The Matauga Democrat. Published Every Thursday

Winter Likely to Increase Death Rate.

A bullletin of the State Board of Health puts us in mind again that as our windows go down and stay down this winter, our death rate will go up and stay up. The diseases mentioned as those whose spread and severity are most affected by foul air and indoor living or tuberculosis, diptheria, measels, scarlet fever, whooping cough, pneumonia, influenza and all sorts of infectious colds. So dependent are these dis the Blood on the Mucous surfaces wir that they have been named the foul air diseases.

And yet, says the bulletin, these diseases are not to be the common fate of all during the winter months, no more than was typhoid or mularial fever the lot of all during the summer. People know how to prevent them. They know that living a shut in life without exercise or fresh air, or without observing temperate living habits as to eating, sleeping, exercising and bathing predisposes one to any of these diseases. They know also, that any of these diseases. They know, also that these, one and all, are spread directly by sneezing, coughing and spitting and that to avoid the disease is to avoid the careless sneezer, cougher or spitter. In addition to this, it is urged that sunshine and fresh air be admitted into the home, particularly into the sleeping, working and living rooms. The universal remedy for foul air diseases is fresh air day and night.

Baby Had Whooping Cough.

Mrs. Sam C. Small, Clayton, N M. writes. "My grandson had points them. Try it. It only whooping cough when he was 3 costs a quarter. Obtainable every months old. We used Foley's Honey and Tar and 1 believe it saved his life. He is now big and iat." Foley's Honey and Tar is a fine thing to have in the house for whooping cough, croup, cold coughs. Sold everywhere.

## Gone Before.

When some old pickeral critters, who've lapped up gin and rye, and every kind of bitters, get done with booze and die, we bend ritated membrane, and by its an-

With it lacking less than four A subscriber wants to know why we do not give quotations weeks to Christmas an advance on eggs and farm products. We of twenty-five per cent. in the understand that some of our rea price of candy has been announders have weak hearts and can't ced. Shame on the advancers. stand the shock,-Greensboro Greenville Reflector:

Record.

Rheumatism Follows Exposure. In the rain all day is generally

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine.

HOWS THIS.

Hall's Catarrh Medicine has been taken by catarrh sufferers for the past 35 years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts through eases for their spread upon foul expelling the poison from the blood and healing the diseased portions.

After you have taken Hall' **Catarrh Medicine for a short time** you will see agreat improvement in your general health. Start taking Hall's Catarrh Medicine at once and get rid of catarrh. Send for testimonials, free.

F. J. CHENEY & Co., Toledo, O. Sold by all Druggists, 75c.

With the lady from Montana having all the rights of speech some Congressmen are going to have a hard time of it getting a word in edgewise.-Observer.

## Now Lookout.

When a cold hangs on as often happpens, or when you have hardly gotten over one cold before you contract another, look out for you are liable to contract another, look out for you are liat a to contract some very serious disease. This succession of colds weakens the system and lowers the vitality so that you are much more liable to contract chronic catarrb, pneumonia or consumption. Uure your cold while you can. Chamberlain's sands of people and never disap-

where.

The Uruguayian government s planning the construction of a dry dock large enoug to hold the largest ocean liners.

Pine-Tar Relieves A Cold.

Dr. Beli's Pine Tar Honey conthus all the soothing eliments of the pine forest. It heals the ir-

of a piano and phonograph can be combined has been patented by a New Jersey inventor.

Mechanism whereby the music

Men Feel Tired, Too.

While much is said about tired women it must be remembered that men also pay the penalty of overwork. When the kidneys are weak, inactive, or sluggish, when

one feels tired and miserable, bas the "blues" lacks energy and am bition, Foley Kidney Pills are tonic and strengthening. They act quickly. Sold everywhere.

Several large French insurance companies keep records of their clients' teeth to insure identification after death.

MORTGAGEE'S SALE OF LAND.

Under and by virgue of the power of sale contained in a certain mort-gage deed, executed on the 9th day of Nov., 1914, by John Davis and wife Bettle Davis, to J W Ward, to secure Montana, will take her seat on the Republican side of Congress, but she is apt to cast glances on the Democratic side on account the Democratic side on account of its good looks - The Wilming-ton Star. and assigned to the undersigned Standaid Grocery Co., and default having been made in the payment of said notes as secured, the undersign-ed will sell at public auction to the highest bidder for cash at the court house door in the raid Watauga coun ty, between the hours of ten, a mand tour n m, an the 28th day of Decem ber, 1916, to satisfy the said noces to gether with interest and costs of the covery is sure reliei. A dose of action, the following tract of land sit this combination of antiseptic usted in Shawneehaw townthi, Wa tauga county, adjoining the lands of J W Ward and others and bounded as folicws, to wit: Beginning on a lo cust tree, and runs E 40 polef so a cu cumber tree; thence a south course 40 poles to a chestnut tree the Skiles old corner, thence W 20 poles to a states old corner, thence W 20 poles with J W Ward's lin to the beginning, con taining 2 acres more or less, This 22nd day of Nov. 1916.

