POLK COUNTY NEWS, TRYON, N. C.



# WOMAN'S PAINS LIKE TORTURE

Kentucky Lady, in a Dangerous Condition After a Siege of Influenza, Found Cardul Very Helpful.

Louisville, Ky .-- Influenza left Mrs. teenth Street, this city, in a dangerous afternoon. condition. "I suffered tortures with my sides," she says, "and across my back. It seemed the pain would start at the back of my neck and down in my back and sides-a pain that felt like I was pulling in two. I couldn't stand on my feet. My limbs just gave way. . .

"I had taken Cardui as a tonic. I knew it was good. I told my husband I would try it again. I had used other things without relief. . . . After one-half bottle of Cardui, the pain got less hard, and I seemed to relax. I could straighten up. After one and a half bottles, I was able to walk around and do my work. My back was stronger and the bearing-down pains left. I took altogether three bottles, and it strengthened me.

"Why, before I took Cardui, I was so nervous and in such a fix I couldn't eat or sleep. Afterwards my nerves were better. I gained my strength. I began to eat and sleep and was like another person."

Womanly pains cause great suffer- population, who fled them is indeed worth knowing about. Thousands of women have written to tell that Cardui helped them, relieving such symptoms as those described above. If you suffer in this way-



REPORTED DEAD DEAD AND DYING SCATTERED

### EVERYWHERE IN RADIUS OF 50 MILE OF TOKIO.

Capital of Japan is Now City of Tombs, Ruins and Destruction-Many Small Towns Totally Destroyed.

San Francisco, Salif .- Tokio is under martial law. Nobody s admitte: into the city unless they aave : . r own provisions. Nihonbashi ward is virtually annihilated. A railway man from Tokio says casualties there are estimated at 100,000. This information was received by the Radio Corporation from its Iwaki s ...tion, near Tomioka, Japan. Nihonba hi is the downtown business center of Tokio. Several more earth shocks were felt

Volney A. Handy, of 127 North Six- at Yokohama at 1 o'clock Sunday

Tokio is still burning and explosions there are frequent.

### Cities Between Tokio and Osaka All Destroyed.

Peking .- All cities and towns between Tokio and Osaka were destroy- county federation meeting twice a year ed by the earthquake, says a message to take up county-wide problems. Durpicked up by the new Mitsui wireless ing the past year each of these clubs station here. The message came has been working on the addition of from south Japan.

be headed with the bodies of dead, systems, others have installed light-Fire is raging from one end of the ing systems, and many have purchased city to the other. The casualties are declared to be inestimable. Most of the big buildings of the capital are destroyed.

suffered tremendously from the earth- plied. quake, while the tadal wave which followed it added to the terror of the ing, and a medicine that will relieve ior. Central Japan is entirely without means of communication.

> The streets of Tokio are heaped with bodies of dead, according to advices from south Japan.

The casualties in the Japanese capital are said to be inestimable.

Most of the big buildings were destroved.



Demonstrator Explaining Use of Dreis Form.

(Prepared by the United States Department of Agriculture.) The achievements of women's clubs in Wisconsin under extension direction are described in a report recently received by the United States Department of Agriculture. Some 64 clubs have been organized in the state since 1919. In one county, Marathon, there are 30 clubs which have formed a labor-saving devices in the home. A The streets of Tokio are said to number of homes have put in water smaller articles to help the housewife. Several of the clubs are making paper dress forms and are planning to have every woman in the The dispatch added that Yokohama neighborhood who wishes one sup-

In addition to what they have done to improve conditions, in individual



homes, these clubs have accomplished much commendable community work. One club installed a bubbling drinking fountain in the village school and bought good lights for the building. This club sponsors evening community meetings in the schoolhouse. Another club repaired, decorated and refurnished the town hall which is now their meeting place as well as the center for all community meetings. Still another purchased a moving picture machine for use in the rural community and displays good pictures at regular intervals. One has bought playground equipment and employed a play supervisor for the children of the village during the summer months. One club cared for a motherless family of children, helping the oldest girl to learn to cook and feed her family well, and clothing the children so that the family was kept together until the older ones were able to carry on the home without aid.

served for dessert instead of at the beginning of the meal. When used as an appetizer, the fruit mixture is usually served in sherbet cups or glass dishes with stems especially made for this purpose. These are set on teasize underplates. Powdered sugar may be passed: As a dessert, fruit cup may be brought on the table in a large dish and served into berry dishes set similarly on underplates. The same mixtures unsugared are suitable for fruit salad, with the addition of lettuce and mayonnaise or a special fruit salad dressing.

