You Need a Tonic There are times in every woman's life when she needs a tonic to help her over the hard places. When that time comes to you, you know what tonic to take—Cardui, the woman's tonic. Cardui is com-posed of purely vegetable ingredients, which act gently, yet surely, on the weakened womanly organs, and helps build them back to strength and health. It has benefited thousands and thousands of weak ailing women in its past half crotury of wonderful success, and it will do the same for you. You can't make a mistake in taking GARD The Woman's Tonic Miss Amelia Wilson, R. F. D. No. 4, Alma, Ark. Miss Amelia Wilson, R. F. D. No. 4, Anna, AR., says: "I think Cardui is the greatest medicine on earth, for women. Before I began to take Cardui, I was so weak and nervous, and had such awful dizzy spells and a poor appetite. Now I feel as well and as strong as I ever did, and can eat most anything." Begin taking Cardui today. Sold by all dealers. Has Helped Thousands.

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HELPS FOR HOME-MAKERS. ----

Edited by the Extension Department of The State Normal and Industrial College.

FOODS-Prepared by Miss Minnie L. Jamison, Director of the Domestic Science Department.

FOOD FOR THE PROFESSIONAL MAN.

A professional man or the perso uses his brain more than his , needs protein foods quite as as the man of active life, but reds these foods served in such form as will not tax his digestion.

Form as will not tax his digestion. For example—a person leaning over a desk day after day will not not be able to breathe as deeply as one doing heavy out-door labor; consequently he is not able to oxi-dize or break down the heavy foods completely, hence the neces-sity for the delicate or lighter pro-teins in his diet—as rare beef, roast or steak, tender fowl, eggs or game or white fish, while the man of open air work may eat not only these foods, but foods of coarser protein, as beans, peas, rich red these foods, but foods of coarser protein, as beans, peas, rich red meats, fat fish, and in addition that class of meats_wkhleh celong to the heat producing foods, such as pork, opossum, goose.

PROFESSIONAL MAN DINNER. Cream Soup Rare Beef Roast. Potatoes, Creamed Onions. Baked Apples Chicken Rice. Asparagus. Prune Whip Tender Mutton Potatoes. Peas. Mint and Apple Jelly OPEN AIR MAN'S DINNER.

Soup Baked Beans with Bacon Cornbread, Buttermilk. Pie

An Address Delivered by Mr. Junius

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In discussing any subject, or in dis-cussing the development of any enter-prise or institution, it is usually cus-tomary to look into the history of the subject or the history of the develop-ment of the institution or enter. prise. In directing your attention to our subject this evening we think it not amiss to refer to the history soft some of the earlier Chambers of Commerce, their organization and their experien-ces.

mittee provides you with suitable quarters. Your division of publicity might wall be in the hands of your presi-lent. He would require your very loyal and active support. No one man is big enough to do a big thing alone, and the more he realizes this the big-ger he is. The big things are done by big groups of men, and the bigger the man at the head of it the bigger the machine should be. Your cham-ber of commerce realizes that Gra-ham is a good place, and it will be the $(\alpha, \alpha) (\alpha) (\alpha)$ These institutions were of Continer tal Europe in origin, and like so many others which England or rather the British Isles had borrowed from that source, were first introduced by Scot-land, the Scotch people in all times having been to the forefront in prog ress. The oldest Chamber of Commerce of

The oldest Chamber of Commerce of which we have any record was organ-ized in the city of Marseilles in France, about the end of the four-teenth or beginning of the fifteenth century. This Chamber was invested with very remarkable powers. It shared in the municipal jurisdiction and in the administration of justice in mercantile questions. The second chamber in France was that in Dun-kerque established in 1700. In the same year a counsel general of com-merce was instituted in Paris, and this soon led to the establishment of cham-

the machine should be. Your cham-ber of commerce realizes that Gra-ham is a good place, and it will be the duty of this committee to tell its own people and the people that it wishes to interest in Graham just what a good place it is. A good definition has been goods." The purpose of this division is to teach the people of the country at large to Believe in Graham and her advantages and undeveloped oppor-tunities. It will prepare copy for pamphlets, booklets, folders, and other forms of advertising. It will use the statistics prepared by the statistical committee. It will prepare special liberature for use at conventions and other gatherings and call attention in every way possible to your advan-tages. Your division of public affairs! This committee would work with your board of town commissioners, and found. The time honored was of scrubbing with soap and water makes the whitest and cleanest looking floor it is true-but think of the work required. Linoleum is undoubtedly the best floor surface. It is thick enough to be warm affel is easier for the feet than any other Poor surface. It wears well and is easier for the foo great for any but a small kitchen or a large pocketbook. Congoleum is an excelient floor covering and is cheaper than lin-oleum.

