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PINE-ULES for the Kidneys

Gems In Verse

"Poor Love!" Said Life. Poor Love," said Life, "that hast gold Nor lands nor other store, I ween! Thy very shelter from the cold Is oft but lowly built and mean."
"Nay. Though of rushes be my bed, Yet am I rich," Love said:

"But," argued Life, "thrice fond art the To yield the sovereign gifts of earth To yield the sovereign gifts of earth The victor sword, the laureled brow— For visioned things of little worth," Love gazed afar with dream lit eyes And answered, "Nay, but wise."

"Yet, Love," said Life, "what can atone
For all the travall of thy years,
The yearnings vain, the vigils lone,
The pain, the sacrifice, the tears?"
Soft as the breat? 'reathed from a rose
The sawar unme. Love hower." The answer came, Love knows."
—Flörence Earle Codtes.

A Famished Heart. hearts You hold me shrined apart from com-

mon things, And that my step, my voice, can bring to A gladness that no other presence brings.

And yet, dear love, through an the weary You never speak one word of tender-Nor stroke my hair nor softly clasp my Within your own in loving, mute caress.

You think perhaps I should be all content To know so well the loving place I hold Within your life, and so you do not dream How much I long to hear the story told.

You cannot know, when we two sit alone
And tranquil thoughts within your soul
are stirred,
My heart is crying like a tired child
For one fond look, one gentle, loying
word. It may be when your eyes look into mine You only say, "How dear she is to me!" Oh, could I read it in your softened

How radiant this plain old world would Perhaps sometimes you breathe a secret prnyer That choicest blessings unto me be

But if you said aloud, "God bless thee, dear!"
I should not ask a greater boon from

I weary sometimes of the rugged way, But should you say, "Through thee my life is sweet." The dreariest desert that our path could Would suddenly grow green beneath my

Tis not the boundless waters ocean holds. That give refreshment to the thirsty flowers, But just the drops that, rising to the skies, From thence descend in softly falling

What matter that our granaries are filled With all the richest harvest's golden stores

t we who own them cannot enter in,
But famished stand before the
barred doors?

And so 'tis sad that those who should be rich
In that true love which crowns our
earthly lot
Go praying with white lips from day to

A Woman's Thought. Alas, thou dost but love my hair, my The way I move, the lips that sting thy blood! I am all these, yet more than all of these, Even as the rongs of birds, yet far, far Thou lovest not me, but that which houses me— This garment which I wear of flesh and

My sun bird . . .

Why, what is this, thou willful woman Thou hast been thinking!

Uncertainty. Sometimes I am certain I love you, And then I am certain I don't; Sometimes I feel sure that I'll wed you, And then I feel sure that I won't. I wish that the years would roll back

And make me a maiden at home in the land of the ancient Sabines When women were lacking in Ros

For you might swoop down like an eagle As I sang with my mates at play, And in your strong arms you might And carry me swiftly away-

Screaming and struggling and crying,
But happy and unafraid—
If you were a Roman warrior
And I were a Sabine maid!
—Eliza Calvert Hall.

Setting and Dawn. At end of love, at end of life, At end of hope, at end of strife, At end of all we cling to so— The sun is setting; must we go? At dawn of love, at dawn of life, At dawn of peace that follows strife, At dawn of all we long for so— The sun is rising; lot us go!— I-ouise Chandler Moulton.

Brotherhood. Felt that same kinship of the humas

Strongheart. One who never turned his back, but marched breast forward. Never doubted clouds would break. Never dreamed, though right were worst-ed, wrong would triumph; Held we fall to rise, are baffled to fight better.

-Bobert Brownin

"I have always held that when a man is wrong he should admit it frankly at whatever sacrifice to dig-

nity," said Braggsby.
"You!" exclaimed his friend. end of the job. "Why, only yesterday one of your alosest sequaintances told me that you had never been known to admit that you were wrong."

If any stripping is necessary—with very short teats—then I use vascline, which keeps dust from dropping, lubricates the teats so the cow does not

that you were wrong."
"Certainly not. But wouldn't 1 have done so if I had been wrong?"

