

"MY HEALTH IS PERFECT"

So Says A North Carolina Lady Is Telling What She Owes To Cardui, The Woman's Tonic.

Mr. Airy, N. C.—Mrs. Ada Hull, of this place, says: "About six years ago I got in very bad health. I suffered terrible pains in my abdomen and back. I dreaded to see the sun rise and I dreaded to see it set, for I suffered such agony. No one except myself will ever know how badly I suffered. The doctor said I was suffering as a result of the menopause.

As nothing gave me any relief, I asked the doctor if I hadn't better try Cardui. He said, 'It might help you,' and told my husband to get me a bottle. At this time I was so weak I could not lift my head, and my voice was so weak, people had to lean towards the bed to hear what I said. I looked so bad and had such a dark color that I looked like a dead woman, and my relatives thought I would never get up again.

I took one bottle of Cardui and it relieved the pain and suffering so much that my husband got another bottle, and that improved me still more. I began to strengthen and gradually got well. I have now had better health for six years, than I ever had in all my life. I have taken no medicine since, and my health is perfect.

Cardui is the finest medicine a woman could use."

Try it. At druggists.—Adv.

The Size.

Mother asked Davie one morning to fetch a small cabbage from the grocer. "What would you call a small cabbage?" Davie asked.

"Oh, about the size of Jackie's head," answered the mother, referring to the younger brother. A few seconds later a voice came from the doorway: "Mamma, I'm taking Jackie with me to measure by."

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

Effeminate.

Gabe—Why do you say he is effeminate? He doesn't act that way. Steve—He always wants the last word.

RESINOL WILL SURELY STOP THAT ITCHING

What blessed relief! The moment resinol ointment touches itching skin, the itching stops and healing begins. That is why doctors have prescribed it successfully for nineteen years in even the severest, stubbornest cases of eczema, ringworm, rashes and many other tormenting, unsightly skin diseases. With the help of warm baths with resinol soap, resinol ointment restores the skin or scalp to perfect health and comfort, quickly, easily and at little cost. At all druggists.—Adv.

Many a married man wonders how shy small a portion of his earnings he is really entitled to.

Sometimes Apply It Lightly.

For cuts, burns, scalds, sores and open wounds always apply Hanford's Balsam lightly, but be sure that it covers and gets to the bottom of the wound. A few light applications are generally all that is needed to heal this class of difficulties. Adv.

The automobile has it on the horse in one respect. It doesn't shed its hair in the spring.

Pneumonia? Apply Hanford's Balsam. Rub it on and rub it in thoroughly, until the skin is irritated. Adv.

Life is made up of surprises. Have you ever noticed that the things that don't seem possible happen so often?

You cannot tell how a man is healed by the size of his shoes.

"Where there's a will there's a chance for a lawsuit."

BUREAU OF CENSUS REPORTS ON COTTON

NORTH CAROLINA MAKES BETTER SHOWING THAN ANY OTHER STATE IN NATION.

TAR HEEL CAPITOL NEWS

General News of North Carolina Collected and Condensed from the State Capital That Will Prove of Interest to All Our Readers.

Raleigh.

The last bulletin of the Bureau of the Census, the Department of Commerce, on the supply and distribution of cotton, covering the year ending August 31, presents some interesting figures for North Carolina. It is shown that North Carolina cotton mills consume all but 28,323 bales of the crop of the State. The increase in the consumption of cotton was from 653,350 in 1913 to 906,177, or 28.7 per cent in 1914. That is considered a splendid showing, it is better than any other State in the Union did.

South Carolina still leads the South in the number of cotton spindles. The following named North Carolina counties, according to the latest estimates of the Census Bureau, have more than 100,000 cotton spindles each:

Gaston, 507,192; Cabarrus, 281,532; Mecklenburg, 267,800; Guilford, 213,868; Durham, 162,404; Rockingham, 159,986; Alamance, 140,592; Rutherford, 138,169; Richmond, 127,047; Stanley, 104,296.

Bristol County, Massachusetts, leads the United States with 7,145,232 cotton spindles.

Spartanburg county, South Carolina, leads the South with 804,436. Greenville county, South Carolina, has 742,690 and Anderson county, 574,784.

Ten North Carolina and 13 South Carolina counties have more than 100,000 spindles.

"Bristol county, Mass." said the census report, "with 7,145,232 cotton spindles led all other counties, 64.7 per cent of the total spindle capacity for Massachusetts, 40.4 per cent for the total for New England and 21.8 per cent of the total for the United States. The industry was established in this county at an early date, and the county has long maintained a leading position. Fall River, the most important city in the United States from a cotton manufacturing standpoint, is located in this county, as well as the cities of New Bedford, and Taunton.