## LIVE STOCK NEWS

## Breeder Is Anxious for Strong Litter of Pigs

When the sows start farrowing in the fall the breeder is anxious that there will be large litters of strong and vigorous pigs. This can be accomplished if the feeding and care of the brood sows is adequate. Usually the herd during the summer months are under more favorable conditions than in the winter. If they have plenty of succulent forage, shade and water, most of the problem of feeding is solved.

The sows should gain enough to equal that which they will lose during the time of farrowing and the lactation period which follows. This gain for a mature sow should be in the neighborhood of 75 or 80 pounds. The gain should be a little larger in the case of yearling sows.

During the first part of the gestation period it should not be necessary to feed grain if the sows have access to a good pasture. Every attempt should be made to maintain them upon green forage, because the sows will then have plenty of exercise and the cost of feeding and care will be materially decreased. In addition this is the ideal condition for a brood sow and later they will have an easier time in pigging, the pigs will come in better condition, and the milk flow will be ample.

The sows should never be allowed to lose flesh. They should make the required gain in flesh indicated above and this can be done during the last half of the summer. During this time and up until the time of farrowing the sows should receive some grain. If the pasture is one of the legume crops the feeds necessary to supplement this may be home-grown feeds or those which are usually easy to obtain. If the pasture is just an ordinary one it may be necessary to purchase such feeds as tankage, linseedoil meal, shorts or middlings to supplement the corn fed. The amount of grain to feed and the time to start feeding the grain will all depend upon the condition of the sows.

The feed which a sow requires is important but the shade and water are also important.considerations. There should be plenty of shade and the water should be fresh, cool and in ample amounts. In extremely hot weather there should be some place in which the hogs can wallow .- B. W. Fairbanks, Associate Professor Animal Husbandry, Colorado Agricultural College.

Drive Malaria Out of the A GOOD TONIC AND AN CONTAINS NO QUE

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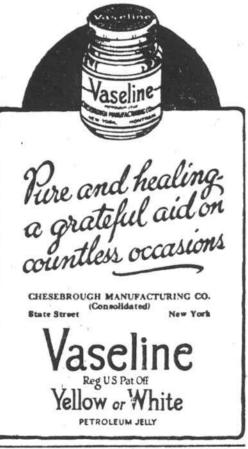
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Judgment of a Moder to Proved of Some Bre



