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SHOE POLISHES

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P. F. GALLEY CO. NEW YORK, N. Y.

AIR CURES PNEUMONIA, SAYS BALTIMORE PHYSICIANS

Method Unknown to Old Physicians Restores Many More Patients to Health

Believing that fresh air and sunshine play a most important part in the successful treatment of pneumonia, physicians at St. Joseph's hospital and other hospitals in the city have discarded altogether the old custom of keeping the patient in a closed or partially ventilated room.

The basic principle of the method used now is the belief that the patient's greatest need is oxygen. Even in advanced cases, where the patient's condition is too serious to permit his removal to the porch, his cot is placed close to an open window.

Old physicians would shake their heads skeptically at the new method, which has been stamped with approval by leading medical men. Results at St. Joseph's hospital, however, have proved that the new treatment is right. Sixty cases have been treated at St. Joseph's during the past three months and the percentage of deaths has been below that of former years.

"We have given all our patients suffering with pneumonia the advantage of the open-air treatment," said a member of the hospital staff yesterday. "We inaugurated it last year. The patients in each case showed increased resisting power to the disease immediately after undergoing treatment."

Many of the patients spend hours each day on the sheltered porch. They are wrapped in woolen blankets, only the face being exposed. Pneumonia attacks the lungs, and as millions of germs increase the strength of the blood and general resisting power is reduced. By taking the fresh air into the lung cells the progress of the disease is arrested and finally overcome. —Baltimore Sun.

TRY "CASCARETS" FOR LIVER AND BOWELS IF SICK OR BILIOUS

Tonight! Clean Your Bowels and Stop Headache, Colds, Sour Stomach

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and bad colds—turn them out tonight and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels, or an upset stomach. Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret tonight straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken.

SOME OF THE CROPS TO PLANT FOR WINTER USE

Many Vegetables Grown in the Summer Are Saved for Winter Months—No Reason for Gardener Not Having Something All of the Year

Washington, March 23.—There are a number of vegetables which, though grown in summer, are usually planted for use in the following winter. An adequate supply of these produced in the home garden will do much to make the family's winter fare more attractive and more economical. Among garden products of this type may be mentioned cabbage, carrots, parsnips, turnips and rutabagas.

Both early and late varieties of cabbage are grown extensively. In the north early cabbage may be planted in the hotbed during February and transplanted to the open ground as soon as the soil is ready to be worked. For a late crop it is customary to plant the seeds in a bed in the open ground in May or June and transplant them to the garden in July. For cabbage of this character the soil should never be heavier and more retentive of moisture than for early cabbage, which requires a rich, warm soil in order to reach maturity quickly. For the late variety it is not desirable to have too rich a soil, as the heads are liable to burst. Cabbages should be set in rows thirty to thirty-six inches apart, the plants standing fourteen inches apart in the row.

To store cabbage the heads should be buried in pits or placed in cellars. One method is to dig a trench about eight inches deep and three feet wide and set the cabbage upright with the heads close together, and the roots embedded in the soil. When cold weather comes the heads are covered with straw and three or four inches of earth put in. Slight freezing does not injure cabbage, but it should not be subjected to repeated freezing and thawing. Early cabbage can not be kept, as it does not stand hot weather well. It should be used soon after it has formed a solid head.

Cauliflower is cultivated in much the same way as cabbage, but when the heads begin to develop the leaves may be tied over them in order to exclude the light and keep the heads white. Cauliflower requires a rich, moist soil and thrives best under irrigation. The tender heads of this vegetable are boiled with butter or cream, and also used for pickling.

The roots of the parsnip are dug late in the fall and stored in cellars or pits, much as cabbage is, or else are allowed to remain where they are grown and are dug as required for use. All roots not dug during the winter, however, should be removed from the garden, as they will produce seed the second season and become of a weedy nature. When the parsnip has been allowed to run wild in this way the root is considered to be poisonous.

