

WHY NOT TRY POPHAM'S ASTHMA MEDICINE
 Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c.
WILLIAMS MFG. CO., Props., Cleveland, O.

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

SWAMP-ROOT Is not recommended for everything; but if you have kidney, liver or bladder trouble it is the reliable medicine by Parcell Post, also pamphlet telling about it. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

W. N. U., CHARLOTTE, NO. 32-1916.

Reduced.
 "I bought a building lot in Commuter Park yesterday for nine hundred dollars."
 "Why, I thought they were asking fifteen hundred dollars for those lots."
 "They are; but mine was a second-hand one."

ELIXIR BABEK WORTH ITS WEIGHT IN GOLD IN THE PHILIPPINES.
 "I contracted malaria in 1906, and after a year's fruitless treatment by a prominent Washington physician, your Elixir Babek entirely cured me. On arriving here I came down with tropical malaria—the worst form—and sent home for Babek. Again it proved its value—it is worth its weight in gold here."—Brasie O'Hagan, Group 5, 5th U. S. Cavalry, Balayan, Philippines.
 Elixir Babek, 50 cents, all druggists or by Parcell Post, prepaid, from Kloczewski & Co., Washington, D. C.

Why Travel?
 "Going to the seashore this summer?"
 "What's the use? A breezy day on Broadway is just as interesting."

ITCHING, BURNING SCALPS
 Crusted With Dandruff Yield Readily to Cuticura. Trial Free.

Cuticura Soap to cleanse the scalp of dandruff crustings and scallings, and Cuticura Ointment to soothe and heal itching and irritations. Nothing better, surer or more economical than these super-creamy emollients for hair and scalp troubles of young or old. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Just a Hint.
 Mayor Smith of Utica was urging a municipal reform.

"It will be best to put through a gentle method, by hints and suggestions," he said. "Hints and suggestions are often more efficacious than heroic measures."

"A man in a barber's chair had a big claw in his watchchain."
 "Bear claw?" said the barber.
 "Yep."
 "I suppose you killed it yourself, sir?"
 "Yep."
 "Was it a big bear?"
 "About as big as a two-year-old steer!"
 "My goodness, sir, how many bullets did it take to kill him?"
 "None."
 "My goodness, did you kill him with a knife?"
 "No."
 "Then—then, er—"
 "I talked him to death," said the man in the chair significantly."

Bad Precedent.
 Two Scotch soldiers who staid the men at a critical moment by playing mouth organs have been given medals, which does not alter the fact that the average mouth-organ player should be shot without the preliminary of a drumhead court-martial.

Observe the dice carpenter. He makes every blow count when he hits a nail.

Tea and Coffee For Children?
 These beverages contain drug elements that hinder development of both body and mind, especially in children.

Nowadays, for their children, wise parents choose

POSTUM
 This delicious table beverage, made of cereals, has a wonderfully satisfying flavor—a flavor much like the higher grades of coffee (but without any of coffee's harm.) Postum is a true, pure food-drink that has helped thousands to forget the coffee habit.

"There's a Reason"
 Grocers everywhere sell POSTUM

LATE NORTH CAROLINA MARKET QUOTATIONS

Western Newspaper Union News Service

Prices Paid by Merchants for Farm Products in the Markets of North Carolina as Reported to the Division of Markets for the Week Ending Saturday, July 22.

Charlotte.
 Cotton, middling, 13c; corn, 95c bu; oats, 60c bu; peas, \$1.15 bu; Irish potatoes, \$3.50 bbl; sweet potatoes, 75c bu.
 N. C. butter, 35c lb; eggs, 22c doz; spring chickens, 22c lb; hens, 15-17c lb.

Durham.
 Cotton, middling, 12½c; corn, 95c bu; oats, 53c bu; peas, \$1.25 bu; Irish potatoes, \$4 bbl.
 Western butter, 35c lb; N. C. butter, 35c lb; eggs, 20c doz; spring chickens, 20c lb; hens, 10c lb.