ART OF COOKING.

and dirty tasting.

a system.

But it does not matter how it's done

ISOLATED BY MUD.

A Journey Over Some Country Roads

In the West.

took a journey by wagon in a western

tlate describes the condition of the

roads in a certain county as follows:

"Whenever we passed a farmhous

some man would come out to see the

time of day. They all had leisure to

burn, it seemed, during these gloomy,

muddy days. Near a creek where the

pottoms were yet flooded a farmer

said ours was the first wheeled craft

parts thirty-one years and this was

the first season he had ever been com-

been nearly thirty days ahead of him.

the wheels, ever increasing like a roll-

driver and his passenger had to get

down in the mud and with fence rails

MAIL CARRIER'S DESOLATE JOURNEY.

and boards pry the sticky stuff off by

main strength. In some places the

pulling was so difficult the horses would have to stop and rest every

wenty-five feet. The axle was oftener

dragging mud than above it. When they struck the yellow clay the horses'

noofs would come out with a noise like

the crack of a pistol.
"'Good roads!' was the prayer of

every farmer along the murky journey.

They feel deadly certain that some

thing ought to-must be-done, but are

helpless in devising a remedy. Of

"You fellows over in town grow

because it hurts your trade,' remarked

an intelligent looking man at the gate

of a neat cottage home, 4but what do

with going to town with stuff to sell

It seems to me that if you people

wanted to do business with us you'd lend a hand to help us to get to you."

course every man has an idea, some of

apparent practicability.

"The mud colled up stubbornly on

Progress of Human Race Clesely Al-

lied to It. It may well be said that the development of the art of cooking is closely connected with the onward progress of the human race. As the prehistoric cave dwellers knew nothing of the use to which fire might be put, their gastronomic abilities were probably on a par with those of the beast of prey with which they competed for their daily supply of food. The earliest nations of whom we possess historic records recognized the value of foods properly prepared, and we find that the science of cooking gradually attained the height of its development during the reign of the great Roman emperors of the Augustinian period. We are apt to look upon the banquets of the old Romans as orgies, and in some degree they undoubtedly were, and yet we have abundant evidence that the Romans were cognizant of the fact that the proper preparation and sea-soning of the food contributed in a large measure to an improved appetite and a better digestion. We must, therefore, credit them with a lng snowball. Time and again the knowledge of these physiological necessities even while condemning them for their luxurious repasts. They also realized that a pleasant frame of mind had a great and important influence on the digestive processes and therefore provided amusements of various kinds during the meal. The inroads of the northern barbarians caused the

highly developed arts and sciences of the Romans-and culinary perfection must be included among them-to be plunged into the long period of darkness which marked the middle ages. Whatever knowledge we possess of their civilization we owe to the many monastic orders of Europe, whose members preserved and culti-vated, among other things, the traditions of the culinary art until the renaissance, in the reign of Louis XIV, of France and his successors. The influence of France on the menus of the world has continued uninterruptedly down to the present day. The principles of cooking, speaking of the latter in a general sense, were developed by the early Romans in a purely empirical fashion. Now they have been made the subject of scientific investigation and found to rest on a firm and sound basis. The Russian physiologist, Pavlov, has clearly demonstrated in his researches on digestion that the ingestion of substances with a purely nutrient value does not sufficiently satisfy the demands of the body. Taste and appetite must also be taken into consideration. These are satisfied only by you think it means to us? We're shut the addition to the food of spices up here like castaways on a desert is and salt, and it is largely due to the land week after week and can't even ants that think of getting to church, let alone

the proper amount of gastric juice

is liberated by the mucous mem-

brane of the stomach. The action.

upon the stomach of reflex stimuli

art, is not a luxury, but a physiolog

ical necessity, and to develop and

There is happily an increasing inter-

est taken by physicians to dietetics and cooking, for those two subjects

go hand in hand, and this interest

it should be the aim of the medical

man to transmit to his patients or

to these who have care of them .-

CLEANLY MILKING.

An Argument Upholding the Moist Hand Method.

