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Is one where health abounds. With impure blood there cannot be good health. With a disordered LIVER there cannot be good blood.

Tutt's Pills

revivify the torpid LIVER and restore its natural action.

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Practice regularly in the courts of Alamance county.
Aug. 2, 1911

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Washington Letter.

WASHINGTON, D. C., Dec. 7, 1905.

Of course there is nothing much thought or talked of in Washington these days except the new Congress and the new bills introduced. Since the speaker was sworn in on the meeting of the House there have been a little over 5,000 bills presented in the House and Senate. Of these it is said that about 400 stand some show of passing. It will be nearly 200 by the time the session closes and of these few will be of national interest. May of the bills are old regulars, private claims and the like that come up at every session and have been before Congress for a generation with no more show of passing now than they had on the day they were first introduced. Others are bills of interest to only a particular locality, and then there are scores of bills all covering the same ground. There are half a dozen railroad rate bills, several pure food bills and other measures duplicated many times over. Some are bills introduced by the opponents of the very measures they are supposed to represent, for instance, one pure food bill is the creation of a clique of manufacturers who have anything but pure food legislation at heart and hope merely if their bill passes it will throw the enforcement of the law into a department that has little interest in it and will make the measure die a death of inanition.

There are barely half a dozen measures in which the country at large is really interested. Chief of these are the Panama Canal and the rate bill. The Panama bill which will appropriate \$16,500,000 for the immediate work on the canal has already been taken up in the House by unanimous consent and there is every prospect that it will be passed before adjournment of the Christmas holidays. As to what rate bill will get the right of way is a more debatable question. The Townsend bill has been introduced again in a little different form from the Esch-Townsend bill of the last session, and there is the bill of the Inter State Commerce Commission which has been amended by the Senate Committee on Inter-State Commerce. There are also six other bills to the same end, none of which have received the stamp of unqualified approval from the White House. In fact the President's message was beautifully vague on this important point and it left the matter of rate control almost as much up in the air as it was before the message went in. There is a good deal of talk that the President is already trimming on the rate question and that he is willing to take the best thing that offers in that line. Certain it is that the message made no concrete recommendation, but as in all the other paragraphs of its 26,000 words, was devoted to moral precepts and generalities which Congress might be assumed to have already acquiesced, in which, as a matter of fact, they have not lived up to in the past by a good deal.

There are a good many bills already introduced that indicate a tendency to centralize affairs under federal control. Representative Hearst, of New York, has a bill for the federal control of telegraph lines; Representative Murdock has another for the control of life insurance companies by the Treasury Department; another is for the control of corporations doing either an interstate or foreign business, several measures are to prevent contributions by corporations to campaign funds, and two to prevent the unlawful use of private cars on railroads for the purpose of covering up rebate giving; another is to establish a parcel post, and another to create a governmental postal saving bank. There are many other measures of a centralizing tendency but these are among the most prominent and which touch most nearly the life of the average citizen.

It is said that Speaker Cannon has little fear of any of the bills that he is opposed to, as he has placed very conservative men, that is to say his own men, at the head of all the important committees of the House and any bill that does not meet his personal approval will stand a good chance of being ignored or of getting to the House in such shape that it will be killed either there or in the Senate.

The bill for the creation of a parcel post is one that will cause a severe fight if it ever gets out of the committee. There are immense in-

terests arrayed both for and against it. As the case stands, the United States is the only one of the great civilized powers that has not a parcel post and even the United States has a convention of that sort with some foreign countries, for instance Mexico and Great Britain had a parcel post that carried goods to New York though we have no reciprocal arrangement. The undertaking would not mean a great additional expense to the Post Office Department, but it would work more or less of a revolution in domestic trade and it will be pushed by the big stores in the big towns and fought by the small retailers all over the country for it tends to encourage the mail order business at the expense of the small store keeper.

