

WHAT IS LAX-FOS

LAX-FOS is an improved Cascara (a tonic-laxative)

In LAX-FOS the Cascara is improved by the addition of certain harmless chemicals which increase the efficiency of the Cascara, making it better than ordinary Cascara. LAX-FOS is pleasant to take and does not gripe nor disturb stomach. Adapted to children as well as adults. Just try one bottle for constipation. 50c.

WINTER THE TIME TO WALK

Exercise in the Cold Air Will Be Found Both Enjoyable and Beneficial.

Winter weather diminishes greatly the time spent in the open air by those who ride in motorcars. It comes near putting bicycles out of use. From steamboats to canoes there is almost entire cessation of water outings.

All of which means that more walking instead of less ought to be done in cold weather. There is no other way of moving about in the open air, which keeps a healthy person's feet so warm and brings such a glow of warmth from the body itself. If the pedestrian is properly clad, especially in respect to keeping dryshod, all of the effects of winter walking should be beneficial.

With a little care and discretion such exercise can be made as agreeable as it is wholesome. Rightly timed and kept within bounds, winter walking is a good precaution against the ill effects of sedentary life and too much indoor air.

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 *Chas. H. Fletcher* in use for over 30 years. Children Cry for Fletcher's Castoria

Making It Hard to Get.
"This doctor gives some directions for deal copolizing a person who has been pickled for years."
"What is the first step?"
"A series of vapor baths."
"And then?"
"Enforced residence in a prohibition town where he doesn't know a soul."

Only One "BROMO QUININE"
To get the genuine, call for full name **L. L. BROWN'S** BROMO QUININE. Look for signature of **L. L. BROWN**. Cures a Cold in One Day. 25c.

Must Keep Them.
"Does he keep his promises?"
"I guess so. I never heard of anybody wanting to take them."

No sense so uncommon as common sense.

Why That Lame Back?
Morning lameness, sharp twinges when bending, or an all-day backache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

A South Carolina Case
John M. Wilson, R. F. D. No. 1, Traveler's Rest, S. C., says: "Hardships weakened my kidneys and I had awful pains in my back. I steadily got worse and was terribly annoyed by stinging and too frequent passages of the kidney secretions. Rheumatic pains in my hips kept me awake and my ankles and feet swelled. I had awful dizzy spells, too. Doan's Kidney Pills restored me to good health."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
POSTER-MILBURN CO., BUFFALO, N. Y.

COLORED PEOPLE
can have nice, long, straight hair by using **Exelento Quinine Pomade**, which is a Hair Grower, not a Kinky Hair remover. You can see the results by using several times. Try a package. Price 25c at all drug stores or by mail on receipt of stamps or coin. Agents wanted everywhere. Write for particulars. Exelento Medicine Co., Atlanta, Ga.

Pecan Trees
Now is the time to set them. Begin bearing in three to four years. Add both beauty and utility to the home. Prices and valuable information free.
J. B. WIGHT, CAIRO, GA.

FROST PROOF CABBAGE PLANTS
Early Jersey and Charleston Wakefield, Succession and Flat Dutch, by express, 50c, \$1.00, 1,000, \$1.50, 10,000, at \$1.25. Satisfaction guaranteed. Postpaid 25c per 100.
D. F. JAMISON, SUMMERVILLE, S. C.

Attention Cotton Ginners!!
Ship us your gin notes at South Richmond and we will pay you one cent per pound at your station for them if they are dry and in good condition. This is a big saving over throwing them on the land.
Richmond Waste Co., South Richmond, Va.

GALLSTONES
Avoid operations. Positive Liver & Stomach remedy (No Op)—Restores liver home remedy. Write today. Callahan Remedy Co., Dept. W-1, 219 S. Dearborn St., Chicago

"ROUGH ON RATS" Rids Rats, Mice, Bugs, Disinfects. No Odor.

W. N. CHARLOTTE, NO. 1-1917.

Battery Troubles and Repairs.