Dry hand milking is all right in theo

mighty poor practice, says a corre-

spondent of Kimball's Dairy Farmer,

The fact is that you seldom find a herd with such perfect teat development and

that milks just right so that the milker

hand gives cleaner results. When you

till your fingers get wet in spite of you Then to continue dry handed is folly-

very easy, and the milk goes into the

pail with a cling that spatters all over

and up on to your hands again. You

Then some cows have a leak in the

ide or a spray opening. You cannot

milk such a cow with dry hands, and if you attempt to do so you make a dirty

that have tests that periodically scale

off-like dandruff-and to milk such

dry is to have a pail of milk covered with a dirty looking lot of dandruff.

hands and the milk be clean, while all cows cannot be milked with dry hands

When the udder is brushed off, then wiped with a wet cloth, and your

the tests are also, the dust is all kept

from dropping, and if you take hold and milk the tests remain moist to the

Ever see it?

as of it. Then there are some cows

cannot continue with dry hands,

Medical Record.

is shown by the favorable effect on A MISSOURI COUNTY IDEA

the flow of the gastric secretions made by mental impressions induced by the mere sight and color Improvement. of a well prepared dish. In this Among the sinique methods of promanner Eppien (Reichs Medicinal-Anzeiger) leads up to the broad moting interest in good roads is that adopted by citizens of Saline county in Missouri, says Walter Williams in the claim that the proper preparation of all food, as demanded by the es-St. Louis Globe-Democrat. From Marshall, the county seat, has been malled sential requirements of the culinary to the farmers of Saline county a circu lar letter setting forth the plan. The plan proposes to assemble at Marshall disseminate this knowledge is an act on a certain day all the farmers who get their mail at that town. They are beneficial to the public welfare. asked to bring with them each a drag and team of horses. The farmers thus assembled are to be divided into groups, and each group is to drag and otherwise improve that day from three to five miles of a county road leading into the town of Marshall. The citi zens of Marshall are to supply assistance in money, teams and otherwise It is expected that much road improve ment will be accomplished by this one

day's united work. As an added inducement, a photo graph is to be taken of the thousand farmers and their teams who are lookry where conditions are ideal, but it's a ed for in Marshall on that day. This will be taken in sections four feet by eleven inches in size, and a copy of the photograph will be furnished free to every participant in the road dragging. will be called "The Good Roads can keep his bands dry. I have tried both ways and know that the damp Legion of Honor," and the promoters of the plan say it will be the most wonderful photograph ever taken in the start out on the dry hand theory and state of Missouri.

CONCERNING GARGET.

aid down to a very short teated cow, how are you going to thik her? Will you strip dry fingered to the discomfort of the cow? It is only a few seconds The Cause, Symptoms and Treatment of This Disease.

Garget is an inflammation of the udder and may affect one quarter or more at a time, writes H. G. Manchester in Rural New Yorker, Sometimes it is confined to the teat. There are a number of causes, such as injuries, as by kicking, being stepped upon by other cows, being booked by other cattle, lying on cold and wet floors or frozen ground. These latter more often occur when the cow is fresh and udder distended. The more common cause in my opinion is injudicious feeding, elther too much of a one sided ration-too much cornment, bominy, gluten or cottonseed meal will cause garget.

There is also an infectious garget, beginning usually with a slight swelling at the teat opening. A scab forms and it is almost impossible to draw the milk; then it is clotted, the quarter becomes hard and is ruined. Ordinary garget caused by improper feeding can usually be detected before it has done much harm. The quarter will feel warm and perhaps hot. The test will have a smooth, velvety feeling that is unmatural. As soon as these symptoms are discovered stop grain feed for a day or two and bathe the udder in hot water. Rub the quarter gently but firmly and wipe very dry after bathing suffer from unnecessary strain, and to prevent cold. Milk out the quarter the milk is clean. Every time I've had thoroughly. These directions followed a milker who used dry hands I've have often caused cure in twelve to found that the milk was dirty looking twenty-four hours. After it has run

several days it is much more difficult to cure, but I know of nothing better if the result is the best possible. If than hot water, rubbing on vaseline after drying.