Doctors Could Not Help Her.
"I had kidney trouble for years," writes Mrs. Raymond Conner, of Shelton, Wash., "and the doctors could not help me. I tried Foley's Kidney Cure, and the very first dose gave me relief and I am now cured. I cannot say too much for Foley's Kidney Cure." It makes the diseased kidneys sound so they will eliminate the poisons from the blood. Unless they do this, good health is impossible. The J. C. Simmons Drug Co.

Mooreville Enterprise, 8th: At the old Houston place, near Mt. Mourne, yesterday morning, a team belonging to Roscoe O. Kincaid, of Lowville, became frightened at the north-bound freight train. The horses began to run and made a dash across the track immediately in front of the engine. One horse was instantly killed and the wagon somewhat damaged. A darkey, who was in charge of the team, was slightly injured.

RELIEF IN SIX HOURS.
Distressing kidney and bladder disease relieved in six hours by "New Great South American Kidney Cure." It is a great surprise on account of its promptness in relieving pain in the bladder, kidneys or back, in male or female. Relieves retention of water almost immediately. If you want quick relief and cure this is your remedy. Sold by the J. C. Simmons Drug Co., Graham, N. C.

The millinery store of Mrs. L. Fink was burned in Salisbury Wednesday morning last week by a fire of unknown origin. Mrs. Fink's loss is estimated at \$13,000, with insurance of \$8,700. The total damage, including that to adjoining buildings and stocks, is estimated at \$20,000.

The First Requisite of Beauty.
The first requisite of beauty is a clear complexion. Orino Laxative Fruit Syrup clears a sallow blotched complexion as it stimulates the liver and bowels, and the eyes become bright and clear. You owe it to your friends to take it if your complexion is bad. Orino Laxative Fruit Syrup does not nauseate or gripe and is pleasant to take. Remove substitutes. The J. C. Simmons Drug Co.

Mr. Paul Lucas, of the local staff of the Charlotte Observer, has bought the Salisbury Evening Post. New and improved machinery will be put in and the paper will be enlarged. Mr. Jno. M. Julian will continue as editor and manager of the paper.

For seven years, writes Geo. W. Huffman, of Harper, Wash., "I had a bitter battle with chronic stomach and liver trouble, but at last I won and cured my diseases by the use of Electric Bitters. I unhesitatingly recommend them to all, and don't intend in the future to be without them in the house. They are certainly a wonderful medicine, to have cured such a bad case as mine." Sold, under guarantee to do the same for you, by the J. C. Simmons Drug Co., price 50c. a bottle. Try them to-day.

Gowan's Goes In

There is Your Reason Why.

In those three words is the whole secret of this wonderful Cure for colds, sore throat, croup, pneumonia—all diseases that spring from colds. It goes in.

Rub Gowan's Pains Expeller over chest or throat—and forget it. Next day you're well. You don't have to wait until a sticky mess is digested. It works wonders at once.

Gowan's Pains Expeller is the great household remedy for all the "cold" ailments.

READ WHAT NEIGHBORS SAY
"I have used Gowan's Pains Expeller for colds and croup with most gratifying results. It gives immediate relief and never fails to relieve."
—Mrs. E. C. Taylor, Salisbury, N. C.

"I have used Gowan's Pains Expeller with splendid results for croup, colds and sore throats in my children. It never fails to relieve."
—Mrs. J. C. Scott, Salisbury, N. C.

All druggists sell Gowan's Regular bottles, \$1.00. Croup cure, 25 cents. By mail, if desired, Gowan Medical Co., Durham, N. C.



POTATO DIGGING.

The Time to Dig—Commercial and Home-made Diggers.

By W. T. MACOUN, Canada.

If potatoes have not been affected with late blight or rot the best time to dig them is as soon as the tops have died if the weather is favorable. Potatoes are usually dug just after the corn is harvested or before the frost becomes severe enough to freeze the soil to the depth of an inch or so. When the soil is well drained and not wet there is not much danger to the crop by leaving it in the ground for this length of time.