Fayetteville.
 Cotton, middling, 12½c; corn, 95c bu; oats, 55c bu; peas, \$1 bu; soy beans, \$1.50 bu; Irish potatoes, \$2.75 bbl; sweet potatoes, 75c bu.
 Western butter, 35c lb; N. C. butter, 35c lb; eggs, 20c doz; spring chickens, 15c lb; hens, 10c lb.

Greensboro.
 Cotton, middling, 12½c; corn, 90c bu; oats, 53c bu; peas, \$1.40 bu; soy beans, \$1.50 bu; Irish potatoes, \$2.25 bbl.
 Western butter, 35c lb; N. C. butter, 35c lb; eggs, 18c lb; spring chickens, 20c lb; hens, 13c lb.

Greenville.
 Cotton, middling, 12½c; corn, 85c bu; oats, 60c bu; peas, \$1.35 bu; soy beans, \$1.40 bu; Irish potatoes, \$3 bbl.
 Eggs, 18c doz; spring chickens, 40c each, hens, 45c each.

Hamlet.
 Cotton, middling, 12½c; corn, \$1.05 bu; oats, 60c bu; peas, \$1.10 bu; Irish potatoes, \$3 bbl.
 Western butter, 32c lb; N. C. butter, 30c; eggs, 22c doz; spring chickens, 20c lb; hens, 14c lb.

Lumberton.
 Cotton, middling, 12½c; corn, \$1 bu; sweet potatoes, 60c bu.
 Western butter, 35c lb; N. C. butter, 20c lb; hens, 35c lb; eggs, 20c doz.

Monroe.
 Cotton, middling, 12½c; corn, \$1 bu; oats, 55c bu; Irish potatoes, \$4.50 bbl.
 Eggs, 17c doz; spring chickens, 20c lb; hens, 11c.

New Bern.
 Cotton, middling, 12½c; corn, 90c bu; oats, 63c bu; peas, \$1 bu; Irish potatoes, \$4 bbl; sweet potatoes, 75c bu.
 Eggs, 18-20c doz.

Newton.
 Cotton, middling, 12½c; corn, \$1 bu; oats, 60c bu; peas, \$1.25 bu; soy beans, \$1.65 bu; Irish potatoes, \$2.25 bbl; sweet potatoes, 65c bu.
 Eggs, 18c doz; spring chickens, 16c lb; hens, 12½c lb.

Raleigh.
 Cotton, middling, 12½c; corn, \$1 bu; oats, 53c bu; peas, \$1 bu; soy beans, \$1.40 bu; Irish potatoes, \$3 bbl.
 Western butter, 36c lb; N. C. butter, 30c lb; eggs, 20c doz; spring chickens, 18-20c lb; hens, 12-14c lb.

Rocky Mount.
 Cotton, middling, 12½c; corn, \$1 bu; oats, 53c bu; soy beans, \$1.35 bu; Irish potatoes, \$3.50 bbl.
 Western butter, 34c lb; N. C. butter, 31c lb; eggs, 20-23c doz; spring chickens, 25c lb; hens, 15c lb.

Scotland Neck.
 Cotton, middling, 12½c; corn, 97½c bu; oats, 56c bu; peas, \$1.25 bu; soy beans, \$1.35 bu; Irish potatoes, \$3.50 bbl.
 Western butter, 35c lb; N. C. butter, 35c lb; eggs, 20c doz; spring chickens, 20c lb; hens, 15c lb.

Chicago, Ill.
 No. 2 white corn, 80½-85½c (delivered in Raleigh, 95½-1.00¼); No. 2 yellow corn, 80½-85½c (delivered in Raleigh 85½-1.00¼).
 Butter, 23½-27½c (creamery); eggs, 23-28½c (firsts).

New York.
 Irish potatoes, \$2-2.25 bbl; sweet potatoes, \$75-1.75 basket.
 Butter 29c (extra); eggs, 27½-29c (extra fine).

WAITE SENTENCED TO DIE IN SING SING TRIES SUICIDE
 Sing Sing Prison, N. Y.—Dr. Arthur Warren Waite, awaiting electrocution for the murder of his father-in-law, John E. Peck, of Grand Rapids, Mich., was found in his cell in the "death house" bleeding from a wound in his chest made in the shape of a cross. The prisoner had cut himself with a piece of broken glass.

