

OLD SOLDIER WAS CONSTIPATED

Says Black-Draught Cured Him of His Troubles of 12 Years Standing.

Scottville, N. C.—Mr. James Dickson, an old resident of this place, and Civil War Veteran, recently made the following statement: "I am 67 years old, and am an old soldier of the war of '61. I had constipation for 12 years. The doctors said I would never be any better, but now I can tell them better. I had taken dollars and dollars' worth of blood tablets, but they got so they didn't do me much good.

Then I got to taking your Black-Draught, and I had not taken one full package until I found that it relieved the constipation. I took two or three packages, and it has cured me, and I praise it to all of my friends."

Thousands of people in the past 70 years have found help for constipation in the use of Theodor's Black-Draught. Many families keep Black-Draught in the house all the time, and use it at the least sign of constipation, indigestion, biliousness, or other liver troubles.

Black-Draught is purely vegetable reliable and without bad after-effects. Good for young and old. Get a package from your druggist today, and take a dose tonight. You will feel better tomorrow. Price 25c a package. Costs only one cent a dose.—Adv.

Expediency.

"A wise man may change his mind." "Yes," replied Senator Sorghum. "But a man sometimes gets credit for changing his mind when caution has caused him to shift his line of talk."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 60 cents.

Didn't Like the Idea of Christmas. There is a story in Woman's Home Companion in which this passage occurs:

"Fun!" snarled Grandfather Merrivale, though the fire danced frantically and snapped its long fingers in his face to distract his attention. Grandfather Merrivale had a habit of singling out one word from a speech and dwelling on it, and coming out with it, sooner or later, and worrying it in his teeth. "Fun! What's the sense in fun? What's the use of fun? Here we are in a hard winter; taxes are high, wood is high, coal is high, food is high. And you talk about fun!"

Trench Humor.

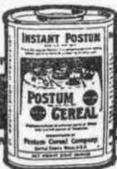
A soldier in a Scottish regiment tells a good story about a German soldier who threw a jam-tin into the British trenches one day. On examining it they found the following message: "Dear Jocks—I have a wife in Falkirk; what would happen to me if I came over tonight?"

The reply went promptly: "There would be another widow in Falkirk tonight!"

New Fire Alarm Box.

Breaking the glass in a new fire alarm box intended for hotel or office building rooms permits the alarm to be sounded and frees a fire escape rope and harness.

Roumanian oil wells have been destroyed.



Instant Postum

fits the spirit of the times perfectly. It is

Purely American

Economical

(without loss of pleasure)

Convenient

(ready for instant use)

and is a pleasing, wholesome, drug-free drink good for both young and old.

"There's a Reason"

WINTER GARDEN ON EVERY SOUTHERN FARM

(Prepared by the United States Department of Agriculture.)

Every Southern garden should have a supply of lettuce, spinach and radishes throughout the fall and winter and spring, as they can be easily grown and form valuable additions to the usual dry, winter diet. With more of such food products in the diet, there would be less use for spring tonics and other medicines. In addition to this, these food products are palatable and serve to lower the cost of living.

These crops attain their best development on a sandy loam soil well supplied with humus or decayed vegetable matter. All of them thrive best during the late fall or early spring and will not withstand the heat of summer. In all sections of the lower South, lettuce, spinach and radishes can be grown in the open throughout the fall, winter and spring. In the more northern of the Southern states and in high altitudes these crops can be grown in fall and spring in the open and during the winter in hotbeds or cold frames.

To have lettuce and radishes throughout the season, it is advisable to make sowings of seeds every two or three weeks. As soon as the crop is removed, another crop should be planted. The radish seed might be sown between the rows of lettuce if hand cultivation is to be given. The radishes would be harvested before the lettuce reached sufficient size to crowd. By making two sowings of spinach, one in the fall and another in late winter or early spring, a continuous supply can be secured.

Lettuce.