Potatoes which have been killed by late blight will usually rot as soon as the conditions are favorable, and for



PLOW WITH FORKLIKE ATTACHMENT.

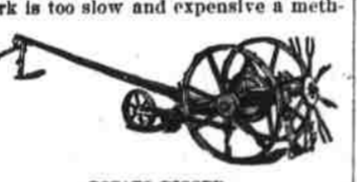
This reason a diseased crop is better left in the ground than the others which are diseased will most of them show signs of rot before they have to be taken up on account of frost, and they need not be picked up at all.

Where there are large areas to be dug a good potato digger is essential. Not only will a potato digger raise the crop more economically than a fork or plow, but with it the grower is more likely to get his crop dug and picked up while the weather is fine, which is the great consideration. There are a number of good potato diggers now on the market which will dig up and leave on the surface of the soil practically all the tubers. The second cut shows a manufactured digger.

Next to a good potato digger a fork-like attachment to a plow does the best work. That in the first illustration is one made and used at the Canada experimental farm with very fair success. The fork is attached to the side of the plow and not to the point, in which it differs from some of the others. Being attached to the side, it prevents much clogging from the potato tops, as the rows can be plowed from the side.

There are some potatoes left in the ground even when this attachment is used, but not nearly as many as with the plow. Plowing potatoes out has become quite a common method among farmers since help began to get scarce, and it is difficult to get men to dig, but in plowing them out there is always a large number of potatoes left in the ground, and the additional labor required to pick up these potatoes, which are scattered all over the field, is considerable.

The old fashioned yet thorough way of digging with the four tined potato fork is too slow and expensive a method.



POTATO DIGGER.

od now that good men are difficult to get and wages are so high, but where these do not have to be taken into consideration as good or better work is done by a man than by any implement. A man with a fork will dig little more than half an acre a day. A good potato digger will dig from three to five acres a day.

Like Cellar Better Than Pit.
Harvesting potatoes comes at a very busy season for the diversified farmer. For this reason I have put my potatoes into the cellar until the rush is a little over. I like the cellar better than the pit, for the reason that I have access at all times and can take advantage of any rise in the market. I can haul the potatoes direct without any trouble of uncovering pits. Then, too, after the ground is frozen it is a big job to open the pit. I have marketed my potatoes several years with the thermometer 20 to 25 degrees below the freezing point without any loss. This would be impossible if potatoes had to be taken out of the pit, says a correspondent of Orange Judd Farmer.

Enduring Lands For Horses.
English experts are advocates of the theory that undulating lands are decidedly best as grazing grounds for young horses. Apart from the question of the soil, which is in itself, of course, an important matter in the production of nutritious grasses, it is argued that undulating fields are necessary for fat and proper muscle development. The perfect horse or one pleasing in form needs asymmetrical development of all muscles, and the English experts are advocates of the theory that this development is not attained on level pastures; hence their favor for undulating pastures for the best development of all classes of horses.—Exchange.

Golden Prices.
Growers in parts of Michigan have been offered 50 cents per bushel for on board for new onions, but few sales have been consummated. Some growers in the Racine district of Wisconsin are talking 70 cents for onions. In Cook county, Ill., buyers offer 39 cents, but generally this price does not appeal to producers. In Noble county, Ind., small lots of white onions have sold around \$1.—Orange Judd Farmer.

Lucky.
Stub—No, I can't get along with my wife. To everything I say she retorts "I beg to differ with you!" Penn—You are lucky, old man. My wife just differs without taking time to beg.

A Different Proposition.
Mrs. Mark Ething—What are your chickens worth today? New Boy—I don't dare tell you, ma'am. The boss says I must only tell what we're selling 'em for.

Necessity does the work of courage.

FALL CARE OF COWS.

Value of the Silo in Helping Out Short Pastures.

