

HELPS FOR HOME MAKERS

Reduce High Cost of Living With a Garden All Year Round. (E. E. Balcomb) One there was a farm-billy what wouldn't plant no seeds. An' let the n-est garden patch grow up to ugly weeds! The women folks an' children folks thist hold their heads up high. 'N Made fun of havin' G-A-R-D-E-N-S, an' said their dad could buy. 'N they wouldn't heed the warn'n'-- "Never buy what you can raise," But ran BIG BILLS 'n lotted about through all the summer days. But long an in the win-ter time, the WOLF STOOD AT THEIR DOOR! 'N if the neighbors hadn't saved 'em, He'd uv let 'em up for s-h-a-r-e-r! So put a G-R-E-A-T BIG GARDEN IN. An' mind what you're about, Er the HARD TIMES'll git you Ef you Don't

Watch Out! The Industrious Family that raises plenty to eat has a great advantage over the family that depends on the tin can counter of the local grocer who must take much more as the war in Europe is pushing prices pretty high.

Miss Jamison's Recipes have made you unusually anxious for a large variety of vegetables in your garden, because having tried the recipes which call for things you already have in stock you know that you can make delightful dishes from what you can raise in your garden. Some Women Are Always Critical and Complaining.

They often say a writer's directions and advice are not practical, when it is they and not the writer that is not practical. I have heard farm women complain because recipes called for mustard or spinach or parsley, Scrim chard or kale, an onion for flavoring, a pepper pod, a pinch of sage, celery, and asparagus, which they did not have and could not afford to buy. I have heard women of moderate circumstances in towns with garden spaces going to waste make the same complaint; and also women of means--they, because the grocer did not keep these garden products. If these women had been practical they would have raised these things. Particularly is such a complaint inexcusable from a woman of North Carolina.

North Carolina Women Are the Most Fortunate on Earth. There are very, very few districts so crowded that a garden spot cannot be found for the family--if not on one's own lot then on some vacant lot nearby. Even our mill districts provide well for such a need. There is no call for costly irrigation. We have the sunshine, we have the showers for a long growing season. If a North Carolina woman will plan carefully her family may live reasonably well though mills shut down and war makes prices high, for--

We can raise what we can use. And WE DON'T HAVE TO BUY. "Stir Constantly."

This admonition, given in a preceding article, applies again to both the garden and the garden. It will take some lively stirring this month, too, for while the planting of a large variety of vegetables is going on at different intervals, the ground around the vegetables already planted will have to be stirred and watered. Do the same work this month.

Mustard. A bushy, green and red tree. It is raised in the West of Europe. It is also a few "trees" in the southern States. And it is only by the best of men that by "stirring" mustard all the rest of the family as well.

Beets. Beets in the spring time should contain some mustard. It is a hardy plant that furnishes a reliable source of greens when the system is having its annual spring reawakening, and adds a pleasant, pungent flavor to salads and "chick".

Chinese, White London, Giant Southern and Curled are varieties that are much recommended. It needs little cultivation and may be followed by other crops, as late peas, for example. Sow in drills 1 oz. to 100 feet; later thin to three inches apart in the row. Rows, 18 inches apart. The seeds are small and should be planted very shallow, not more than one-fourth of an inch deep. The mustard should be ready for use in four weeks by successive plantings about every 15 days fresh, tender leaves may be had at all times.

Beat the Beet if You Can for a vegetable rich in coloring. It is beautiful sliced in thin even slices. Some folks always serve beets cold with strong vinegar, but I like them hot with some of Miss Jamison's good salad dressing on them. And beets make the finest kind of Coloring for Candy and Easter Eggs.

Besides you can make very decorative candy by crystallizing sliced beets, and can trim up your Christmas candy boxes as nicely as those displayed in shop windows. Parsnips may also be used in this way. If you would

SUFFERING OF THE INNOCENT

The condition of women and children in the belligerent countries of Europe, especially Belgium and France, is said to be indescribable. It is estimated that 200,000 babies have been born within the sound of cannon since the war began, 50,000 of these in Belgium.

