

## Effect of Great Kidney Remedy is Soon Realized

I feel it my duty to let you know what Swamp-Root did for me. I was bothered with my back for over twenty years and at times I could hardly get out of bed. I read your advertisement and decided to try Swamp-Root. Used five bottles and it has been five years since I used it, and I have never been bothered a day since I took the last bottle of it. I am thoroughly convinced that Dr. Kilmer's Swamp-Root cured me and would recommend it to others suffering as I did.

My husband was troubled with kidney and bladder troubles and he took your Swamp-Root and it cured him. This was about five years ago. You may publish this letter if you choose.

Very truly yours,  
MRS. MATTIE CAMFIELD,  
R. F. D. No. 3, Gobleville, Mich.  
Subscribed and sworn to before me this 13th of July, 1909.

ARVIN W. MYERS,  
Notary Public,  
for Van Duren Co., Mich.

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

### Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & 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 Asheboro Weekly Courier. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

### Light From Stars.

The light we receive from stars of the first magnitude, like Vega, is equal approximately to a forty-thousandth part of that of the sun. It is calculated that the total light received from the lesser stars is equal to that of 3,000 stars of the first magnitude, or a sixth part of that which is sent to us from the moon.

### Distrusted Education.

Education was considered a disqualification in a servant a century ago. Even Hannah More, who did much to promote the Sunday-school movement, confined her curriculum to teaching the children to read the Bible, the catechism "and such coarse works as may fit them for servants." "I allow of no writing for the poor," she stated emphatically.

### Sleep While on the March.

Sleep can persist with the exercise of certain muscles. Couriers on long journeys nap on horseback. Among the impressive incidents of Sir John Moore's disastrous retreat to Coruna, in Spain, not the least striking is the recorded fact that many of his soldiers pursued their march while fast asleep. Burdach, however, affirms that this is not uncommon among soldiers.

### Process of Milking.

I do not know that the process of milking has ever been described. The forefinger first clasps the upper part of the teat, and then the middle, ring and little fingers, in rapid succession, so as to drive the milk before them through the orifice. The knack is rather difficult to acquire, and at first very wearying to the hands, though this soon passes.—From "A Farmer's Note Book," by C. E. D. Phelps.

### About the Limit in Hunting.

A Dublin gentleman was spending his vacation with some friends in the west of Ireland. As he was being driven to his destination he noticed a bog that promised good shooting, and asked his jockey if there were any snipe in it. "Snipe, is it, sor? Did ye say snipe? Shure, if ye went into that bog widout a gun they'd ate ye!"

## CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Gifford*

### NOTICE

North Carolina, Randolph County, Superior Court.

W. S. Skeen vs. L. A. Sheets and Will Hurley.

The defendant above named, L. A. Sheets, Will take notice that an action entitled as above has been commenced against him in the Superior court for Randolph county and that summons and a warrant of attachment has been issued against him and his property in the said action; that the nature and subject matter of said action is as follows, to wit: An action to recover damages in the sum of \$100 for the wrongful conversion of a certain mare and the sum of \$95.32 for breach of an express contract to pay a sum certain in money represented by note; that said defendant is required to be and appear before the Judge holding the Superior court for Randolph county at the court house in Asheboro, N. C., on the second Monday after the first Monday in March, 1915, and answer or demur to the complaint of plaintiff or the relief demanded will be granted.

This Feb. 5, 1915.  
J. M. CAVERNES,  
Clerk Superior Court.

## FOR BETTER FARMING

### Southern Farmer Urged to Adopt Diversification.

Department of Agriculture Gives Plan for Reducing Living Expenses by Growing Many Things Which the Family Needs.

(Prepared by the United States Department of Agriculture.)

