

HOW TO CURE CONSUMPTION

It is One of the Most Curable of Chronic Diseases in its Early Stages. Important Advice.

Consumption is curable. This does not mean that every case of consumption can be cured. Advanced cases yield very slowly to treatment if at all. It does not mean that anyone having consumption will get well without making the supreme effort of his life. Merely hoping to get well will avail little. To cure even an early case of consumption requires an unyielding determination on the part of the patient that he will love according to well defined sanitary and hygienic laws.

The first step in the cure of the disease is to recognize that the disease exists. Once established, make no effort to dodge the fact: Then away with the idea that the illness is "only a deep seated cold" or "simply a bad case of stomach trouble." The issue must be squarely met. Remember that early cases of consumption are frequently diagnosed as malaria, dyspepsia, etc. Better far, to take the view that the trouble is consumption and find out later that it is malaria or something else, than to underestimate the importance of the trouble.

The second step is to provide a place for living and sleeping in the open air. By all means live out of doors in the open air and sunshine whenever the weather permits. If you can't camp out, put up a tent in your door yard, build a sun parlor on the south side of your house, or enclose a porch as a sleeping apartment. Don't permit the sides of the tent to be down, or the windows of your sun parlor, porch, or sleeping apartments to be closed except, to exclude rain or snow.

Proper diet is of the greatest importance in the treatment of consumption. Consumption is a wasting disease. To counteract this tendency and to build up the body it is absolutely necessary that the consumptive be given nourishing foods in abundance. Milk and raw eggs are perhaps the best articles of diet known for this purpose. Individual cases will differ greatly, but in general, a consumptive will need approximately the following daily allowance of food: two to three quarts of milk, three to eight eggs, four to eight ounces of meat, six to eight ounces of butter, one helping each of cereal, potatoes, and pudding, two to four apples and the juice of a lemon. Some patients will be able to increase this allowance 50 per cent or even more, while others will do better on perhaps 25 per cent less.

Plenty of rest is absolutely necessary. Keep a careful tab on the body temperature and if the evening temperature runs as high as 100, decrease the amount of physical exertion to half.

Above all things, avoid patent medicines, cough cures, "consumption cures," and whiskey or other alcoholic drinks. Be cheerful, keep clean, bathe daily, follow the instructions of a competent physician, and your chances for recovery will be excellent.

For further information on this important subject write to the State Board of Health at Raleigh for literature or to the National Association for the Study and Prevention of Tuberculosis, at New York City.

The Best Way to Cure Pork.

A system of curing meat has been followed by Prof. H. S. Mobley, Fayetteville, Ark., with success in his family in Virginia from generations to generation since Colonial days. It has been tested by hundreds of people in many Southern States, and every one has found it more reliable for home curing than any other method. Prof. Mobley furnished his method to the Agricultural Department of the Rock Island lines for distribution.

A day should be selected for killing when the temperature is low enough to insure a thorough cooling by the following morning, the hogs being dressed and hung over night.

On the morning of the day the hogs are killed, for each four hundred pounds of meat make a brine as follows: Twenty gallons of rain water, thirty pounds of salt, eight ounces of baking soda, ten pounds of brown sugar, one gallon of molasses (use good molasses, not the adulterated kind). This fluid should be boiled and skimmed in the morning and left to cool in a shady place. When cool, add five ounces of

saltpetre. Dissolve the saltpetre in warm water and stir thoroughly.

The following morning cut up the hogs as usual, and pack in barrels. Put the sides of the meat or middlings in the bottom and the shoulders next, and the hams on top of these, all with the skin side down. Weigh the meat down well and pour the brine over until the meat is completely covered. Then cover the top of the barrel with some good thick covering that will prevent evaporation.

Look at the meat often enough to see that the brine has not evaporated so as to leave any meat exposed. If it should become exposed more brine should be added. The meat can be left in the brine indefinitely, but if it is desired to smoke the meat, it should be taken out in about six weeks.

They Had The Doctor Going.

College boys, whether of the old world or the new, are fond of mischief, and quite as ready to play their pranks on the most dignified members of the community as on their own comrades. A well-known veterinary surgeon of Lemberg, Austria, was recently called to the telephone, when this conversation followed:

"Hello! Is this Dr. N.?"

"Yes. What do you wish?"

"My horse is standing stock-still on his hind legs, with his forefeet in the air, and nothing can make him come down on all fours. Did you ever hear of such a queer case? What shall I do about it?"

