over Europe and sight-seeing in foreign lands although the most enchanting scenes of the world are on the American continent.

HOW'S THIS.

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. Cheney & Co., Toledo, O. We, the undersigned, have known F. J. Cheney for the last fifteen years, and believe him perfectly honorable in all business transaction and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

PARAGRAPHS PICKED UP FROM EVERYWHERE

Remembering the fate of Vic. Huerta, President Carranza had better not get peeved at the United States.

Looks like Turkey has all to lose and nothing to gain, but, of course, that's not the business of Germany and Austria.

The average small boy eats as though fattening himself for market.

Occasionally a man has a soft spot in his heart, but more often in his head.

Beware of people who are easily convinced; they are dangerous.

It takes a strong-minded woman to hold her tongue.

However, the city chap who imagines he could get rich raising chickens on a two-acre farm may be perfectly sane on all other subjects.

The state wonders if it will be another Paris fall style.

The first time Blease has been quiet in four years.

There are still many public officials who think that a slap on the wrist is sufficient punishment of a food usurer.—San Antonio Express.

Muggins—Has your wife any idea of economy? Buggins—Yes, but it principally consists in saving the pennies that she may spend the dollars.

No, Alonzo, it isn't the best man at a wedding who is roped in.

Cartoonists have a mania for portraying Uncle Sam as an uncouth hayseed—but they can't prove it.

A mean rich man may jolly himself into thinking that his means justify his meanness.

There will be fewer pessimists as soon as people learn what is fit to eat and are able to secure it.

Lives of great men oft remind us that the book agent is still on the job.

The villain always gets his on the stage. In real life he gets ours.

More than 40 per cent. of the world's annual production of tin is used in the United States.

The Cuban National Congress of Mothers is working for baby saving, and is providing school breakfasts for the needy children in Cuba.

Colorado's coal strike has cost the miners \$6,925,000 and the mine operators about an equal amount. Sixty-six persons have been killed.

Only England and Germany will not have an exhibit at the Panama-Pacific Exposition. However, the exposition promises to be a record breaker.

The United States Supreme Court has sustained the Nebraska law permitting wives and children of habitual drunkards to recover damages from saloon keepers who sell liquor to their husbands and fathers.

Women in the old world are getting into almost every profession and line of business. More than 3,000 women clerks are now employed in the British postal service, and thousands are employed in the Italian telephone and telegraph service. There are many women employed as spies in the German war department.

The hen-pecked man usually has to scratch for a living.

In these modern days ignorance, instead of being bliss, inevitably causes a blister.

Often the powder puff is the means of doing as much damage as the puff of powder.

The fellow who says nothing but saws wood builds houses while the talkative chap is constructing aircastles.

Don't always get mad because the other man is on the inside of a venture. Remember that the outside of the earth is preferable to the inside.

Even the man who believes only half he hears should have confidence enough in his wife to believe the better half.

The hungry poet may rhapsodize over the song of the lark, when he would really prefer the lay of the hen.

Even the novelist can't always make both ends meet by simply writing the first and last chapters of a story.

If we should all follow the Golden Rule, the police force could all be pensioned off.

FRANK IN STATEMENT

In the Republican convention in Raleigh, T. E. McCray, of Davidson told his fellow Republicans that in the event of their doing certain things the party would be deadlier than it is now. He was frank in his statement that the Republican party is dead, and agreed that the dead could not be hurt. He is right that his party is a dead party, and the fact that its State convention was made up of stragglers who represented only themselves is proof that it is dead in so far as being at all representative of the people.

And it was this humbug of a State convention that talked of being for the rule of the people. And the on-their-own-hook convention crawled into its own hole and left to the Republican executive committee the nomination of Republican candidates. Republicanism in North Carolina is a rank farce.

WARNING TO PUBLISHERS

Newspapers will be interested, if not enlightened, in a statement made by Dr. R. Kendrick Smith, of Boston, at the recent convention of the American Osteopathic Association at Philadelphia. According to the Philadelphia Telegraph, D. Smith is reported to have said that the one great aim of the American Medical Association is the absolute autocratic control through Government offices of the practice of the healing art in the whole country. To attain this end he says the organization has in the last years plunged into the most enormous propaganda of moulding public opinion through the newspapers which has ever been seen.

