What the Kidneys at once when Back harts or Bladder bothers-Meat forms uric acid.

SALTS IS FINE FOR

No man or woman who sats meaf repu-tarly can make a mistake by flushing the kidneys occasionally, says a well-knewn authority. Meaf forms urice acid which clogs the kidney pores so they staggishly filter or strain only part of the waste and poisons from the blood, then you get sizk. Nearly all rheuma-tism, headaches, liver trouble, nearcous-ness, constipution, dizziness, sleepleasness, hadder disorders come from sluggish kid-myrs.

bladder disorders come from sluggish kid-mers. The moment you feel a dull ache in the kidaeys or your back hurts, or if the urine is cloudy, offensive, full of seti-ment, irregular of passage or attended by a sensation of scalding get about four bunces of Jad Salts from any reliable pharmacy and take a tablespoonful in a grass of water before breakfast for a fase. This famous salts is made from the solid of graps and lemon juice, com-tined with lithis and has been used for generations to finah clogged kidneys and timuliste them to activity, also to neu-tralize the acids in urine so it no longer causes irritation, thus ending bladder dis-orders.

orders. Jad Balts is inexpensive and can-set injure; makes a delightful effor-rescent lithis-water drink which all rep-ment meet cators should take now and them to keep the kidneys clean and the shoud pure, thereby avoiding serious kid-ney complications.

NEWS AND COMMENT

The last chapter of Bleaseism has been written and the State of South Carolina is free from the clutches of the tyrant who has ruled so reckless-ly for the past four years. Blease's last act as governor was to pard 55 criminals from the State peniten-tiary, making a total of 1.488 pardon-douring his term. One thousand four hundred and eighty-eight crim-imals, their wives and children are praising Blease, but what about the rest of the population of South Caro-lina? The last chapter of Bleaseism ha

The Charlotte News says, that Cha The Charlotte News says, that Chai-latte is experiencing a revival of the real estate basiness. Indications are that all lines of business will grow better as the uow year advances President Wilson assured recent call ers at the White House that business was picking up all over the Unite. States.

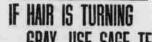
Does this look like hard times? An exchange says: "Within the last year nearly a million dollars worth of building has been done in Kinston." A dispatch from Greenaboro says: "Greenaboro banks are preparing to pay their usual dividends unaffected by "hard times."

In a barber shop in a nearby town on Christmas eve four men were in the chairs being shaved. A customer waiting for a shave chanced to step into the tollet room and there he dis-covered four quart bottles of whiskey sitting on a shelf. Evidently these men thought that lying in a barber's chair with a quart bottle in their pocket wouldn't be very comfortable. The figures would be astonishing if it were really known how many men celebrated the Lord's birthday in this way.

Secretary of State W. J. Bryan address the North Carolina Legisla-ture the latter part of January, as which time he will make an urgent appeal for a State-wide primary law. It is hoped that the Legislature now in session will see fit to give the peo-ple of North Carolina this law that will mean so much to them.

More indications of prosperous times. A dispatch from Lexington says: "The Erlarger Ostion Mill Co., which has just completed its first year of operation has decided to double its capacity." These mills were built at a cost of more than a million dollars. A number of additional cot-tages for employes will be built by this company this year.

The manufactures of High Point have given out the statement that a general resumption of business in the "Furniture City" will take place at the first of the new year. Have you brokes it yet? That New Year's resolution we mean.





INTERNATIONAL

DEBORAH AND BARAK DELIVER ISRAEL.

LESSON TEXT-Judges 434.6. GOLDEN TEXT-The rightcous cried, and Jehovah heard and delivered them out of all their troubles.-Pa. 34:17 R. V.

There are two inspired accounts of this victory, one in prose (ch. 4) and one in poetry (Judges 5). They pre-sent different views of the same event. Israel had been oppressed (or 20 years under Jabin and Sisera, his chief captain (4:2) though it seems to have been that the northern tribes of Naphtall, Asher and Zebulun, the Galilee of Christ's day, were chiefly Galliee G. concerned. Mother in Israel.

I. Deborah's Call to Service, vv. 4-9 As the people formook God be formook them, and they became easy prey. If we withdraw from his service we also

<text>

Miners Need Strength TY

because the hard work gradually weakens even a strong man unless his system is nourished with the pure food-tonic, Scott's Emulsion, which keeps the blood rich, builds healthy flesh, and firm muscles. Scott's Emulsion stronghlens the lungs: overcomes colds and bronchitis, rheumatiam or miners' astima.