In growing this crop in the open or in hotbeds and cold frames, the best results can be secured by sowing the seed in a well-prepared bed and transplanting the young plants. Sow the seed thinly in drills 4 to 6 inches apart and cover about one-half inch deep. For the best results, transplant the young plants as soon as they form the first true leaves. Set these plants in a cold frame 2 inches apart each way and as soon as they reach a height of 1½ to 2 inches, take up the plants with a trowel or spade and set to the permanent bed. If planting in the field, set the plants 8 to 10 inches apart in rows 14 inches apart. When

of the head type. For home use, the Hanson of California Cream Butter might be grown, as they are of better quality than the Big Boston. The markets of the East demand a hard head lettuce of the Big Boston type, but the markets of the Central use more of the loose-leaf lettuce. Unless growing for local market, however, it is best to grow the headed type, because large quantities of the other kind are grown under glass in the central states.

Spinach.

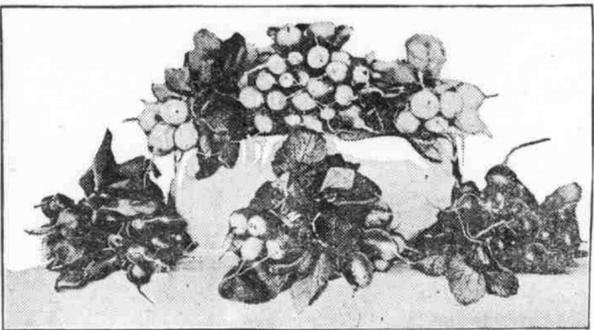
Spinach can be grown in the open in all sections along the coast from Norfolk, Va., south and in practically all sections of the lower tier of Southern states. In the colder regions of the South, this crop can be grown in the open with a little protection or in canvas-covered cold frames throughout the winter.

The soil should be made fairly rich. Well-rotted manure is the best fertilizer, but if this is not available, apply at the rate of 50 to 100 pounds of a high-grade fertilizer per tenth acre. Sow the manure or fertilizer broadcast and thoroughly harrow into the soil. Five ounces of seed will make two plantings on the plot 20 feet square in drills 10 to 12 inches apart. Thin the plants out to stand three or four inches apart. Frequent shallow cultivation by hand or with a wheel hoe should be given. When grown in frames, the cultivating must be done by hand. In most sections of the South, however, spinach can be grown in the open without any protection, as a hard freeze causes very little injury.

The variety of spinach most commonly grown is the Savoy. At Norfolk, Va., the large truckers grow a strain of this variety called the Norfolk Savoy.

Radish.

Radishes should be grown rapidly to insure good table qualities. The soil should be fertile and contain abundant moisture. Fresh stable manure should not be used, however, as it would produce excessive leaf growth. Well-rotted manure is the best fertilizer and should be applied at rate of about two tons per tenth acre. If no



SOUND RADISHES OF UNIFORM SHAPE AND SIZE.

manure is available, apply at the rate of 100 pounds per tenth acre of a good grade complete fertilizer.

Sow the radish seed in rows 12 inches apart in the field and cover one-half to one inch deep, depending upon the soil. On light, dry soil, cover one inch deep and on heavy moist soil, cover one-half inch. When grown in hotbeds or cold frames the rows of radish need not be more than four or five inches apart, or just wide enough for hand hoeing and weeding.

There are three types of radishes, turnip-shaped, olive-shaped and long. Of the turnip-shaped, the best varieties are the Scarlet Globe and Scarlet Turnip. The best of the olive-shaped are the French Breakfast and Early Scarlet. The Charter Long Scarlet, Long White Spanish and Icicle are the best varieties of the long type.

NEED MORE CHICKENS

Poultry Industry Called On to Increase Meat Supply.

In Many Sections, Particularly in South, Number of Fowls on Individual Farms Should be Very Largely Increased.

(From the United States Department of Agriculture.)