you have a herd that can be milked dry handed with the best results, then The best thing we have found for the that's the way, but if you find that you infectious garget is to keep end of teat have some cows that are as I describ-ed above, then moisten the udder and well greased with carbonated vaseline working a little into the tent opening. tents with clean water or vaseline. Ordinary garget is not contagious and Cleanliness is the thing sought and not generally only one quarter is affected and, if cured, this quarter is more liable to cause trouble again. Preventive measures are best, and if you are having lots of it find the cause, which I imagine is the feed they are getting, and change this to a more healthful A writer for a paper who recently

Cause of Udder Trouble. The more highly developed the dairy cow becomes the more important is it to give her more consideration at the close of her inctation period, says Hoard's Dalryman. Frequently a cow turned out into the dry pasture when she should be kept with the cows that that had been along that road in some are giving milk and until all secretions time. He said he had lived in those in the under have stopped. It is a mistake to permit the udder to retain any thick, mattery substance, for undoubtpletely marooned. But for the loyal edly many cases of udder trouble can mall carrier the world would have be traced to not removing this substance from the udder. Moreover, it is not well for the animal to absorb this material Into her system.

On some farms where the men folks hurr considerably there isn't time to curr, milk cows twice a day or even once, yet to do so means much comfort and an additional flow of milk. The brush and curry comb start up circulation and remove a lot of dust that is accumulated while standing in stables during winter time. The well groomed cow looks better for it: she is worthy of such care.-Farm Journal.

FEEDING FOR MILK

There are those who think that you can feed a cow anything under the sun and have the milk and butter of a good flavor. Don't let that notion get into your head. Feed good sweet things if you want your butter to have a nice

Pumpkins as Cow Feed. It is an old notion that a cow will tall in her milk when fed on pumpkins, but there is no truth in this theory. Apple Pomace.

From fifteen to thirty pounds of apple pomace have been fed daily to dairy animals at the Connecticut sta-tion with satisfactory results. When fed in a balanced pation it is estimat ed that four pounds of apple pomace is equivalent to one pound of good Feeders are cautioned against feeding too large quantities of apple pomace at first. Judging from all the data available, it is believed that farmers living in the vicinity of cider milis will find it good economy to utilize the pomace as a food for their dairy stock.

Feed Liberally.
What to feed and how much to feed is often a hard question for the farmer to answer. A cow weighing 1,000 pounds and kept in a good barn most of the time will need about seventenths of a pound of digestible tein and seven pounds of carbohydrates. for body maintenance. And it is what we feed in excess of this that we get our profits from .- Kimball's Dairy

Producing Milk In Winter. Silage, clover hay and a proper grain ration are all good for the purpose. A feed a day also of out hay is found to be relished. The cows should have what they will eat clean, but not to waste, and the more a good cow car eat and properly digest the better she should do.

Feeding Large and Small Cows. To feed most economically each cow must be individually fed and the quantity of feed she is given governed by her size and the quantity of milk sh produces, says Kimball's Dairy Farm er. Four pounds of grain daily may be as much as some cowa can profitably be given, while others will make most profitable returns from ten or twelv pounds. Other things being equal. large cow requires more food Man small one and a cow giving a far. quantity of milk more than one giv smaller quantity

In the fall when yo breeding sows we do not know wil er they are from nows that we care reproduce or from inferior animals, writes H. E. Cook in National Stock man. Ofttimes a sow may have only three or four pigs, and they become full grown on account of plenty of nurse. Now, I would much rather have young sows from mothers giving full litters even if not quite so large be cause they are bred from good mile ers, just what we want to reproduce I therefore ear mark the pigs in the epring as soon as they are strong and record the numbers, making a judicions selection possible.

For Dry Hoofs. A soaking tub may be made by cu ting off about one foot from the end of a stout, tight barrel. The short end is filled with water and placed in the stall so that the forefeet will come in the tub. An hour or two of sonking daily is good for dry, hard boots.

Took the Wrong House On one of the southern railroad there is a station building that is commonly known by travelers as the small est railroad station in America. It is of this station that the story is told that an old farmer was expecting a chicken house to arrive there, and he sent one of his hands, a newcomer, to fetch it., Arriving there, the man saw the house, londed it on to his wagon and started for home. On the way met a man in uniform with the words

"Station Agent" on his cap. "Say, hold on. What have you go on that wagon?" he asked. "Chicken house be jiggered!" explod

them into the city.

