# CRITICAL TIME OF WOMAN'S LIFE

**From 40 to 50 Years of Age. How It May Be Passed in Safety.**

Odd, Va.:—"I am enjoying better health than I have for 20 years, and I believe I can safely say now that I am a well woman. I was reared on a farm and had all kinds of heavy work to do which caused the troubles that came on me later. For five years during the Change of Life I was not able to lift a pail of water. I had hemorrhages which would last for weeks and I was not able to sit up in bed. I suffered a great deal with my back and was so nervous I could scarcely sleep at night, and I did not do any housework for three years.

"Now I can do as much work as any woman of my age in the county, thanks to the benefit I have received from Lydia E. Pinkham's Vegetable Compound. I recommend your remedies to all suffering women."—Mrs. Martha L. Holloway, Odd, Va.

No other medicine for woman's ills has received such wide-spread and unqualified endorsement. We know of no other medicine which has such a record of success as has Lydia E. Pinkham's Vegetable Compound. For more than 30 years it has been the standard remedy for woman's ills.

**If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.**



**Yes. Rheumatism can be cured**

No matter what anybody says; and *no matter how many remedies you have tried.*

Our purifying *Botanic Blood Balm* has brought positive and permanent relief to hundreds of rheumatic sufferers who were a good deal worse off than you are.

This benign and powerful tonic overcomes the virulent germs which are the cause of this obstinate complaint. It neutralizes the caustic acids which poison and inflame the tissues. And it enriches the circulation with pure fresh healthy blood. *This is what you need.*

*Your money back if "B.B.B." fails to help you.* Don't endure those torturing miseries. Seek relief *today.*

If your druggist can't supply you with "B.B.B." write to us. We will see that you are supplied.

The Blood Balm Co.
Philadelphia and St. Louis

Just ask for **"B.B.B."**



**Relieves Backache Instantly**

Sloan's Liniment is a great remedy for backache. It penetrates and relieves the pain instantly—no rubbing necessary—just lay it on lightly.

**Here's Proof.**

"I had my back hurt in the Boer War and in San Francisco two years ago I was hit by a street car in the same place. I tried all kinds of dope without success. Two weeks ago I saw your liniment in a drug store and got a bottle to try. The first application caused instant relief, and now except for a little stiffness, I am almost well."
FLETCHER NORMAN, Whittier, Calif.

**SLOAN'S LINIMENT**

is the best remedy for rheumatism, neuralgia, sore throat and sprains.

Miss E. Rim of Brooklyn, N.Y., writes: "Sloan's Liniment is the best for rheumatism. I have used six bottles of it and it is grand."

**Sold by all Dealers. Price, 25c., 50c., and $1.00.**

Sloan's Book on Horses, Cattle, Hogs and Poultry sent free. Address Dr. Earl S. Sloan Boston, Mass.



PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.
25 CTS. FOR COUGHS AND COLDS 25 CTS.


# THE FRUIT GROWERS

A GREAT EVENT WHICH MAY MEAN MUCH TO HAYWOOD COUNTY.

## HAVE LARGE MEMBERSHIP

Organization to Perfect the Business of Fruit Growers by Way of Getting the Best Prices For Their Products —May Increase Fruit Production.

Waynesville.—An event which may mean much for Haywood county, particularly the fruit growers, took place here when the Haywood county Fruit Exchange was organized with a large membership. This is an organization, consisting of the fruit growers of the county, whose purpose is to perfect an organization to conduct the business of the fruit-growers in the way of getting the best prices for their products, bringing the market in touch with the producers, and giving information as to the best means of cultivating, gathering and marketing the crop.

Dr. George D. Green was made temporary chairman of the meeting and Mr. Bolling Hall was secretary. A tentative organization was effected with the following directors: R. P. Johnston, Joe Graves, J. K. Boone, George Wharton, B. P. Howell, Z. C. Davis and Bolling Hall. At a future meeting, the directors are to report a plan of permanent organization and name definite purposes.

There were a large number of men present at the meeting who are not directly engaged in fruit growing but seemed to take a lively interest in the business of the convention. Bishop James Atkins delivered an address that was interesting and helpful. Prof. W. N. Hott of Raleigh was present and also spoke.

It is thought that the organization will result in developing a considerable increase of interest in the production of fruits in this county.

