# Backache Gone---**Gained Fifty Pounds**

For about a year I suffered with pais in the back and would be very tired when arising in the morning, with burning sen mation. I dropped in weight to 110 poun s. I read one of your advertisements and commenced taking Dr. Kilmer'. Swamp-Root and gained from 110 to 160 pounds. it to my friends as a good remedy for any one suffering as I did.

I am employed in a store and have to be on my feet all the time. I am thirtyfour years old.

Very truly yours, T. H. MORGAN, Elizabeth City, N. C. Personally appeared before me this 10th day of April, 1912, T. H. Morgan, who subscribed the above statement and made oath that the same is true in substance

> J. KENYON WILSON, Notary Public.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bot-tle. It will convince anyone. You will also receive a booklet of valuable infor-mation, telling about the kidneys and blad-der. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv. stores .- Adv.

and in fact.

Coal for Thousands of Years. The results of the investigation of the world's coal resources undertaken by the International Geographical congress in 1913, have just been published. They show that there is a reserve of unmined coal estimated at 7,398,561,000,000 of tons, of which twothirds are situated in North America between the Rocky mountains and the Appalachians.

As the present annual consumption is about 1,300,000,000 tons, there is enough coal in sight to last nearly 6,000 years at the present rate of consumption, and it must be remembored that South America and Africa are still largely unexplored.

## DON'1 MIND PIMPLES

#### Cuticura Soap and Ointment Will Banish Them. Trial Free.

These fragrant supercreamy emollients do so much to cleanse, purify and beautify the skin, scalp, hair and hands that you cannot afford to be without them. Besides they meet every want in toilet preparations and are most economical.

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

The Burning Question. Queenie-Have you ever kissed a girl?

Oswald-Is that an invitation or are you gathering statistics.

#### Varieties.



Type of Horses Needed on Southern Farms.

the southern farmer needs is the one he thinks he needs. Moreover, since opinions differ as to the type of horse needed and the various kinds of work required of farm horses demand various types of horses, it is quite certain no one type of horse will do best all the different kinds of work required on southern farms.

The horse most needed will, there fore, of necessity be in the nature of a compromise. We must first determine the most important work required of the farm horse before we can determine the type of horse most needed, for it is only reasonable that attitude towards a draft horse that a tion of market milk at the present in his selection his most important service should be given greatest weight

For those who expect to continue the use of one-horse implements to any large extent, the horse or mule weighing around 1,000 pounds is most needed. He must have quality, speed and endurance, for with small onehorse implements the only chance to obtain economical service is through greater activity.

The class of farmers who are adopt ing modern methods and using two and three-horse implements, because they do more economical and better work and save man labor, is growing rapidly, but is still comparatively small. Many of those who use larger implements for plowing and preparing the land still adhere to onehorse implements for cultivating the Crops

But the demand for larger farm work stock is growing and will continue to grow rapidly. The average man who has begun the use of modern implements and methods now demands a horse or mule weighing 100 to 200 pounds more than was most popular ten years ago, and ten years all parts of the plant above ground. mnow a horse or mule weighing

It does not follow that the horse | stock to supply its needs. Moreover it must be largely bred from our native mares. This will be a slow and possibly the most expensive method of the milk dealer, and is also an adin the long run, but it is the only one likely to prove practicable.

If we are right that the southern farmer needs a horse weighing 1,200 to 1,500 pounds and that such an ani mal must be bred up from our native mares weighing 800 to 1,000 pounds. it is apparent that the sires must be milk properly pasteurized and propfrom the draft breeds. It then seems erly handled subsequent thereto is to follow that the horse needed on southern farms is a draft horse. The southern farmer has much the same we offer to him the quieting thought therefore the type of horse we have suggested is really not a draft horse. but a horse with sufficient draft blood higher temperatures or for longer pegood and economical farm work .--Progressive Farmer.

# RAISE DEWBERRIES IN SOUTH

#### Plant Does Especially Well on Light. Sandy Soil-Plan for Healthy Canes Next Year.

Dewberries can be grown to advan tage in almost all parts of the South. especially on light, sandy land, Plantations are started by setting out the rooted tips in rows five or six feet apart. Fat lightwood stakes seven feet long make good supports for the vines, which are usually twined about the stakes and tied at the top.