4.26 Avoid Alcoholic Substitutes.

NEW YEAR BUSINESS OUT LOOK

New TRAR BUSINESS OUT LOOK Don C. Seitz, business manager of the New York World, asys people who have been loaded down with all sorts of fears on account of the war are new shaking them off. What we need now is an intelligent extension of credit. One effect of establishing the reserve banks is the doing away with the bankers' excuses for not extending credit when business men have sought their aid. There is a tendency among business men to loseen up. There is going to be a notable expansion of business. Howard Davis, manager of the

JUST IN TIME Some Asheboro People May Wait Till It's Teo Late.

Don't wait until too late. Be sure to be in time. Just in time with kidney fils. Means suring the backache, the dir. mu, the orinery disorders That to often come with kidooy publica. Doan's Kidney Pills are for this

purpose, ore is testimony to prove their merit.

merit. M. C. Robhies, R. F. D. No. 1, Car-sway, N. C., says: "I was often in such bad shape from kidney complaint that I could hardly move. In damp weather, the trouble was alwayse worse. I had a feeling of distrems in my head and was miserable in every way. A fellow workman told use to try Doan's Kidney Fills and I did, be-ing greatly pleased with the benefit that followed. I am now free from kidney trouble."

Price 50c, at all dealers. Dor aimply ank for a kidney remedy-ag Donas Kidney Pills-the same th Mr. Rubbins had, Fester-Millaurn Co Props., Buffalo, N. Y. Don't

THE MAN WHO READS IS THE MAN WHO LEADS

The newspapers that prosper and live long are cash in advance papers. The newspapers of the South have been mainly on a credit basis and hars even out a mere existence while the newspapers of the North on π dush basis have been prosperous and harv lived and been more useful. News-mapers everywhere are at lost hereintion unusually difficult. More than Six Thousand Fires The total number of fires during the season of 1914 which threatered the national forests and which had to be handled by the protective organi-nation of the forest service were 6.-112, or about 1,000 more than occurred in 1910. This number represents the fires reported up to December 1. At that time reports indicated that there was still a dangerous condition in southern California and in certain portions of the national forests of the cast. The service says that the total for the year will be increased by fires in these regions during December. The most serious conditions are ro-ported from western Montana and northern Idaho and on the Pacific slope. The weather conditions in the central and southern Rocky mountain regions were more nearly normal. As a consequence call 15 per cent of the total number of all national forests, 81 her east were destinguished by the outering first of the sational forests, 81 her cent were estinguished by the contention of a creas. The percent-ige of fires that burned over more than 10 acres was smaller than in any previous year. While detailed reports have not yet

and covered 10 acres. The percent-ize of ires that borned over more than 10 acres was smaller than in any previous year. While detailed reports have not yet been received appraising the exact loss to the government through the forest fires, a preliminary estimate shows that the loss of merchantable imber will probably not exceed \$400, 000. In 1910 the corresponding esti-mates of loss was nearly \$15,000,000, but later estimates materially reduced the amount. Through the work of the protective force the fires this year were largely confined to old burns and to less heavily timbered area. The loss to the government through the destruction of young trees which had sprung up in these openings is larger than the actual loss to green timber. In Montana and Idaho alone, it is of timber which were threatened by the approximately 2,000 fires which and the the value of specific bodies of timber which were threatened by the approximately 2,000 fires which and the the value of specific bodies of timber which were threatened by the approximately 2,000 fires which arted and were put out, aggregated he enormous sum of over \$55,000,000. Under the L200 fires which were unount of money had to be spent to prevent a recurrence if the great di-sington, the L200 fires which were unount of \$24,000,000 over the threatened upwards of \$24,000,000 over the fire are not \$24,000,000 over the fire are not yet gathered of the "precise amount of fames the and other private origing conflagrations. Figures are not yet gathered of the "precise amount of damage threatened by fires are cof the prop. ty threatened and saved. A FILTER FILE FILE.



NATIONAL FOREST FIRES IN 1914 DAY OF ALCOHOL IS PRACTICALLY GONE

 NATIONAL FOREST FIRES IN 1911.

 The sensor of 1014, seconding to the distributed of the forest service, carried and the rational forest in the anisotal forest in the second fore fore protection and incertain the second of the forest second forest in the second

THE FUEL VALUE OF WOOD

THE FUEL VALUE OF WOOD The fuel value of two pounds of wood is roughly equivalent to that of one pound of coal. This is given as a result of certain calculations now being made in the forest service lab-oratory, which show also about how many cords of certain kinds of wood are required to obtain an amount to that in a ten of ceal. Certain kinds of wood, such as hickory, oak beech, birch, hard maple, ash, elm, locust, lougleaf pine, and cherry, hav efairly high heat values and only one cord of sensored wood of these species is required to equal to takes a cord and a half of short-leaf pine, hemlock, red gum, Douglas tr, sycamore, and soft maple to equal a ton, and two coris of cedar, red-wood, poplar, catalpa, Norway pine, cynress, basawood, spruee, and white pine. Equal weights of dry, non-resinou-woods however, are said to have pra-

cypress, basawood, spruce, and white pine. Equal weights of dry, non-resinous woods, however, are said to have pra-tically the same heat value regardless of species, and as a consequence it can be stated as a general proposition that the heavier the wood the more heat to the cord. Weight for weight, however, there is very little difference between various species; the average heat for all that have been calculated is 4,600 calories, or heat units, per kilogram. A kilogram of resin will develop 4,00 heat units, or about twice the average for wood. As a consequence, resinous woods, have a greater heat value per pound than non-resinous woods, and this increased value varies, of course, with the resin content. content.