Symptom.	Cause.	Repair.
Liquid low in one cell.	Cracked or broken jar.	New Jar.
Electrolyte won't rise—A.	Crystallized sulphate.	Recharge at slow rate of 3 amps.
Electrolyte won't rise—B.	Lack of acid.	Go to service station if possible—if sure battery is otherwise O. K. add acid in outside container to bring up gravity; replace when cool.
Overheating.	Liquid low or charged too rapidly.	Refill with water and inspect regularly or alter generator regulation.
Electrolyte leaking at top.	Solution too high.	Draw out quantity with syringe.
Battery box disintegrated.	Acid eaten.	Do not fill so full.
Battery capacity low.	Undercharging.	Increase the generator output—have battery charged on outside current.
Buckled plates.	Overheating.	Charge at lower rate—keep liquid in cell—keep temperature below 110 deg.
Battery exhausts quickly while idle.	Short circuits.	Go over wiring and renew insulation.
Frozen battery.	Discharged in cold weather.	Damage may be irreparable—may try reforming charge for crystallization.
Rotting insulation.	Impure water—too much acid.	Use distilled water only or melted artificial ice.
Battery won't take charge.	Connectors loose—see crystallized plates.	Resolder connectors and plate holders.
Terminals corroded.	Acid leak through vents.	Clean with ammonia or washing soda.
Jars break rapidly.	Battery not fastened down.	See that proper cleats and bolts are fitted.
Separators punctured.	Overheating.	Renew separator and keep battery filled.
Lights rise and fall.	Battery low.	Recharge outside or by long run at 20 m.p.h.
Battery won't operate after storage.	Not maintained during storage.	Should have been kept charged—probably cannot be repaired owing to disintegration.
Lamps dim although electrolyte at high level.	Specific gravity too low.	Bring specific gravity up to 1.275 by charging—see that generator gives 20 per cent more current than lamp consumption.
Electrolyte down to 1.100.	Overdischarge.	Give reforming charge at 3 amps. until up to maximum density.
One cell dead.	Insulation destroyed.	Watch overheating and overcharging—keep electrolyte up.
Battery dead from usage.	Using without restoring.	Charge for 24 hour at rate marked on battery or until electrolyte reaches 1.275.
Large sediment deposit.	Active material dropping.	Take battery to service station at once, as material has become loosened.

WHEN LIGHTS BALK

COMMON TROUBLE AUTO DRIVERS HAVE IN WINTER.

Fact is That When Much Running is Done at Night, and the Speed Laws Observed, Battery Does Not Get Sufficient Current.

During the shorter days a frequent complaint to garage man or battery and electric system expert has to do with the battery, though in nine times out of ten the man with the kick does not know that it is the battery. He will talk about the lights failing every once in a while, or the horn refusing to honk on demand. But in the majority of cases it is the battery which is at fault.

"It is more difficult to keep the battery charged at this time of the year than it is in summer," according to an expert. The reason he gives for the trouble is "that the sun sets earlier, and just as our electric light and gas bills mount at home, because we light the lamps earlier, so it is with the auto. The driver who obeys the law uses more current.

"A complaint came in the other day from an owner who was experiencing trouble with his electric plant. The lights would not work right when he was running. Starting out there was light, but after running a short time there was trouble. The lamps were fitted with dimmers, and these would not work at all times; sometimes one would light and the other fail. He went to the garage man, and then the dimmers would not work at all. He went to an expert electrician, who looked over the battery and declared it to be all right; but on the ground that he was a battery expert and not a wiring expert, he could not say why the lights would not shine, and the owner had visions of stern policemen and the possibility of having to say: "Good morning, judge, your honor," and he sought advice somewhere.