The seeds of parsnips should be sown as early as convenient in the spring in rows eighteen inches to three feet apart. The plants should later be thinned to stand three inches apart in the row. A rich soil with frequent cultivation is necessary for success with this crop. The roots are boiled until tender and then cut in slices and browned in butter or roasted with meat in the same way that potatoes are.

Carrots are cultivated in practically the same way as the parsnip, but are not thinned so much and are allowed to grow almost as thickly as planted. Those not used during the summer are dug in the autumn and stored in the same manner as parsnips or turnips. If there is a surplus it may be fed sparingly to horses and mules or cattle.

Turnips are used largely in combination with potatoes, cabbage and meat in boiled dishes. They are also mashed like potatoes and are a desirable addition to the ordinary winter fare. They require a rich soil and may be grown either as an early or late crop. For a late crop it is customary to sow the seeds broadcast on land from which some early crop has been removed. In the north this is generally done during July or August, but the usual time is later in the south. The plants are quite hardy and the roots need not be gathered until after several frosts. They may be stored in a cellar or buried in a pot outside. Before spring, the tops should be removed. If an early crop is desired the seed should be sown in drills twelve to eighteen inches apart as early in the spring as the condition of the soil will permit. After the plants appear they are thinned to about three inches. Two pounds of seed are required to plant an acre.

The rutabaga is quite similar to the turnip and is grown in much the same way. It requires more space, however, and a longer period for its growth. It is used to a considerable extent for stock feed and has the advantage of being quite hardy.

GIRLS! GIRLS! TRY IT! STOP DANDRUFF AND BEAUTIFY YOUR HAIR

Hair Stops Falling Out and Gets Thick, Wavy, Strong and Beautiful

Your hair becomes light, wavy, shiny, abundant and appears as soft, luscious and beautiful as a young girl's after a "Dandierine hair cleanser." Just try this—moisten a cloth with a little Dandierine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Dandierine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks use when you will actually see new hair—fine and lustrous at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it surely get a 25-cent bottle of Knoviton's Dandierine from any druggist or toilet counter, and just try it.

CLEANLINESS

According to the old proverb, is next to Godliness. Cleanliness does not mean merely a clean face and hands. It includes neatness of dress. If your clothes are cleaned and pressed here, you are eligible for membership in the Cleanliness Club. Clothes sent for and delivered anywhere in town.

W. P. ROYSTER

An Early Bank

One of the earliest banks was founded at Venice in 1156. That is over 750 years ago. And yet there are lots of people who never avail themselves of the advantages of a bank. This bank was founded in April, 1907. Its officers and directors are men of responsibility and known integrity. And yet there are hundreds of people who daily take chances—keep their money at home—lose it by robbery, lose it by fire, lose it in one of a hundred ways, whereas all they have to do to enjoy ABSOLUTE SAFETY is to deposit it at the—

BANK OF RAMSEUR

RAMSEUR, N. C.



CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Watson*

Here is Inside Information and a Reason to Buy Your Clothing Now

Good clothing is, of course, made of wool. Wool is at the highest price ever known. Consequently, clothing is going to be higher in price.

That which we have on hand now was bought at a lower market price than will be reached for a long time to come.

Consequently, our clothing today is being sold at the same old prices and is the same good quality as always.

We can sell you a suit now at \$8.50 to \$25.00 which will cost \$3.00 or \$10.00 more next year.

Our cabinets are full of the newest in style and fabric.

We believe you will appreciate this honest heart to heart talk about conditions which is being given so much thought, so that those who might possibly wait for the usual great price reductions given will not be disappointed.

Suits \$8.50, \$10.00, \$12.50, \$14.00, \$15.00, \$16.50, \$17.50, \$18.00, \$20.00, \$22.50, \$25.00.

We advise that you buy now, so that you can get full benefit of service every day the balance of the spring. We can always make you inside prices.

The Wood Cash Clothing Co.

ASHEBORO, N. C.

Back to the Land

(The Public.)

