time with womanly weakness," says Mrs. J. R
Simpson, of 57 Spruce
St., Asheville, N. C. "I
finally got to the place
where it was an effort for
me to go. I would have
bearing-down rather in pecially severe across my back, and down in my side there was a great deal of soreness. I was

The Woman's Tonic

"I heard of Cardul and decided to use it," continues Mrs. Simpson. "I saw shortly it was benefiting me, so I kept it up and it did wonders for me. And since then I have been glad to praise Cardul. It is the best woman's tonic made!" woman's tonic made?'
Weak women need a
tonic. Thousands and thousands, like Mrs. Simpson, have found Cardul of benefit to them.

DRUGGISTS

Clear, Peachy Skin **Awaits Anyone Who Drinks Hot Water**

ays an Incide bath, before break fast helps us look and feet clean, sweet, fresh.

Sparkling and vivacious merry, bright, alert—a rood, clear aids and a natural, roay, healthy complaxion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the theusands of sickly, anaemic-looking man, women and girls, with pasty or muddy complations; instead of the multitudes of "narve wrecks," "rundowss," "brain fargs" and passinists we should see a virile, optimistic throng of rosy-checked people everywhere. An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and a poisons, thus cleansing, sweetening, and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headache, billousness, nasty breath, rheumatism, colds; and particulary those who have a pfillid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a tride, but is sufficient to demonstrate the quick and remarkable change in both health and appearance, awaiting those who practice in ternal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.

OPEN NOSTRILS! END A COLD OR CATARRH How To Get Relief When Head and Nose are Stuffed Up.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more summing, hawking, mucous discharge, dryness or headaches no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggliss and apply little of this fragrant anticeptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the awollen or infamed amucous membrane, giving you instant relief. Head colds and enterrh yield like magic. Don's stay stuffed-up and miserable. Relief is sure.

NOTICE OF LAND SALE

North Carolina

Under and by virtue of the author ity contained in a certain deed of trust from Abe Spruill and wife to the undersigned trustee and bearing date of the 17th of July, 1917, and recorded in the Register of Deeds office of Martin county, in book 0-1 a page 152, executed to secure payment of certain bonds of even date there with and th stipulations contained in said deed of trust not having been compiled with, and at the request of the parties interested, the undersigned trustee will sil, for cash, to the highest bidder, at the court house door in Williamston, N. C., at 12 o'-clock of the 21st day of March, 1921,

One house and lot in the town of Williamston being lot No. 7, in block 'E' of the Brown Field tract, map of said land is recorded in the public registry of Martin County in land division book No. 1, at page 274 and may be referred to for a more definite description.

J. E. POPE, Trustee. Feb. 14, 1921.

NOTICE

North Carolina Martin County Mary Killebrew

Noah Killebrew

The defendant above named, will take noticethat an action entitled as above has been commenced in the Superior Court of Martin County North Carolina, to obtain an absolute divorce; and the said defendant wil futher take notice that he is requir to appear before the Clerk of the Superior Court of Martin County North Carolina, at his office in Wil liamston on the 19 day of March 1921, and answer or demur to the Complaint of the Plaintiff in said action, or the Plaintiff will apply to the Court for the relief demanded in the said Complaint.

This the 17 day of Feb. 1921. R. J. PEEL Clerk of The Superior Court. Elbert S. Peel, Attorney. W. bd. TTTT

WANTED-A representative in Ma in County, one capable of securing business. Past experience not abse lutely necessary. Designs and sample Address

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SULPHUR SOOTHES

DRINK HOT TEA FOR A BAD COLD

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of the tea, put a cup of belling water upon it, pour through a sleve and drink a teacup full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus driving a cold from the swstem.

Also loosens the lowers, thus driving a cold from the system.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB BACKACHE AND Lumbago right out

a small bottle of old honest St. Jacobs Oil

When your back is sore and lame or lumbago, sciatics or rheumatism has you stiffened up, don't suffer! Get a 56 cant bottle of old, honest "St. Jacobs Oil" at any drug store, pour a little in your hand and rub it right into the pain or ache, and by the time you count fifty, the soreness and lameness is gone.

bount stay crippled! This soothing, penetrating oil needs to be used only once. It takes the sche and pain right out of your back and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing close stope lumbago, scintica and lame back misery so promptly!

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Having qualified as he estate of James N. Hardison, late of the County of Martin, all persons indebted to said estate are hereby notified to come forward and settle same at once. All personsholding claims against said estate will present same for payment on or before November 16th, 1921, or this notic bill be plead in bar of their recovery

This January 1st, 1921.
W. B. HARRINGTON

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> See or write A. COREY Jamesville, N. C.

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