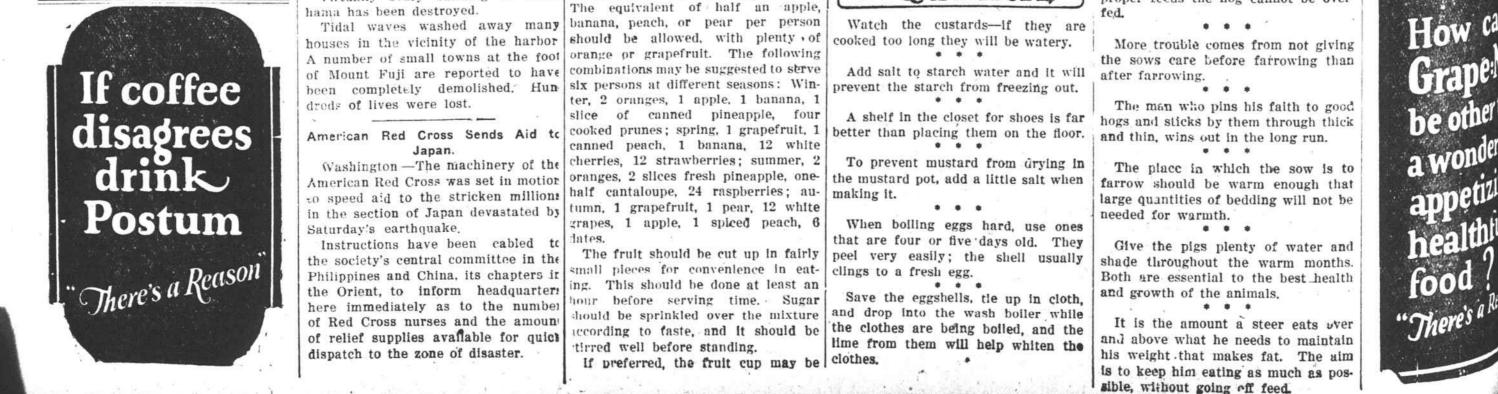
Copied Monarch in Wearing Wigs. It was in the Seventeenth century that the wig found its maximum development in the peruke The Abbe La Riviere, it appears, started it all by attending the court of Louis XIII in a wig. The king, who was prematurely bald, thought it an excellent idea, and, in adopting it for himself, made it obligatory among discreet courtiers.

#### Why Glove Is Removed.

Taking off the glove when shaking hands is a link with the time when this was done to show that no knife was concealed.

#### Call for Affidavit.

I had been on a visit to my father and was returning home with an expensive typewriter he had given me. He insisted I write my name and address on the bottom. I put it in the rack on the train, forgot about it, and got off. A few days later it came to me by express. I never knew who found it and was so kind to return it. -Chicago Journal.



Nagoya, a city of several hundred thousand inhabitants, 170 miles southwest of Tokio, has been virtually de-

wave. 288,639. It had an old castle, numerous temples, and monasteries, and many manufactories. The industries there include lacquered wares, textiles, porcelains, carved wares and cotton, silk and embroidery works.

Many Suffer For Food and Water. Shanghai, China. - One hundred thousand persons have perished in Tokio and Yokohama alone, according to bulletins received from Japan.

In Tokio the arsenal exploded, destroying the arsenal nd the adjoining printing bureau. There were several thousand casualties here.

Most serious damage was done to the tract covering the Yama-No-Te district.

In the Nihonbash and Kanala wards, in which scarcely a single structure is left standing, thousands lack water and food.

The Kaijo building in the Marunounchi district collapsed, with a thousand casualties.

The loft buildings lining the streets opposite the Tokio Central railway station were burned. The main building of the Central railroad remains intact.

At Yokohama the fire started in the Bund and spread through Senten and Iszaki strets, wiping out the business district.

At the foot of Mount Fuqil several villages were completely razed and hundreds of lives lost,

At Atami alone 600 persons were killed.

The governor of Yokohama makes an urgent appeal for food for the fresh or canned, add a decorative people.

#### Communication 'nter upted.

All communication with Tokio is interrupted and indirect reports indicate that a great typhoon broke over Tokio Saturday morning, subsiding at noon.

The typhoon was followed by ter rific earth shocks and conflagrations which threw the city into chaos and struck terror in the hearts of the in habitants.

Virtually every building in Yoko

(Prepared by the United States Department of Agriculture.)

Fruit cup is often used as an appestroyed. At Yokohama the naval tizer at the beginning of a luncheon or station was overwhelmed by a tidal dinner, especially when soup is not relished. There is something partic-Nagoya in 1904 had a population of ularly refreshing and pleasant about a mixture of mildly acid, slightly sweetened fruits, chosen because they combine well together.

Just as cantaloupe, grapefruit, orange pulp, strawberries, honey-dew melons, or watermelons in their various seasons are appropriate separately for an appetizer course, so mixtures containing any of these fruits cut up together with still other fruits have come to be popular at the beginning of the meal. There is no reason why these good combinations should be reserved for formal occasions. They are easy to prepare, requiring no cooking, and in most families more fruit is really needed than is actually served. The United States Department of Agriculture points out in Farmers' Bulletin 1313, "Good Proportions in the Diet," and in Farmers' Bulletin 871, "Fresh Fruits and Vegetables as Conservers of Other Foods," how important it is to supply the family with plenty of fruit at all times.

