After Every Meal

Chew your food well, then use WRIGLEY'S to aid digestion.

It also keeps the teeth clean. breath sweet, appetite keen.

The Great American Sconatmant



Lloyd Products Baby Carriages & Furniture

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Whether you keep a few cows or a great many, you will make more profit with the right equipment. Stop waste, savetime. Free Catalog Complete Line We specialize and know your needs.

Dairymen's Supply Co.

For FORDSON and larger mills, we have hundreds of Fordsons cutting 5-m. to 8-m. per day with three to four men, some clearing \$50 per day, the owner being the awyer; no overhead expense. Our special 44-in. 10 gauge 28 tooth saw is recommended by all Fordson dealers. We send directions for operating saw and setting mill. Any hustler can make money. Saw mills in stock. Prompt saw repairing at each of our three factories.

. H. MINER SAW MFG. CO. MERL AN, MISS COLUMBIA, S. C.



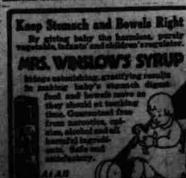


with Othine-Double Strength

This preparation for the treatment of freekles is usually so successful in removing freekles and giving a clear, beautiful complexion that it is sold under guarantee to refund the money if it fails.

Don't hide your freckies under a vell; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckies vanishing entirely. Be sure to ask the druggist for the puble-strength Othine; it is this that is ld on the money-back guarantee.





DENTISTS CLOSE

RALEIGH WILL GET NEXT NORTH CAROLINA SOCIETY CON-VENTION.

TO MEET SOME TIME IN MAY

Banquet in Evening at Carolina Hote Heralds the "End of a Perfect Day."

Pinehurst.-The joint meeting cf the North Carolina Dental society and, the Virginia State Dental association at Pinehurst was occupied entirely by business sessions all unfin ished business being completed and reports from chairmen of various committees received. In this session the North Carolina society voted on se lection of time and place of their next meeting. Raleigh being chosen by a large majority. The time will be some time next May, definite day of the month being left to the decision

An interesting decision by the Vir ginia association in their meeting was the official authorization of the establishment of a scholarship at the college of William and Mary, Wil liamsburg, Va. The dental societies and associations have begun to real ize the value of college education, not as an adjunct but as a requisite to the study of dentistry.

of thme executive committee.

The afternoon was devoted to gen eral clinics and short lectures by recognized authorities in different branches of the profession.

Other lecturers who have special ized in research were Dr. Charles L Alexander. Charlotte; Dr. G. C. Bar nard, Kannapolis; Dr. Harry Bear, Richmond, Va.; Dr. H. S. Beeks Richmond, Va.; Dr. L. G. Coble Greensboro; Dr. A. W. Craver, Henderson: Dr. Whit R. Dodd. Richmond. Va.: Dr. J. L. Gibson, Laurinourg; Dr. Gry R. Harrison, Richmond, Va.; Dr. J. L. Hooper, Asheville; Dr. A. O. James, Chatham, Va.; Dr. R. H. Jefferies, Richmond, Va.; Dr. J. E. John, Roanoke, Va.; Dr. J. N. John-Charlotte: Dr. E. N. Lawrence, Raleigh; Dr. J. B. Lester, Richmond, Va.: Dr. Clyde E. Minges, Rocky Mount; Dr. F. W. McCluer, Lexington, Va.; Dr. W. L. McRae, Red Va.; Dr. R. M. Olive. Fayetteville; Dr. W. H. Pearson, Norfolk, Va.; Dr. W. M. Robey, Charlotte; Dr. T. H. Scales , Richmond, Va.; Dr. H. F. Sommerdahl, Roanoke, Va.

In the evening a banquet was held at the Carolina hotel, followed by dancing and a special entertainment by Jules Brazil, professional entertainer, of Toronto, Canada, and the night was voted "the end of a per-

Infant Dead, Mother Injured.