committee would work with your board of town commissioners, and your County Commissioners, in the enactment of such matters as would tend to make things better for Graham and her growth. It would investigate the best plans for public improve-ment and recommend such as might ment and recommend such as might be thought best for your civic better ment to the two boards of commis-sioners. deum. Oilcloth may be used but it wears

sioners. The division of business develop-ment would see that your express, freight, telegraph, and telephone ser-vices were adequate and at equitable rates; that your other public utilities companies, holding franchises from your town were giving your citizens efficient service at reas-nable rates. The division of industrial develop-

The division of industrial develop The division of industrial develop-nent would provide ways and means, o assist prospective manufacturers to ocate in Graham, and to assit in fi-tancing such home institutions as may need assistance. The division of statistics must make

The division of statistics must make a careful survey, showing just what is manufactured, in what quantities, how much labor is employed, and as far as is possible see that when the manu-factured or produced articles are dis-tributed, furnish statistics of farm lands, productions, etc. Your division of farm development here before it one of the largest and

s before it one of the largest and st continuous tasks, as well as the ask that will produce the greatest re-lts, if properly handled, of any com-ittee or any division. By proper or-mization this committee can secure unization this committee can secure, very assistance from the Department Agriculture. It can also secure, by ecting the proper demands, \$1,000.00 cash from the crop improvement de-urtment of the Associated Boards of rade. It can make possible the pro-action of sufficient truck and small uits to cause small canneries to On these subjects the advice of the chambers, when not volunteered, was demanded by the government, so that we see at this early date these insti-tutions had grown to be so important that they were relied upon by the gov-ernment for valuable development and expansion work, and in fact were about the first efficient Census Bureau. fruits to cause small canneries to spring up all over the county, suffi-cient to produce all the home supplies needed, and to assist in building more good roads and streets and in building

about the first efficient Census Bureau. The institution of these chambers in Great Brittain is believed to have be-gun with the one in Glasgow which received its charter in Jan., 1783. Then quickly followed those at Edin-burgh, Manchester, Hull, Liverpool, I.acda and Bradford. Their history, functions and acgood roads and streets and in building altogether a larger, wealthier, and more prosperous farming community. These are some of the duties that you owe to yourself, in making you a potential tangible factor in commun-ity building and community develop-ment.

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Your next duty to yourself is to build up a strong, vigorous, powerful and dynamic organization, subdivided so that you get the benefit of the ability of your best men and strongest material in their best fitted capacities. You will require a committee on treasurer would in all probability be the most sui able man to be in charge of this division. You will require funds. He will see that your member-ship is kept up, alive, and that your mittee takes care of all local enter-imments, and that your house com-

tility can be made. Kansas, Galifor-nia, Ohio and Indiana are not so fer-tile now as they were a decade ago. North Carolina is more fertile. Fer-tility is under the control of man. Climate and rainfall are not, There-fore, we must regard North Carolina as one of the foremost agricultural possibilities on the earth. Five thous-and people could find opportunity in Jones County to raise cotton. As many more could go to Moore to raise as-ples, to Robeson to raise canteloupes, or to Cumberland to raise tobacco, and it is your chief duty to teach as much of the world as you can that all of these people might come to Alamance and find a veritable garden spot for the production of all of this great va-riety of commodities. In the last five years North Car-olina has doubled her farm products. In the last five years it has almost doubled again. This surprising record if kept up for another ten years, will make North Carolina agriculturally one of the first three States of this Union. It is up to you to spread the intelligence that Alamance is in the front ranks of this progress. Mill development is fully as rapid. Fourteen years ago our factories pro-duced 86 millions of dollars worth of goods. Now we produce over three hundred millions. Factories are di-versified to scores of different lines. They will diversify more because they now have the power. In the last dozen great, for you neve a great commun-ity full of wonderful resource and marvelous opportunity. You are going to have a worth-while chamber of commerce for you mani-fest that you are in earnest about it. When you get your job started, stay with it. Of all the remarks that have ever been made about me, as long as I can remember, the one that pleases me most, was that made by an old Confederate veteran friend of mine, "when that chap starts on a job he never knows when to quit." When you go shome from here, go determined to cut out the muffler. Open wide the throttle, and advise the rest of the world to excuse the dust as Alamance Cousty and Graham whip past.