The secretary of agriculture points out the importance of increasing poultry on the farms in the following letter transmitted to the American Poultry Association through Mr. Harry M. Lamon:

I hope that the coming meeting of the American Poultry Association, which you will attend as a representative of the department, will be highly successful and productive of good results. I need not point out that an adequate supply of foodstuffs is essential to the effective prosecution of the struggle in which we are engaged. We must not only supply our own needs but we must endeavor to meet in part the needs of the nations with which we are co-operating. The poultry industry can render very great service to the nation in this emergency. The production of poultry is one of the best means of bringing about a quick increase in the meat supply of the country. In many sections, particularly in the South, the number of fowls on individual farms can and should be very largely increased. If the improved methods which have been worked out by the experts of the state

agricultural colleges, the experiment stations, and the department of agriculture, were generally adopted, many of the problems confronting poultrymen would be solved or minimized. The department is co-operating with the industry in many directions and stands ready, of course, to render any assistance it can.

FIRE KILLS MANY PARASITES

Burning Out of Stubble Fields Is Wasteful, But It Has Another Side for Consideration.

We feel that the burning out of stubble in fields and pastures is wasteful, but it has another side that calls for consideration. Insects of many kinds infest these fields and take a share of our hard-earned farm produce. The fire destroys myriads of these insects or their eggs if it is applied at the right time, and if we use the fire it is up to us to study the habits of the most troublesome insects and destroy them.

FILLING SILO TO CAPACITY

Silo Carefully Packed Will Hold Much More Than One Carelessly Filled—Prevent Spoilage.

Use of sufficient labor to insure thorough packing fills the silo to its rated capacity and at the same time prevents spoilage of ensilage around air pockets. A silo carefully packed will hold much more than one carelessly packed. In a silo over 12 feet in diameter it may be found profitable to keep two men or two or three boys busy at the pack.

Man and Lion Die in Battle.

Lion and man, lying alongside one another both terribly mauled and both quite dead, told a silent story of a titanic struggle "somewhere in Africa." The deceased was Trooper Norman Sinclair, a native of Prestonkirk, and while on military duty his body was found lying beside the king of beasts which he had killed. A remarkable tribute to his memory has been paid through the devotion of native troops. There has now been placed on his remote grave an iron cross, which weighed two hundredweight, bearing his name, the date of his death and the words, "Died for King and Empire." For the last 300 miles the cross was borne by carriers over a practically unknown country.

HEAL ITCHING SKINS

With Cuticura Soap and Ointment—They Heal When Others Fail.

Nothing better, quicker, safer, sweeter for skin troubles of young and old than that itch, burn, crust, scale, torture or disfigure. Once used always used because these super-creamy emollients tend to prevent little skin troubles becoming serious, if used daily.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Further Army Plans.

Ambulance and escort wagons for an army of 2,033,000 men will require the expenditure of \$10,600,000, according to the recently published urgent deficiency estimates. This sum is expected to cover the acquisition of 55,000 escort wagons, 60,000 water wagons, 3,400 ambulance wagons, 10,000 medical carts and 5,000 small arms ammunition wagons. These figures are all additional to the increased estimates for motor transport.—Army and Navy Journal.

State of Ohio, City of Toledo, Lucas County—ss. Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, Ohio, and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE. FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1918. (Seal) A. W. Gleason, Notary Public. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Druggists, 7c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

The Reason.

Bishop Coffelt of Troy said at a dinner recently: "The reason why some people get no comfort out of their religion on Sunday is that nobody else gets any comfort out of it during the week."

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *W. D. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

A multitude of snacks follow in the wake of courtship.

The Quinine That Does Not Effect Head. Because of its tonic and laxative effect, Laxative Bromo Quinine can be taken by anyone without causing nervousness or ringing in the head. There is only one "Bromo Quinine." E. W. GROVE'S signature is on box. 2c.

Australia is a heavy importer of American automobiles.

A single dose of Dr. Peery's "Dead Shot" will expel Worms or Tapeworm. No second dose or after purgative necessary. Tones up the stomach and bowels. Adv.

Wise men bump into a fool's game now and then.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One Little Pellet for a laxative, three for a cathartic. Ad.