### Interest In Contest Increases.

Hendersonville.—Unusual interest is being shown in the boys' corn contest of Henderson county, where $100 will be distributed in cash prizes for those raising the best crops of corn at the least expense on an acre of ground. Prof. W. S. Shitle, superintendent of the county schools, who canvassed the county a few weeks ago, with Charles W. Mason of Asheville, agricultural agent of the Southern Railway in the interest of the contest, stated that eighty-five boys between the ages of 12 and 18 years had entered the contest, which closes with the expiration of this month.

### Polk County Moonshiners Captured.

Hendersonville. — United States Deputy Marshall T. F. Roland and Special Employe J. Lee Sams, accompanied by other revenue men, were in Hendersonville with five men, three Fosters, a Barnett and one Carter from Polk county, where they were arrested charged with operating an illicit distillery. Three of them gave $300 bond each and the two others gave $200 bond each before United States Commissioner Valentine, who set the date for a preliminary hearing. Details of the raid could not be learned here.

### County Clerk Was Appointed.

Newbern.—Mr. W. B. Flanner, who has been acting clerk of the superior court for this county during the illness of the late W. M. Watson, was appointed to fill the vacancy caused by the death of that official, Judge H. W. Whedbee of Greenville making the appointment. Mr. Flanner has had several years experience in the register of deeds and clerk of the court office and is thoroughly acquainted with the duties he will now perform as chief and will make a very efficient officer.

### Juvenile Thief Held For Court.

Hendersonville.—As the result of the plundering of six freight cars of the Southern Railway in the Hendersonville yards when considerable property was stolen, Sam King, aged 13 years, was bound over to superior court under a bond of $200.

### Bond Issue Has Been Sold.

Roxboro.—A $20,000 bond issue voted some time ago for the improvement of the streets of Roxboro has been sold to the trustees of the Terrell school fund. There is still $5,000 of this issue to be disposed of and it is practically certain that this will be done in a very short time either to one of the banks or private citizens. Work will be begun as soon as bids can be advertised for and the contract let. Mr. Gilbert C. White of Charlotte is the engineer in charge of the work.

### To Enforce The Fishing Laws.

Raleigh.—An order was made by Governor Kitchin for the Elfreida, the cruising vessel of the North Carolina Naval Brigade, stationed at Newbern to proceed fully armed with a complement of twenty-eight men to the waters of Albemarle sound and subject to the orders of State Fish Commissioner C. S. Vann in enforcement of the state fisheries laws. The commander of the Elfreida is to report at Edenton for service. The order went to Commander T. C. Daniels of Newbern.

# LAND OF THE LONG LEAF PINE

Column of Short Paragraphs of State News of Interest to the People of the State.

Raleigh.—Mr. P. H. Marsh, of Kersville, has been appointed additional delegate to the National Drainage Convention, which meets at New Orleans April 10th to 13. Mr. H. E. Gilliam, of Greensboro, has also been appointed an additional delegate to the Southern Appalachian Good Roads Association, which meets at Spartanburg, S. C.

Bessemer City.—The cost of the recent flood in Gaston county is very great. Bridges are to be rebuilt and great damage was done to the dredging boat on Crowders creek. It was swept nearly one hundred feet and turned on its side. The weather has been clear and warm for three days and farmers are using the opportunity to get some farm work done.

Weldon.—Judge E. B. Cline of Hickory, who has been holding Halifax superior court made a record unsurpassed in the history of the state by disposing of one hundred and five cases on the civil calendar in one day. These were old cases and the docket has been cleared and relieved of them for all time to come. Court adjourned for the term.

Greensboro.—A white carpenter named Huffman died from the effects of injuries received in a fall from scaffolding on the new six-story Banner building. Huffman came here from Norfolk a month ago. He fell only about twenty feet, and it was at first reported that his injuries were slight, though later he became unconscious and died before regaining his senses.

Lenoir.—The people of our town can boast of the best mail service Lenoir has ever had. There are three each day of the week and two mails outgoing and three incoming mails each way from Hickory on Sunday. The only thought for registering a kick about Lenoir's mail service is the irregularity of the trains, which is hoped can be regulated and o vercome.

Newton.—The surviving members of Campany I, Forty-ninth North Carolina Regiment, Confederate veterans, Catawba March 30. This will be the twenty-first reunion of the company and will be the fiftieth anniversary of the day they marched away to the Virginia battlefields. Brave as the bravest, they served their state and country loyally until the end of the war. Capt. W. A. Day is secretary of the organization.