"In the Southern State, Anderson, Greenville and Spartanburg counties, in the western part of South Carolina, and Gaston county in North Carolina are the only ones with more than 500,000 cotton spindles each."

The total active spindles, ring and mule, in North Carolina, is 3,770,316, and South Carolina 4,583,712.

North Carolina has 3,702,280 ring and 68,036 mule spindles; South Carolina, 4,580,352 and 3,360.

Massachusetts with 1,347,778 bales, leads all the other states in the quantity of cotton consumed; North Carolina, with 906,177 bales is second; South Carolina, with 794,678 bales, third and Georgia, with 632,332 bales, fourth.

The consumption in North Carolina increased from 653,350 bales to 906,177 last year. That is 28.7 per cent. The increase in South Carolina was 27.5 and in Georgia 29.9 per cent.

North Carolina produced 935,000 bales last year, just 28,323 more than she consumed.

A Vital Statistics Bulletin.

Arrangements are being made by the bureau of vital statistics for the publication of a bulletin which will be devoted to the vital statistics reports for the state and such other matter as will be interesting. This will be in addition to the bulletin published monthly by the state board, devoted to general health work. The first issue will make its appearance in January.

State's History Being Preserved.

The biennial report of Secretary R. D. W. Connor of the North Carolina Historical Commission has been made to the commission, the members of which are J. Bryan Grimes, W. J. Poole, D. H. Hill, M. C. St. Noble and T. M. Pittman. The report is unusually interesting because of the amount and variety of the work done, including the transfer of the new quarters, in the state administration building of the commission and its invaluable records and of the great collection of objects in the Hall of History.

On the 12th of last January the commission began the removal of its collections from its quarters in the Capitol which it had occupied seven years, to the new building, where it is on the second floor, especially designed for its purposes. The two large exhibition rooms contain the great collection of relics, manuscripts, rare editions and portraits. There are also a document room, the offices and rooms for the repair and mounting of manuscripts. The building is equipped throughout with steel furniture and is believed to be fireproof.

Canning Clubs in the South.

Results of the Girls' Canning Club movement in Southern States, promoted jointly by the department of agriculture and the general education board are detailed in an installment of the latter organization's annual report made public in New York recently.

"Each girl," says the report, "takes one-tenth of an acre and is taught how to select the seed, to plant, cultivate and perfect the growth of the tomato plant. Meanwhile portable canning outfits have been provided, to be set up in the orchard or the garden, and trained teachers of domestic science instruct the local teachers in the best methods. When the tomatoes are ripe the girls come together, now at one home and now at another, to can the product. The girls are taught the necessity of scrupulous cleanliness; they sterilize utensils and cans, seal and label and indeed manufacture an easily marketable product.

"Three hundred and twenty-five girls were registered the first year; 3,000 the next, 23,550 in the year following. In 1913 there were upward of 30,000 in 14 different states. "The entire expense of the Girls' Canning Club work has at all times been borne by the general education board, except for local contributions. In 1911 an initial appropriation of \$5,000 was made; \$25,000 the following year, and in May, 1913, the appropriation of the board for this purpose was \$75,000.

"Though the national government through the department of agriculture had entire control and supervision, it has borne no part of the expense. The states in which the work is now going forward on this basis are Maryland, Virginia, West Virginia, North Carolina, South Carolina, Georgia, Florida, Mississippi, Kentucky, Tennessee, Arkansas, Alabama, Oklahoma and Texas.

"The average profit made by the girls reporting in 12 states was \$21.98 but not a few made sums far in excess. A Macon county, Mississippi, girl realized a net profit just under \$100 on her 950 cans of tomatoes; a girl living in Aiken county, S. C., netted \$60.51.

Advancement of Adult Farmers.

Commissioner of Agriculture directs special attention to the official showing that last year's crop of cotton in North Carolina was 790,000 bales and that the cotton mills of the state consumed that year 869,915 bales, nearly 100,000 bales more than was grown in the state.

The commissioner has just filed with Governor Craig his biennial report for the state board of agriculture, being practically the same as was originally passed upon and published in connection with the recent annual meetings of the state board of agriculture.

The commissioner declares in his introduction to the report that there has never been such advancement among adult farmers anywhere as has been attained in North Carolina the past several years through the special efforts of the department of agriculture in this direction. The state has risen, he points out, from the twenty-second to the thirteenth in the Union in the value of its agricultural products and in cotton has taken first place among the cotton states, producing 315 pounds to the acre in 1911.

Patents For Tar Heels.

Washington—Davis & Davis, patent attorneys report the grants to citizens of North Carolina, of the following patents: George F. Bahan and F. R. Chadwick, Charlotte, bobbin-stripper; Fred D. Blake, Charlotte, car step; Michael E. Rudisill, Henry River, thread-gauge; Walter Woodall, Benson, plant-lifting attachment for cultivators; Omedo C. Wyson, Greensboro, dove-tailing machine.