"This purpose becomes more evident," he continued, "when it is realized that the American Medical Association is not what its name implies, an association open to all American physicians, but is an exclusive organization of old-school practitioners, that division of medicine known as allopathic."

Newspaperdom holds no brief for any school of medicine, Christian Science or the makers of proprietary medicines, but it does feel that newspaper publishers should have all the facts about every move made by any group that strives to form a "closed corporation" of its own, to secure official control of the medication of the public in a national way. We feel sure that if the American Medical Association, for instance, ever got a complete grip on Congress it could so influence legislation as to wipe the homeopath, the osteopath, the Christian Scientist and the proprietary medicine manufacturer completely off the map.

And this association is on record as opposed to any medicine that is advertised in the newspapers, and we are inclined to believe that its bitter fight against proprietary medicines is not so much in the interest of public health as it is for its own selfish advantage.

Newspaperdom would caution publishers to scan carefully the "news items" hereafter that come through their good doctor friends.

Newspaperdom doesn't believe that any doctor of any school, or any board of health, which might be packed, should have such sweeping power to destroy a business of this kind, especially when there is such a diversity of opinion as to the curative property of all drugs and the chemical reaction of drugs in the system.

There was a time when the family physician wrote out his prescriptions and sent the patient with them to the neighboring druggist. But that practice has all but passed away. Many doctors nowadays buy their drugs and pills in bulk and dispense them themselves. Under the old system it was possible to trace mistakes. Then the druggist was responsible. Now, a person may be given improper medicine, may die, and the same doctor pass on the cause of death. It would hardly seem logical that he would judge himself guilty, even if he actually was. Therefore we urge a careful perusal of the medical news that goes into your paper, and especially urge a thorough investigation of the "pressure" being brought upon you to drop proprietary medicine advertising from your columns. As Post said, "There's a reason."

WATCHFUL WAITING

These two words, taken from President Wilson's own definition of his Mexican policy furnished the text for innumerable attacks, sometimes angry, sometimes witty, and generally reckless, by those advocates of a "do something" policy who are not accustomed to count the cost—to others.

This generation of Americans has no personal knowledge of the meaning of war on a large scale. The impressive spectacle of Europe in combat has had an effect on the public mind that it never could have gained from histories or from tales of grandfathers.

The President, unmoved by clamor, has adhered to "watchful waiting." So far we have avoided war. It may be that "watchful waiting" will see the possibility of it between Mexico and ourselves finally pass. At least it is a policy that will not precipitate that great disaster.—New York Herald (Ind.).

GOOD WORK ABROAD

Representatives of the United States in Europe without exception have met the stern duties of the past fortnight with energy and wisdom. A little while ago an organized anti-administration clique in this country was sneering at every man commissioned in the diplomatic and consular service by President Wilson. Nobody is sneering now.

Efficiency and zeal in this instance have not been confined to Ambassadors. Our consuls have been equally energetic, and the genius for organization so often displayed by Americans in times of turmoil has been revealed in many places, under the most trying conditions, by our fellow-citizens having no official station.

Painful as have been the experiences of thousands of Americans unexpectedly overtaken by war, the worst is now past, thanks chiefly to the intelligence and devotion displayed at their own embassies and consulates.—New York World.

RHEUMATISM ARRESTED

Many people suffer the tortures of lame muscles and stiffened joints because of impurities in the blood, and each succeeding attack seems more acute until rheumatism has invaded the whole system. To arrest rheumatism it is quite as important to improve your general health as to purify your blood, and the cod liver oil in Scott's Emulsion is nature's great blood-maker, while its medicinal nourishment strengthens the organs to expel the impurities and rebuild your strength. Scott's Emulsion is helping thousands every day who could not find other relief. Refuse the alcoholic substitutes.

NAMES IN THE WAR NEWS

(By A. M. Myrover.)