"His trouble was that he did most of his running at night, and as he carefully observed the speed laws the generator did not generate very much extra current, and the battery was being recharged at a rather low rate, while being discharged at a rather high rate. In other words, he was chopping off both ends—burning both ends of his candle. He was using an excessive amount of current and generating less than usual, because of running at night, starting often and running slow to observe the speed laws. Up to a certain point the amount of current which goes into the battery is increased in proportion to the speed of the car.

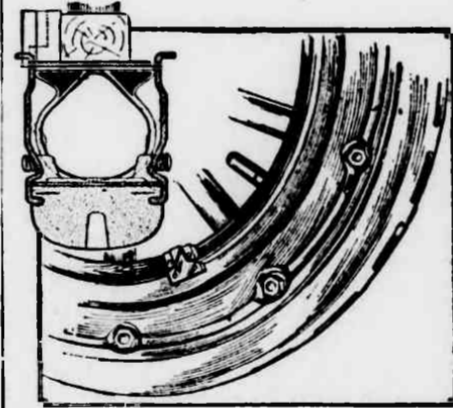
"Generators are constructed so that they will deliver a normal charge to the battery for normal running; they must not be constructed so they will send out an excessive current, or they will overcharge the battery, and that is harmful. The sun sets much earlier now and the cool weather makes it necessary to use the starter more. In warm weather one little kick will start the car off; in cold weather it takes often from half a minute to a minute."

Keep Rims Clean.
Rusty rims cause rim-cut tires. Clean them with emery cloth and apply a coat of shellac or lead paint.

CLAIM PUNCTURE-PROOF TIRE

Pneumatic Tube Combined With Steel Casing and an Outer Hard-Rubber Tire is the Latest.

A resilient wheel, in which a pneumatic tube is combined with a steel casing and an outer hard-rubber tire, has been patented, reports Popular Mechanics Magazine. The inner tube rests on a steel band that encircles the felly. Three steel bands inclose the tube, one at either side and one corresponding to an outer rim. The side bands are fastened to each other by bolts, so flattened as not to interfere



Combination of Steel Bands and a Rubber Cushion, Protecting a Pneumatic Tube, Constitute the Chief Features of This Puncture-Proof Tire and Resilient Wheel.

with the tube. The third steel band is itself inclosed with a hard-rubber cushion which engages the side steel bands by means of flanges on the latter. The side bands are so fastened to the wheel as not to interfere with the resiliency afforded by the pneumatic tire.

Jacking up Car to Save Tires.