Washington News.

They will diversify more because they now have the power. In the last dozen years the development and transmis-gion of electric power, in our State, has been one of the marvels of the industrial world. The State is grid-ironed with power wires and Alamance Cor. of The Gleaner. Washington, May 7, 1915. THE PRESIDENT'S NOTE TO GERMANY.

This been one of the marvels of the industrial world. The State is grid-ironed with power wires and Alamance has her share. This one single thing of electrical development, that has commenced in the State, means a revo-lution with industrial things in North Carolina as a cradle of expansion and training ground, with Alamance in the very heart thereof. Ten years from now the electrical atmosphere of in-dustrial Alamance will be a marvel even to you who will help to create it. I have had people laugh at me when I would make the remark that North Carolina had the best climate in the United States. I showed them the re-port of the weather bureau, which tells that in every State along the Canadian frontier, except New York and New England in the rural districts, the thermometer goes higher in summer than in North Carolina. They marvel when I tell them that GERMANY. The stand taken by President Wilson relaive to the barbarous Wand savage act on the part of Germany in sinking the Lusitania, a strictly unarmed merchant ship, and drowning more than one hun-dred American citizens, Tully comes up to the expectation of the Amer-ican people. The note has the true American ring, throughout, and in it he demands of Germafny that the practice of sinking merchant ships it he demands of Germany that the practice of sinking merchant ships without giving the passengers and crew time to disembark in the life boats must cease, and furthermore Germany must make full reparation for what she has already done and and the pledge is demanded that it will not happen again in the fu-ture. THE GERMAN AMERICANS.

than in North Capolina. They marvel when I tell them that the Eatawba has power enough to turn all the wheels in the great manufac-turing State of Connecticut; that one big dam now building on the Yadkin would run two-thirds of the machinery in Værment.

in Vermont. And you will probably be surprised to hear the statement that the unde-veloped and unapplied energy on Haw River would drive every mill. in our county, if properly developed to con-vert the energy into electro motive force and then electrically transmitted and electrically applied at the point of consumption. A recent enpert report Vermont.

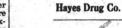
THE GERMAN AMERICANS. It is gratilying to observe that a great msny Germin Americans severely condemn Germany for the harbarous act in sinking the Lu-sitania without giving any warn-ing or time for the passengers and crew to launch and enter the life-boats. Still there are many Ger-mans, the hyphenated Americans, who gloat over the act just as the savage barbarians did two thou-sand years ago when women and children were slaughtered the same as soldiers. Any American citizen of German blood who approves of the sinking of the Lusiania is un-worthy to live under the stars ano a stripes that wave over the land of the brave and the home of the free. EDITORS WHO APPROVE OF consumption. A recent expert report estimates that 40 per cent of the power generated in our county is being used to drive transmission ma-chinery. No spirit of criticism here, but it only illustrates that we are so

EDITORS WHO APPROVE OF THE SLAUGHTER.

sloppy with opportunity that we are wasting all this. Wasting all this. Ours is the one county that is self-contained, and self-providing. It has the farms on which to feed the people; the factories in which to employ them; the power to run the mills; fair rail-road facilities, besides a surplus of products eagerly sought for by other communities and other States. The press of the country, except that small portion under the con-trol of the Germans, is not only unanimous but severe in its con-demnation of Germany for murderunanimous but severe in its con-demnation of Germany for murder-ing men, women and children on the high seas. President Wilson has been urged to take action against those papers which have approved the barbarous and dia-bolical act of Germany in destroy-ing American lives on he high seas as the United. States Govern-ment has the right to suppress any paper that deliberately 'incites ar-son murder or assassination,' and that is what these editors are do-ing who approve of the sinking 'of the Lusitania, and some of them almost gloat over it as did the edi-