The secretary of agriculture in writing recently to cotton exchanges in the South, pointed out that the only really efficient way to prevent a recurrence of the crisis which the collapse of the cotton market created was for the southern farmer to diversify his agriculture. Hitherto the cash returns from a successful cotton crop have blinded many farmers to the profit of the old proverb that it is folly to put all your eggs in one basket. They have devoted all their land and all their time to the production of cotton, and have purchased their own supplies at a cost much greater than they could raise them themselves.

The essential weakness in this practice has long been apparent to agricultural experts, but their efforts to secure more diversity in farming have hitherto met with but little success. It is difficult to change habits of many years standing, and the man who has been accustomed to grow cotton and only cotton is reluctant to remodel his own farm, even after he has become convinced of the necessity of so doing.

To help meet this situation, the United States department of agriculture has prepared a series of articles, of which this is the first, on the subject of diversified farming in the South. These articles will treat of the raising of produce for home consumption in vegetable gardens, potato patches, etc.; of such crops as corn, beans, peas and other legumes, which are both useful in themselves and may be made to enrich instead of impoverish the soil; and of poultry, dairy products and live stock for home use and as a cash crop to serve as a substitute, in part or in whole, for cotton.

By the adoption of diversified farming, the farmer may reasonably expect to achieve several important objects:

1. He may very materially reduce his own living expenses by growing on his own land a great many of the things which his family needs and which he now purchases at the store, paying, of course, a profit to the retailer and the middleman.

2. He should save a very considerable proportion of his outlay on fertilizers by growing crops that add nitrogen to the soil, and by keeping live stock to enrich it with manure.

3. He should grasp the opportunity afforded by the increasing demand for meat of all kinds to turn a large part of his crops into stock to be sold to slaughtering houses at a profitable price. He should place himself in a position where his entire prosperity is not dependent upon the demand for any one article, when the strength of that demand is determined by circumstances entirely out of his own control. In other words, he should have more than one thing to sell. All this seems very simple, but up to the present time comparatively few farms in the South have been managed with these ends in view.

In a speech before the National Dairy Show association in October, 1914, the secretary of agriculture stated that the average Iowa farm has six milk cows; the average South Carolina farm has one. In Iowa, the average farm has 35 hogs; in North Carolina and Alabama, less than five; in South Carolina less than four. In poultry the difference is even greater. One hundred and eight is the average in Iowa; less than twenty in North Carolina and Alabama, and less than seven in South Carolina. The results of one investigation show that in Georgia the average farm home produced less than two eggs a week, less than two-thirds of an ounce of butter, and two-thirds of a pint of milk a day, and that the cotton crop of the entire South did not pay for its food and feed bill. Thus it has been estimated that Texas imports annually more than \$50,000,000 worth of wheat, corn and oats; Georgia more than \$24,000,000; South Carolina more than \$20,000,000, and 12 southern states more than \$175,000,000. In addition, more than \$15,000,000 worth of meats, dairy and poultry products are imported each year.

To do away with this condition of affairs is one of the chief purposes of diversified farming. It is not necessary for the South to compete in these crops with other regions in the open markets of the world, but the home demand can be met by home production, and enough left over to form the basis of a very profitable stock raising industry.

In this connection it is noteworthy that already 223,000 square miles, or an area that is greater than that of Georgia, Florida, Alabama and Mississippi added together, has been cleared of the cattle tick, and that if the work is continued at the same rate of speed, the whole country should be free of the pest within fifteen years. The cattle tick has, in the past, been one of the greatest drawbacks to the raising of live stock in the South. It has now been conclusively shown that it can be completely done away with, and with the growing appreciation of the part that live stock plays in sound agriculture, there is no reason why this industry

## TAKES OFF DANDRUFF

### HAIR STOPS FALLING

Girls! Try This! Makes Hair Thick, Glossy, Fluffy, Beautiful—No More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance.

Get a 25 cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that a all—you surely can have beautiful hair and lots of it if you will just try a little Danderine.