J. W. WABD, Mortgage. Standard Gro. Co.. Assignee. V. W. BOWER, Atty. WATO JEW REPA dunc at thi under a n guarantee material guarantee J. The larg



## Virginia & Carolina Railway Schedule-No. 57 In Effect 12:01, a. m. Thursday August 10, 1916.

WER, Atty,									
and the second se	Southbound. Daily Ex. Sunday			1			N	orthbour	nd
				STATIONS Faster Standard			Daily Ex. Sunday		
CH AND COOL	2nd Class,		1st Class		Easter Standard Time.		1stClass		Class
	No. 15	No. 13	No. 1	1			No. 2		No. 16
tis shop positive the & aj used is ad to be genuine. Estimater ion all mail orders. Satis-		A. M. 6 30  6 45 7 05  9 00 9 15 10 00 10 30 10 35	A. M. 7 20 7 32 7 45 8 15 8 25 8 50 9 15 10 01	Lv.	Abingdon Yard Watauga Barron Cedarville Drowning Ford Vails Mill Damascus Laureldale Taylor's Valley Creek Junction Creek Junction	Ar. Lv. Lv.	P. M. 5 15 5 00 4 45 4 15 4 10 3 36 3 11 2 30	P. M. 2 30  1 46 1 20  12 25 12 05 11 25 10 50 10 35	
uaranteed in every respect road watches. Office near the Co. Bank. W. BRYAN Jeweler and Watchmaker BOONE, N. C.	17	11 05 11 50 12 30 1 17 1 30 1 45 2 10 2 40 3 00 P. M.	10 18 10 31 10 57 11 13 11 21 11 28 11 36  12 05 P. M.		Green Cove White Top Gap Nella Tuckerdale Lansing Berlin Warrensville Smethport West Jefferson	Lv.	2 13 2 00 1 33 1 17 1 10 1 03 12 55  12 30 P. M.	10 16 9 35 9 05 8 30 8 10 7 55 7 40 7 11 7 00 <b>A.</b> M.	- /
NOTICE. ge tract of land owned by W. in this county containing g like 4,200 acres is being d into small tracts is now	1 45  2 20 2 40 3 05 4 00 P. M.			Lv.	West Jefferson Hamilton, N. C. Donation Bowie Riverside Elkland, N. C.	Ar.	<u></u>	<u>x. m</u> .	9 00 8 25 8 00 7 80 7 00 A M
FOR SALF. eatbody of land embraces he finest lands in the coun- ir. Whiting's object is to sell ds to those who desire to ir homes upon it. It is an ity for the poor man or man	No. 17 No. 5 No. 3   A. M. P. M. A. M. 10 40 2 31 9 16 11 10 2 49 9 35 1			KO L.v. Ar.	Creek Junction Grassy Ridge Konnarock	NCH Ar. Lv.	A. M. 1 10 00	No. 6 N P. M. A 3 10 11 2 51 11	Class Io. 18 . M. 1 50 1 30

followed by painful twinges of neuralgia or rheumatism. Sloans Liniment will give pou quick re-

lief and preyent the twinges from becoming torture. It quikly penetrates without rubbing and sooths the sore and aching joints. For sore, stiff, exhausted muscles that throb and ache from overwor, Sloan's Liniment affords quick relief. Bruises and sprains and other minor injuries o children are quickly soothed by Sloan's Liniment. Get a bottle roday at your druggists, 25c.

The Hon. Jeannette Rankin, of

Changing Seasons Brings Colds.

"Stuffed up head," clogged up nose, sore throat are sure signs of cold, and Dr, King's New Discovery is sure reliei. A dose of balsams soothes the irritated membrane, clears the head, loos. ens the phlegm, you breath easier and realize your cold is broken Treat a cold persistently; half way measures leaves a lin gering cough. Take Dr. King's New Discovery until your cold is gone. For 47 years the favorite semedy for young and old. At your druggist, 50c.

People who complain that shoes are to High, can buy low lough Remedy has a great repu- low cuts at after-season prices tation. It is relied upon by thou- and be Happy .- Greensboro Record.

> Sufferer From Indigestion Re liieyed.