Most fruit cups are best if about a third of the material consists of either orange or grapefruit pulp, or both. The mild acid of these citrus fruits is needed to give zest to less definite flavors. Pears, peaches, apricots and pineapple, either fresh or canned, are delightful in small quantities in a fruit mixture. Any or all of these may be added according to the number to be served, the materials on hand, and the individual preferences. Banana and apple, judiciously used, are excellent. A little cantaloupe or watermelon, when in season, is good. A few Tokay or Malaga grapes, berries of any kind, sweet cherries, whether touch as well as additional favor. One or two dates in each portion can be introduced in the same way. A few chopped nut meats, a little spiced preserve, some candied orange or grapefruit peel, citron, preserved watermelon rind or ginger are other suitable flavors for making a fruit cup

that is a little out of the ordinary. It is not possible to give exact recipes because the fruits on hand depend somewhat on the season and somewhat on the leftovers available. The equivalent of half an apple,

## PLAN FOR WASHING SWEATER

Knitted or Crocheted Articles Often Lose Shape Unless Precautions Are Taken.

Sweaters, scarfs and other knitted or crocheted articles often lose their shape when cleaned unless special precautions are taken. The United States Department of Agriculture says the best way is to work as follows: Measure the article. Use lukewarm water and soap solution. Wash the article by squeezing rather than rubbing and keep it under water as much as possible. When lifting it, keep the hand under and put it into a pan. Rinse until the last water is clear. Squeeze out the water either with the hands or by putting through the wringer, keeping the hand under the garment to prevent stretching from the weight of the water. Put through the wringer several times, changing the folds to take out as much water, that swine growers give attention to as possible. Place on a covered table the many other allments which cause and stretch or pat into the original losses, some of which are frequently shape and size as shown by the meas- confused with cholera. Among the urements. If desirable, it may be diseases with symptoms confused with

## LABEL FCR CANNED FRUIT losis, swine plague and worms.

tacks.

If Any is to Be Sold by Housewife She Should Consult State Food Authorities.

While the careful housewife usually labels her jellies, jams, canned fruits and vegetables for her own later inforcf Agriculture suggests that if she intends to sell any of her products she should consult the state food authorities as to the regulations concerning weight or measure and ingredients and the proper labels to be used.

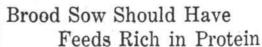


## Profitable Weight for Marketing Young Hogs

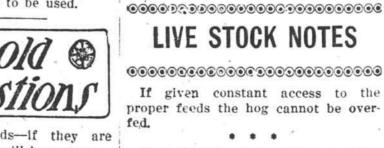
When a pig in northern Ireland reaches a weight of from 170 to 195 pounds he had better be marketed, reports Vice Consul Barringer, Belfast, because to fatten him up any more this," he said. "We was would require more feed than the ex- in two and give end i tra pork is worth. The smaller the which would be foolist I plg the greater the gain in live weight it myself, which well from the consumption of a given quan- Since you can't have 2 tity of food. Farmers are being have it, let's give it to the urged, therefore, to market their pigs when they weigh from 170 to 195 pounds and not to continue feeding them until they have reached heavier reights.

## Different Ailments Are

Confused With Cholera With the gradually increasing control of hog cholera, it is important pinned or fastened in place by thumb those of cholers are anthrax, epilepsy, gastroenteritis, necrobacillosis, pleurisy, preumonia, poisoning, tubercu-



Brood sows should have feed that is rich in protein, such as alfalfa hay, wheat shorts or tankage, when pasture is not available. The greatest develmation, the United States Department | opment of the unborn pigs takes place during the last 60 days of the gestation period, hence the importance of feeding brood sows from now until farrowing time.



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