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It may be from overwork, but the chances are its from an inactive LIVER.

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If you are not the NEWS AND OBSERVER IS. Subscribe for it at once and it will keep you abreast of the times.

Full Associated Press dispatches. All the news—foreign, domestic, national, state and local all the time.

The North Carolinian and THE ALAMANCE GLEANER will be sent for one year for Two Dollars.

English Spavin Liniment removes all hard, soft or calloused lumps and blemishes from horses, blood spavins, curbs, splints, sweeney, ringbone, stifles, sprains, all swollen throats, coughs, etc.

Detailed reports regarding the typhoon which raged over Japan for several days show that it was more disastrous than was at first believed and that fatalities will aggregate 1,000.

Distressing Kidney and Bladder Disease relieved in six hours by the "NEW GREAT SOUTH AMERICAN KIDNEY CURE."

CASTORIA For Infants and Children. The Kind You Have Always Bought

Beginning Monday the penalty of \$1 a bale on each bale of cotton which does not conform to the standard 57-1/4-inch size, will be assessed by the railroads and steamship companies.

ALFALFA MOST PROFITABLE CROP

Adds Fertility to the Soil—Yields Three to Four Crops of Hay Each Year in the Corn Belt.

EXCELS EVERY OTHER CROP

The Introduction of Alfalfa as a General Farm Crop in the United States Will Revolutionize Agriculture—Means More Live Stock, Better Soil and Larger Returns from the Crops That Follow.

By PROF. P. G. HOLDEN, Director Agricultural Extension Department International Harvester Co. of New Jersey.

Alfalfa Should be Grown on Every Farm

- 1. It is a profitable crop. 2. Increases farm values. 3. Excels every other crop in yield per acre in feeding value. 4. No harder to grow than clover.

Repeated experiments made by the agricultural colleges, and the results obtained by the actual growers of alfalfa in the semi-arid sections of the west, throughout the corn belt states, and in the south and east, are conclusive evidence of the great value of alfalfa.

There are few farmers whose profits would not be increased greatly by raising alfalfa. Every farmer should aim to produce as far as possible, his foodstuffs upon his own farm.

During the last few years, the area devoted to alfalfa has greatly increased in the region west of the Missouri river, and it is certain that there will be an equally rapid increase throughout the eastern and southern parts of the United States.

Alfalfa will soon be grown abundantly and profitably upon every farm. It is no more difficult to grow than clover and gives double the yield. The deep rooting habit of alfalfa enables it to resist drought when clover, timothy, blue grass and other forage grasses die for want of moisture.

Alfalfa is rich in protein, the most essential element in feed to make bone, blood and muscle in growing animals.

Why We Need Alfalfa. There is no combination of feeds so economical for the production of beef, pork, mutton, butter and eggs, as corn and alfalfa.

When possible to do so it is best to cut alfalfa late in the afternoon or evening. Dew or rain on the freshly cut alfalfa will not injure it. Where a tedder is used, it should be started in the morning as soon as most of the dew is off and before there is any danger of knocking off the leaves. It is often advisable to go over it more than once.

Save the Alfalfa Leaves. Of the entire alfalfa plant, according to Kansas bulletin 155, the stalk comprises 60 per cent, and the leaf 40 per cent, whereas the quantity of the protein in the stalk is only 40 per cent, while the protein in the leaf is 60 per cent.

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Alfalfa should be raked and either put in the barn or it is not sufficiently dry, put into hay cocks. It is a matter of economy to have two or three hundred hay caps (made of six-cent cloth one yard square) to use in case of bad weather.

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ALFALFA

Alfalfa is rich in feeding value.

TO PROMOTE ALFALFA.

Burlington to Run Combination Trains Through Southern Iowa and Northern Missouri—600 Alfalfa Lectures to Be Given in Two Weeks' Campaign—700 Automobiles to Be Used in the Work.

The Chicago, Burlington and Quincy railroad will run an alfalfa combination railway and automobile train for a two weeks' campaign, making about 60 stops in southern Iowa and northern Missouri, beginning July 28, 1913, from Des Moines.

The plan, as worked out by the Burlington in co-operation with the Agricultural Extension Department of the International Harvester Company of New Jersey and the agricultural colleges, is far in advance of any agricultural extension work ever carried on.