According to the war correspondents, mothers with new born babies often seek shelter from the cold in straw stacks and other similar places, while the little ones have died by the thousands. Mothers are often torn from their families and their children left dependent upon the mercy of the wandering populace, who are themselves bereft of homes and loved ones. Thousands of mothers who would not desert their children have perished with them from starvation and exposure. It can be readily seen that the horrors of war fall heaviest upon the women and children; for the men are in the army, where the conditions of camp life and battle divert their minds from the harrowing conditions of home.

One woman walked five miles carrying the dead body of her little child, that she might give it a burial in a graveyard. She placed a coffin, placed the body in it, then dug the little grave and buried the child. Can we imagine anything more heart-breaking?

To relieve the horror of these conditions as far as human help can, thousands of good women are giving their services to a work of mercy; American and English women have gone into the war zone as nurses under the control of the Red Cross. They give aid to the women and children as well, and we are told it has become a fad among a certain class of women to adopt Belgian babies. It is at least a human fad and to a limited degree helps to relieve the situation, but it fails to reach the thousands of starving children, who are not to blame for the war, whose innocent lives are a sacrifice to the greed and evil passions of a few war-lords.

CHURCH-GOERS

They "do say" that there is more church-going just now than for a long time. It must be that all the candidates for city commissioners are getting good.

Attendance at lodge meetings is also said to be on the increase. However, the only secret order we ever knew of that was productive of votes was the Ku Klux. It was fine, which fact we could prove by the late Judge Tourgee were he alive. He predicted in 1870 what was going to happen to his party and it planned out. Then he wrote a book on the clan and made over a hundred thousand dollars from its sale. It was called "A Fool's Errand." But the judge himself was not wise, for he spent most of the money trying to establish a high-class magazine up North. He went broke and died when he was minister to Belgium. He was the first "carpet-bagger" to hit this part of the country soon after the surrender.--Greensboro Record.

RHEUMATISM YIELDS QUICKLY TO SLOAN'S

You can't prevent an attack of Rheumatism from coming on, but you can stop it almost immediately. Sloan's Liniment gently applied to the sore joint or muscle penetrates in a few minutes to the inflamed spot and cures the pain. It soothes the hot tissues, soothes feeling, and in a few minutes gives a relief that is almost unbelievable until you experience it. Get a bottle of Sloan's Liniment for 25c. of any Druggist and have it in the house.--Sloan's, Boston and St. Louis, Johns, Langbar, Scatter and the ailments. Your money back if not satisfied, but it does give almost instant relief.

Go to know how Write to the Extension Department, and we will see that some one tells you.

Beets should be planted 1 1/2 inches deep in drills, 2 feet apart. An oz. should plant 50 feet. For the early crop, plant Egyptian, Ellipse, Detroit, or Park Red. Early beets should be ready for use in 65 to 75 days. Early beets are very much better when tender and for this reason frequent plantings should be made. The soil should be loose and kept well worked. Since the edible portion grows under ground clods and hard unyielding soil interfere with the perfect development of the beet.

Since beets are slow starters in life's race it is well to sow radishes in the same row. The radishes mark the rows for cultivation and are out of the way before the beets need the room. Manure should be well rotted and thoroughly mixed with the soil. In fact it is better for the beets if the manure has been applied for a previous crop. The State Department of Agriculture recommends 1,000 to 2,000 pounds of the following fertilizer:

Phosphoric Acid... 7 per cent. Nitrogen... 5 per cent. Potash... 8 per cent. Beets are one of the numerous vegetables that let you "Keep Your Cake and Eat It, Too."

MINERS' ASTHMA

is caused by inhaling tiny particles of dust; they choke the bronchial tubes and bronchitis or pneumonia easily follows. The cod liver oil in Scott's Emulsion corrects asthma by building healthy tissue; it soothes and heals the irritated membranes, and strengthens the lungs, throat and nerves. Always take Scott's Emulsion for Miners' Asthma. EVERY DRUGGIST HAS IT.