One incident of the war worthy of note is the eagerness with which the people of the belligerent countries are turning idle plots of ground to the growing of food. Germany set about it at the beginning of hostilities; but England gave the matter little heed until the submarine warfare began to make itself felt. The land situation in Great Britain has for years been the shame of the nation. The few owned the ground upon which the many had to live. And so princely were the incomes of those who owned mineral lands and city property that they were able to devote great areas to pleasure purposes. But the pinch of necessity is revising this order. The families who were driven from the land to make room for sheep walks, deer parks and shooting lodges are going back to raise food for the nation.

Who Am I?

I go from city to village seeking whom I may devour. In parish or rural district I am well represented. My kingdom covers the entire world. My object is the gratification of my own selfish desires and fancies, even at the expense of my fellow men. I rejoice in causing confusion and strife. My greatest ambition is to drag down and destroy human beings. I had much rather cause war and misery than joy and happiness.

I make a specialty of attending to other people's affairs, and always when possible, to their sorrow. I am always on the job. Nothing slips by unnoticed by me. I would abhor all appearance of good. To wreak destruction, cause pain, misery, strife and misunderstanding and to scatter evil in all its forms is my mission. I have no good motives. I don't extend far any good to be derived from my kingdom. I rejoice at all appearance of evil. My greatest object is to cause ruin, destruction, heartaches and pain. I am not lazy. I spend no idle moments. If business is slack in any part of my empire I will start something. I have a great imagination, whether I have any foundation or truth to base on matters not to me so I accomplish my purpose. I am a branch of hell and I have a well organized and disciplined army of devils to represent and defend me. Volunteers come daily. They desire no pay except to witness the downfall of a part of God's creation by their own hands. My representatives consist principally of illiterates and the narrow-minded. No consecrated Christian can fully serve me, still some of my lieutenants have their names on the church books. I desire to retain them in the service in order that they may be stumbling blocks to others. I don't want any more recruits. I have a great number now in reserve. I beg you not to take any part in advancing my kingdom, still I defy you to escape me, for note who I am. My representatives are known as Tattlers, while I am better known as Gossip.

Let the Girls Learn

Out in Ohio a number of enthusiastic girls' clubs were formed under the direction of the extension work of the Ohio State University. Then many of the girls dropped out. An investigation showed that there was opposition in the home. If the girls failed in their first efforts to cook or can-foods some of the parents refuse to let them have anything to experiment with. The testimony was like this: "Some of our members dropped out and some of the girls in our town couldn't join because their folks didn't want to bother with their fussing around in the kitchen." Others said they were not going to have food wasted. The girls had to give up learning to be good cooks and housekeepers. An editorial in The Ohio Farmer says:

"There it is—the statement of the reason why housekeeping has come to such a pass that influences and helps outside the home, other than fathers and mothers, have had to devise means of interesting girls in becoming good homemakers, good cooks and purveyors for families, good judges of taste in home and personal furnishing and equipment. Because so many mothers and fathers have proved incapable or negligent in training their daughters to keep house and rear healthy families, the State is taking a hand in their instruction."

Every mother who reads this should think over her own attitude of mind towards training her daughter. If the later does not know how to buy and cook, a good, plain meal, bake a good loaf of bread, can and preserve fruit; if she cannot make a bed, sweep and dust a room properly; if she cannot arrange the furnishings of a house so that it will appear homelike, then that daughter is neither capable or accomplished in the highest sense, no matter how much else she may know.

A Valuable Bulletin for Pastors

A bulletin that should be on the desk of every pastor within the state of North Carolina is Bulletin No. 278 Agricultural Experiment Station, University of Wisconsin, "The Country Church—An Economic and Social Force," by C. J. Galpin, Madison, Wis. This bulletin shows how 95 per cent of the membership of country churches are from farming families; that these churches have their best chance for success in a farm population that is not shifting about from place to place; that the farmer's church strengthens the habits of family life upon which successful farming depends; and that agriculture is a party to the rural church problem for the reason that in the national struggle to unite farmers into successful producing and business groups, the rural parish is a force whose pull is felt by local agriculture.