Monroe.—Sam Thompson, colored, was sentenced to be electrocuted on April 26 by Judge W. H. Wheedbee in Superior Court here. Thompson was convicted of murdering Gus Ashbrook, another negro, on the night of March 8, when he shot him through window in his home, while he was asleep, at the same time wounding a son of Ashbrook. This is the second conviction of first degree murder in Union county in fifty years.

Statesville.—That feeding cattle for beef during the dull winter months is a very profitable industry for the farmers was demonstrated at the State farm, near Statesville, the past winter. Twenty-seven head of fine cattle fed at the farm were sold to a big Richmond dealer by Superintendent Meacham, and were shipped to Richmond. The price paid by the dealer was 6 cents the pound at the state farm barn.

Elizabeth City.—Spring has arrived at last and the fishermen and farmers have given forth great sighs of relief. Never before were the farmers and fishermen so far behind with their spring operations, and with the extreme weather that has prevailed during the entire winter the prospects were taking on a most discouraging aspect. However, with the coming of better weather, the spirits of the people have arisen.

Hendersonville.—The postoffice officials have distributed sixteen mail boxes in Hendersonville, where mail will be collected daily. A few months ago Hendersonville was given street delivery of mail, but at the time no arrangements were made for places to deposit mails other than at the homes, with the postmen or at the postoffice. As to the erection of the proposed new building on the lot purchased by the government little has been said of late.

Spencer.— It is stated that colera has made its appearence among the hogs of Rowan and that more than four hundred in the country are now affected by the disease. Of the four hundred, the veterinarian, who is attending most of the cases, says that only about fifty have recovered.

Waxhaw.—On the Waxhaw market in one day seventy three bales of cotton were sold by one person and that, too by a lady. The cotton was owned and sent to market by Miss Maggie Ross. Miss Ross lives in the Marvin community. The cotton brought 10.-50.

Waxhaw.—With the coming of spring comes the school closings. This is always a great event in the life of a community, and ought to be; for the intelligence of a people can always be seen in their interest in educational work.

Washington.—Messrs. Davis & Davis, Washington patent attorneys, report the grant, to citizens of North Carolina of the following patents: A Fulk, Mount Airy, brace for bolsters and the like; L. T. Lineberger, Gastonia, lightning arrester; W. B. Swindell, Raleigh, appratus for compressing air and other fluids.

# POULTRY

## CONSTRUCTION OF HEN HOUSE

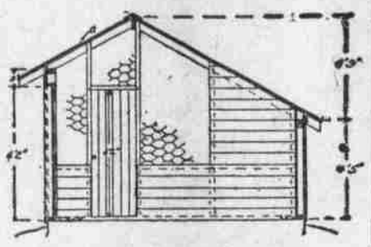
Few Practical Suggestions That Will Be of Much Assistance to the Poultry Keeper.

(By J. G. HALPIN and C. A. OCOCK, Wisconsin.)

For success in poultry keeping it is necessary to have a suitable house which will protect the fowls from inclement weather and from their natural enemies.

It must be remembered that from the standpoint of the hen, appearance makes very little difference, but the house must be so built and so arranged that it will be a comfortable place for the hens to live; otherwise they will not thrive and production will not be satisfactory. On many farms the hens are not provided with a house constructed especially for them, but are housed in an old building originally made for some other purpose. As a rule this sort of a house is not economical, for, unless it is constructed especially for hens, it will seldom be found possible to reconstruct it in such a way as to make economical production possible.

Poultry houses should be located where it is dry and well drained. If the ground is not naturally dry, it should be ditched and drained artificially, for poultry will not thrive in a house when the floor is constantly wet. A damp location means a damp



Proper Way to Moke Partition.

poultry house all the way through, and the result is that the fowls are affected with many troublesome diseases.

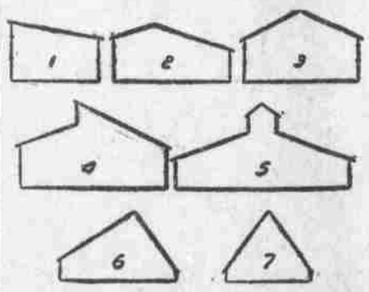
Houses should be placed so that they will not be subject to violent winds, yet good air and drainage are essential. A house should never be placed in a low, damp spot where early fall frosts are likely to occur. These places are always cold and unhealthy for fowls.