Local committees at each of the 60 points on the railroad will arrange for five to ten automobiles to carry the speakers in all directions into the country to farm homes, school houses and inland towns within a radius of from four to ten miles, where alfalfa lectures will be given.

During the campaign over 600 alfalfa lectures will be delivered by the party to as many audiences, and from 500 to 700 automobiles will be brought into the service of this great educational movement.

These campaigns are conducted on a strictly co-operative basis. The people will provide: 1st. A guarantee of at least five to ten automobiles at each railroad stop to carry the speakers to the points in the country where meetings are to be held.

2nd. Halls suitable for the central meeting in towns where train stops. 3rd. Any community desiring a campaign must send in a request to the railroad, agricultural college co-operation, or to the Agricultural Extension Department, signed by a representative number of farmers and business men.

The railroad will provide: Sleeping cars and dining service for the alfalfa campaign party, and baggage and exhibit cars, literature, etc.

The Agricultural Extension Dept. will provide: 1st. Speakers. 2nd. Assistance in organizing and advertising campaign.

3rd. Educational charts and other material for lecture purposes, bulletins, literature, etc. 4th. Follow-up men, when possible, to assist the farmers in getting a start with alfalfa.

Heartily co-operation on the part of the people is absolutely necessary to make these campaigns successful.

SAVE THE ALFALFA LEAVES. Sixty Per Cent. of the Feeding Value of Alfalfa in the Leaves—May Should be Cut at Right Time and Cured so as to Preserve the Leaves.

Of the entire alfalfa plant, according to Kansas bulletin 155, the stalk comprises 60 per cent, and the leaf 40 per cent, whereas the quantity of the protein in the stalk is only 40 per cent, while the protein in the leaf is 60 per cent.

When possible to do so it is best to cut alfalfa late in the afternoon or evening. Dew or rain on the freshly cut alfalfa will not injure it. Where a tedder is used, it should be started in the morning as soon as most of the dew is off and before there is any danger of knocking off the leaves. It is often advisable to go over it more than once.

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HOLDEN PLANS TO PUT ALFALFA ON EVERY FARM

Plan to Unite All Interests in Nation-Wide Campaign for the General Growing of Alfalfa.

Extension Department to Aid Any Community Interested in Conducting Campaign to Encourage the Growing of Alfalfa—No More Difficult to Grow Than Clover and Gives Double the Yield.

Alfalfa Automobile Trains Important Feature of the Work—Schedules to Be Arranged and Meetings to Be Held at Farm Homes—Prominent Speakers to Accompany Each Alfalfa Train—Alfalfa Organizations Will Be Formed in Each Community to Promote the Work—Field Men Experienced in Alfalfa Growing Will Follow Up Preliminary Work Wherever Possible and Give Aid in Getting a Start—Prof. P. G. Holden, Director Extension Department, International Harvester Company, Chicago, Will Direct the Work.

The campaign will be conducted in co-operation with farmers' institutes, bankers, business men, farmers, commercial clubs, granges, live stock and dairy associations and other organizations in any community where the people are anxious to improve their agricultural conditions and are willing to give time and money to carry on the work.

County and city superintendents of schools, colleges, institute workers, Chautauque lecturers, and others interested in the work will be assisted in obtaining alfalfa charts and lantern slides. Alfalfa literature and booklets will be given wide distribution throughout the country. Special alfalfa articles will be sent to farm journals and magazines, and plate and matrix pages to newspapers. Alfalfa editions of newspapers will be published where campaigns are conducted. Dates will be arranged for "Alfalfa Day" in the schools.

To begin campaign work in East, West and South. Work to be started immediately in the cotton belt states and in the east and west. Thirty to forty meetings will be held in each county, the number depending on local conditions.

To accomplish the most in agricultural development, we must begin with the man behind the crop. Upon him depends the final working out of the principles of agriculture—the simple and practical things—which our schools, colleges and experiment stations are endeavoring to bring into general use.

Professor Holden proposes to carry these principles further even than the very effective work done on the agricultural trains, by using that most modern vehicle—the automobile—going directly to the people on their own farms where the meetings are to be held.