It is too late now to think of growing anything this year to help out short pastures, says an Iowa farmer in American Agriculturist. Farmers must learn to plan six or nine months ahead. But if short pastures do come the farmer can cut up field or sweet corn and do some silaging. While that is hard work and takes too much time, it is better than to let a good herd run dry. A milk flow let is practically gone for the year. The best way, of course, is to have the cows dry during the hot months. But that is not always possible. Silage is the cheapest feed to supplement short pastures, but those who have none must do something else.

About the only relief for the man who has not planned to have feed for just this very time is for him to feed some grain at the barn or cut up green clover, sweet corn or field corn.

One of the most noticeable things on most every farm is the poor condition of the pasture. Men who do not feed silage in winter are in a hurry to get the cows on grass. Cattle are hungry for succulent feed, and they manage to keep the grass short from the very start. This causes the grass to be short at the season when it is not making growth, and, as a result, the cows half starve. When fall rains revive the dormant grass, the cows are poor. It takes all the fall to get them back into condition again. It does not pay to overstock or to rush cattle on spring pastures before they can support the herd nicely. This is a strong argument in favor of the silo for both winter and summer feeding.

SEEDING ALFALFA.

Flow Shallow in September—Sow as Soon as Possible.

Nine-tenths of our failures with alfalfa are due to lack of preparation. Deeply plowed land on which fall seed is sowed soon after breaking accounts for much of the trouble. This is a case of "main strength and awkwardness." If land has not been plowed deep in August it is safer to plow shallow in September and plant as soon after plowing as possible. Thousands of acres will be seeded to alfalfa this fall in these good states of the great southwest. If land now bears a crop and has been cultivated late into August, disk harrow or plow shallow and give a top dressing of fertilizer to tide the young crop over its danger period of its first sixty days' growth. Two hundred pounds of cottonseed meal per acre is about the best "frit" one can give young alfalfa when seeded in ground that lacks preparation.

Extra Work Pays.
The extra labor of putting in this crop is not to be considered. C. Falkner of Waco stated recently before an American audience that he planted some alfalfa twenty years ago that is still growing this season. That one preparation lasting a long time. Therefore in giving alfalfa a good start we are doing the work of ten years of plowing and seeding in one year. We can well afford to do this just right. Two acres well prepared as to plowing and manuring are worth five as commonly prepared.

Seeding.
Get twenty pounds of heavy seed ready for early fall planting on each acre. Sow it on each farm in the same manner that you or your neighbors sow fall turnips. You can drill or broadcast. But timely sowing, at least thirty days before killing frost, is absolutely essential to its safety.—Texas Farm and Ranch.

Just Like His Head.
Somebody had thrown a stone at the village marshal as he strolled his beat at night, hitting him on the helmet. The perpetrator of the outrage was not recognized, but on searching for the missile the marshal found a peculiar shaped stone, which he averred, he had seen ornamenting the front window sill of a man whom he charged with the assault.

"I experimented with the stone, Mr. Mayor," he explained. "I threw it at an old helmet of mine, and it made exactly the same mark as that made by the stone which struck me."

"But what good was that when your head was not inside the helmet?" asked the suspect.

"I thought of that," triumphantly retorted the officer, "so I put a block of wood inside the helmet, and it was just the same as if my head was in it!"

Harder Work, Higher Pay.
Mrs. Blank was trying to decide upon a new cook. "You say you have not had much experience?" she ventured as she looked doubtfully at the applicant.

"No'm."

"Well, I like you being truthful about it, but it seems to me you're asking rather high wages for an inexperienced person."

"Well, ma'am," returned the applicant, "you see, it's just that much harder for me, not knowing how to do the work and having it on my mind how I might be making you all ill any minute with a mistake."

Winter Pasture For Cows.
One of 123 neighbors attributes the fine color of his winter butter and the thrifty look of his chickens to a small patch of rye or barley which he grows for winter pasture, writes a Kentucky farmer in American Agriculturist.

FEEDING FOR PROFIT.