I think that you understand as well as I do, that here is a land of bound-less possibilities. If I were asked how many people Alamance County could sustain, I would say that Bel-gium prior to the present war con-tained 13 times as many people to the square mile as we do, and they seemed is to live in comfort there with not near so much of natural advantage as we have. Using Belgium as an illustra-tion I would say that 13 times as many people as we have now, or about 390 thousand would be about the figure 1 would recommend to start with. When we have gotten that number, then we can begin to figure on how many more to think about bringing among us. Belgium has about as much terriing who approve of the sinking of the Lusitania, and some of them almost gloat over it as did the edi-tors in Berlin, Vienna and other places. Dr. Dernburg is over here trying to explain the beauties of German "Kultur" aliss German sav-agery and German barbarism and to explain to us how beautiful and worthy it is of emulation. Dr. Dernburg has been freely making comments; and they are nothing less than "threats" of what Ger-many is going to do in the future and President Wilson should lose no time in notifving him that his presence is exceedingly objectiona-ble.

DO YOU WANT A NEW STOMACH? If you do "Digestoneine" will give you one. Por full particulars regard-ing this wonderful Remedy which he benefited thousands cools to



apply

days when our pioneer forefathers
duided their habitations by invading
the depts of our primeval forest,
ment and betterment, from greneration
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mad angland shall be builded in the strength and the granged the works of poor Belgium another
thar another France, another Germany, Iowans see a sign that the war will end before next January in Henry Watterson's prediction that after it is oves this country "will flow with wine, milk and honey."



Ole enclose induction functionOilcloth may be used but it wearsOilcloth may be used but it wearsOilcloth may be used but it wearsPAINTED FLOORS.Two good coats of floor paintin tan or gray are attractive inappearance and wear well. Whenworn spots appear they should ortouched up at once. If the prorisided over by the prefect, or thebers of these new chambers. So weshould at forst be filled withcrack filler.CARE OF PAINTED FLOORS.Sweep the floor and wipe off the

CARE OF PAINTED FLOORS. Sweep the floor and wipe off the dust with a damp cloth. If this will not gremove all the dust, use a wwolen cloth wrung out of hot wa-ter. If there are spots that will not come off use a little soap on the cloth, but painted floors are ruin-doy using a scrubbing brush and soap and water. Once a week af-ter having swept the floor, go over with a cloth diampened with one part of boiled linseed oil and one part of turpentine, or, kerosene part of turpentine, or, kerosene

wideler cloth wring out of hot wa-ter. II there are spots that will not come off use a little soap on the cloth "but painted floors are ruin-soap and water. Once a week af-ter having swept the floor, go over with a cloth diampened with onc part of boiled linseed oil and one part of boiled linseed oil and one part of buryentine, or, kerosene oil may be used. This cloth may floor quickly gone over. The work of caring for a floor in this manner is much less than when a great dcal of soap and wa-ter is used; and, moreover, the floor is in a sanitary condition, because the boards are dry and clean. lean. Second, the oil must be rubbed Second, the oil must be rubbed into the boards thoroughly so as have a smooth surface. Boiled linseed oil dries more quickly than raw oil. It is well to add a little turpentine, as it will make the oil less sticky. The daily care of the floor consists of sweeping, and if there are any soil-ed spots clean by wiping them off with a flannel cloth wrung out of hot water. If this does not re-move all the dirt a little soap may be rubbed on the cloth.