### CANCER—A DISEASE OF MANY FORMS

People commonly think of cancer as a single definite disease, as distinct and uniform in its nature and symptoms as appendicitis or typhoid fever. This is a misconception. It is nearer the truth to regard "cancer" as the name of a group of quite different diseases which have one feature in common. It has been said that the layman's conception of cancer is of something very indefinite, very portentous, quite hopeless, a disease which always affects someone else than himself, and about which he carries no immediate interest or responsibility. If this is a fair statement, the layman is wrong on practically every count, and his error and confusion is probably due, in no small part, to the failure to take account of the many forms of cancer. If this were done perhaps the patient would not so frequently yield to despair and throw away the excellent chance of cure that exists when the disease is first discovered.

As a matter of fact "cancer" in the light of modern knowledge of human ailments, is almost as general and vague as a term as "fever." The word covers a number of entirely distinct diseases, differing widely in their origin, symptoms, treatment and curability. The various kinds of tumors have little in common except that they are all forms of new and lawless growths of body cells.

This false notion of cancer as a single disease has probably hindered progress toward the understanding and control of the various diseases which are conveniently grouped under that term. All forms of cancer are aspects of new and lawless cell growth, and it is the inner nature or "cause" of such growth that we do not yet understand.

The essential point for the man in the street is that each different kind of cancer is a separate disease. If he is so unlucky as to be attacked by any one of them, it would be well before becoming discouraged to go and find out which form he has. If he is taken with a "fever" and it happens to be German measles, his outlook on life is quite different than if it chances to be virulent small-pox. So, also, a "rodent ulcer" on the face is quite different from cancer of the stomach. And lastly while one is more serious than the other, there is always hope if it is recognized and treated at once. Why not give the surgeon the same chance with cancer as he has with appendicitis? Suppose all symptoms of that disease were neglected and hidden until the appendix had burst? Doubtless the surgeon would still save a certain percentage of cases, but would the record be anything like it is now? It is the intelligent co-operation of the patient and the family physician that has conquered appendicitis, and the same weapons are even more needed in the fight against cancer.

### KEEP IT HANDY FOR RHEUMATISM

No use to spurn aim wine and try to wear out your Rheumatism. It will wear you out instead. Apply some Sloan's Liniment. Need not rub it in—just let it penetrate all through the affected parts, relieve the soreness and draw the pain. You get ease at once and feel so much better you want to go right out and tell other sufferers about Sloan's. Get a bottle of Sloan's Liniment for 25 cents of any drugist and have it in the house—against Colds, Sore and Swollen Joints, Lumbago, Sciatica and like ailments. Your money back if not satisfied, but it does give almost instant relief. Buy a bottle today.

### KEEP THE KIDNEYS WELL

Health is Worth Saving and Some Asheboro People Know How to Save It.

Many Asheboro people take their lives in their hands by neglecting the kidneys when they know these organs need help. Weak kidneys are responsible for a vast amount of suffering and ill health—the slightest delay is dangerous. Use Doan's Kidney Pills—a remedy that has helped thousands of kidney sufferers. Here is an Asheboro citizen's recommendation:

Mrs. A. F. Parrish, Academy St., Asheboro, says: "I was troubled by my kidneys for years and though I tried different kidney medicines, I never found anything equal to Doan's Kidney Pills. They have always given me fine results. Ever so often I have taken a box of Doan's Kidney Pills and they have kept my kidneys in good shape and made me feel better in every way."

Price 50 cents, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Parrish had. Foster-Milburn Co., Props., Buffalo, N. Y.

## FEED THE DAIRY COWS WELL

Cottonseed Meal Is Convenient Feed in Texas and Oklahoma to Balance Sorghum and Silage.

(By H. M. COTTELL.)

Native pasture and silage should be available summer and winter. The silage should be fed generously at any time of the year when the grass is not sufficient to secure a high yield of milk. In dry times during the summer and at all times during the winter, sorghum, hay and the hay from either alfalfa, sweet clover or Spanish peanuts should be fed liberally. Rye pasture usually can be provided and it makes a good winter feed. In favorable years wheat pasture may furnish nearly all the feed needed for a high yield during the winter. Five good cows fed all they will eat will yield more profit than 15 half starved.