This bulletin also gives the story of a country pastor, John Frederick Oberlin, who spent sixty years in a single parish, grappling with the many problems of community life. It is said that no single piece of literature equals the story of this man's life as an interpretation of a country minister's social and economic relation to his parish.

This bulletin may be had on application to the Wisconsin Experiment Station and those members of North Carolina Agricultural Extension Service who come in daily contact with agricultural conditions out over this state recommend it as a very valuable addition to the library of any preacher or teacher concerned with rural affairs.

F. H. JETER.

CALOMEL DYNAMITES

A SLUGGISH LIVER

Crashes Into Sour Bile, Making You Sick and You Lose a Day's Work

Calomel salivates! It's mercury. Calomel acts like dynamite on a sluggish liver. When calomel comes into contact with sour bile it crashes into it causing cramping and nausea.

If you feel bilious, headachy, constipated and all knocked out, just go to your druggist and get a 50-cent bottle of Dodson's Liver Tonic, which is a harmless vegetable substitute for dangerous calomel. Take a spoonful and if it doesn't start your liver and straighten you up better and quicker than nasty calomel and without making you sick, you just go back and get your money.

If you take calomel today you'll be sick and nauseated tomorrow; besides, it may salivate you, while if you take Dodson's Liver Tonic you will wake up feeling great, full of ambition and ready for work or play. It's harmless, pleasant and safe to give to children; they like it.

Reduce Cost of Living By Using "Hopping John"

The New York Health Department has the following recipe for reducing the cost of food:

"One pound of breakfast bacon, or two pounds of fat brisket beef; one pint of cow peas or dried green peas; one pint of rice. Pepper and salt to taste."

Wash the peas and soak them in water overnight. Place on a fire, pour over them a quart of water and boil until half done. Then add the bacon or beef. Cook the rice in the usual manner in water to which a bit of fat has been added. Add to it a little of the thick sauce from the peas. In serving, put the rice and peas first in the dish and place the bacon or beef fat on top.

The foregoing is a well known dish in the South and in some places is called "Hopping John," and is a most nutritious dish and enough can be made for from four to six persons for 30 or 40 cents.

CLIP THIS AND PIN ON WIFE'S DRESSER

Cincinnati Man Tells How to Shrivell Up Corns or Calluses So They Lift Off With Fingers

Ouch! ? ? ? ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezezone when applied to a tender, aching corn or hardened callus stops soreness at once, and soon the corn or callus dries up and lifts right off without pain.

He says freezezone dries immediately and never inflames or even irritates the surrounding skin. A small bottle of freezezone will cost very little at any drug store, but will positively remove every hard or soft corn or callus from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels. If your druggist doesn't have freezezone tell him to order a small bottle for you.

lo. 666

This is a prescription prepared especially for MALARIA or CHILLS & FEVER. Five or six doses will break any case, and if taken then as a tonic the Fever will not return. It acts on the liver better than calomel and does not gripe or sicken. 25c

Baby Week to Be Observed

Raleigh, April 2.—Last year eight thousand babies, aged one year and under, died in North Carolina. It is a startling fact, but all too true. The greater number of these deaths could have been prevented, according to the State Bureau of Health and the dictates of common sense.

The State Board is preparing to launch Baby Week campaigns in the State. The Children's Bureau at Washington has set apart the first week in May for Baby Week, but the Bureau of Health will launch the campaign in this State earlier. In order that the Board may co-operate in the laudable undertaking it suggests the various towns and cities hold Baby Week any time in April, May or June.

Ignorance is one of the chief causes of the death of so many babies. Wages, depriving the laborer of his means for keeping his family in good health, is another cause assigned. All her resources North Carolina perhaps is most prodigal with her greatest asset—babies. In hundreds of cases, as the death rate will show, the life of the baby is a game of chance. It is a game of chance because the infant is left to battle with disease alone with its youthful resources. Ignorance of how to care for the baby is the main reason why it is left to hinge its existence on the survival of the fittest. The campaign to be launched by the Bureau of Health will disseminate much valuable information on the care of babies and every town in the State should give earnest co-operation to the movement.

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