As the dewberry is very subject to anthracnose, a disease which destroys the canes, it is a good practice to cut off and burn after the fruiting season



The great advantage in pasteurizing narket milk is to insure its freedom from disease-producing organisms. This is a point which is constantly

brought forward in favor of pasteurization of milk. Of course the pasteurized milk will have better keeping qualities than the same milk that has not been pasteurized and of course this is an advantage from the standpoint

vantage to the milk consumer. Outside the cost of the process, there are practically no disadvantages connected with the pasteurization of milk. This is especially true with the way pasteurization is conducted today. There is absolutely no doubt but that just as healthful a food for children as well as for adults as is raw milk. Most of the commercial pasteuriza-

mad bull has toward a red flag, but time is done by heating the milk to 145 degrees for approximately thirty that a real draft horse, these times, minutes. This temperature and time weighs 1,600 pounds or more and of exposure does not change the milk physically or chemically to any appreciable extent. If milk is heated to to give him the size required to do riods of time, the creaming powers of the milk will be influenced-that is, the heated milk will cream less rapidly and somewhat less completely than the raw milk. The milk will also acquire, which is objectionable to many people, what is known as the cooked taste. It is not probable that the nu-

tritive value of the milk is injured; in fact, at the present time many physicians advocate the heating of children's milk to the boiling point.

# IMPROVING THE DAIRY HERD

Sell All Animals Which Have Failed to Pay for Their Keep-Breed Cows to Purebred Bull.

(By GEORGE HUMPHREY, University 1. Treat cows gently and avoid ex-

citement. 2. Be regular in time of milking.

# Parents Should Know this Splendid Remedy

## Simple Laxative Compound Helps to Correct Constipation in Children.

With all children there are times when the bowels fail to act naturally and it becomes necessary for the parents to administer a remedy. Cathartics and purgatives should never be used as these agents afford only temporary relief while their violent action shocks the system unduly. Mrs. Eva F. Gaff, 517 10th St., Washington, D. C. says that her little girl. Marie, had been subject to constipation, and that she found Dr. Caldwell's Syrup Pepsin the best remedy because of its mildness, and now always keeps a bottle

of it in the house, Dr. Caldwell's Syrup Pepsin is a compound of simple laxative herbs, free from opiates or narcotic drugs of any kind, and is an ideal remedy for children because of its mild action and positive effect. Its use tends to strengthen the impaired bowel action and restore normal regularity.

It is important that parents should tain a trial bottle, free of charge, write know of a dependable remedy with no to Dr. W. B. Caldwell, 203 Washingunpleasant after effects, griping or ton St., Monticello, III.

The Mystery.

Once there was a man who was quietly performing a task which aroused the greatest curiosity among the innocent bystanders. None of them had ever seen anything of the it ?" kind being done before nor had the slightest comprehension of what it was nor why it should be. The crowd was constantly augmented by more comers and the mystification grew to an almost uncontrollable extent. Finally a sage appeared and to him was put the query, "What is the strange

thing that man is doing?" "He is minding his own business," replied the sage, and passed on .- Exchange.

## Used Whenever Quinine is Needed **Does Not Affect the Head**

Because of its tonic and laxative effect LAX ATIVE BROMO QUININE will be found better than ordinary Quinine for any purpose for which Quinine is used. Does not cause ner-vousness nor ringing in head. Remember there is only on "Bromo Quinine." That is Laxa-tive Bromo Quinine. Look for signature of E. W. Grove. 25c.

As to Carpets. May-Carpets are curious things, mamma

Mamma-Why so? May-Although they are bought by the yard, they are worn out by the feet.

## WONDERFUL HOW QUICKLY **RESINOL STOPS ITCHING**

To those who have endured for years the itching torments of eczema or other such skin-eruptions, the relief that the first use of resinol ointment and resinol soap gives is perfectly incredible. After all the suffering they went through and all the useless treatments they spent good money for, they cannot believe anything so simple, mild and inexpensive can stop the 5. Get your neighbor to share with itching and burning INSTANTLY! you in owning a Babcock milk tester, And they find it still more wonderful that the improvement is permanent 6. Discard the animals which have and that resinol really drives away failed at the end of the year to pay the eruption completely in a very short time. Perhaps there is a pleasant surprise like this in store for you. Resinol ointment and resinol soap are sold by all druggists .- Adv.



MARIE GAFF.

strain. Dr. Caldwell's Syrup Pepsin costs only fifty cents a bottle and can be procured at any drug store. To ob-

Finance.

"I'm trying to economize this year, but my wife and daughters are determined to go to Florida for the winter." "What are you going to do about

'Well, seeing they've all combined against me, I suppose I have to negotiate a loan with the allies."

There are a good many jokes, but the one on the hungry wolf that kills a sheep is about the best of the lot.