If there was an improved highway ed the official. "That's the station!"-Ladies' Home Journal. the Chart Hitchies

LONDON "TOSHERS,"

They Explore the Sewers in Search Articles of Value. Shoremen or shore workers they

ometimes call themselves, but their most familiar appellation is "toshers," and the articles they pick up "tosh." They really belong to another

well known class, the mudlarks, but consider themselves a grade or two above these latter, for the genuine tosher does not confine himself, as they do, to traveling through the Thames mud and picking up odd pieces of coal or wood, copper, nails, bolts, iron and old rope. The tosher, when the coast is clear of the police, makes his way into the sewers and will venture sometimes for miles in quest of valuables that occasionally find their way into them

street grating. When about to enter the sewers and a dark lantern similar to a po-liceman's. This they strap on their been assigned for establishment. right breast, so that while walking upright through the large sewers the light is thrown straight in front. When they come to the branch sewers and have to stoop the light is thrown directly at their feet. As they make their way they use their hoe in the mud at their feet and in

The toshers generally go in gange of three or four, both for the sake of company and to be able to de-fend themselves from the rats with which the sewers swarm. When a regular schedule in the country. Mr. they come near a street grating Matthews starts out from the Sabetha they close their lanterns and watch an opportunity to slip past unnoticed, for otherwise a crowd of people might soon collect at the grating whose presence would put the police on the alert. They find great quantities of money, copper money especially, in the crevices of the brickwork a little below the grating

articles of plate, spoons, ladles, silver handled knives and forks, mugs and drinking cups and now and then articles of jewelry. They generally also manage to fill their bags with the more bulky articles found in their search, such as old metal, bones and ropes. These they dispose of to the marine store dealers and rag and bone men and divide There Being Nothing Else to Eat, the proceeds, along with the coins They Live Upon Each Other. the proceeds, along with the coins found, among the different members of the gang. At one time the regular toshers used each to earn from 30 shillings to £2 a week, but with the construction of new sewers, grated at the mouth, their industry s not so easily exercised and is consequently much less profitable.

-London Mail. POINTS TO CONSIDER

IT PAYS TO HAVE GOOD COUNTRY HIGHWAYS.

ues and Make It Possible to Haul Large Londs of Produce -- Poor Highways Isolate the Farmer. Let us consider the points of opposition that some of our rural friends make to the good roads plan, says a writer in the Motor News. They claim that it is money out of their pockets

when they are compelled to pay the increased taxes which will be asked. This objection is readily met. In the first place our friends are called upon to pay but one-fifth of the actual cost, which is in itself a very small sum. If I own a house in the city and a pavement is laid in front of it, my property increases in value. Just so with the farmer. If a good

road is laid past his property, he is

placed in just the same position that I

The actual increased valuation of his farm more than makes up for the additional tax he was obliged to pay to secure the improvement. Now, as to his profit. He can haul large loads of produce to the city each trip, he can make more trips in a given time and he can travel at any period of the year with equal facility, barring the time when snow blocks his way,

Jolting over rough roads, mud covered, recking horses and broken harness es and wagons are largely done away with. He no longer arrives home late at night after hours of agony over terrible roads, nervous and exhausted. On the contrary, he suffers no more inconvenience as far as the highway is con cerned than if he were riding in an electric car.

I realise that the so called scorcher has brought much discredit on the law abiding autoist and that many a farmer has been scared nearly to death when some motorist has whizzed past him at forty miles an hour, but this is an exception to the rule and is becoming dare say that this same farmer has been nearly run down on an equal number of occasions by one of his own 1,270,000 men, 230,000 horses and ilk trying out the speed of his horse or

through the country in the fall have not seen hundreds of bushels of fine apples rotting in the orchards? Why have this fruit been brought into the officers and 433,000 men. How many of us while traveling city and sold? One reason, I opine, is that the roads are in such condition that it doesn't pay the grower to haul

the owner would probably figure out that it would pay blim to save this product. Another side of the question may be found in the social life of the ruralite. Many a time he would like to drive into the city for a little pleas-

less diversion. If he had a good high-way to drive over he would do so, but with mud nearly hub deep he would prefer to stay by his fireside and find

solace in nicotine.