The daily ration must be balanced between the starchy, heat-making feeds, like silage, sorghum hay, corn fodder and millet, and the blood-and-muscle-making feeds like alfalfa, sweet clover and Spanish peanut hay. Every cow yields a good flow of milk on green, luscious grass. The grass furnishes about three and a half parts of the starch to one of the blood-and-muscle-making material. Dry



Excellent Dairy Type.

land farmers often say that sorghum hay will "dry up" a cow if she is given enough of it. It will when fed alone, but it may be fed in large quantities to advantage when balanced properly with hay from alfalfa, sweet clover or Spanish peanuts. Cottonseed meal is a convenient feed in Texas and Oklahoma with which to balance sorghum, millet hay and silage.

### SOIL EROSION IN THE SOUTH

Other Crops Must Be Grown Than Those Requiring Clean Culture, as Do Cotton and Tobacco.

The following statement regarding soil erosion in the South is taken from the annual report of the bureau of soils of the department:

"In a study of soil erosion in the South it has been found that large areas are lost to agriculture annually through erosion. In some states vast areas, amounting to as much as 50 per cent of the arable land of these sections, have been abandoned. The character of the erosion varies with the type of soil. Usually, on the heavy clay soils, 'sheet' or surface erosion is found. With increasing proportion of sand in the soil the erosion changes to the 'shoestring' type, then to the gully type, with rounded edges, and finally to the gullies with caving sides. The most rapid erosion seems to occur in soils having a layer of silt or clay at the surface and a substratum of sand. This condition usually leads to erosion of the deep gully type, which is difficult to check and unprofitable to reclaim.

"All methods for prevention and control are based either on increasing the capacity for absorbing the water as it falls, or on decreasing the velocity of the run-off. A new method in use in one locality is the construction of what are known as 'christophers,' the distinctive feature of this plan being in the manner of disposing of storm waters. Across an incipient gully is built a dam, through which is passed a sewer pipe connected with an upright pipe on the upper side of the dam. Water fills the valley until it reaches the top of the upright pipe, and then flows down this pipe in the next field. The water left standing below the mouth of the upright pipe is gradually removed by a tile drain. It is also demonstrated in the South that other crops must be grown than those requiring clean culture, as do cotton, corn and tobacco."

### Keep the Horses Busy

The horse is an inexpensive animal to feed and consequently should be kept busy all the time if possible. If this cannot be done then he should be fed as cheaply as possible. With hay or other roughage and two pounds of cottonseed meal a day the idle horse or mule can be kept in good condition on a very small amount of corn.

### Oil for Paint.

For mixing with paint linseed oil is the one which is most commonly used as an ingredient. Other oils might be tried and the best way to test their relative worth is to mix only a small quantity of paint and test the result. Linseed oil, when pure, is excellent, since it oxidizes and becomes thick on exposure to the air. It may be considered the best of all oils for use in paint, putty and other similar substances.

## THE STANDARD DRUG COMPANY AND THE REXALL DRUG COMPANY FORMULARY.

The Latest and Best Formulas for Home Use

Compiled for the Standard Drug Co. and the Rexall Drug Co. by Dr. Charles W. Parsons, formerly editor of Druggist Circular, Chemist for U. S. Department of Agriculture, Washington, D. C., Professor of Practical Pharmacy and Analytical Chemistry in College of Pharmacy, of City of New York.

These formulas are copyrighted. It will be noted that each formula gives the kind of each medicine for each formula, but the quantity of each medicine to be used is not published, but is kept in a separate book and these formulas can be filled out at the Standard Drug Co. and Rexall Stores in Asheboro.