Agricultural development needs in addition to the work of our public institutions, the individual efforts of every merchant, banker, corporation, or laboring man, wide this plan calls for their heartiest co-operation.

This plan for increasing the yields of our crops by the more extensive growing of that wonderful soil improver, ALFALFA, is meeting the approval of all men who have any knowledge of the beneficial results of its introduction as a general crop.

Campaigns are now being conducted in many of the central western states, and Professor Holden is daily answering requests for his assistance in organizing other localities, and invites cordial co-operation with every community interested.

Where campaigns are contemplated it is required, first, that a request be made to the Agricultural Extension Department for assistance in carrying on the campaign.

What the local people will provide: (1) Expenses (meals and lodging) for the alfalfa speakers and staff upon their arrival at the campaign center. (2) From ten to twenty automobiles for each day of the campaign to carry the alfalfa crew and invited guests; one auto truck to carry literature, baggage, charts, and other equipment.

(3) Arrange for meeting places and publish schedule of same. (4) Local advertising, if possible. (5) Photographer, if possible. The Agricultural Extension Department will provide: (1) Advance men to assist in organization work. (2) Lecturers. (3) Literature. (4) Special educational articles for newspapers and farm journals pertinent to alfalfa culture, object of campaign, etc. (5) Field men to follow up the preliminary work and aid the people in any community where sufficient interest is shown to warrant it.

ALFALFA FOR HOGS. Kansas Experiment Proves the Great Value of Alfalfa and Corn as a Balanced Ration—Hog Growers Note the Result of This Interesting Feeding Experiment.

This experiment was conducted at the Kansas Agricultural college. The pigs shown in the accompanying chart were the best results of the experiment. The alfalfa was fed on a ration of corn and alfalfa hay; the smaller on corn alone.

Several litters of weaning pigs were equally divided into two lots. The pigs were carefully chosen as to weight and thriftiness, so that each lot represented a fair average of the total number of pigs used in the experiment.

The experiment was carried on for a period of eight months. At the end of this time the pigs fed on corn and alfalfa hay were in excellent condition.

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Will Becker, a farmer of Tyro township Davidson county, was struck by a train at a crossing Saturday night and probably fatally injured. His mule was killed and buggy demolished.

ALFALFA

Alfalfa should be grown on every farm. Make a beginning—start now.

ALFALFA ENRICHES THE LAND

Besides Producing More Abundant Harvests Alfalfa Adds Plant Food to the Soil for the Use of Other Crops.

Alfalfa enriches the soil. The roots of the alfalfa plant penetrate 13 to 25 feet into the soil—far beyond the reach of corn, wheat, oats and other shallow rooting plants. In this way potash, phosphorus and other elements of plant food are drawn up from below through the roots of the alfalfa plant and stored in the upper soil for the use of other crops.

Table titled 'Alfalfa Enriches the Land' comparing Wheat and Alfalfa Sod yields. Alfalfa Sod yields 61.8 bushels per acre, while Wheat Sod yields 42 bushels per acre.

Alfalfa yielded 61.5 bushels of wheat per acre as compared with 42 bushels on timothy sod. Barley yielded 30 bushels per acre on alfalfa sod, and only 20 bushels on timothy sod.

Per Acre Value Five Times More Than Clover—Some Wisconsin Census Figures Which Talk for Themselves.

According to the 1910 census of the hay crop, the state of Wisconsin grew 18,000 acres of alfalfa, which averaged 2.8 tons per acre for the entire state, and the average acre value of the crop was \$31.00.

ALFALFA MOST VALUABLE CROP. Per Acre Value Five Times More Than Clover—Some Wisconsin Census Figures Which Talk for Themselves.

Table titled 'Alfalfa Most Valuable Forage Crop' comparing Alfalfa, Timothy, and Clover yields and acre values.

ALFALFA RICH IN PROTEIN. With 12.5 Per Cent. of Digestible Protein, Alfalfa Surpasses Even Wheat Bran in Feeding Value.

Table titled 'ALFALFA RICH IN DIGESTIBLE PROTEIN' comparing protein content of Alfalfa, Wheat Bran, Oats, Corn, and Clover.

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HAY CAPS FOR ALFALFA. Alfalfa should be raked and either put in the barn or it is not sufficiently dry, put into hay cocks.

