

### Local Notes.

#### AURORA LOCAL, NO. 525.

Mr. Editor:—As I am housed up now with la-grippe and cannot be out much, I thought I would write you a little history of our Local and maybe it would encourage some weak Local to put forth new efforts and try to do some good for themselves. Every Local could be a success if the members wanted it to be. Our Local was organized four years ago by R. W. Scott, with nine members; now we have thirty-five paid-up members for 1913. We have never lost but one member and he got to talking too much. During the four years we have never missed having a meeting every two weeks, on account of bad weather, busy seasons or anything else, but three or four times. Our meetings began to get a little dull in about a year after we were organized, for we had done nothing to get much benefit, so we began to get busy to make our Local worth something.

Our president made a move that we make up some money to buy such necessities as all farmers are compelled to buy, and to buy in larger quantities, and by so doing, get it at less cost, and the writer was appointed Business Agent for the Local, and no man could have been found with less experience than I had; but I went at it to make it pay, and we met with success right on the start. Outsiders began to take notice, and it was not long before our membership doubled. We had to turn down some applications for we wanted to be careful and not get undesirable members in our Local. Any Local had better be few in number and do some good than have a large membership of "no good members." We increased our stock, built us a Lodge and store-room and began handling chickens and eggs. We get from two to four cents more per dozen for our eggs than we could get on the market and from one to six cents more per pound for chickens. On what we buy and sell we save about 20 per cent. Our capital stock is only about \$300, and with that amount of money we have done \$6,000 worth of business in 1912. Take six thousand dollars and multiply it by 20 per cent and you will see what our Local Union has been worth to us.

Now, if other Locals have not done something like this, whose fault is it? No one is to blame but yourselves. What we have done all other Locals can do; for I do not think it is possible to find a community in North Carolina with less means than this one. Some get discouraged because they do not have a good turn-out at their meetings. Our average, "sorry to say," for 1912, was only 10½. Now, brother Union members, get busy and let's make 1913 a record-breaker in every way we can.

W. R. COX.

Staley, N. C., January 10, 1913.

#### BLADEN COUNTY UNION.

The Bladen County Union will meet on Saturday before the fourth Sunday in January, April, July and October.

A. R. EDWARDS, Sec.

#### WILSON COUNTY FARMERS' UNION MEETS.

To the Officers and Members of the Wilson County Union:

You are hereby notified that the next regular meeting of the Wilson County Union will be held in the court-house at Wilson Thursday, January 23, 1913, at 10 o'clock a. m. A full delegation and a large attendance generally is expected. Important business regarding the cotton storage warehouse is to be transacted.

L. E. ROBBINS, Sec.

### Health Notes

#### "BILIOUS HEADACHES."

##### Largely a Matter of Habit.

Troubled with "bilious headaches?" Weil, probably your plumbing system is not working freely. That is by far the most common cause of these bilious attacks.

Faulty elimination of the waste products of the human machine causes it to choke up, and what would be more natural than to expect that such putrefying waste should react and poison the whole system? That is exactly what does happen, to greater or less extent, in the case of about three people out of four.

Now, how to meet this sewerage question is the problem. In the first place, it must be admitted that constipation is very largely a habit, or really a collection of habits, and all bad habits at that. Many of us have the habit of "bolting our food" and trusting to luck that it will be all right. The trouble with this habit is that our stomachs have no teeth. Another habit is that many of us don't even "bolt our food" at regular or stated intervals. Again, many of us have the habit of taking the wrong kind of food in the beginning. We take concentrated foods, leaving little to be eliminated, and our intestines are like some of us—the less they have to do the less they want to do—consequently, when there is little waste for them to remove "they go to sleep on the job," and we suffer. To remedy this difficulty one should eat more bulky foods, such as fruits and vegetables, and leave off concentrated foods, such as meats and pastries. In fact, it is frequently of value to eat a little agar-agar (a kind of harmless, indigestible sea moss) just to add bulk to the food and give the intestines something to do.

Exercise is another great aid to the proper running of this human machine. Lazy habits in a person beget lazy habits in his intestines. Just as it takes some will power to attain any good habit worth while, so it also takes some will power to train the intestines to eliminate.

A clean community will be a healthy community. Also, property values will be higher than in a locality where dirt, filth and unsightliness abound. And one dirty spot in an otherwise clean town is a reflection on the entire town. Unfortunately, in this State no one knows a healthy community from an unhealthy one. There are no vital statistics kept. In States having a vital statistics law people look into the healthfulness of various communities before they move their families there. There, health is a great factor in the price of real estate. That will be the case here, too, some day, as soon as we get a good vital statistics law into operation.

It is said that fully 25 per cent of all the school children in the United States have defective eyesight. Don't neglect your children's eyes. Eyesight is precious to every human being. Impaired vision is a serious handicap in any calling. Consult your family doctor about your children's eyes. If he recommends an oculist, see him without delay.

Pure air makes pure blood; pure blood makes you disease-resisting.

If you stand half a mile off from a man and throw the gospel at him, you will miss him, but if you go close to him and lay hold upon him, giving him a hearty grip of the hand, and show that you have an affection for him, you will, by God's blessing, lead him in the right way.—C. H. Spurgeon.

# W. H. MIXSON SEED CO.

## Guaranteed Vitality

Farmers cannot be too careful in selecting the seeds they intend using if they wish to produce abundant crops and make large profits.

Don't experiment with seeds of unknown quality—be sure you get the best—the kind that grow—that produce larger crops.

## Mixson's High-Grade Seeds

are the best grown—carefully examined and tested. Beans, Cucumbers, Cabbage, Corn, Cotton, Sorghum and all other seeds suitable for farming and trucking purposes.

Special prices and low freight rates on large quantities.

We want every farmer in the South to have our descriptive catalogue and price list. Write for it now while you think of it.

W. H. MIXSON SEED CO.,

CHARLESTON, S. C.

## The Citizens National Bank

GASTONIA, N. C.

Capital & Surplus, \$ 92,249.26

Deposits, - - - 392,300.45

Resources, - - - 603,927.71

5 % Paid on Time Certificates of Deposit

## The Union National Bank

Charlotte, N. C.

CAPITAL - - - - \$100,000

T. W. WADE, . . . . . President

F. B. McDOWELL, . . . . . Vice-President

H. M. VICTOR, - - - - - Cashier

We cordially invite business and offer every courtesy and accommodation consistent with safe banking. We particularly invite the accounts of Farmers.

H. M. VICTOR, Cashier

## \$ Every Idle Dollar \$

of your money should be put to hard work.

When your money is invested it works for you day and night—interest accumulates with astonishing rapidity.

Also the knowledge that your money is safe from thieves or fire helps you sleep nights.

Why not start a Savings Account here and let your money earn future money?

We pay 4 per cent on Certificates of Deposits and all Saving Funds.

## Southern Loan and Savings Bank

CHARLOTTE, N. C.

JNO. M. SCOTT, Pres.

W. S. ALEXANDER, V. Pres.

W. L. JENKINS, Cashier.

## THE AMERICAN FARMER

The whole world is more or less dependent on the Successful American Farmer. To be successful you must have good credit and money. Our years of experience and financial help are always at the farmers' command.

Through the aid of the Bank many small farmers have grown to be large and successful.

COME AND LET'S TALK IT OVER

## THE COMMERCIAL NATIONAL BANK

COTTON EXCHANGE PLACE

RALEIGH, - - - - NORTH CAROLINA.

B. S. JERMAN, Pres.

E. B. CROW, Cashier.