"The case is extraordinary," replied the astonished doctor. "I can give no opinion without seeing the animal. Where do you live?"

"Carl-Ludwig strasse."

"And your name?"

"Sobieskie."

Here the doctor rang off indignantly. The horse in question was the bronze animal which upholds upon its back the fine equestrian statue of John Sobieskie, King of Poland, which ornaments the Carl-Ludwig strasse in Lemberg.—Youths Companion.

She Learned The Lesson.

(From Lippincott's.)

A Baltimore lawyer had an office boy who was given to telling in other offices what happened in that of his chief. The lawyer found it necessary to discharge him, but, thinking to keep him from a similar fault in the future, he counseled the boy wisely on his departure.

"Willie, you must never hear anything that is said in the office," he said. "Do what you are told to do, but turn a deaf ear to conversation that does not include you."

A happy inspiration! He would see that the stenographer learned the same lesson in passing, so turning to her, he said:

"Miss Brown, did you hear what I said to Willie?"

"No, sir," she returned promptly.

DECLARES COLLEGES OLD MAID FACTORIES

Denouncing colleges as "old maid factories," and blaming women for being so fond of society and automobiles that they cannot find time to raise families, Dr. Robert J. Sprague, of Amherst Agricultural College, has found what he considers one of the greatest evils of higher education.

"The business life wears off that restraint between the sexes that causes interest," said Dr. Sprague. "Women become so accustomed to the constant and daily society of men and vice versa, that marriage isn't thought of."

"The woman finds she is making money and has a nice, comfortable home. Why should she marry?"

"The professional woman has money of her own—she need not get it from a husband. Is it a wonder that she dreads to exchange for dependency, for a husband with an income perhaps smaller than her own, for the monotony of a home, and for the cares of babies?"—Boston Dispatch to New York Herald.

Red Indian Brand Liver Pills are the easiest and most pleasant Laxative Purgative on the market. Ask your druggist for a sample, and if he has none, write The Mrs. Joe Persons Remedy Co., of Kittrell, N. C. for them.

A Free Note Book 1912 Calendar for Our Readers.

We take pleasure in announcing that any of our readers can secure a pretty vest pocket note book and calendar by sending 4 one-cent stamps to D. Swift & Co., Patent Lawyers, Washington, D. C. In addition to the 44 blank pages for memoranda, it contains calendars for 1912 and 1913, the population of the 600 largest cities, 20 in each state according to the census of 1910, the population and area of each state, the number of electoral votes each presidential candidate received from each state in 1908, the number of Democrats and Republicans elected to Congress by each state in 1908 and 1910, a chapter of useful household information, and a chapter of useful law points for every day use. This book would cost 35 cents at a book store.

FOR SALE

1 good horse and wagon, \$165. cash.
1 good typewriter, bargain at \$35.00 cash.

Jake R. Boland

BAD CASE OF GRIP

Caused Sore Throat and Tonsillitis. Restored by Peruna.

Mr. W. H. Housley, Greenville, Tennessee, writes: "Five years ago I took a very severe cold which resulted in la grippe. I never was so bad off. I was in bed several weeks, and when I had tonsillitis and sore throat."



Mr. W. H. Housley.

"I tried to cure this for eighteen months, but it gradually got worse. A doctor advised me to have my tonsils cut out, but I did not like the idea. Another doctor examined me, and told me the same thing. I finally got a bottle of Peruna, and after I had taken one bottle my throat was better. I bought and used a dozen bottles, and saw I was going to get well, and I did." Ask Your Druggist for a Free Peruna Almanac for 1912.

Simplicity to Mark Marriage.

Washington, Jan. 11.—Simplicity will be the keynote of the wedding of Mrs. Oliver Cromwell and Edward Stolesbury, of Philadelphia, on January 18.

The ceremony will take place in the drawing room of Mrs. Cromwell's residence. She will not wear a hat or gloves, and her gown will simply be a handsome one for ordinary afternoon wear. The house will be prettily decorated, as it is for all society functions. Only the children of the bride and bridegroom the latter's law partners will be present.

This announcement comes as a surprise to Washington society, which was looking forward to an elaborate church wedding. The ceremony will be performed by the Right Rev. Alfred Harding, Bishop of Washington.

Advertise in the Dispatch.

MEETING

Alamance County Teachers' Ass'n
Graham, Saturday, January 20, 1912, 11:00 A. M.