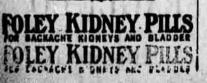
"Before taking Chamberlain's Tablets my husband suffered for furnished several years from indigestion, causing hum to have pains in the stomach and distress after eat. Watauga stomach and distress after enting. Chamberlain's Tablets re lieved him of these spells right Graduate away," writes Mrs. Thos. Casey, Geneva, N. Y. Obtainable every where.

above their bodies and say quite, tiseptic properties loosens the of hot toddies! They were their own worst foes!" When any cheap old duffer, who's failed, from first to last, conclues no more to suffer the cheerless mundane blast we sadly gather round him where he is lying low, and spring that gag, "confound him! He was his own worst foe!" But it's as sure as ginger-we know it passing well-that all the failures injure the world in which they dwell. Society's a loser when any one sinks low; no man can be a boozer, and be his own worst foe. Though we have pity ample for one immersed in gm he sets a bad example and that's a neadly sin. ! axatlve for removing impurities He shows the human being a sod from the system. Accumulated den thing and sad-a sight not fit for seeing by any growing lad. The world, for virtue yearning, must view him with alarm; at every bend and turning he works some grievous harm. And when the whiskey glutton at last turns up their toes, we sigh, "Doggore their buttons, they were their own worst foes."-Walt Mason.

No Doubt About This,

Foley Cathartic Tablets are just a plain, honest, old fashion-ed physic. They act promptly and effectively on the bowels without pain, griping or nausea. Keep stomach sweet, liver active and howels regular. They banish biliousness, sick headaches, sour stomach, judigestion. Sold eye.ywhere.

Clean skimmed milk is a valuable food, but it should be sold as skimmed.



has been broken up. For that has taken up his march toward stuffed-up feeling tight chest or the port of twenty-five cents.sore throat take a dose of Dr. Charlotte Observer. Bell's Pine-Tar Honey and prevent a wearing, hacking cough dragging through the winter. At your Druggist, 25c.

Pockets for money and jewelry are woven into the tops of women's stockings that a Pennsylvanian has patented.

A Clogged System Must BeClear ed.

You will find Dr. King's New Life Pills a gentle yet effective waste poisons the blood; dizziness, biliousness and pimply, muddy complexion are the distressing effects. A dose of Dr. King's New Life Pills to night will assure you a free, full bowel movement in the morving. At your Druggist, 25c.

Only those with touring cars and runabouts can enjoy fast living these days.-High Point Enterprise.

Her Son Subject to Croup.

"My son Edwin is subject to " writes Mrs. E. O. Irwln, croup. New Kensingeon, Penn "I put in many sleepless hours at night before I learned of Chamberlain's Cough Remedy. Mothers need not fear this disease if they keep a bottle of Chamberlain's Cough Remedy in the house and use it as directed. It always gave my boy relief." Obtainable every where,

Children Cry

FOR FLETCHER'S

CASTORIA

King Cotton has decided not Whiting quite Iachrymose, "Poor victims phlegin, you breath easier, and to wait on Mr. Hughes to con- something what promised to be a sever cold gratulate President Wilson, but subdivided

## EXECUTOR'S NOTICE.

to present them to him on or before the 15th day of Nov., 1917, or this no tice will be plead in bar of their recov ery. All persons owing said estate will please make immediate settlement. This Nov. 13, 1916.

S. L. BOLLINGER, Executor.



The best rubbing limiment is Good for the Ailments of Horses, Mules, Cattle, Etc. Good for your own Aches,

Pains, Rheumatism, Sprains, Cuts, Berns, Etc. 25c. 50c. \$1 At all Dealers

This gree some of th ty. It is Ma these |land

make their opportnuit The undersigned having qualified as Executhor of the estate of James D. Tengue, Dec'd., all persons having claims against said estate are notified ble cash payment in hand, one, two and three year's time given on the re-

mainder. I hope that the citizens of Watauga, with whom we are going to stay and do busines, will buy this land. The price is reasonable. A map show ng the exact location of each tract made by a competent engineer will be furnished each purchaser. This land lies between Blowing Rock and Graudfather Mountain and between Shulls Mills and Youshlossee turnpike road and will be from one half mile to three miles from the Linville River railway now being built to Shulls Mills, North Carolina. Come and see this land and buy you a home. If you have a home, come and huy a home for your children. It will only be a very short time before this land will double the price now asked for it. Call on or address, J. M. LAUY,

Gen. Supt. Boone Fork Lumber Co. Shulls Mills, N. C.

Old Folks Saved From Suffering

Mrs. Mary A. Dean, Taunton, Mass., in her 87th year, caysi. "I thought I was beyond the reach of medicine, but Foley Kidney Pills have proven most heneficial in my case." Mr. Sam A. Hoover, High Point, N. C. writes: "My kidney trouble was worse at night and I had to get up from five to get up at night, and con-sider myself in a truly normal con-sider myself a more in years of age. I feel like a 16-year-old git." To be y Kidney Pills are tonic, itrengthening and up-building, and restors normal action to the kidneys and to a disordered and painful blad-der. They act quickly and contain go dangerous or harmful drugs.

ous or harmful drugs



writes: "Foley kidney Pills re. cough medicine that contains no opiates or harmless ingredients. lieved me of a severe backache that had bothered me for rever- Mrs. William Leonard, Postsal months." Take Foley Kidney ville, Pa , writes: "My baby had Pills for weak lame back and a very bad cough. First does weary sleepless nights. For sale gave her relief. For sale by M B by M B Blackburn. Blackburn.