Cattaro (pronounced kath-tah-ro, each a as in far)—An Austrian seaport in Dalmatia on the Adriatic Sea, probably the Roman Aescrivium. It is famous for its picturesque position. It is strongly fortified. It is seven miles from Cetinje (chet-teen-ya), the capital of Montenegro. Population 6,041. Latitude of Boston. Was bombarded by British and French warships Wednesday.

Libau (pro. loe-bow)—A Russian seaport in the government of Courland on the Baltic Sea; an important export place. Size of Savannah, Ga., and latitude of Sitka, Alaska. Said to have been badly damaged by bombardment by a German fleet within the past few days.

Namur (pro. nay-moor, accent on first syllable)—The capital of the Belgian province of Namur. A strategic point of great importance, supposed to occupy the site of a stronghold of the Aduatuci; has a flourishing trade and noted manufactures of cutlery; contains a strongly fortified citadel, a cathedral, and archeological museum. Namur has five times been besieged and captured: by the French under Louis XIV. in 1692; by the allies under William III. from the French in 1695; by the French from the Austrians in 1746, 1792, and 1794. It belonged to France from 1794 to 1814. A city the size of Wilmington. It is 34 miles west of Liege. There is apt to be much fighting around Namur.

Charleroi (pro. shar-le-raw, each a as in far, e as in her)—One of the most important industrial cities in Belgium. It is the center of a coal and iron-mining section and has manufactures of iron, glass, etc. It was fortified by Vauban, Louis XIV's celebrated engineer. Captured by the French in 1794. Population 27,296. About 18 miles west of Namur and 31 miles south of Brussels.

ALL WITH MR. WILSON

In his public life, belonging to the American people, the attitude and action of President Wilson toward the warring powers of Europe have the grateful approval and strong support of the nation. A proposal need be none the less sincere because it is certain of rejection. The time will come when one or the other of the powers at war will long for peace. The President has told that power whom to turn to for aid in securing it. Steady effort to end the war cannot but shorten it and every day by which it is shortened will save so much of life.—Baltimore News (Ind.).

AMERICA SAFE

With President Wilson at the head of this nation and Secretary Bryan at his right hand, there is little danger that we shall become involved in the great war. Things are bound to happen as hostilities proceed which will inflame the jingo spirit in the country and those who mistake wise patience and love of peace for cowardice will scream for revenge for some real or fancied grievance. But the men who guide our national destinies have shown by their admirable conduct of our Mexican relations that they are not to be influenced by the outcries of the unthinking and the excitable.—Ohio State Journal (Rep.).

HOUSEHOLD HINTS

Certain provisions are much cheaper bought in bulk and stored—such as sugar, soap, raisins, rice, tapioca, dried peas and beans. These should all be kept in screw top glass jars.

A useful little case to lay dollies away in is made of two pieces of cardboard, round or square, and a little larger than the dollies. Cover neatly with linen and connect by means of elastic.

When potting plants, put a piece of coarse muslin over the hole in the pot before putting in the bits of stone and soil, which keeps the drainage good. The muslin prevents the earth from washing away.

Shabby leather bags, etc., may be improved in appearance by being rubbed over with well beaten white of egg, and then polished with beeswax and turpentine, the final rubbing being given with a soft, clean cloth.—Washington Herald.

Linen is a fabric which can be easily dyed at home.

To clean brass flower pots or trays rub them with a piece of lemon; then pour boiling water over them and finally polish with a soft, dry cloth.

THE GOVERNMENT HELPS

In addition to all the other reasons for encouragement which Americans must feel regarding the future, it is especially encouraging that Washington understands the dimensions of the world crisis precipitated by Europe. The President and Secretary of the Treasury are co-operating heartily and vigorously with banking and business interests to deal with the altered circumstances under which business and banking must be done if the worst happens abroad. Congress is showing itself patriotically appreciative of the needs of the moment, and is no less responsive than the administration to the requirements of this fatal occasion.—New York Sun.

NOTICE

Having qualified as Extr. on the estate of Milton C. Kearns, 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 3rd day of September, 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 27th day of August, 1914. PAUL H. KEARNS, Extr. Norman, N. C.