The nearer we can keep the feed within the farm crop the more money we will make. The basal ration should be farm grains, of which oats are the best milk food. Gluten feed and meal and linseed and cottonseed meals should be fed very sparingly on account of price. Protein, however, is generally the cheapest in the feeds containing a high per cent of this important nutrient.—Professor T. L. Haecker.

Rye and Wheat as Soiling Crops.
At the Maryland experiment station green rye and green wheat were fed to twenty-one cows in successive periods of fifteen days each, and notwithstanding the tendency to decrease in yield due to advancing lactation the results showed an average daily gain of one pound of milk per cow during the latter period. Wheat is therefore believed to be more valuable than rye as a soiling crop.

Turnips as Dairy Feed.
The objectionable part of a winter turnip as a feed for dairy cows is in the top portion, which is exposed to the weather. If this is cut off it is good for dry stock. The remaining lower part of the bulb will not favor the milk or butter. Parsnips, carrots and certain kinds of beets, which are so easily grown, are far superior to turnips and will make a favorable showing in the net returns of a dairy year of abundance of good, wholesome milk is an object.—Cor. Country Gentleman.

Winter Pasture For Cows.
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IN FAVOR OF RIDGE ROADS.

Why a New Cambria (Mo.) Banker Likes Methods of Pioneers.

"Thousands upon thousands of dollars are wasted annually in attempts at road improvement because county courts do not follow the simple rules of the pioneers in passing upon petitions for new highways," remarked Judge Granville Goodson, president of the New Cambria (Mo.) State bank, who was recently at Macon, Mo., says a dispatch from that place to the Kansas City Star.

"When I was on the bench a few years ago the people who wanted a highway established across a valley, with cuts through the hills, called me a 'ridge road crank' because no petition was granted for anything except a ridge road. The early day routes in this country were all ridge roads, and most of them are in better condition now than those winding around through hills, with the deep cuts and narrow curves which man dollars and much labor have been expended. The ridge road is self protecting. Water runs off as if it were ground. It doesn't wash away. It is more even. It is not so hard on teams and vehicles. It is always above the bottoms, where the mire is. The detour is a little wider perhaps, but the extra distance is more than balanced by its superior solidity and smoothness."

"When a cow or other animal has a journey to make it always takes the ridge. Many of our pioneer roads were started over cow trails. They were in constant service until the country began to be divided up into small farms, and every fellow wanted a highway to run by his front door without regard to natural conditions."

"It would be well for farmers if it were the law of the land that all man public roads should be along ridges. The old fellows of the flint locks had foolish notions about some things, but they knew the best way to get across the country."

PRISON LABOR ON ROADS.

Value of Employing Convicts to Improve Highways.

In considering the good roads proposition too little thought is given that phase of it requiring accomplishment on public thoroughfares through prison labor, says the American Agriculturist. Here and there effective work is done along this line, but there is no general tendency on the part of state or municipal authorities to utilize labor of this character.

The burden of convicting the prisoner is heavy on the public and the expense perhaps even greater in caring for convicts. Were this kind of manual labor more generally put to wholesome use in improving or keeping in repair the public roads, some return would be possible for this heavy outlay. Nor would the more general employment of convict labor be without other value.

It is fair to presume that prisoners would rather be out of doors among their fellow men, even though kept under surveillance, than penned within high walls and perhaps idle.

Some such utilization of a great mass of unemployed muscle would accomplish much good in the improvement of our common dirt or stone roads, would reduce taxation, would increase the value of farm and village property and incidentally render service from the mental and moral point of view.

How to Have Good Roads.
The best possible way to interest people in a good roads movement is to manage to get a good sample of good roads made in the middle of the worst bit of bad road you can find. I have in mind the experience of my friend Hale many years ago at the beginning of the good roads movement in Connecticut, where, after several years of fight, he secured permission to put a few rods only of good road as a sample. He selected the middle of a very muddy section of road, and the next season's experience convinced everybody of the value of good roads, and there was no more trouble in that region.—J. Horace McFarland.