Mailing Out More Reports.

Commissioner of Labor and Printing M. L. Shipman recently mailed out reports to the members-elect of the state legislature. Letters with the reports called attention of the new members to the various features of the report.

1,000,000 More Pounds of Tobacco.

Probably another million pounds of tobacco will be sold in Winston in January, according to estimates of tobaccoists. The season's sales to date have been 17,554,300 pounds, nearly as much as has been sold in any previous entire season.

Superintendent Joyner Reports.

Dr. J. Y. Joyner state superintendent of public instruction, has filed with Governor Craig his biennial report and recommendations to be transmitted to the legislature. He urges an effective law to assure uniform examination, graduation and certificates for teachers through enlargement of the powers and work of the state board of examiners created by a former legislature. He urges that every county in the state be required to employ a competent superintendent for his whole time.

Suggests Caring for Birds.

The department of agriculture is bestirring itself in the interests of the wild birds that show a disposition to be neighborly with man. A recent bulletin admonishes residents of city as well as country to supply food for such of the birds as remain with us throughout the winter and directs attention to the fact that assistance of this sort is necessary because man, in his war against weeds, in his cultivation of the soil, in all his improvements of wild land, has destroyed the natural sources of food supply.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

No Room for a Third.

Ex-President Taft was on one occasion in consultation with Senator Penrose of Pennsylvania. Now, as everybody knows, Mr. Taft is gigantic and the senator is taller and weighs more than any other member of the senate. While the two were in earnest conversation an aggressive politician endeavored to enter the room, but an alert secretary politely interfered.

"What are they doing in there?" asked the politician, inquisitively.

This pertinent question nettled the secretary and he answered tersely: "Holding a mass meeting. I presume."

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys If Bladder Bothers You—Meat Forms Uric Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

Willie Knew.

Some time ago the teacher of a public school was instructing a class in geography, and when it came time to hand out a few questions she turned to Willie Smith.

"Willie," she said, "can you tell me what is one of the principal products of the West Indies?"

"No, ma'am," frankly answered Willie, after a moment's hesitation.

"Just think a bit," encouragingly returned the teacher; "where does the sugar come from that you use at your house?"

"Sometimes from the store," answered Willie, "and sometimes we borrow it from the next-door neighbor."

CARE FOR YOUR HAIR

By Frequent Shampoos With Cuticura Soap. Trial Free.

Precede shampoos by touches of Cuticura Ointment if needed to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair, hands or skin than these fragrant supercreamy emollients. Also as preparations for the toilet.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

It's Nature.

"I've got work with a circus, tending to the animals."

"What a beastly job!"

RUB-MY-TISM Will cure your Rheumatism and all kinds of aches and pains—Neuralgia, Cramps, Colic, Sprains, Bruises, Cuts, Old Sores, Burns, etc. Antiseptic Anodyne. Price 25c.—Adv.

A man may be justified in thinking his wife silly—considering the kind of man she married.

People seldom try to sit down on the man who stands up for his rights.

LARGE DIVIDENDS PAID BY BANKS

CHARLOTTE BANKS DISTRIBUTE \$108,500 IN THE WAY OF DIVIDENDS.

A GOOD SHOWING IS MADE

Institutions Have Had Remarkably Successful Year Despite Much Restricted Trading.

Charlotte.—Whatever feeling of restricted operations there is or has been experienced in the realm of finance, it will not be manifest early in January when the hundreds of shareholders in the banks of Charlotte will receive their usual dividend checks, the disbursement from this source from the eight banking institutions of Charlotte amounting to \$108,500. Checks are sent out from each of the banks January 1.

That the banks of the city are able to make this showing is considered remarkable. The financial houses of Charlotte have, of course, suffered some along with all other lines of business as a result of the war in Europe, but they have not fallen under such times as to force a retrenchment in dividends. The shareholders will get just as much profit from their holdings in Charlotte banks this January as they did last year when there was no dream of distant trouble nor indication of forthcoming depression.

Asked about conditions that have made possible such a showing with their institutions during the past year, local bankers express the conviction that the situation is sound and that there is nothing organically wrong. It is of course true that the banks here have suffered or shared in the loss sustained on account of the low price of cotton and this has effected in some measure the deposits, as the withdrawal of \$1,000,000 which represents the loss sustained by Mecklenburg farmers would undoubtedly make, business has remained good.

Analyze Dairy Products.

Asheville.—In order that purchasers of cream and ice cream from cities other than Asheville may see in what respects Asheville products of this kind are superior and where they are excelled, the health officer has ordered that analyses of the butterfat of the product received from out-of-town points be made daily. The results of the investigations will be published each month in the bulletin issued by the health department. Heretofore only the analyses of the cream and ice cream-made in Buncombe county have been given out from the health department's office. Such a system, Dr. Carl V. Reynolds, the health officer, believes is unfair to the local dealers in that it makes them furnish a product which will stand the light of publicity and allows their out-of-town competitors to sell cream and ice cream here concerning whose butterfat the public is not advised. The announcement has been received with jubilation among the dairymen of Buncombe county.