Vancebord.-During a terrific cyclone in the Shelmerdine section, a few miles west of here, the sixmonths-old baby of Mr. Jasper Cannon sustained injuries by the falling in of the house top that resulted im the death of the child a 'ew hours later. Mrs. Cannon, we mother was also so badly hurt that her course from the wrecked home to a neighbor's house could be traced by the blood that was shed from her bleeding wounds. Three of her ribs were broken. Mrs. Cannon and the baby seem to have been left alone that night and in the absence of a man the horrors of the night were greatly intensified for that lonely mother: After the passing of the storm Mrs. Cannon searched and found the baby: and she picked its dying body up and' rushed to the home of a neighbor. In just a short while after reaching the neighbor's house the baby died. The mother is still suffering, but there is hope for her recovery.

Little Boy Crushed to Death. Louisburg.-The four-year-old som of Register of Deeds and Mrs. Sid Holding was crushed to death by a lumber truck in front of their home. The little fellow was playing in front of the home and is said to have ranunder the rear wheel of the truck as it was passing by. His head was crushed to pieces. Joe Everett, the driver of the truck, was placed in jail pending the holding of the inquest.

Build Concrete Dam For Leneir. Newton .- A. L. Harris of Newton. ontractor for the cocrete road from Newton to Lincolnton, has been awarded the contract for a concrete dam and four miles of piping for the new water system the town of Lenoir will construct this year.

Largest Class From Farm Life School, Vanceboro.-The largest class ever graduatd from the Crayen County Farm Life School received diplomas n the new graded school building at Vanceboro; the auditorium at the Farm Life School being entirely too small to accommodate those who were present. There are thirteen boys and weive girls of this class.

The diplomas were given by Protessor P. L. Heuton, Superintendent of the school, just after a most able address to the graduating class.

IMPROVED UNIFORM INTERNATIONAL

Teacher of English Bible in the Moody Rible Institute of Chicago.) Copyright, 1923. Western Newspaper Union

LESSON FOR MAY 13

DAVID, THE POET-KING

LESSON TEXT-I Sam. 16:1-4. GOLDEN TEXT-Surely, goodness and mercy shall follow me all the days of my life,-Ps, 23:6. "ERENCE MATERIAL-Ps. 51; Isa. 7: Jer. 33:15-26; Luke 1:32; Acts 22:29-34. PRIMARY TOPIC-The Shepherd Boy

JUNIOR TOPIC-God Calls a Boy to Be INTERMEDIATE AND SENIOR TOPIC -David, as a Friend.
YOUNG PEOPLE AND ADULT TOPIC
-Lessons From the Life of David.

I. Samuel Mourns for Saul (v. 1). 1. Why He Mourned. The death of Saul was no doubt a personal loss to Samuel, for Saul was a commanding and lovable personality. Then, too, the ruin of so promising a career would deeply affect a soul like Samuel. Finally the humiliation to God and God's people grieved his heart.

2. Excessive Mourning Rebuked. The fact that God had rejected Saul should have lifted Samuel out of his grief. Excessive grief over that which God does is a reflection upon Him and should be rebuked. In all God's acts wed should submit although it may change our plans. When sorrow becomes a hindrance to the discharge of duty, it merits rebuke,

II. Samuel Sent to Anoint David (vv. 1-3).

1. Samuel's Fear (v. 2). Perhaps by this time Saul was becoming a desperate character. Samuel knew that if Saul should hear that he was taking steps to anoint a successor to his throne, his own life would be in danger. Samuel was wise in submitting this difficult situation to the Lord. God's servants are to be brave. But even when going on errands for God we should not court danger. We should exercise the greatest caution so that unnecessary dangers be avoided ...

2. The Lord's Direction (vv. 2, 3). The Lord smoothed the way for Samnel. He showed him how to perform son, Goldsboro; Dr. C. C. Keiger, his duty and escape the danger. Samuel was to take a helfer and announce that he was going to offer a sacrifice unto the Lord and to call Jesse to the sacrifice. The prophet was not told all that would Lappen. This is usual-Springs; Dr. N. F. Muir, Roanoke, ly God's way with us. He gives us our work piece by piece and guides us step by step. Samuel's purpose was known only to him. It was to be kept a secret so that the news would not reach Saml. This was a shrewd device but entirely legitimate. There is not necessity for us to reveal all our purposes.