A sure sign is one that reads, "No Trust!"

Always Have PERUNA

Mrs. L. A. Patterson, 1399 Kentucky St., Memphis, Tennessee, writes:

"I have been a friend of Peruna for many years. I have used it off and on for catarrhal complaints and found it a very excellent remedy. I have a small family of children. Times are hard with us, but I can scarcely afford to do without Peruna, especially during the season of the year when coughs and colds are prevalent. We always recommend Peruna to our neighbors, for the benefit it has been to us."

For Coughs and Colds in the Home. Recommend It to Our Neighbors.



Those who object to liquid medicines can procure Peruna Tablets.

Illustration. "Birds of a feather flock together." "That's so; a number of swallows generally accompany a jolly lark."

MOTHER!

Have you ever used MOTHER'S JOY SALVE for Colds, Coughs, Croup and Pneumonia, Asthma, and Head Catches? If you haven't get it at once. It will cure you.—Adv.

Things you try to keep dark will come to light sooner or later.

Anoint the eyelids with Roman Eye Balm at night, and in the morning observe the refreshed and strengthened sensation in your eyes. Adv.

Australia is buying California lumber.

SELF DEFENSE

Defeat Backache and Kidney Trouble With Anuric

Many people in this section have suffered from rheumatism and kidney trouble and have found that Anuric was the most successful remedy to overcome these painful and dangerous ailments.

The lucky people are those who have suffered, but who are now well because they heeded nature's warning signal in time to correct their trouble with that wonderful new discovery of Dr. Pierce's called "An-uric" (double strength). You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the urine or the painful twinges of rheumatism, sciatica or lumbago. To delay may make possible the dangerous forms of kidney disease, such as stone in the bladder. If you want quick relief buy Anuric now (60c a package)—or send Dr. Pierce 10c for trial pkg. This will prove that "Anuric" eliminates uric acid as hot water melts sugar.

WOMEN OF VIRGINIA

Basic City, Va.—"I was in bad shape with womanly trouble and was all run-down and confined to bed. The doctor was attending me three times a day but I was getting worse. I heard of 'Favorite Prescription' through a friend who had been benefited by it. I could hardly raise my hand and could not sit up in bed. I began taking the 'Prescription' and the first bottle gave me strength. I kept it up until six bottles were used. I was then able to do all my work. I doubt not that the use of it saved my life. When I begin to run down now I take a little and it always helps me and builds me up at once."—MRS. J. W. PADGETT, Commerce St.

This herbal tonic for women is made up in liquid or tablet form, and can be obtained in any drug store. Contains no alcohol or narcotic, and its ingredients are printed on wrapper. Send Dr. V. M. Pierce, Buffalo, N. Y., 10 cents for trial package tablets.—Adv.

WINTERSMITH'S CHILL TONIC

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



Carter's Little Liver Pills

Make you feel the joy of living. It is impossible to be happy or feel good when you are

CONSTIPATED

This old remedy will set you right over night.

PALLID PEOPLE Usually Need Iron in the Blood. Try CARTER'S IRON PILLS



FRESH - CRISP - WHOLESOME - DELICIOUS THE SANITARY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MAKE THEM THE

STANDARD OF EXCELLENCE

Your Dealer has them, or if not he should. Ask him or write us giving his name. CHATTANOOGA BAKERY CHATTANOOGA, TENN.

Backache of Women

How this Woman Suffered and Was Relieved.

Fort Fairfield, Maine.—"For many months I suffered from backache caused by female troubles so I was unable to do my house work. I took treatments for it but received no help whatever. Then some of my friends asked why I did not try Lydia E. Pinkham's Vegetable Compound. I did so and my backache soon disappeared and I felt like a different woman, and now have a healthy little baby girl and do all my house work. I will always praise Lydia E. Pinkham's Vegetable Compound to women who suffer as I did."—Mrs. ALTON D. OAKES, Fort Fairfield, Maine.

The Best Remedy is

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Thousands of women have proved this

Why don't you try it?

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