This means much to the young people, and you will find that when we get the state girdled with good roads-and it's coming—there won't be such anxiety to get off the farm and into the city. Human nature demands some pleasure in this world, and it will sometimes go a long way to get it, though it entails much suffering. Give us improved thoroughfares, then the country boy and girl will have greater chances for more contented.

Rural Delivery Notes

livery service up to March 1 are shown in a statement recently issued by way of the kitchen sink or the by Fourth Assistant Postmaster Genthese men provide themselves with a pole seven or eight feet long, on one end of which there is a large iron hoe, a bag carried on the back, a canvas apron tied around them eral DeGraw, says a Washington dis-

A distinct and important field for the utility motor vehicle that is already being cultivated to some extent is found in the rural free delivery mail service. Probably a score of these car-riers are regularly using automobiles to cover their route, and are obtaining excellent service from them. Most of them are in the west, where, in spite the crevices of the brickwork, and of the fact that the roads are bad and

occasional shillings and silver spoons find a temporary resting place in the bag at their back or in their capacious coat pockets.

The toshers generally go in gangs the streams are frequently required to be forded, they are doing excellent work.

J. O. Matthews of Sabetha, Kan., undoubtedly holds the record in the United States for quick rural mail service, says a Sabetha correspondent of the Kansas City Star. He not only covers his route of twenty-five miles in about four hours every day, but he maintains postoffice at 6:30 o'clock in the morning. After he leaves the postoffice he is a certain number of minutes from box to box. People know to the minute when their mail is going to arrive During the winter months his schedule time for covering his route is four hours and ten minutes. In summer his time is three hours and forty-five minutes. Mr. Matthews works the regcrowns and sixpences, with an occasional sovereign or half sovereign.

When "in luck" they find many articles of plate, spoons ladles. takes Mr. Matthews five minutes to unhitch his horse, hitch the fresh horse and start off again. The balance of the distance is covered with the second horse. The horse left at the relay station is the relay horse for the next

DEEP SEA FISHES

"All the deep ses fishes are enormous enters," says a naturalist. "There bethem, they live upon each other. Every facility for killing and devouring swiftness and strength to overtake and overpower, knife blade teeth for tearing, abnormally large jaws for crushing. Whatever the prey or however large it may be, there is little trouble in swallowing it. The mouth rawns like a cavern, and the stomach distends to hold a body even large than the swallower. The appetite in fishes seems pever wanting, and comonly a matter of half an hour." For this reason slaughter goes on unend-ingly. Usually it is produced only by hunger, but some monsters, like the bluefish, even when gorged, kill for

pure love of killing. Of the eternal warfare that goes o beneath the surface of the waves the same writer remarks; "They follow the prey like packs of wolves, and in turn are followed, band succeeding band, increasing in size as they decrease in numbers. The herrings eat the smaller fish, even their own young; they are harried by the bluefishes until a trail of blood stains the water, while following the bluedshes come the insati-ate porpoises. Nothing saves the weaker ones but breed. Many thousands of eggs are spawned that a dozen or more may be hatched and brought to maturity. Billions are lost;

yes, but millions survive. "The herrings move on the sea in uncountable numbers-in banks that rows so vast that they perhaps keep passing one given point in unbroken succession for months at a time. Just so with the menhaden. A catch in a purse net of 500,000 is not infrequent. Such numbers are sufficient to with stand all the myages of the natural enemy. The bass, the haddock and the pollock may kill to their hearts' content, and still the menhaden hold their own."-Chicago News.

Some striking figures are published by the Novoe Vremya as to churia at the close of the late war. When peace was concluded General Linevitch had at his disposal 12,500 officers, 917,000 men and 270,000 horses. But from the beginning to the end of the war there had been

The Russian Losses

carried to the front 20,000 officers, more than 1,000 guns. Subtracting these figures and making allower

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