The price of each formula is given, and all you have to do is to cut out this formula and send it to the Standard Drug Co. or Rexall Drug Co., together with the price. You can save money by using these formulas.

### FOUL BREATH

Chlorinated Lime  
Oil Rose  
Alcohol  
Water

Price, 25 Cents

Teaspoonful in a glass of water as a mouth wash. Do not swallow. Bad breath is a result of some digestive impairment or decayed teeth. Until the cause is removed, only a palliation of the trouble can be expected.

### ANTISEPTIC LIQUID

Potassium Bichromate  
Sodium Borate  
Sodium Benzoate  
Thymol  
Eucalyptol  
Oil Peppermint  
Oil of Ganthier  
Tincture of Cardben  
Alcohol  
Glycerine  
Purified Tale  
Water, enough to make

Dissolve the salts in 10 ounces of water, and the thymol, eucalyptol and oils in the alcohol. Mix the alcoholic solution with the glycerine and the tincture of cardben, add the solution of the salts and enough water to make 2 pints. Add the purified tale and shake occasionally, then filter, returning the first portions until the filtrate passes brilliantly clear. Use diluted with four or five times its volume with warm water.

Price, 25 Cents

### FLORIDA WATER

Oil Bergamot  
Oil Lemon  
Oil Orange Peel  
Oil Lavender  
Oil Cloves  
Oil Cinnamon  
Oil Neroli  
Water  
Alcohol

Price, 35 Cents

A popular toilet specialty, equal to any proprietary brand. To be used freely after the bath.

### LAVENDER TOILET WATER

Oil Lavender  
Oil Bergamot  
Oil Lemon  
Oil Cloves  
Extract Musk  
Extract Ambergris  
Alcohol

Price, 35 Cents

An exceptionally strong and fragrant article.

Use freely on face and hands after the bath, and in atomizer as desired. The fragrance is delicious and most refreshing.

### LONDON TIMES PRAISES BRYAN

With the London Times delighted with Secretary Bryan's letter to Senator Stone in defense of the United States government's neutral attitude, the situation may be surveyed with real satisfaction all around. The United States Government is doing its best to stand perfectly straight on neutrality questions, and whenever English interests are involved it is to be hoped that the English will not charge our government with being too neutral of German conspirators. It is difficult business maintaining official neutrality in a way to please everybody. There is an excellent illustration in the case of the German submarine, the *U-101*, which has been reported to have been shot down by the United States Navy. He has observed that while the government's note on neutrality to Sir Edwyne Geary was "moderate" and correct, the preliminary newspaper accounts of it were almost as to be prejudicial English and American spirits each other. This is going far and wide to find grounds for censure, and the senator must be set down as one who is overdone somewhat, by his strong English sympathies.—Springfield Republican.

### A GOOD EXAMPLE

The Silver City Grit of last week said that two elderly maiden ladies, Misses Gilmore, in the southern part of this county, have never worn any "starch" clothes, but that they have a spinning frame and loom and have always made their clothes.

Now, just suppose their example was followed by all the women (and also by the men), what a saving in fine clothes they would make! No doubt that most persons spend more on their clothing than they can afford to spend, each trying to dress finer than his or her neighbor. In the one item of hats what a great saving most women could make, if they would not try so hard to be "in the fashion" by buying two or three costly hats every season, and frequent one hat to match or suit each dress.

## COST OF WAR AND LUXURY

The probable cost of the war now raging in Europe to the people of Great Britain alone, not considering the expenditure of any of the other belligerents, is estimated at \$3,400,000,000. This is a staggering load for the British taxpayers; but so far there has been no difficulty in borrowing the needed money to defray war expenses. Of course, there is a terrible economic waste. The lives sacrificed and the property destroyed represent an almost total loss. There is no return on the investment, so to speak.