MISSIONARY DIES AT BLACK MOUNTAIN
 Asheville.—While addressing a Sunday school meeting at Black Mountain Miss Bertha Johnson, missionary noted for her work among the leper colonies, suddenly dropped dead. Death was due to heart failure.

Here, Quit That.
 Many a man's spotless reputation is due to the fact that he has never been caught.—Columbus Enquirer-Sun.

COMFORT IN HOME

VALUE OF SYSTEM IS BEGINNING TO BE APPRECIATED.

Well to Get Rid of Useless Trifles That Take Up Space and Make Work—Put Alarm Clock to Use.

(By NELLIE MAXWELL, Department of Farmers' Institutes of the University of Wisconsin.)

Have you gone through your home, putting away many pieces of bric-a-brac, too choice with associations to give away, perfectly useless, incongruous things, taking up space and causing needless handling to keep in order?

If not, do, for the love and comfort of your family. If these things have real value shut them away for a time, at least, and they will be enjoyed again, "absence making the heart grow fonder."

It is becoming more and more the custom for housewives to go through boxes, drawers and closets and give to rummage sales, grab-bags and fairs things that have passed their day. Books, magazines, pictures, china and ornaments may be passed on to greater usefulness.

Many little people are made glad by a bit of finery for the doll or things to be used in the playhouse, which take but little thought to place in their hands. What a gain for repose and beauty, to say nothing of space, and time for important duties, if these objects could be eliminated. Simplicity is the keynote of the age, and the comfortable home is a restful place.

Emerson says a lady is serene. Doctors tell us that hurry, like worry, is death to good looks and an enemy to health as well. The people who accomplish the most in the world's work are those who plan well and serenely accomplish their task.

Did you ever time yourself on a certain piece of work, whether making a buttonhole or frying doughnuts? If you have you know the time needed and will be able to plan your day. Of course, there are always the unexpected interruptions which we cannot plan on, but it is wise to know the length of time it takes to accomplish certain definite pieces of work.

If mistresses had a better understanding of these things there would be more peace and harmony in the household, and a maid who had a two-weeks' washing under way would not be asked to prepare dinner for invited guests. It is the inconsiderate women who are helping to keep the servant problem unsolved, and are always looking for a servant.

If one is not possessed with the precocious power of concentration, use an alarm clock and set it at the time that dinner is to be started or the bread put into or taken out of the oven. It takes but an instant to provide this security and it so relieves the mind that the whole attention may be put upon whatever work is at hand.

When we learn to keep our sense of proportion and know that, however desirable it may be to have the washing out early, a sweet temper, a calm and quiet mind, are much more to be desired and vastly more appreciated by the home folk.

Washing Sweaters.
 "When I washed my fine white sweater it shrank so that I was scarcely able to get it on," said a young housewife the other day. "The bottom dried in ripples and the pockets stretched to twice their size. Next time I stitched the pockets in place before wetting. I prepared a luke-warm suds of white soap and carefully washed the sweater in this, afterward rinsing it several times. Then I squeezed it dry. Over my dressmakers' form I planned a sheet and put the sweater on the form, patting into shape and stuffing each arm with a rolled bath towel. When dry it was as large as when new and fitted me even better."

Clean Empty Bottles.
 As soon as a milk bottle is emptied, rinse it thoroughly with cold water. Do not return dirty bottles and do not use milk bottles except to hold milk. Returning dirty bottles to the milkman may mean that a few days later either you or your neighbors will get contaminated milk. Milk bottles should never be taken into a sick room. In case of infectious or contagious disease all bottles should be boiled thoroughly and should not be returned to the dealer without the express permission of the attending physician. Such diseases easily can be made epidemic through disregard of this precaution.

Curried Cheese.
 Dissolve three tablespoons of butter in a small saucepan, then stir in gradually half a cupful of milk and a small sliced onion. Allow to cook slowly until the onion is tender. Grate two ounces of Parmesan cheese, add it to the mixture in the saucepan and stir until dissolved. Add seasoning to taste, and pour over rounds of hot buttered toast. Serve at once.