WHERE WE GET OUR WEEK: A MYSTIC NUMBER

There are seven days in a week because of the Oriental tradition that the world was created in seven days. The Romans had no week, but reckoned by months, counting forward and backward from the idea and point until the fourth century, when they adopted the Jewish-Christian week. Because of its relation to the creation the number seven has always been invested with an occult and mystic significance. There were seven wise men in antiquity, and seven wonders of the world. The seventh son of a seventh son, or seventh daughter of a seventh daughter, was supposed to possess powers of prophecy or divination. For seven days seven priests with seven trumpets invested Jericho, and on the seventh day they encompassed it seven times. The ancients knew of seven planets and seven metals. There were seven heavens and seven hierarchies or angels. Seven had a mystical significance among peoples who had no tradition of a seven day creation, and this was due to its being indivisible by any number but itself and to its being a combination of 3 (called by Pythagoras the perfect number, representing beginning, middle and end) and 4, the square number.

The Pythagorean idea about 3 received confirmation when the doctrine of trinity in unity was promulgated by the early Christians. For 3 itself at once trinity and unity. The number 9 was endowed with mysterious properties because it is the product of three times three--perfection multiplied by perfection. To see nine mummies was remarkably lucky. Nine grains of wheat laid on a four-leaved clover enabled one to see the fairies.

CARD OF THANKS

I wish to express my thanks to the young lady who assisted me while I was attending the picture show the other evening. Being directly behind me, she read aloud all the announcements as they were thrown on the screen and described the scenes in a loud, clear voice, and I was much impressed. She, being tender hearted, conferred that favor upon me. She is my idea of what a young lady of 16 years ought to be. She is not one of your shy little things who is afraid to speak out loud. It was a vast help to me because I didn't have to look at the screen at all--could talk to my companion and look over the audience and "hear" the pictures at the same time. A gentleman in front of me seemed to be bothered quite a bit, because he kept turning around, and finally he got up and left the theatre. In order to fully thank the young lady who was befriending me, but I assured her he had no reference to her. In order to fully thank the young lady, and so there may be no misunderstanding, I will tell her name. She is Miss Cheevers Openface, eldest daughter of Mrs. Gadsbaw Openface. She is to be commended. Shell Knott Seelt.

SUCCESS FOR THE SPECIALIST

Among a becloud of immigrants a few years ago, was the Outlook, was a poor young man who settled in Kansas City and set up a small peanut stand near the entrance to the Public Library. Selling peanuts was his vocation; his recreation, or hobby, was the study of languages, with which he put in his spare time, studying in his books borrowed from the library. Lots of people thought him a great joke and these men may have a laugh at him. But the peanut seller went on studying languages. Today he is a teacher of languages, and one of the really shining lights of Harvard University. He knows languages. Cyrus Field devoted 13 years to seemingly hopeless drudgery amid scoffs of men, and crossed the Atlantic ocean 50 times before he laid the Atlantic cable. But he laid it. He knew cables. When George Westinghouse first went to Vanderbilt with his air brake the railroad magnate told him he "had no time to talk to fools." But Westinghouse had, and he kept at Vanderbilt until the air brake was adopted. The most successful worker is he who singles out from the vast number of possible employments some specialty and sticks to it. Most men can do several things passably well. Very few can do one thing surpassingly well. The young man who knows one good thing thoroughly, farming, for instance, knows enough; he is a master among men.

SPLendid FOR RHEUMATISM

"I think Chamberlain's Liniment is just splendid for rheumatism," writes Mrs. Dunbar, Eldridge, N. Y. "It has been used by myself and other members of my family time and time again during the past six years and has always given the best of satisfaction." The quick relief for pain which Chamberlain's Liniment affords is alone worth many times the price. For sale by all dealers.

SHOULD NOT FEEL DISCOURAGED

So many people troubled with indigestion and constipation have been benefited by taking Chamberlain's Tablets that no one should feel discouraged who has not given them a trial. They contain no poison or other digestive ferments but strengthen the stomach and enable it to perform its functions naturally. For sale by all dealers.

FRANCIS JOSEPH TO AUSTRIAN CHILDREN

The Aged Emperor's Letter Asking The Prayers Of The Innocent. (Letter in New-York Sun.)