An English writer on the subject is at some pains to show that, enormous as the waste of war may be, it is insignificant as compared with the waste of peace. He says that the 46,000,000 of people in Great Britain annually expend for—

Alcoholic drink	\$800,000,000
Non-alcoholic drink	350,000,000
Tobacco	175,000,000
Motors	375,000,000
	\$1,700,000,000

At this rate four years of ordinary peace expenditure for luxuries would more than suffice, if saved, to pay the cost of the war. "Of course," the writer adds, "the quoted terms are only a few out of many that might be named in a big category of luxury trades. The well-to-do classes spend hundreds of millions a year on things which by no stretch of imagination could be called necessities. It is useful to realize that, while the waste of war is so great and so mournful actually, it is insignificant relatively to the waste of peace, for war is occasional and peace nearly constant."—Philadelphia Record.

### NOT EVEN GERMANY CAN DO WITHOUT MONEY

Not even Germany is able to get on without money, as appears from the reports that arrangements are being made for a second war loan. In December the Reichstag voted a fresh credit of \$1,250,000,000, and the Tagblatt of Berlin says that the new appeal for subscriptions will be made in February or March. The German people responded enthusiastically to the first call, and no doubt the second loan will be met in the same spirit. None the less there will come a time if the war lasts, when in the least one of the belligerent countries spirit will not be enough if the whole world, instead of merely half of it, were at war, for it certainly is not destroyed by changing hands. Even an things are the pinch may be felt in real values sooner than in money, but even Germany, which is better prepared than any other country to devise a scientific substitute for money, is nevertheless spending like the rest at a tremendous rate. This credit is more by a fourth than the huge war indemnity which France had to pay in 1871, and which started Germany on its great commercial boom.—Springfield Republican.

### CONFISCATING GRAIN

In confiscating at this early stage of the war all the grain supplies in the country, the German government shows a more energetic efficiency than has ever before been shown in the conduct of a war, and the measure, so far from encouraging the allies to think that Germany is hard pressed, should be to them a significant warning of the desperate resistance which that country is prepared to make. Normally it imports a third of its foodstuffs, but it is reasonable to suppose that by rigid economy and a spare diet, consumption may be reduced by something like a third without danger of starvation—possibly with a betterment of health, for many people eat too much. Whoever goes hungry, the soldiers must be fed, and the taking of grain means that whatever happens the men in the trenches that the distinction between food for combatants and food for noncombatants is obliterated and the difficulty of interpreting the rules of contraband of war is greatly increased. It has never been an easy distinction to make, and it is doubly difficult in the case of the "nation in arms." The government is to feed all, but it must feed first and beat those who are doing the hard work of fighting.—Springfield Republican.

### FEDERAL AID TO GOOD ROADS

The final report of the joint congressional committee on Federal aid to good roads shows conclusively that public opinion is overwhelmingly in favor of this aid being given. The committee has spent more than two years studying the subject, and in 1912 Hon. Jonathan Bourne, chairman of the committee, sent to a large number of newspapers, commercial organizations, farmers' unions and various circular letters, asking them to ascertain the consensus of opinion in their communities on the question.

Ten thousand representative individuals came from every State in the Union, showing with reasonable accuracy the attitude of the people throughout the country. Ninety-seven per cent of the replies favored Federal aid and three per cent were against it.

### COOL SPRING ITEMS

Denver York attended the burial of his little cousin Edith Curtis, at Liberty, recently.

Master Kermit McDaniel of this section is in school at Franklinville.

Charlie Walker has returned from a visit to his sister, Mrs. Denton, at Troy.

Mr. Isaac Routh died at his home near Millboro, January 28, aged 78 years. Interment was in Gray's Chapel cemetery, funeral services being conducted by Rev. Mr. Pike. Mr. Bud Routh, of Level Cross; Mr. and Mrs. Eugene Routh, of Cedar Falls; and Mr. and Mrs. Sam Devinyer, of near Liberty attended the burial.

Harry Benton, a negro, was recently sentenced to serve 12 months on the streets of Greensboro for retailing \$2 worth of cocaine.