This Saves Steps.
 A large tray to carry dishes to and from the dining room table is a great step saver, but better yet is a wheel tray. The first cost of this is rather large, but the housewife might afford to indulge in one, for its convenience can hardly be overestimated.

To Make Omelets Light.
 Add one scant teaspoonful of baking powder for every four eggs.

STOP CALOMEL! TAKE DODSON'S LIVER TONE

New Discovery! Takes Place of Dangerous Calomel—It Puts Your Liver To Work Without Making You Sick—Eat Anything—It Can Not Salivate—Don't Lose a Day's Work!

I discovered a vegetable compound that does the work of dangerous, sickening calomel and I want every reader of this paper to try a bottle and if it doesn't straighten you up better and quicker than salivating calomel just go back to the store and get your money.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your thirty feet of bowels of the sour bile and constipation poison which is clogging your system and making you feel miserable.

I guarantee that one spoonful of this harmless liquid liver medicine will relieve the headache, biliousness, coated tongue, ague, malaria, sour stomach or any other distress caused by a torpid liver as quickly as a dose of vile, nauseating calomel, besides it will not make you sick or keep you from

a day's work. I want to see a bottle of this wonderful liver medicine in every home here.

Calomel is poison—it's mercury—it attacks the bones, often causing rheumatism. Calomel is dangerous. It sickens—while my Dodson's Liver Tone is safe, pleasant and harmless. Eat anything afterwards, because it can not salivate. Give it to the children because it doesn't upset the stomach or shock the liver. Take a spoonful tonight and wake up feeling fine and ready for a full day's work.

Get a bottle! Try it! If it doesn't do exactly what I say, tell your dealer to hand your money back. Every druggist and store keeper here knows me and knows of my wonderful discovery of a vegetable medicine that takes the place of dangerous calomel.—Adv.

Amphibious.
 "I hear you've bought a summer bungalow. Where is it—on the seashore?"
 "Yes; that is to say, it's on shore at low tide. When the tide is in the bungalow is off shore."

SUFFERING BABY RELIEVED AT ONCE
 Mr. H. J. Lamar, Macon, Ga., writes: "We used Hancock Sulphur Compound on our one-year-old baby who was suffering intensely from prickly heat and a half dozen applications, in the course of 2 days, entirely relieved her. When we first applied it, she was broken out almost over her entire body, causing fretfulness and loss of sleep, but she has not suffered since. You should recommend the Sulphur Compound strongly to mothers as many children suffer so much from heat. We also used a tablespoonful in her bath for 3 days and it proved very soothing."

Price of Politeness.
 "Politeness costs nothing," replied Senator Sorghum. "The way one of the most unpopular men in my district insists on giving three cheers for me is likely to cost me a lot of votes."

COULD NOT SPEAK TO HER CHILDREN
 "I have been a great sufferer from asthma since I was thirteen years old," says Mrs. M. A. Mooney, 79 Carroll St., Nashville, Tenn. "Have been so bad many times that I could not speak to my children nor make my wants known to them. I have taken three small bottles of Lung-Vita, which has entirely cured my asthma." Mrs. Rubie Clark, 315 Oriole St., Nashville, Tenn., writes: "After having three doctors to tell me I had tuberculosis, I can gladly say that Lung-Vita cured me."

These testimonials are taken from the many we have on hand telling what Lung-Vita has done in cases of consumption, asthma, colds, croup, whooping cough and grippe. If your dealer cannot supply you, order direct. Price \$1.75. Booklet upon request. Nashville Medicine Co., Room 3 Steger Building, Nashville, Tenn. Adv.

Uncanny Knowledge.
 How is it the ants always know where the picnic is going to be?
 Society has got to be such an expensive game it breaks a fellow to play it.

To Fortify the System Against Summer Heat
 Many users of Grove's Tasteless Chill Tonic make it a practice to take this old standard remedy regularly to fortify the system against the depressing effect of summer heat, as those who are strong withstand the heat of summer better than those who are weak. Price 50c.

Another Sherlock Holmes.
 "I'll bet money that woman is the wife of a golf player."
 "What makes you think so?"
 "She looks so sad and lonely."

It is difficult for the man enjoying a continuous holiday to keep out of mischief.