EDUCATED SEA LIONS

The Sparks world famous Show, billed to exhibit here Friday September 18, will present this year for the patrons' appreciation the largest and without doubt the most wonderful herd of performing seals and Sea Lions ever exhibited in America. These truly wonderful animals perform seemingly impossible feats, and do them with the ease and grace only assumed by human performers. They have been trained to walk a tight rope while skillfully balancing an open umbrella on the tips of their noses. They climb ladders while balancing large rubber balls, tossing them from one to the other with the greatest skill. They ride bareback on galloping horses while whirling brands of fire juggling rubber balls and other articles. The performance of these remarkable sea animals is truly a sensation and the ease and quickness with which they obey every command of their trainer, leaves little doubt but what they enjoy giving the performance fully as much as the audience enjoy seeing it. Some idea of the expense incurred in presenting this act to the public can be obtained from the statement that these animals must be fed on live fish, which must necessarily be of salt water variety, hence must come shipped alive from either the Atlantic or Pacific oceans. It costs from five to ten dollars each per day to board these animals, varying according to the show's distance from either ocean.

PARCEL POST ELIMINATES THE MIDDLE MAN

Officials of the United States Department of Agriculture have been testing out the parcel post as a means of marketing eggs and have found it highly satisfactory. The Department has shipped 466 lots, consisting of 9,131 eggs to various parts of the nation and upon arrival at destination, 827 eggs, or three and one-half percent of the total were broken. Ten dozen eggs can be shipped in one container a distance of 150 miles at a cost of 4.7 cents per dozen. This includes the cost of transportation and container.

North Carolina postal authorities advise that the farmers and the farmers' wives of this state are utilizing the parcel post extensively in selling farm produce direct to the consumers and excellent results have been obtained.

Last winter when eggs were being sold by retailers at from 50 to 75 cents to the consumer, the farmers were only receiving 20 and 25 cents per dozen for their product, giving the middleman from 30 to 40 cents on each dozen eggs he handled. The parcel post system of marketing entirely eliminates the middleman's profit and divides the profit of the middleman among producer and consumer.

SEVEN SENTENCE SERMONS.

The great man is he who does not lose his child's heart.—Mencius.

Nature never stands still, nor souls neither; they ever go up or go down.—Julia Dorr.

Look therefore whether the light that is in thee be not darkness.—Luke 11:35.

Providence has nothing good or high in store for one who does not resolutely aim at something high or good. A purpose is the eternal condition of success.—T. T. Munger.

If you have a friend worth loving, Love him; yes, and let him know That you live him ere life's evening; Tinge his brow with sunset glow; Why should good words ne'er be said Of a friend—till he is dead?—J. H. Brown.

Show your own colors, sound your own note; it is precisely for this that you are here—to be yourself, to be sincere, give your own authentic thoughts—this is your salvation.—Charles Wagner.

IN GOOD SHAPE

We have not had to mobilize armies, but we did have to mobilize our finances and put them on a war footing, and we have a right to feel some complacency and satisfaction at what we have done. Europe was quick in rushing into war, but we have been just as quick in preparing ourselves for business contingencies. Our financial experts feel that our monetary fortifications will hold against all assaults, and that as the result of the recent legislation and of banking precautions the country is safe from either stringency or panic, and ready to meet any business demands that may arise.—Baltimore Sun.

PREPARED TO RIDE THE STORM

The power to add a billion dollars to our currency, conferred by legislation just passed by Congress, puts an end to any danger of a financial stringency, and the legitimate protection of our gold from raids from abroad will still further strengthen our financial position. The calmness and co-operation shown during the last week on all sides in the face of a far greater danger than has given rise to many panics in the past bears testimony to the American power of self-control in a crisis and to public confidence in the administration at Washington.—Baltimore Evening Sun.

OUR POSITION SOUND

No nation's finances were ever stronger than ours are today. And those who administer them will work in concert to see that every man, woman and child in the Union is faithfully served. Our position financially is sound. Our position industrially is sound. Our position agriculturally is sound. Our position socially is sound. Our position politically is becoming sounder. War in Europe cannot bankrupt America. Rather will it increase the prosperity of America.