At a moment when all Austrian hearts are beating with anxiety, when the gallant and prolonged defense of Przemyśl has, according to Petrograd, at last been beaten down and the fair Austrian country is perhaps exposed to savage incursions of the Cossacks, may I, as a sincere and deeply attached friend of Austria-Hungary, offer to my country a translation of the beautiful and touching letter which the Emperor Francis Joseph recently addressed to the children of his lands? Perhaps, as the aged monarch seems to think, the prayers of the innocent may preserve the country from all danger. To the Dear Children of Our Empire: It, on the threshold of the grave, and in such a serious hour, I turn to you, beloved children, it is for more than one reason. Once you were the joy, the consolation--yes, often in the darkest moments of my long life the only consolation and the only joy--of your Emperor-King. When I saw you a sunbeam fell once again across the shadow of my existence. It is you, children, who are nearest to the heart of your Emperor-King, the flowers of my kingdom, the ornament of my peoples, the blessings of the future.

But it is not only to your Emperor-King that you are nearest, but to One before Whom the mightiest of this world are helpless creatures, God our Lord; in your eyes the light of the creation morn still shines, about you is still Paradise--is still Heaven. God is all powerful; in His hand lies the fate of all peoples. Everything bows to His will, by Him the stars and mankind are directed. That this almighty hand of God may guard and keep Austria-Hungary, giving her the victory over her many enemies and strengthening her in victory to the honor and glory of God--this is the only wish which remains to me after a life rich in calamity. It was my wish when I ascended the throne of my fathers--so young and full of hope--it will be the wish which perhaps will soon be on my dying lips as the last word of love and care for my realm and for my people.

May God direct all things as He wills; we human beings can do nothing without Him. As you, dear children, stand nearest to God, your Emperor-King begs you to pray that He may bless us and bestow His grace upon our cause. God grants the prayers of innocence, because He loves it; He recognizes in it His own image. Therefore cease not to pray with clasped hands, you little ones and you smallest ones of all.

If the children of the realm pray for their fatherland, I know that all will be well with our star. Then you will have a part in the day of victory and honor of the Empire. You have called down the blessings upon our colors, upon our army.

Dear children, do not forget the empire to which--on earth--you belong or its old Emperor.

CHAMBERLAIN'S COUGH REMEDY

From a small beginning the sale and use of this remedy has extended to all parts of the United States, and to many foreign countries. When you have need of such a medicine give Chamberlain's Cough Remedy a trial you will understand why it has become so popular for coughs, colds and croup. For sale by all dealers.

BELGIAN CHILDREN WRITE LETTER TO PRESIDENT

Children Grateful For "The Good Bread."--Wilson Replies to the Letter. Deeply touched by a letter of thanks sent by two little Belgians, twins, 9 years old, "for the good bread" which had been sent to the starving Belgians, President Wilson has written in his own handwriting, a letter to "My Dear Little Friends," expressing his happiness that the Americans have been able to extend a helping hand to the war sufferers and the hope that when the war is ended he will have the pleasure of seeing them.

The letter of the little Belgians is as follows: "29 Avenue des Capulets, Brussels, February 15, 1918. "Dear Mr. Wilson: Thank you very much for the good bread. The poor people in our villages were starving, for they had nothing to eat. But now that you have sent over to our dear little country a big provision of wheat both rich and poor can live--thanks to the Americans.

"Best love and wishes from little "PUSSY DE SPOELBERG."

"I wish to join my sister in thanking you, too, for it is jolly good bread--enough to satisfy any schoolboy's hunger. E. DE SPOELBERG."

The President's reply was as follows: "The White House, 20 March, 1918. "My Dear Little Friends: Your letter touched me very deeply, and I thank you for it with all my heart. It makes me very happy to think that what generous Americans have done to relieve the hunger and distress in your country has brought you the help you needed and given you a little happiness in the midst of these terrible days of war. I hope that you will grow up to be strong, so do the work that will have to be done in the days of peace that are coming. It would be a great pleasure to me if some day I might see you both, when those happier times have come. Your sincere friend.

"WOODROW WILSON."

HELPLESS AS BABY

Down in Mind Unable to Work, and What Helped Her.