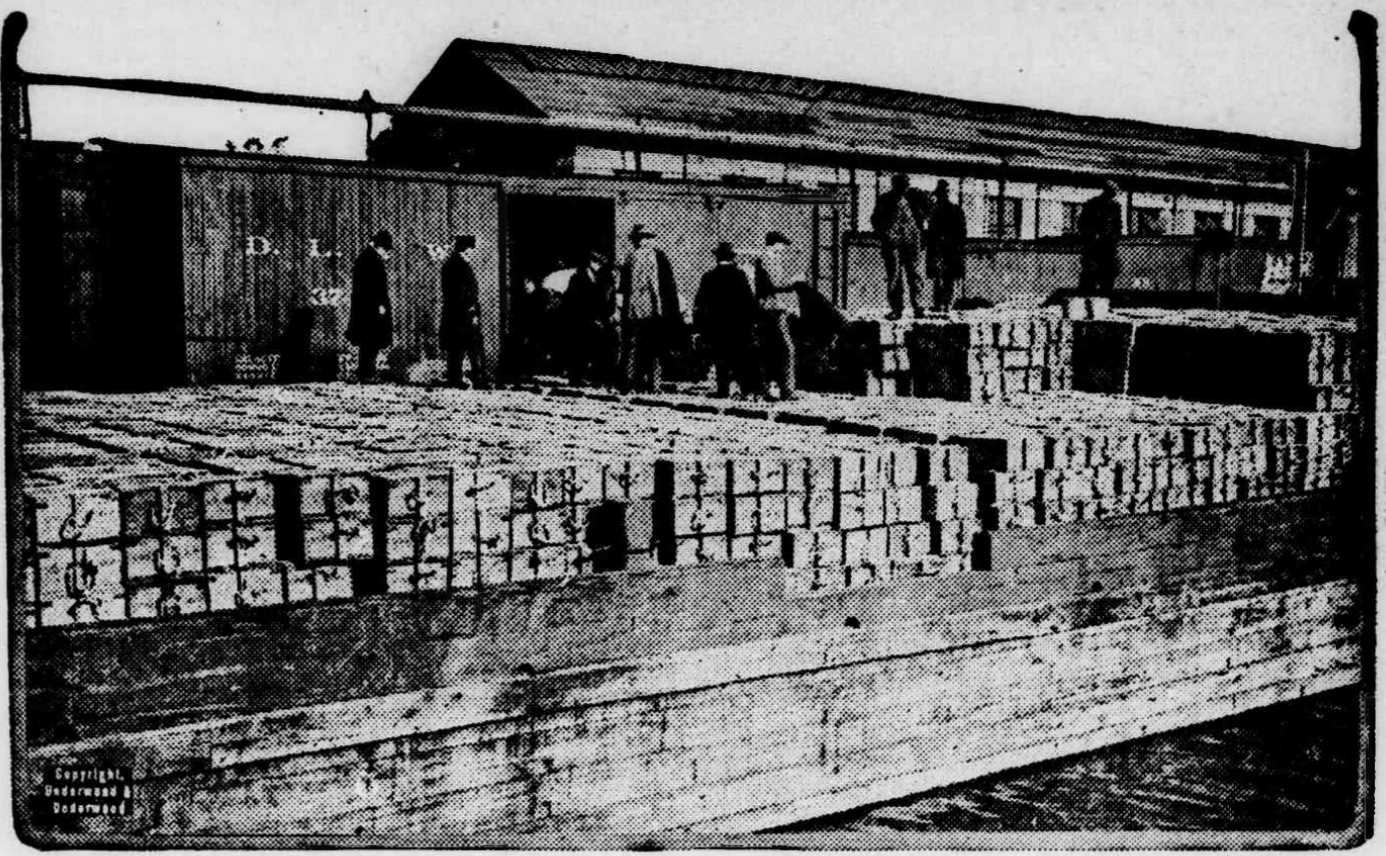
Tires should only be jacked clear of the floor when there is a reasonable likelihood that they may become deflated and remain so for any great length of time, for instance, in the case of a car that is laid up for the winter and which will not be inspected at short intervals. There can be no doubt that the weight of a car acting for long periods on flat casings and deflated tubes is injurious to them, but there is no reason to suppose that a properly inflated tire suffers perceptible deterioration merely from supporting its load.

Other Names for Automobiles.

A Berliner, who had long been prominent in local transportation interests, established a motor cab service, the pleasing German name of his vehicles being "automobile taxameterdroschen." Despite the preposterous title under which they ran, the cabs were remarkably handsome and graceful.

In Starting Motor.
Starting the motor will be facilitated if the carburetor mixture is enriched at starting. This is usually accomplished by a dash arrangement. Don't blame the self-starter if you fail to do this or if you try to start motor on magneto instead of battery. This applies especially where the self-starter does not throw the motor over very fast.

BLACK TOM EXPLOSION MAY BE REPEATED



High explosives and munitions in large quantities are being handled in the same dangerous manner which led to the Black Tom explosion, according to a statement of the New York board of fire underwriters' bureau of surveys. "The situation is fully as dangerous at some points along the New Jersey waterfront as it was before the terrific Black Tom explosion on July 30," reads the statement. "Lighters or floats containing high explosives are handled and operated along waterfront property and piers with the same unlimited license as in the case of the cars." The photo shows an immense quantity of ammunition packed in cases on a lighter at one of the Delaware, Lackawanna and Western railroad piers in Jersey City.

"Imitate Birds; Don't Fret."