Burns With Loss of \$15,000.

Asheville.—The handsome country home of Dr. T. P. Chesborough, two miles from this city, on the Swannanoa river, was destroyed by fire at an early hour one morning recently, with a loss of \$15,000, one-half of which is covered by insurance. Mr. and Mrs. L. F. Matthews, who were in the house at the time that the blaze was discovered, had narrow escapes, being able to make their way from the building with difficulty clad only in their night clothes. They were awakened by the sound of the roof falling in. No idea is entertained as to the origin of the flames.

Grand Lodge Meets January 19.

The North Carolina Grand Lodge of Masons will meet in Raleigh on Jan. 19. The meeting time of the Grand Lodge was formerly earlier in January, but at the last meeting a code was adopted which provided that the body should meet on the first Tuesday after the second Monday in January.

Must Wrap Foodstuffs.

Asheville.—Local dealers, who dispose of foodstuffs which are not peeled, washed or cooked by the purchaser have been advised by Health Officer Carl V. Reynolds that the law providing that such articles shall be well wrapped before they leave the place of business of the salesman will be rigidly enforced after the first of the year. The law has been on the statute books for the past several years, but never has been rigidly enforced and no arrests have ever been made.

Does Big Business.

Wilmington.—The Wilmington post-office did itself proud in the handling of Christmas mail, breaking a number of good records and having reason to feel good over its holiday business, rushing as it was. During Christmas week 80,000 parcels passed through the office outward bound—more than 1,000 sacks. Letters and postcards in addition to the parcels, numbered 100,000, and besides all this the incoming mail was fully as large or larger. In spite of such the work was done on time and satisfactorily.

Finest tobaccos, skillfully blended—that's the source of that rare flavor which has made FATIMA CIGARETTES famous.

Lygatt & Myers Tobacco Co.



SALESMAN
WONDERFUL SELLER-REPEAT BUSINESS
We can show you how to earn dollars where you are now earning cents. A Helper can earn over \$50.00 weekly. \$24.00 fully stocked and equip you in your own county in all year round, no competition business. Guaranteed Article, exclusive territory. First applications given preference. Address: THE MASAC COMPANY, Inc., 44 East 23d Street, New York City

NOT THE TIME FOR A SMOKE

Old Lady, Filled Up With "Cartridges," Was in Natural Fear of an Explosion.

A robust old woman in the mountains of North Georgia was ill for the first time in her life and a doctor was sent for. Partly by persuasion and partly by force, the physician induced his patient to swallow some big quinine capsules—a simple enough operation, which, however, scared the old woman almost to death. She was soon able to sit up and her daughter thought she would give the convalescent a treat. She took her mother's cornob pipe from the "shelf" or mantel, filled it with tobacco, and picking up a live coal between two sticks, started with it toward the bed. "Ma!" she said, brightly, "jes look what I got for you."

"Git away from me, Sary," she screamed in terror. "Take away dat fire! Take hit away! Don't yer know I's done plum filled up w' cartridges?"—Chicago Ledger.

Should Tarry.

"The Climbs tell me they are going to move into a better neighborhood."

"That's queer."

"Why so?"

"They haven't made good yet in the neighborhood they're leaving."

That Would Be Plenty.

"Well, my good woman," said the slummer, "I must be going. Is there anything I can do for you?"

"Only that," responded the submerged one wearily.

Extreme Devotion.

"Mrs. Gadders is all wrought up over the plight of the Belgians."

"Indeed, she is. Why, she even neglects her poodle to attend meetings of relief-committees."

'Twas Ever Thus!

The Elm—What was your ambition? The Oak—As an acorn I planned to grow up to be a Christmas tree.

STICK TO IT

Until Coffee Hits You Hard.

It is about as well to advise people to stick to coffee until they get hit hard enough so that they will never forget their experience.

A woman writes and her letter is condensed to give the facts in a short space:

"I was a coffee slave and stuck to it like a toper to his 'cups,' notwithstanding I frequently had severe attacks of sick headache; then I used more coffee to relieve the headache, and this was well enough until the coffee effect wore off.

"Finally attacks of rheumatism began to appear, and ultimately the whole nervous system began to break down and I was fast becoming a wreck.

"After a time I was induced to quit coffee and take up Postum. This was half a year ago. The result has been most satisfactory.

"The rheumatism is gone entirely, nerves practically well and steady, digestion almost perfect, never have any more sick headaches and am gaining steadily in weight and strength."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—Is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.