GRAY, USE SAGE TEA the battle that day (see also 5:20, 21; Josh. 10:10; 1 Chron. 15:15-17). Even the stars fought against Sisera, mean-Don't look old! Try Grandmother's recipe to darken and beautify faded, lifeless hair. **BILIOUS "CASCARETS"** ing that God turned the elements to the advantage of Israel's army. Showers of meteors have been recorded in this land in recent times and 5:21 tells of Taded, incleas har. Taded, incleas har. Tade beautiful, even shade of dark point of Sage Tea and Sulphur the second second second second parts the face. When it failes, turns parts the face. When it failes, the the face of the second second second the face of the second second second the face of the second second second parts the dependent of the second second parts the dependent of the failes faile. The parts the face of the second second second parts the second second with it and draw parts the the main taking one small parts the the main taking one small parts the the second second about the main the beautifully demotes a parts the despected, and after another parts the teams by morning the gray parts the despect of the second second about the second second second second about the second second second second about the second the second second about the second second second second about the second the second second about the second second s To-Night! Clean Your Bowels and Stop Headache, Colds, Sour Stomach the Boods of water that "swept away," overthrew, the chariots of Sisera. The scarcely uggests the sudden terror and confusion which fell upon Sisera's army. Like all of God's victories, it was most complete. A brave, outraged woman executed a sentence which some male member of her famity would certainly have been bound to carry out. The "curse of Meror" (5:23) is that bestowed upon th shirker, the cow-ardy and tills. It is the curse of use-lessness, the causes of which are cowardice, faise humility and inde-lence. The work of the Avenger is a necessity. the floods of water that "swept away," overthrew, the chariots of Sisera. The word discomfited." we are told, scarcely uggests the sudden terror Get a 10-cent box. Evil stalks the world on the way to execution; though wrong reigns. It must and will lead through the power of the highest to Christ's glory (Eph. 6:12, Rom. 8:37-39). Remember, a Cascarce to the straighten you out by morning. A 10-cent box from your druggit means healthy bowel action; a clear hear and cheerfulness for months. Don't forget the children.

the second se

 Proved by the State of course, with the resin be paid out of the earnings of the more state of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin that set of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin the course of the special course, with the resin terms on the special course of the special course, with the resin terms of the special course, with the resin terms on the theorem special course, with the resin terms of the special course, with the resin terms on the theorem special course, with the resin terms on the theorem special course, the special course of the special course, the special course of t land. Behold, the strong food and the high price cover and wheat crusted in-the Democratic administration hav-filled out the hollow places in Jack A's, sides and covered his rike and caused him to become so unruly that even his own party is ashamed of him. —Citizen. stomach trouble. Ten years ago a friend told me to try Thediord's Black-Draught, which I did, ind I found it to be the best family medi-tine for young and old. I keep Black-Draught on hand all the time now, and when my children feel a title bad, they ask me for a dose, and it does them more good than any medicine they ever tried. -Citizen WHAT WOULD YOU DO? We never have a long spell of sick-ness in our family, since we commenced using Black-Draught."

 We never have a long spell of sick-tress in our family, since we commenced sing Black-Draught.
 There are many times when one man investions anothers actions and more tress mouthers actions and more tress mouthers anothers actions and more tress. Men act differently under differ-tieve indigestion, colic, wind, naused.
 PROMPT ACTION WILL STOP

 There are many times when one man tress. Men act differently under differ-tress weak stomachs, aid digestion, re-lieve indigestion, colic, wind, naused.
 The southers anothers anothers and more that a severe cold? Could you do both that a severe cold? Could you do both ther than to take Chamberlain's Could you do both that a severe cold? Could you do both that with the the commended by people who have used if for years and know its value. Mrs. O. E. Samberlain's courb Remedy is worth its weight.
 PROMPT ACTION WILL STOP More you first each a Cold (often to another a severe cold? Could you do both the throat is the kind de-manded. Dr. King's New Discovery solthes the irritation, loosens the phlegm. You feel better at once. The semed is worth its weight.

The principally disnovantage of the resinous pines is their oily black moke.

PROMPT ACTION WILL STOP YOUR COUGH When you first catch a Cold (often indicated by a sneeze or cough) break it up at once. The idea that "It does