The public health service, which has been gathering statistics on nervous diseases and their tendency to shorten life, issued a bulletin against worrying.

"So far as is known," says the bulletin, "no bird ever tried to build more nests than its neighbor; no fox ever fretted because he had only one hole in which to hide; no squirrel ever died of anxiety lest he should not lay by enough nuts for two winters instead of for one, and no dog ever lost any sleep over the fact that he did not have enough bones laid aside for his declining years."

MOTHER'S JOY SALVE

for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists. GOOSE GREASE COMPANY, MFR'S., Greensboro, N. C.—Adv.

Sailor's Argument.

The second officer of the brig was in the act of upbraiding the able seaman, Aaron Tappin, for his weakness for rum. Said the second officer: "Tappin, you might be a second officer like me instead of a sailor before the mast."

"Stow that stuff," answered the able seaman. "When I'm drunk I'm an admiral."—London Opinion.

DANDRUFF AND ITCHING

Disappear With Use of Cuticura Soap and Ointment—Trial Free.

The first thing in restoring dry, falling hair is to get rid of dandruff and itching. Rub Cuticura Ointment into scalp, next morning shampoo with Cuticura Soap and hot water. Prevent skin and scalp troubles by making Cuticura your everyday toilet preparation. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Moved to Tears.

"Pardon my emotion," said the sympathetic man. "I have just listened to an affecting story."

"Tell me about it."
"I overheard a woman on a trolley car telling another woman about having worn the same hat for three years. The tones of her voice were heart-rending. I haven't been so deeply moved since starvation was first reported among the Belgians."

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little stomach, liver and bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad, has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.—Adv.

Increasing Sugar-Beet Industry.
Congress has appropriated money for experiments looking to the increase of production of sugar-beet seed in the United States.

If your child is pale and thin, notwithstanding a voracious appetite, it may be because of Worms or Tapeworm. A single dose of Dr. Peery's "Dead Shot" will expel the Worms or Tapeworm, and set digestion right again. Adv.

Naturally.

"Is electricity really the best medium of lighting?"
"Well, it is the current belief."

If They Could Keep It Up.

There have been big men in Wall Street who did all the work themselves, who attended to every minute item; who were from Missouri in regard to each point in any proposition put up to them. One of these marvels was among the very greatest financiers the country ever had; but he didn't last long, and there have been few others like him. If a man with the first order of brains and ability could only keep it up, there is nothing to prevent his owning the United States. If E. H. Harriman could have kept on 15 or 20 years longer at the pace he was going he would have gobbled up all the railroads in sight, and he was just getting a strangle hold on the big banks. He conquered every square foot of territory as he went along. There was no force on earth to stop him except premature death—and now he is almost forgotten.—A. W. Atwood in the Saturday Evening Post.

Kidney Medicine Highly Recommended By Druggist

For eighteen years I sold Dr. Kilmer's Swamp-Root in Ohio and during the past four years have been selling it here. Its value has been tested and proven by people who were afflicted with catarrh or inflammation of the bladder, liver trouble and rheumatism and after experiencing the wonderful benefit derived they were happy to praise the remedy that brought them so much comfort. On account of the splendid success and excellent reputation which Swamp-Root enjoys I am confident that it is a valuable remedy for what it is intended.

Very truly yours,
W. A. WHITAKER, Druggist,
Sept. 21, 1916.
Apex, N. C.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Like Other Girls.

He—When is your sister thinking of getting married?
He—Constantly.—Pelican.

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restores regularity without griping. Adv.

In 1915 more than 1,600 Harvard students engaged in major and minor sports.

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.

WINCHESTER



"LEADER" AND "REPEATER" SHOT SHELLS

For the high flyers, or the low flyers, "Leader" and "Repeater" shells have the reach, spread and penetration. Their great sale is due to these qualities, which insure a full bag. Made in many gauges and loads. BE SURE TO ASK FOR THE W BRAND