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CAMPAIGNING FOR ALFALFA

Object of the Work and Results Obtained—Some of the Prominent Features.

GOING TO THE FARM HOMES

Thirteen Campaigns Have Been Carried on in Michigan, Ohio and Illinois—Holden's Plan Meets Warm Reception With the Farmers.

Prof. P. G. Holden, director of the Agricultural Extension Department of the International Harvester Company of New Jersey, has planned and put into operation a new method of extending agricultural knowledge.

Holden was the originator of agricultural demonstration trains; of agricultural short courses, and many other effective plans, through the agency of which millions of dollars have been added to the agricultural wealth of this country.

The latest plan of Holden is to place alfalfa upon every farm. There are three prominent features in his plan: (1) The introduction of a comparatively new crop into the Corn Belt, Southern and Eastern states.

(2) Going direct to the homes of the farmers, where meetings are held in the fields, and success and failure discussed according to local conditions. (3) The use of that most modern vehicle—the automobile.

Purpose of Campaign. The primary purpose of the campaign is to show the American farmer that alfalfa is the most profitable crop he can grow; that it can be grown profitably on every farm; that it enriches the soil; increases farm values; stimulates live stock growing and dairying; produces double that of other hay crops, and is better feed.

Some of the Results. Results of the Kent county (Mich.) campaign are: (1) Six thousand farmers visited at their homes during a five-day campaign. (2) Thirty-two meetings held.

(3) Three hundred and seventy-five miles traveled by the Alfalfa Automobile Train. (4) One hundred and thirty-four alfalfa talks made by the Holden staff of alfalfa lecturers.

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FOR Indigestion and Dyspepsia USE Kodol

When your stomach cannot properly digest food, of itself, it needs a little assistance—and this assistance is readily supplied by Kodol. Kodol builds the stomach, by temporarily digesting the food in the stomach, so that the stomach may rest and recuperate.

Our Guarantee. Get a bottle of Kodol on your next trip to the store. If you do not feel better after using it, we will refund your money. Don't hesitate to try it. The dollar bottle contains 25 times as much as the 50c bottle. Kodol is prepared at the laboratories of E. C. DeWitt & Co., Chicago, Ill. Graham Drug Co.

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The Semi-Weekly Observer issued on Tuesday and Friday for \$1 per year gives the reader a full report of this week's news. The leading Semi-Weekly of the State. Address all orders to

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LIVES OF CHRISTIAN MINISTERS. This book, entitled as above, contains over 200 memoirs of Ministers in the Christian Church with historical references. An interesting volume—nicely printed and bound. Price per copy: cloth, \$2.00; gilt top, \$2.50. By mail 20c extra. Orders may be sent to P. J. KERNODLE, 1012 E. Marshall St., Richmond, Va.

ELON COLLEGE

BEAUTY—HEALTH—SCHOLARSHIP. Lowest rates in the South. Delightful location. Deep well water. Twenty-two year veteran staff. Six courses of dangerous sickness. Clean admission. A full residence in six years. An International Field Secretary of Christian Endeavor, the spirit of Elon College seems to be the most genuinely Christian.

As a result also of the campaign work it is conservatively estimated that 200,000 acres of alfalfa will be seeded during this and the coming season.

Bucklen's Arnica Salve THE WORLD-FAMOUS HEALER OF Burns, Boils, Cuts, Piles, Eczema, Skin Eruptions, Itch, Fever-Sores, Pimples, Ulcers, Felons, Wounds, Bruises, Chilblains, Ringworms, Sore Lips and Hands, Cold Sores, Corns.

ONLY GENUINE ARNICA SALVE. MONEY BACK IF IT FAILS. 25¢ AT ALL DRUGGISTS.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Congress has refused to allow Secretary of Labor Wilson an automobile at government expense. Other cabinet officers are furnished carriages and the Secretary of Labor will be kept on the same plane.

You Know What You Are Taking. When you take Grove's Tasteless Chill Tonic because the formula is plainly printed on every bottle showing that it is Iron and Quinine in a tasteless form. No cure, No Pay. 50c.

During a severe storm at Granite Falls, Caldwell county, Friday, lightning struck a house and tore up three rooms, but none of the inmates were injured.