the system should be supplied with acids, vegetable minerals and saits. that thease green foods contain in order that the system may be kept

order that the system mäy be kept leansed. No housewife should allow her-self to fall into the habit of giv-ing a ment and bread dist. Bat plenty of good winter foods, such pork, potatoes, cothbread, peasand and beans, but balance it with plenty of fresh vegetables and truits. Serve onlons with potatoes, tomatoes with beans, apple sauce with meat. Balance your dist and you will be better able to resit. The changes of winter. During the heat of summer the green foods, fresh vegetables, fruits and means, but deter able to resit. The changes of winter. During the heat of summer the green foods, fresh vegetables, fruits and means, the possible, in a great measure, for the healts that a great measure, for the healt and hald. No house when heavier meals do not have been carryour range? 1. Have you a coal or a wood box near your range? 3. Do you have blue flame kero-sene stove to do your canning on and rom the work table to the meals ond to use when heavier meals do not have to be cooked? 4. Do you have a sink? Is it

CARE OF HOUSE. THE KITCHEN.

Each room in the house has its distinct and separate functions in the domestic economy. Take for example, the kitchen, the most im-portant room in the house, the wo-man's workshop. It is the place where the food is prepared and cooked and where the dishes are washed.

cooked and where the dishes are washed. What then are the requisites for this workshop? Since the houss-keeper spends a large part of each day in her workshop, it, first of all, should be well lighted and venti-lated. It should be comfortably warm in winter and cool in summer, floor, walls and ceiling should be of such material as may be easily cleaned. The equipments for the work that is to be done should be ample, of good quality, intelligent-ity selected, and above all, so ar-ranged that the various tasks of the kitchen may be juickly per-formed, and with the least expend-ture of energy. energy.

FLOORS. entirely satisfactor finish for

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Heated discussion of 1812 war booze instills a desire to partake of the evidence.

The report that the British gov-ernment had agreed on a price to be paid for the foodstuffs cargo sent from New York on the Wilhel-mina, is denied by A. G. Hayes, at-torney for the owners. Hayes asys the British authorities apparently are in no more of a hurry to fix a price for the cargo than they were to settle its status.

"About a year ago my thre eboys had whooping cough, and I found Chamberlain's Cough Remedy the only one that would relieve their coughing and whooping spells. I continued this treatment and was surprised to find that it cured the disease in a vdery short time." Thus writes Mra. Archie Dalyrim-ple, Crooksville, Ohio. For sale by all dealers. adv.

Will we know the rights and wrongs of the Lusitania case until all the college professors have been heard from? Suspicion arises that matrimonial hints would be more conducive to

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matring qualified as Executors of the h will and testament of John F. Oobie, decease liste of the county of Alamance and State-North Carolina, this is to motify all person having claims against the estates of tail d ceased to exhibit them to the undersigned to or before the State day of April 1916, or the All persons indepted to make the under sectors make increase. L. M. COBLE C. B. COBLE, Ex'rs of John F. Coble, dec'd. Burlington, Routs No. 10. meron, Att'y:" Isapit: Dixon's Lead Pencils are the are THE BEST. Try them and be convinced. They are for sale at this office.-5c. SUBSCRIBE FOR THE GLEANER, SLOO A YEAR - IN ADVANCE,-

The years was so greatly in or read the figures.
They not referred to our temporary resources, like timber, mineral deposits, etc., which are valuable in themselves and of great importance, still they are temporary and not in the same class with those permanent things that are of everlasting worth. One of our most attractive advantages is that our resources are so distributed, that in every township in the State it is possible, to establish varied industries. We do not have to bunch our industries in other States where the utilities must be assembled.
We are not compelled to crowd into centers of population. Look at the manufacturing development that crowds the South Carolina
We great the tother State where the utilities must be assembled.
We are not compelled to crowd into centers of population. Look at the manufacturing development that the the time to the South Carolina
Virginia line to the South Carolina Funeral state in the south carolina function of the state in the south carolina function.
A Missouri news item reference on the south carolina function of the state in the same of the state where the the manufacturing development that the manufacturing development that crowds the South Carolina function.
A Missouri news item reference in diary transmitted to the south carolina function. Girls are said to excel men in making war munitions, their life-long experience with powder giv-ing them special skill.

Itch relieved in 20 minutes by roodford's Sanitary Lotion. Never ills. Sold by Graham Drug Co.

Whooping Cough.

The North Carolina Funeral Di-rectors and Embalmer's Association which was in session in Henderson last week will meet in Goldsborg next year. E. Poole was elected president.