III. Samuel's Obedience (vv. 4-13). 1. The Trembling Elders of Bethlehem (vv. 4, 5). It seems that the whele nation was shot through with fear because of Saul's sin. To the elders' alarming inquiry Samuel responded with the assurance of pence. inviting them to join film in worshiping the Lord.

2. Txamination of Jesse's Sons (vv. 6-12). The Lord had revealed to Samnel that one of Jesse's sons was to be the new king, but not the particufar one. The selection of the right ene was a most important matter as destinies hung upon it. (1) Ellab rejected (vv. 8, 7). Eliab was the efdest son and therefore he was the first presented as having first right tothe place of honor. Further, he was a splendid specimen of a man, tall and majestle in appearance so that even Samuel was captivated by him as he had been by Saul. (10:24). Outward appearance was favorable but the realities seen by God were against him. God knows whom He can trust with great responsibilities. We frequently estimate men by their dress. culture, wealth and position. These are only surface manifestations and frequently lead us astray, but God hoks into the heart. (2) David chosen (vv. 8-12). All but one of Jesse's sons had been looked upon but still the Lord's choice had not appeared. Jesse's reply to Samuel's question as to whether all his children had appeared seems to imply that David was not of much importance. He was considered good enough to watch the sheep but not important enough to be called to the feast. Because David was faithful as a shepherd boy, he was in line for promotion when God's given time arrived.

3. David Anointed (v. 13). When the shepherd lad appeared, the Lord directed Samuel to anoint him. When the oil was applied the Spirit of the Lord came upon him. David was a gifted and attractive lad but this was of no avail without the Spirit of God. Power must come from God. Only as we are anointed by the Holy Ghost can we truly do the Lord's will

Knowing When.

Next to knowing when to seize an opportunity, the most important thing in life is to know when to forego an advantage,-Disraell.

It is only necessary to grow old to become more indulgent. I see no fault nitted that I have not committee

Our Life.
We pash our life in deliberation, and the upon it.—Quesnel.

SIMPLE STATEMENT OF FACT

Explanation Showed That Both Man ager and His Assistant Had Told the Truth.

With a firm trend and a masterful dr the woman stepped into the florist's

After gazing about for some monents her choice fell upon a green know your business. Fetch the manpalm in an ornamental pot. The assistant approached with def-

erence.

"Will it grow well in the sunshine?" she inoulred. "Yes, madam."

"Don't say it will if it won't," she snapped. "If it does well in the sun, will the shade hurt it?" "Oh, no, madam."

"What!" she exclaimed. "You tell me it will thrive equally well in sunshine or shade? Young man, you don't

nger. The manager was summoned. Even he qualled before her; but, all the death than the man.

statement.

"Then it is really a remarkable plant," she commented, sarcastically. 'My good man, it is both ridiculous and unnatural."

"That's just it." said the manager, quietly; "it's an artificial plant."

Statistics show that if a man and n woman are riding together in a train which meets with disaster, the woman has more chances of escaping

IMPORTANT: Save this announcement, read it carefully, and keep for reference. It may

Over \$7500.00 for Grape-Nuts Recipes

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying \$50.00 for each one accepted. And in addition-

Good Housekeeping Institute, conducted by Good Housekeeping Magazine, will decide an award of \$2500.00 for the best four of the 101 or more Recipes or suggestions for new Uses of Grape-Nuts, so purchased:

\$1000.00 for the 1st selection \$750.00 for the 2nd selection \$500.00 for the 3rd selection \$250.00 for the 4th selection

Read carefully the terms of this offer so that you may have the fullest opportunity to share in its benefits. The conditions are so simple and fair that every housewife in the United States can take part in this National Recipe Festival!