One hundred hens will thrive in a pen 20x20 feet, that is four square feet of floor spae per hen, but one hen will not thrive in a pen 2x2 feet. In a large pen each one has a chance to wander about over the entire floor space, thus getting more exercise.

Generally speaking, it is far cheaper to build a wide house than a narrow one. A house 20x20 is cheaper than a house 10x40 and contains as much floor space for the hens. A house 20 feet wide, however, will be found impracticable for some types of roofs and will not be found satisfactory where one wishes to keep a number of small breeding pens. There are several common types of roofs used on poultry houses.

Just which style of roof should be chosen is largely a matter of personal preference, but the type of roof will be found to influence the cost of construction to quite an extent.

Wherever there is only one poultry house a partition is always advisable as it permits one to keep the hens sep-




Different Types of Roofs Used in Poultry Houses. 1 is a shed roof, 2 a combination roof, 3 a gable roof, 4 a semi-monitor roof, 5 a monitor roof, 6 a slanting front roof, and 7 an A-type roof.

arated from the pullets early in the winter and makes it possible later to make up a breeding pen of the best fowls. In a small house, that is one not over 30 feet long, one should use boards for the partitions for about two feet from the floor. The rest may be made of wire or cloth except between the roosts of the different pens, where the boards should run to the roof.

### Feed for Growing Ducklings.

Growing ducklings thrive best on a feed composed of equal parts, by measure, of corn meal, ground peas, bran and middlings, all made into thick mash, either with scalding hot water or milk, the latter being the better. The mash is improved by adding short-cut green grass, clover or some other green stuff, and a few handfuls of coarse sand.

### Bad Air and Incubation.

The atmosphere of a cellar where vegetable are kept is not fit for an incubator. The air, according to Poplar Mechanics, is charged with carbonic gas, which is fatal to young chicks.


# A WARNING TO MANY.

## Some Interesting Facts Regarding Health Statistics.

Few people realize to what extent their health depends upon the condition of the kidneys.

The physician in nearly all cases of serious illness, makes a chemical analysis of the patient's urine. He knows that unless the kidneys are doing their work properly, the other organs cannot be brought back to health and strength.

When the kidneys are neglected or abused in any way, serious results are sure to follow. According to health statistics, Bright's Disease, which is really an advanced form of kidney trouble, caused nearly ten thousand deaths in 1910, in the state of New York alone. Therefore, it behooves us to pay more attention to the health of these most important organs.

An ideal herbal compound that has had remarkable success as a kidney remedy is Dr. Kilmer's Swamp-Root, the great Kidney, Liver and Bladder Remedy.

The mild and healing influence of this preparation is soon realized. It stands the highest for its remarkable record of cures.

If you feel that your kidneys require attention, and wish a sample bottle, write to Dr. Kilmer & Co., Binghamton, N. Y. Mention this paper and they will gladly forward it to you absolutely free, by mail.

Swamp-Root is sold by every druggist in bottles of two sizes—50c. and $1.00.


### OR THREE OR FOUR.

Green—I wouldn't marry a widow. They are always looking after number one.

Wise—I differ with you. I think they are usually looking after number two.

### Happiness Postponed.

An awkward predicament in which a sailor bridegroom and his bride were placed in St. Mary Major's church, Exeter, Devonshire, England, recently caused the postponement of their wedding. The banns had been duly called at the church, but when the parties presented themselves at the altar the bridegroom, who had been recently paid off from his ship at Portsmouth, was unable to produce the necessary permission from his commander. The bride swooned, and eventually returned home, while the bridegroom left for Plymouth to get the required document.

### No End to His Bad Luck.

John D. Shoop, at an Anti-Cigarette league banquet, explained his feelings in the story of the colored man.

"How are you getting along, Lazarus?" asked his master, interestedly.

"I gets along poorly," replied Lazarus, who complained of his misfortune at length. "Master John, I has such bad luck," says he, "that when I dies and is laid away in the tomb and the good Lord says to me, 'Lazarus, come forth,' I know I is sho' to come fifth."

### Exposing Children to Disease.

In an article on the treatment of sick children in the Woman's Home Companion the author, Dr. Roger H. Dennett, a famous New York specialist on the diseases of children, says:

"Never, never, never expose the child to any contagious disease in order that he may have it once and be done with it. Even the so-called simple children's diseases, such as measles or whooping cough, have a death rate that is appalling.


## NO WORDS WASTED

A Swift Transformation Briefly Described.