Summit Point, W. Va.--Mrs. Anna Belle Emey, of this place, says: "I suffered for 15 years with an awful pain in my right side, caused from womanly trouble, and doctored lots for it, but without success. I suffered so very much, that I became down in mind, and as helpless as a baby. I was in the worst kind of shape. Was unable to do any work. I began taking Cardui, the woman's tonic, and got relief from the very first dose. By the time I had taken 12 bottles, my health was completely restored. I am now 48 years years old, but feel as good as I did when only 16.

Cardui certainly saved me from losing my mind, and I feel it my duty to speak in its favor. I wish I had some power over poor, suffering women, and could make them know the good it would do them."

If you suffer from any of the ailments peculiar to women, it will certainly be worth your while to give Cardui a trial. It has been helping weak women for more than 50 years, and will help you, too.

Try Cardui. Your druggist sells it.

Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for Special Instructions on your case and 64-page book, "Home Treatment for Women," in plain wrapper, N.C. 121

PREPAREDNESS FOR PEACE

Straws tell which way the wind blows. So do lies. When Congress is in session the wind blows toward appropriations. It is an ill wind which blows profit to men who don't deserve it.

The experience of this nation and some others shows that those who talk war from within are more dangerous than those on the outside. Every man, citizen, officer, politician, journalist, forger of armor plate, who discusses international episodes in terms of war is a menace to his country's welfare. We do not trust him when we think we see his motive.

It is not the great navy as a navy which is likely to menace peace. It is a great navy conjured up by those who have something to gain by its operations. Let the navy be as strong as its naval experts can convince a commission of statesmen that it ought to be. We are not afraid of an efficient army which keeps its place. Only treat us fairly and speak to us in our interest as a people and in ours alone.

Besides our general staff in the army and the corresponding general board in the navy, why not establish a permanent non-partisan council of peace? We spend now some \$290,000,000 a year on "preparedness for war," of course without getting it, through coming once or twice dangerously near it.

Let us in addition spend one per cent of this amount, on preparedness for peace. It is an experiment worth trying.--David Starr Jordan, Stanford University.

TURKISH PRISONERS SUFFER NEW HORRORS

The Turks out in the Caucasus placed so many thousands of prisoners in the hands of the Russians that it was difficult to handle them successfully. But an officer devised a simple plan.

The Russians deprived the prisoners of all suspenders, belts and trousers buttons before starting their long march northward.

Though guarded by but a few men, the Turks had little chance to escape. All their attention was centered on preventing the loss of the most indispensable part of their attire.

TEN WEEKS IN BED--EMINENT PHYSICIANS FAILED--WONDERFUL RECOVERY

I wish to inform you of the great benefit I have derived from the use of Swamp-Root. I had been a sufferer for more than twenty years from kidney and liver trouble and was almost constantly treated by the most eminent physicians who could only give me temporary relief. I had been in bed ten weeks when I began the use of Swamp-Root. Inside of twenty-four hours I could see that I had been greatly benefited. I continued to use Swamp-Root until I had used several bottles when I really felt that my old trouble was completely cured and I am positive that any person suffering with kidney or liver trouble can be cured by the use of this preparation. I am now in the best of health, better than I have been for ten years or more. I do not know how to express myself as strongly as I desire, in favor of Dr. Kilmer's Swamp-Root, as I am sure that it saved my life and that my good health is due entirely to this great remedy. I heartily recommend it to every sufferer and am confident they can be benefited as I have been. It is a pleasure for me, gentlemen, to hand you this recommendation. MRS. H. J. PRICE, 1406 Center St. Portsmouth, Ohio.

Personally appeared before me this 13th of September, 1909, Mrs. H. J. Price, who subscribed the above statement and made oath that the same is true in substance and in fact. R. A. CALVERT, Notary Public.

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.

PRES. HARRISON OPTIMISTIC

President Harrison, of the Southern Railway, says: "The causes of the existing depression (in the South) are all external to the South, which, speaking generally, is sound financially and able as never before to bear a strain by reason of several years of great prosperity. A considerable number of Southern manufacturers are already exporting to the Latin-American markets."

BUY

Drugs and Medicines

of the Drug Firm who knows. Buy from people of experience. Buy from us.

Our prescription department is in charge of James T. Underwood, who has had years of experience. Jim Underwood is well known to the people of the county.

