

When Food Sours

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digestion to normal. Tracks Phillips does away with all that sour-constances and gas right after meals. It pre-years. the distress so apt to occur two hours after eating. What a pleasant necess for the system! Unlike a burning does that the source of the source of the source of the source of the to soda—which is but temporary relief at best—Phillips Milk of Magnesia neu-tralizes many times its volume in acid. Next time a heart mail at the light

Next time a hearty meal, or too rich a diet has brought on the least discom-fort, try-

PHILLIPS Milk of Magnesia

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ginning, containing 15 acres more or less. Second Tract: Bounded on the North by the lands of R. M. Burgin; on the East by the land of Sallie Clark; on the South by the land ofLytle, and on the West by the land of R. M. Burgin, and being the lands conveyed by R. M. Burgin, deceased, by will to Nellie Gentry, Caroline Lytle and Josie Lytle, which said land is more fully described in the last will of the said R. M. Burgin, recorded in the office of the Clerk of the Superior Court of McDowell County, to which will reference is made for full description. Third Tract: Known as the Josiah Burgin farm, deeded by W. W. Clark to Sallie Clark, containing 30 acres, more or less, and fully described in the deed from W. W. Clark to Sallie Clark, reference to which is hereby made for full description. Posted this 2nd day of April, 1929. M. G. TURNEER, Trustee.

HAZARD OF TRESPASSING SHOWN TO BE VERY DEADLY Atlanta, Ga., April 11. — Death ook the same toll of trespassers in 1928 as in 1927 on the property of the Southern Railway System, 140

persons having lost their lives in each year while engaging in this hazardous practice. Injuries to trespas-sers increased from 133 in 1927 to 162 in 1928.

These figures are from the annual report of the Southern's Safety Bu-reau which shows that 104 were killed and 75 injured while trespassing on tracks and 36 killed and 87 in-jured while trespassing on trains during 1928.

"The coincidence as to the number Lots of folks who think they have "indigestion" have only an acid condition which could be corrected in five or ten minutes. An effective anti-acid like Phillips Milk of Magnesia soon restores digestion to normal.

constant in number for a number of "A distressing feature of this un-necessary loss of life and limb is that the majority of the victims are useful citizens or children, using the

railway tracks as a walkway on their way to and from their places of work or schools, or boys hopping trains and playing around freight cars. The appalling results from year to year should cause parents to caution their children to stay off railway tracks

and away from trains except when riding as passengers."

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Worried Night after Night as health declined

as health declined "I sufferent fre-quently from ner-ous headaches, and I could not alse well," says Mra. Cora Dover, R. F.D. 2, Hickory Grove, S. C. "I was thin and pale. I was so weak I could scarce-ly walk. I tried sev-eral remedies which were suggested, but help me. Night after night I worried because I could see I was going down-hill. I had my children to look after, and I was afraid of what would be-pomed to me. "Thegen to take Carding hap-pened to me.

come of them if anything hap-pened to me. "I began to take Cardui on the recommendation of a friend. If wasn't long until I was beginning to pick up. My strength gradually began to return. I rested better at night and was less nervous. I took several bottles of Cardui, and when I had finished tak-ing it I was in fine health."



Take Thedford's Black-Draught for Constipation, Indigestion and Billousness. TUAVAVAVAVAVAVAVAVADA

MARION PROGRESS, MARION, N. C., THURSDAY, APRIL 25, 1929 **Right Treatment**

for Fence Posts Will Resist Decay for Pe-

riods of Twenty Years If Attended to.

"When properly treated, even the most perishable woods can be made most perishable woods can be made to resist decay for periods of twenty years or more," Prof. C. H. Guise stated at Cornell's farm and home week at Ithaca. "There are but few kinds of wood which cannot be treat-ed with considerable profit, provided the correct procedure is followed. "It is unfortunate," Professor Guise continued "that some have the ideo"

continued, "that some have the idea that treatment merely consists of painting the wood with some preserv-ative like coal tar creosote. At the outset it cannot be stated too strong ly that unless thorough treatment is to be given, very little value will re-sult. The details of correct treatment for farm timbers are few, and easily understood but they must be given careful attention."

Last Twenty Years.

"From actual experiments started twelve years ago at the New York state college of agriculture, of posts treated by the hot and cold bath method, 95 per cent are still in serv-ice and thoroughly sound. On the Ice and thoroughly sound. On the basis of their present condition, these posts should easily last twenty years if not longer. The species treated were beech, red oak, elm, henulock, bass-wood, white ash, and other common woodlot species, all of which are wood classed as nondurable, with the pos-sible exception of the hemlock."

Professor Guise gave the results of varying kinds of treatment. Of those varying kinds of treatment. Of those fenceposts untreated 22 per cent re-main after 12 years of service; of those merely brushed 30 per cent re-main; of those only dipped 41 per cent are left; while those which were given the hot and cold bath 95 per cent are still in good condition. Pro-fessor Guise added that if it were not for hemlock which has been give ressor Guise added that if it were not for hemlock, which has been giv-ing excellent service with the un-treated, brushed, and dipped posts, the percentage of those remaining would be much lower.

Expense Justified. In the matter of cost, Professor Guise stated that the expense of a thorough creosote treatment is clearly justified when nondurable species are being used. As to the use of un-trated chestnut in comparison with trated chestnut in comparison with treated nondurable species, there is little choice. He said that it prob-ahly does not pay to treat black lo-cust and red cedar, the most durable of the native woods. For these a 1 life of twenty-five to forty years is not uncompan not uncomm

Professor Guise gave a comparison of costs of treated and untreated posts. For the untreated post of nonposts. For the untreated post of non-durable species the total cost in place is \$.22, its estimated life is five years, its annual cost \$.044. For the non-durable species treated, the total cost in place is \$.38. If it lasts 15 years the yearly cost is \$.025; if it lives 20 years the annual cost is \$.019.

Fertile Loamy Soil Is

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text> Best for Spinach Crop Best for Spinach Crop Spinach cannot be grown on poor land. A fertile loamy soil is best with a good application of fertilizer ap-plied before the crop is planted. The rows should be 15 to 18 inches apart, or another method of planting is to sow 10-inch drills or beds that are 4 to 7 feet wide. The latter is the method employed by the commercial growers in the Norfolk (Va.) section. The land should be plowed several weeks before sowing, as fresh plowed ground would be too dry. A good place is where an early crop of vege-tables were grown. Harrow the



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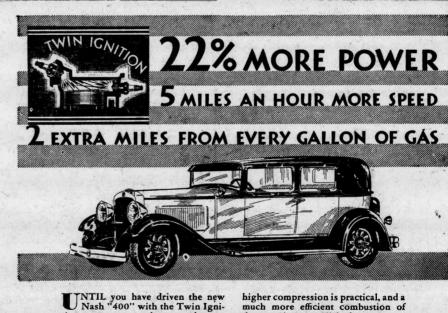
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