It doesn't pay to own things you owe for.



law.

Bocker-Plain, martial, unwritten or lynch?

maalall The Reliable Remedy for lumbago, gout and HEUMATISM GETS AT THE JOINTS FROM THE INSIDE For sale by all druggists



Vital Statistics The N. C. State Board of Health states that 40% of the deaths of children could be prevented. Brame's Vapo-Mentha for Croup and Pneumonis if applied in time not only prevents, but cures Croup and Pneumonia, Colds and affections of the air pas-ages. Keep it handy. Frice, 32c., 50c. and \$1.00 at all dealers or sent Post Paid on receipt of price. Sample and Interesting bookiest sent on reprice. Sample and interesting booklet sent on prest. BRAME MEDICINE COMPANY, H. Wilkesbors, H. C.



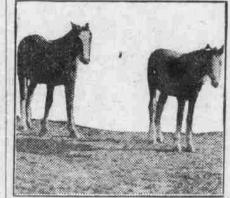


WANTED Men to learn barber trade Few weeks required Steady position for com petent graduates. Wonderful demand for bar bers. Wages while learning; free catalog; write RICHMOND BARBER COLLEGE, Richmond, Va.



type of today will be demanded. To do good, efficient and economical

service the horse needed on south- next year's crop. ern farms must weigh 1,200 to 1,400



Just Colts.

pounds. This is larger than is thought best by most farmers, but if future needs, and breeding requirements to meet these future needs, are considered, this weight is still too light, for the horse needed ten years from now will weigh 1,300 to 1,500 pounds

The farm horse does most of his work at a walking gait, and he must have the weight to pull sufficiently large loads to more than make up for any deficiency in speed as compared with lighter animals. The greatest need on southern farms is for better work. Texas, for instance, has used more horses as a means of doing more work, cultivating more acres. but the real need for heavier farm horses is to enable the farmer to do better work. The best work cannot be done with one-horse plows and other one-horse implements. Large plows and disk harrows require larghorses.

But this 1,300 or 1,400-pound horse must be of good quality. He need tected by automatic sprinkler equipnot have the speed of the 900 or 1,000- ment, this rate could be reduced to 75 pound horse, but he must be of gentle cents on \$100. disposition, good quality, compactly built and rugged.

A horse weighing 1,300 or 1,400 pounds is too large for light driving or saddle purposes, and yet these services are required of farm horses. It is true that these are unimportant services, compared with the work of cultivating the land and hauling the farm products to market, and this being the case it follows that the horse of most service on the farm is the one that will cultivate the land best and most economically. If the mule for the upbuilding of fatty tissue is to remain the chief draft animal of the South, we must breed the type of mares that will produce the type of

u ale needed, and here again, the need minutes after it is taken from the le for a mare weighing 1.300 to 1,500 counds.

seeds must be bred, for no country milk or cream sweet, cool it without ever can buy sufficient farm work delay.

Knicker-I'm thinking of studying 200 pounds more than the popular be applied and the vines cultivated thoroughly during the rest of the season to produce new, healthy canes for

> Dewberries, raspberries and strawberries can be grown to advantage in the wide middles between pecan trees.

## GOOD REASONS FOR DAIRYING

Not Enough Butter, Milk and Cream Produced in Louisiana to Supply Demands of Farmers.

(By J. M. CADWALLADER, Louisians State University.)

Many people will no doubt be surprised to learn that there is not enough butter, milk and cream produced in Louisiana to supply the peo ple on the farms of the state, to say nothing of supplying our small and large cities.

The northern dairymen are enjoying the profits realized by producing butter and selling it to our southe n farmers for 40 cents per pound when we can produce butter and milk cheaper than they. If for no other reason, Louisiana farmers should engage in dairying to supply their own needs

## HOUSES FOR STORING COTTON

Upon Construction of Structure Depends Rate of Insurance Paid or Staple It Contains.

The correct designing of a cotton warehouse is of much importance. because upon the construction of the warehouse depends the rate of insurance charged for the cotton inside it. The average insurance rate, it is said, in the buildings now in use is as high as two dollars a year on \$100. In standard warehouses, properly pro-

It is a curious fact that many of the warehouses now in use cost more to build than if they had been made to conform to the standards.

### Ground Feed for Hogs.

As any animal, especially the hog, is being finished for the market, the need of ground feed becomes more imperative, since there will be less exercise; which makes it necessary for the animal to be furnished with a concentrated easily digested ration

#### Keep Gream or Milk Sweet.

Milk begins to sour within a few cow if it is not cooled. The bacteria that cause souring do not thrive . The horse the southern farmer cold milk. Therefore to keep you

3. Keep stables clean, well-lighted and ventilated. 4. Weigh the milk of each cow at

milking time. and test the product of each cow.

for their keep.