We carry a full and complete line and pay the postage on all orders by Parcel Post.

Talcum Powder. Rexall Violet. Rexall Trailing Arbutus. Colgate's Violet. Carnation Rexall. Williams' Violet Talcum Powder. Corylopsis (Japanese.) Hanson and Jenks line of Toilet Goods. Hudnut's Toilet Waters, all sizes.

STATIONARY

The Symphony Lawn Line has created a sensation here. Ask any of our many satisfied customers about Symphony Lawn Stationery. We have it in all the latest sizes and shapes. Up to the minute in style. We also carry your attention to our line of Pound Paper and Envelopes to match. We have a large lot of Linen Envelopes at 10 cents. These are extra quality and the greatest value on the market for the price.

A nice box of Paper and Envelopes for only 10c. Call for this and if it is not the regular 25-cent value we are fooled in your judgment.

A full and complete line of Wright's Horse Remedies at the very best price.

We are agents for the Elkay Veterinary Remedies and these are guaranteed to give satisfaction.

A full line of Hess' Stock and Poultry Foods and the well known International line of Stock Remedies.

We also carry the Magic Stock and Poultry Food in all the various sizes. Minard's Liniment is the great big seller in this country and never fails to satisfy.

Sloan's Liniment in all sizes as well as Sloan's Colic Cure for Horses.

Tobacco and Cigars and Smoker's goods are always on hand and kept in a clean sanitary condition and in shape that you get your money's worth.

We are agents for the Saturday Evening Post and The Ladies' Home Journal.

The Rexall Remedies need no introduction to the people of Randolph County.

They are well known and their merit is a recognized fact.

Rexall Sarsaparilla Tonic \$1.00. Rexall Barbo Blood Builder \$1.00. Rexall Specific and Alternative \$1.00.

These are Guaranteed Blood Purifiers and your money back if you are not satisfied.

Rexall Ko-Ko-Kas-Kets 25 cents. These pills are used by more people in this country than all others combined and we positively guarantee each and every bottle to give satisfaction.

Rexall Dyspepsia Tablets will relieve that unpleasant feeling after you eat. They are put up in three sizes, 25c, 50c and \$1.00.

Let us show you these Dyspepsia Tablets and you will thank us for telling you about this Remedy.

Catarrh can be relieved. Mucotons is an internal Remedy and removes the cause. Rexall Catarrh Jelly will give instant relief. Mucotons will remove the cause. Two sizes 50c and \$1.00.

Cherry Bark Cough Syrup 25c, 50c and \$1.00. One of the Rexall kind. When they tell you some other Cough Syrup is better than Rexall Cough Syrup it is because there is no Rexall in the house.

Rexall Cherry Bark Cough Syrup is the best and is Guaranteed. Rexall Bulb Syringes from 50c to \$1.50. The only Syringe sold that is positively Guaranteed to satisfy.

Rexall Fountain Syringes are sold on a Guarantee for two years. All sizes and prices from 50c to \$3.50.

All kinds of Croup Remedies and Cold Tablets, Headache Tablets, etc. We appreciate your patronage. STANDARD DRUG COMPANY. REXALL DRUG STORE.

USE THE ROAD DRAG

There exists a prevailing opinion in the minds of those who have used the King road drag that the peculiar use of this simple drag will do the ordinary earth roads more good for the amount of time and labor required than any other method of working ever proposed. Some of the best earth roads in Ohio have been made good by the use of this simple implement. In fact, some advocates of the drag claim that the trustees of many townships could well afford to sell the heavy road machines to a junk man and invest the proceeds in a number of split-log drags. Spammadic use of the split-log or similar drag or the like use of any road-working implement will not make bad roads good. The drag is light and easily handled and should be used as soon after each rain as the condition of the surface will permit. The job is quickly finished and the results are surprising where the dragging is carried on throughout the year. Possibly the most marked improvement from the use of the road drag will result from the early spring dragging. Practically all farm papers have described the King, or split-log drag. However, if you are not acquainted with this simple implement and cannot find a description in your local farm paper, you can secure complete treatise of the implement and its use in Farmer's Bulletin No. 321. This bulletin is furnished free by the United States Department of Agriculture, Washington, D. C.