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 *W. D. Hoagland* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Protected.
 "We sleep under double blankets every night out where I live."
 "It must be delightfully cool out there."
 "Cool? Who said anything about its being cool? It's hotter than blazes; but we need the blankets to keep the mosquitoes out."

She Took Stella-Vitæ and Gained 28 Pounds

Mrs. Mattie Spain, of Maric, Okla., one of the vast number of women who have been saved by Stella-Vitæ, says in praising this wonderful remedy: "When I began using Stella-Vitæ I weighed but 25 pounds, and could hardly sit up to be weighed. Now I can work all day, feel better than I have in nine years, and have gained 28 pounds." Stella-Vitæ is a godsend to suffering womanhood. It gives strength and health to the female organs, acts as a tonic on the nerves, restores vigor and brings the bloom of health to cheeks that are faded and pale. It is guaranteed. All dealers \$1 a bottle.

THACHER MEDICINE CO., CHATTANOOGA, TENN.

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills & Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores.

Couldn't Fool Charlie.
 A gentleman said to live in Brookline married a second time and his choice was a wealthy lady about fifty years of age. When the bride and bridegroom returned from the wedding the husband, introducing his wife to his children, said: "My dear children, kiss the lady. She is the new mamma I promised to bring to you."

After taking a steady look at the "new mamma," little Charlie said: "Papa, you have been cheated; she isn't new at all!"

Accommodated Him.
 The old man looked across the table at his daughter. "That young man Smiley called on me today, Maria. I believe you sent him."
 "Yes, papa."
 "Of course, I questioned him concerning his prospects, and found him to be a decidedly frank young man. He said that all he needed was a start in life."
 "What did you do, papa?"
 The old man smiled grimly, and glanced down at his heavy boots. "I gave him what he needed," he said.

It Wasn't a War Tale.
 At a smoker the other evening reference was made to war stories, when this little incident was recalled by Congressman Daniel J. Flordan of New York.
 Some time since a venerable party stood in the midst of a party of friends describing a happening with considerable force.
 "They charged like demons!" said he. "Though slaughtered in thousands, there were millions to take their places, and finally we had to retreat."
 "Say," remarked a man who had just stepped up, "is he describing a battle that he was in during the Civil war?"
 "No," was the smiling rejoinder of the party addressed. "He is telling how he was chased by mosquitoes down along Barnegat bay."—Philadelphia Telegraph.

Every time a girl is introduced to an eligible young man a fresh crop of hope springs up in her heart.
 All men are fools, of course, but bachelors are not reminded of the fact as often as married men.

Libby's Hot Weather Meats

Veal Loaf, to serve cold; Cooked Corned Beef, select and appetizing. Chicken Loaf, Ham Loaf and Veal Loaf, delicately seasoned. Vienna Sausage, Genuine Deviled Ham, and Wafer Sliced Dried Beef for sandwiches and dainty luncheons.

Insist on Libby's at your grocer's



Libby, McNeill & Libby, Chicago

\$86 to \$104 Pays for Board, Tuition, Rent, Fuel and Light at
PIEDMONT HIGH SCHOOL MID THE HILLS

Mineral water, no malaria. Mountain scenery. College trained experienced teachers. Board at cost. "It is the best and the cheapest school in the State."—E. M. Koonce, Member Legislature of N. C. "One of the best preparatory schools in the State."—Cleveland Star. "In my opinion there is no High School in this part of the country doing better and more thorough educational work."—J. Y. Webb, Member Congress, 9th District N. C. TERM OPENS AUGUST 24th. For illustrated catalogue and book of views address WILLIAM BURNS, LAWDALE, N. C.

SAUER'S FLAVORING EXTRACTS

For the best desserts, candies, etc. use the best extract—SAUER'S FLAVORING EXTRACTS. With the GRAND PRIZE at the Panama Pacific Exposition, also 15 Other Highest Awards of Previous Expositions and American Expositions.

Parity, Strength and Fine Flavor
 10c, 25c, 50c, 75c and \$1.00 Bottles—All Dealers Everywhere. Our Magazine, "TALE TREATS" FREE on request. Largest Selling Brand in the U. S. C. F. SAUER COMPANY, RICHMOND, VA.