7. Breed your cows to a purebred registered dairy bull from a family



Purebred Holsteins.

having large and profitable production of butterfat.

8. Raise well the heifer calves from cows, which for one or more generations have made large and profitable productions of milk and butterfat.

9. Breed heifers to drop their first calves at 24 to 30 months of age. Give cow six to eight weeks' rest between lactation periods.

10. Join a dairy cattle breeders' association. It will help you to keep posted and in touch with the best and most modern ways of managing your dairy herd.

## IMPORTANCE OF DAIRY COW

Most Economical Producer of Human

## (By N. J. FRASER, Illinois.) Since the cow is the most econom ical producer of human food of all our domestic animals, and as she can live and produce milk on a ration composed entirely of roughage, she will

be the animal that will be resorted to in order to convert half of the energy of our common crops, which is otherwise unavailable, into human food. Another reason why the cow is here

to stay, and will always be of vital importance in sustaining human life. is that babies and invalids cannot be nourished on cornmeal mush alone. For these reasons, even after the

time comes that there is an actua struggle for human food, the dair; cow will still be a vital and abidin 'actor in a system of permanent agr. culture, if we are to retain a hig degree of civilization.

Uncongenial. "Mr. Grimm," said one bore, introducing another bore to the human hyena, "this is Mr. Droan-"

"What of it?" snarled old Gaunt N. Grimm, turning away.

### Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Charff. Hitchers. In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

And It Talks Back. Little Lemuel-Say, paw, what is receiving teller?

Paw-A phonograph cylinder, son.

BEMARKABLE LETTER FROM A WELL KNOWN WASHINGTON DRUGGIST. Inreference to Elixir Babek the great remedy for chills and fever and all malarial disasses. "Within the last five months I have sold 3,000 bottlesof Elixir Babek, for Malaria, Chillsand Verses Ore contempora search yeary well of its Ferer. Our customers speak very well of it, Henry Evans, 922 F St., N.W., Washington, D.C." Elizir Babek 50 cents all druggists, or by Parcels Post, prepaid, from Kloczewski & Co. Washington, D. C.

Why does the self-made man never

suffer from remorse?

#### Write Murine Eye Remedy Co., Chicago or illustrated Book of the Eye Free.

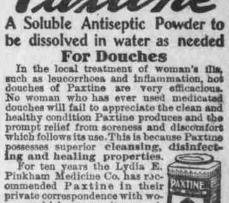
The worse a reputation the harder it is to lose.



The close connection which exists | medical opinion, without charge-abbetween the heart and the kidneys is solutely free. This "Anuric" of Dr. well known nowadays. As soon as Pierce's is 37 times more active than kidneys are diseased, arterial tension lithia, for it dissolves uric acid in the is increased and the heart functions system, as hot water does sugar. are attacked. When the kidneys no longer pour forth waste, uremic poi- Tablets. There can be no imitation. soning occurs, and the person dies and Every package of "Anuric" is sure to the cause is often given as heart dis- be Dr. Pierce's. You will find the sigease, or disease of brain or lungs.

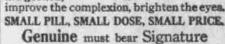
It is a good insurance against such a on Dr. Pierce's Favorite Prescription. risk to send 10 cents for a large trial the ever-famous friend to ailing package of "Anuric"-the latest dis- women. covery of Dr. Pierce. Also send a

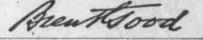
sample of your water. This will be sometimes a symptom of kidney disexamined without charge by expert ease. Thousands have testified to imchemists at Dr. Pierce's Invalids' Ho- mediate relief from these symptoms tel, Buffalo, N. Y. When you suffer after using Dr. Pierce's Anuric Tablets from backache, frequent or scanty for the kidneys and backache. urine, rheumatic pains here or there.











W. N. U., CHARLOTTE, NO. 49-1915.

DEATH Caused by Disease of the Kidneys

Simply ask for Dr. Pierce's Anuric nature on the package just as you do

Worry is a frequent cause and

Dr. Pierce's Favorite Prescription or that constant tired, worn-out feel- makes weak women strong, sick ing, it's time to write Dr. Pierce, dr- women well. No alcohol. Sold in scribe your symptoms and get his tablets or liquid,

Food of All Domestic Animals-She is Here to Stay.