There Is No Other Food Like Grape-Nuts

THILE practically every man, woman and child in the English-speaking world knows Grape-Nuts as a delicious, nourishing and wholesome cereal, and while it is common knowledge that Grape-Nuts with milk or cream is a complete food, many housewives do not know of the appetizing and economical dishes that can be prepared with Grape-Nuts. It lends itself, we believe, to more uses then any other cereal. The convenience and economy of Grape-Nuts, and the flavor, zest and wholesomeness which it imparts to other food, make it invaluable in every home.

Frequently we receive interesting letters from women throughout the country, telling about the attractive dishes they make with Grape-Nuts-delicious puddings, salads, dressings for fowls, etc. No doubt there are thousands of women who are finding varied uses for Grape-Nuts in their home cooking, and even more thousands who will be glad to learn of those varied uses; for while we all eling to old favorite dishes, we also welcome and enjoy a change.

So that is the thought back of our offer of more than \$7500.00 in each for new ways of using Grape-Nuts. To those women who are already using Grape-Nuts in various ways, other than as a breakfast cereal or in the recipes given here. and to those women who would like to try their hand at developing some new way to use Grape-Nuts, we offer to buy at \$50.00 each not less than 101 new Grape-Nuts-Recipes. We plan to include these new Recipes in a beautifully illustrated cook book.

What Is Grape-Nuts?

Grape-Nuts is a highly satritious food in the form of exisp, golden granules. It contains the full autriment of wheat and barley, including visumin-B and mineral elements required for building sturdy health. These elements are often lashing in the ordinary diet, chiefly through "over-refinement" in the preparation of fixed.

No other foodings as the roughly bak for

in the preparation of feed.

No other foodies so thoroughly baked as Grape-Nuts. Mears than 20 hours are consumed in the baking process which makes George-Nuts asay to digest, and cleo divelope a natural awestness from the grains themselves.

The form and uniqueess of Grape-Nuts invite thorough mentication—a decided advantage because this not only provides proper exercise for the

Every housewife in the Land should opportunity to earn the tidy sum of \$50.08 by a little pleasant and educational effort in her own home. Also the fair and equal chance to secure one of the liberal awards to be made by Good Housekeeping Institute.

Moreover, there's the greater knowledge of the value of Grape-Nuts, not only as a delicious breakfast cereal, but in the progration of a variety of appetizing dishes that add to the health and pleasure of the

Where you don't find Grapa-76 you won't find people: "There's a Reason"

Bold by grocers everywhe

Conditions Governing the Purchase of, and Awards for Grape-Nuts Recipes

Below are ten Recipes showing a few of the many appetizing dishes that can be made with Grape-Nuts. Read them over, try some of them, and then you will find it easy to work out a new Recipe or think of a new use for Grape-Nuts, that we may purchase. And remember, your Recipe or suggestion for new use of Grape-Nuts may also must one of the large awards. the large awards.

GRAPE-NUTS loe Creams
spare plain flavored ice cream in the sensel way,
at before the cream hardens in freezing, and
spec Nuts as it comes from the pushale, in
proportion of one-half cup of Grene-Nuts
one quart of ice cream. If you buy ice cream
dy made, add Grape-Nuts in place of nutsts. You'll find the resulting flavor unique.

GRAPE-NUTS Salad
on Grape-Nuts.

eup Grape-Nuts 2 cubed bennemb alloed orange 2 tes apoens lumon-inice guiee gubed pineguple Cream Salad Dressing
Cut up the fruit, add lemon-juice, mix with GrapsNata, and serve on bed of lettuce with Cream
Salad Dressing. Makes four to six portions. GRAPE-NUTS Six Minute Pudding less Grape-Nuts Itableapous sugar Vs cups scalded milk Vs cup raisine Cover Grape-Nuts with scaded milk. Add ongar misins, and a little nottnes. Cook six misutes firectly over the heat, stirring constantly, and save with any good pudding sames. Makes four pelx portions.

GRAPE-NUTS Cookies

GRAPE-NUTS Cheese Casserole

GRAPE-NUTS Fruit Po

GRAPE-NUTS Most Losi

GRAPE-NUTS Lost Cake