PROGRAM

1. Reading Course III, IV & V Chaps. The Teacher and the School—Prof. J. A. Bivins.
 2. Announcements about the work in the county—Supt. Robertson.
 - UNION DINNER.
 3. Demonstration Lesson in Primary Reading—Miss Mary Carter.
 4. Conference—Observation from the above Reading Lesson—led by Prof. Bivins.
- Every teacher in the county is earnestly requested to attend this meeting. The teachers' meeting now is a vital part of our school work and no teacher can afford to miss it. If you are a teacher in Alamance, we shall look for you on the 20th.
J. B. Robertson, Supt.

Wanted

Your—
Veal Calves
at the highest cash price in the County.
Always ready to buy.

Yours to serve
G. E. Cook
Phone 4606
Elon College, N. C.

THE Charlotte Observer

The Largest and Best News paper in North Carolina.
Every day in Year, \$3.00 a Year.

The OBSERVER consists of 10 to 12 pages daily and 20 to 32 pages Sunday. It handles more news matter, local, State, national and foreign than any other North Carolina newspaper.

THE SUNDAY OBSERVER

is unexcelled as a news medium, and is also filled with excellent matter of a miscellaneous nature.
Address:
THE OBSERVER CO.
Charlotte, N. C.

ECZEMA CURED

Pimples Disappear and Complexion Cleared Over-night.

New York:—Thousands are taking advantage of the generous offer made by the Woodworth Co. 1161 Broadway, New York City requesting an experimental package of Lemola, the new skin discovery, which is mailed free of charge to all who write for it. It alone is sufficient to clear the complexion over-night and rid the face of pimples in a few hours. On the first application of Lemola the itching will stop. It has cured thousands afflicted with Eczema, Teeters, Rashes, Itching and Crusting of skin scabs of infants, children and adults. It is good for the preservation and purification of the skin, scalp, hair and hands for the prevention of the clogging of the pores the usual cause of pimples, blackheads, redness and roughness and also the treatment of burns, scalds, wounds, sores, chapping as well as the toilette and nursery.

A Continuous Successful Record For

30 Years 30

That is What We Claim For

Mrs. Joe Person's Remedy

The Greatest Blood Medicine on Earth

1881.—Cured daughter of Paschall Lunsford of Scrofula. Mr. Lunsford has been Register of Deeds of County of Durham.

1891.—Cured indigestion and skin diseases in family of S. P. Saterfield, of Roxboro, N. C.

1901.—Cured Rheumatism of 10 years standing after Doctors had failed. Increasing his weight from 135 to 170 pounds, in John C. Rankin, Pres. of the Spencer Mountain Cotton Mills, Gastonia, N. C.

1911.—Cured wife of J. E. Crutchfield, Burlington, N. C., of nervousness.

We have testimonials that show one continuous record of success for 30 years, made by the same formula and in the same old way.

Positively will cure Indigestion, Rheumatism, Eczema, and all forms of Blood troubles.

Mrs. Tremmier, our representative will be in Burlington and Graham for two weeks, and if you will drop her a notice or leave word at the drug stores asking her services, she will be glad to call on you.

SOUTHERN RAILWAY COMPANY

CHRISTMAS & NEW YEAR

Low Holiday Excursion Fares

VIA SOUTHERN RAILWAY

Account CHRISTMAS HOLIDAYS the SOUTHERN RAILWAY will have on sale from all stations very low reduced fare round trip tickets on December 15th-16th-17th-21st-22nd-23rd-24th-25th-30th, 1911, and Jan. 1st, 1912, with final return limit to original starting point not later than January 8th, 1912. In addition to the dates mentioned above, tickets will be on sale from Raleigh on Dec. 18th.

For all information as to these round trip rates, also Pullman reservations, etc., call on your nearest Ticket Agent or write or wire the undersigned.

J. O. Jones,
Traveling Passenger Agent,
215 Fayetteville, St.,
Raleigh, N. C.

wood, 5
table, 6
ce, 300
d well,
north
ce road,
d.

order to

OMP'Y
AROLINA

King
OR

F. A. Clan-
New York.
Get one

anges and
y descrip
kets. Lap-
d Harness.

HAW CO.
h Carolina

men!



rural districts
ial pleasures.
is too urgent.
when robbed

one

talk with neigh-
ws of the day,
a telephone in
in the country

NE NY

1.00