A Progressive Movement.
In New York the state appropriations for hard roads have grown for seven years as follows: 1898, \$50,000; 1899, \$50,000; 1900, \$75,000; 1901, \$100,000; 1902, \$125,000; 1903, \$150,000; 1904, \$175,000; 1905, \$200,000. But the counties have outstripped this by making appropriations during this period as follows: 1898, \$63,872; 1899, \$42,870; 1900, \$43,227; 1901, \$1,055,574; 1902, \$1,748,113; 1903, \$2,108,023; 1904, \$2,022,853; total, \$7,573,442.

Rural Delivery Notes.

The rural free delivery will cost the government over \$21,000,000 for the present fiscal year.

Rural routes are being ordered into effect at an average rate of about 600 a month.

The greatest pressure for the continuance and extension of the service is coming from the southern states.

There are pending 4,708 petitions for new service, as against 5,470 similar petitions on file one year ago.

Miss Etta M. Nelson, driver on route No. 3 of the rural free delivery from the Pittsfield (Mo.) office, who has held the position since Sept. 15, 1905, has a record to be proud of. Since beginning her duties with Uncle Sam she has not missed a day from her duties and has traversed her route of seven-tenths miles, sunshine or storm, with the exception of two days, when she substituted on route No. 1 in the absence of the driver.

The Recipe Habit.
"I think those neighbors are real mean," said Mrs. Bliggins.

"What's the trouble?" asked her husband.

"You know, our Marguerite doesn't get along in her studies very well, and their Mathilde is always at the head of the class."

"What of that?"

"They wouldn't tell me what particular sort of brain producing patent feed they give their children."

—Washington Star.

A MATTER OF HEALTH

ROYAL BAKING POWDER

Absolutely Pure HAS NO SUBSTITUTE

A Cream of Tartar Powder, free from alum or phosphoric acid

ROYAL BAKING POWDER CO., NEW YORK.

Graham Underwriters Agency

SCOTT & ALBRIGHT, Graham, N. C.

Fire and Life Insurance

Prompt Personal Attention To All Orders.

Correspondence Solicited.

OFFICE AT THE BANK OF ALAMANCE

Kodol Dyspepsia Cure

Digests what you eat.

This preparation contains all of the digestants and digests all kinds of food. It gives instant relief and never fails to cure. It allows you to eat all the food you want. The most sensitive stomachs can take it. By its use many thousands of dyspepsias have been cured after everything else failed. It is unequalled for the stomach. Children with weak stomachs thrive on it. First dose restores. A diet unnecessary.

Cures all stomach troubles Prepared only by E. C. DeWitt & Co., Chicago The 5c. bottle contains 15 doses. 25c. bottle contains 60 doses.

Remember Headaches

This time of the year are signals of warning. Take Taraxacum Compound now. It may save you a spell of fever. It will regulate your bowels, set your liver right, and cure your indigestion. A good Tonic. An honest medicine.

Taraxacum Co.

MEBANE, N. C.

Weak Hearts

Are due to indigestion. Ninety-nine of every one hundred people who have heart trouble can remember when it was simple indigestion. It is a scientific fact that all cases of heart disease, not organic, are not only traceable to, but are the direct result of indigestion. All food taken into the stomach which fails of perfect digestion ferments and swells the stomach, putting it up against the heart, and in the course of time the delicate but vital organ becomes diseased.

Mr. D. Knapp, of Macon, Mo., says: "I had heart trouble and was told that I had heart trouble with it. I had Kodol Dyspepsia Cure for about two months and it cured me."

Kodol Digests What You Eat and softens the stomach of all nervous strain and the heart of all persons. Retail price, \$1.00. The 5c. bottle contains 15 doses. 25c. bottle contains 60 doses. Prepared by E. C. DeWitt & Co., Chicago.

J. C. Simmons, Druggist.