About food, the following brief but emphatic letter from a Georgia woman goes straight to the point and is convincing.

"My frequent attacks of indigestion and palpitation of the heart culminated in a sudden and desperate illness, from which I arose enfeebled in mind and body. The doctor advised me to live on cereals, but none of them agreed with me until I tried Grape-Nuts food and Postum.

"The more I used of them the more I felt convinced that they were just what I needed, and in a short time they made a different woman of me. My stomach and heart troubles disappeared as if by magic, and my mind was restored and is as clear as it ever was.

"I gained flesh and strength so rapidly that my friends were astonished. Postum and Grape-Nuts have benefited me so greatly that I am glad to bear this testimony." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in Pkgs.

**Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.**



# Clergy and Religious Press

endorse

# MILAM

**the most reliable Reconstructive tonic and blood renovator**

**We, the undersigned, hereby certify that we have taken Milam with very beneficial results. Believing it to be a valuable remedy, we authorize the publication of our endorsement.**

Rev. J. Cleveland Hall, Rector of Church of the Epiphany, Danville, Va.
Rev. R. L. McNair, Pastor Presbyterian Church, Charlotte C. H., Va.
Rev. J. C. Holland, Pastor Keen Street Baptist Church, Danville, Va.
Rev. H. D. Guerrant, Methodist Minister. Danville, Va.
Rev. D. P. Tate, Methodist Minister. Danville, Va.

**"The Methodist" endorses Milam**

The endorsement of "The Methodist" is not to be had by anything of doubtful merit, but this paper stands ready to lend its influence for that which it believes will tend to the betterment of humanity, spiritually, morally, materially or physically.

When such men as Revs. D. P. Tate, Horace D. Guerrant and others of like high character give their unqualified endorsement to the physical benefits derived from the remedy advertised on the last page of of this paper, we feel safe in commending it to our readers.—E. G. Mosely, in "The Methodist" for September.

**"The Baptist" Endorses Milam.**

Milam is the name of a great medicine now being manufactured in Danville, and from the testimonials of some of our best citizens we can safely recommend it to our friends who are suffering with any of the diseases it proposes to cure. The men at the head of the company manufacturing this medicine can be relied on.—Rev. J. E. Hicks, in the Baptist Union. 4

Ask your druggist or write for booklet

**The Milam Medicine Co., Inc.**
Danville, Va.



**Whittemore's Shoe Polishes**
FINEST QUALITY LARGEST VARIETY

GILT EDGE the only ladies' shoe dressing that positively contains OIL. Blacks and Polishes ladies' and children's boots and shoes, shines without rubbing, 25c. "French Gloss," 10c.
STAR combination for cleaning and polishing all kinds of russet or tan shoes, 10c. "Dandy" size 25c.
QUICK WHITE (in liquid form with sponge) quickly cleans and whitens dirty canvas shoes. 10c and 25c.
BABY ELITE combination for gentlemen who take pride in having their shoes look A1. Restores color and lustre to all black shoes. Polish with a brush or cloth, 10 cents. "Elite" size 25 cents.
If your dealer does not keep the kind you want, send us the price in stamps and we will send you a full size package charges paid.

WHITTEMORE BROS. & CO.,
20-26 Albany St., Cambridge, Mass.
*The Oldest and Largest Manufacturers of Shoe Polishes in the World.*



**Constipation Vanishes Forever**

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable — act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good



**Woodall & Sheppard's**

3 Day CORN CURE is GUARANTEED to CURE CORNS.

Fifteen cents per package.

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CHARLOTTE NORTH CAROLINA

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**DROPSY** TREATED. Give quick relief, usually remove swelling and short breath in a few days and entire relief in 15-45 days, trial treatment FREE. DR. GREENS SONS, Box A, Atlanta, Ga.

**A POSITION FOR YOU**

Wanted Men and Boys to take 30 days practical course in our machine shop to learn automobile business. New and modern machinery; new cars. A position for every graduate. Catalogue Free. Charlotte Auto School, Charlotte, N. C.

FOR SALE—88 A. IN GUILFORD CO., N. C., near Greensboro; 40 a. cult.; 2 houses, 3 barns, outbuildings, 200 fruit trees, stock, machinery, etc.; sacrifice. BROWN, Box 319, Chicago.

WILL SELL OR TRADE FOR STORE BUILDING So. town, 400 a. in Barber Co., Kan.; 300 a. cult.; complete imp. THOM, Box 319, Chicago.

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