

LIVER DIDN'T ACT DIGESTION WAS BAD

Says 65 year Old Kentucky Lady, Who Tells How She Was Relieved After a Few Doses of Black-Draught.

Meadowville, Ky.—Mrs. Cynthia Higginbotham, of this town, says: "At my age, which is 65, the liver does not act so well as when young. A few years ago, my stomach was all out of fix. I was constipated, my liver didn't act. My digestion was bad, and it took so little to upset me. My appetite was gone. I was very weak... I decided I would give Black-Draught a thorough trial as I knew it was highly recommended for this trouble. I began taking it. I felt better after a few doses. My appetite improved and I became stronger. My bowels acted naturally and the least trouble was soon righted with a few doses of Black-Draught."

Seventy years of successful use has made Theodor's Black-Draught a standard, household remedy. Every member, of every family, at times, need the help that Black-Draught can give in cleansing the system and relieving the troubles that come from constipation, indigestion, lazy liver, etc. You cannot keep well unless your stomach, liver and bowels are in good working order. Keep them that way, try Black-Draught. It acts promptly, gently and in a natural way. If you feel sluggish, take a dose tonight. You will feel fresh tomorrow. Price 25c. a package—One cent a dose All druggists. J. 69

HOW YOU MAY HELP TO WIN THE WAR

Which of These Practical Ways of Savings To Win The War Are You Using?

- Many people want to do something to help win the war, but say they don't know what to do. To help these persons to consider ways in which they can release labor and material as well as save and earn money to invest in War Savings Stamps, and get 4 per cent compound interest for it, is the purpose of the following questions:
 1. Do you put out all unnecessary lights and burn as little wood and coal as possible?
 2. Do you avoid overheat rooms in winter by keeping temperature in your house down to 68 or 70 degrees?
 3. Do you save the time of your friends and the labor of the telephone company by cutting out unnecessary telephone conversations?
 4. Do you save gasoline, rubber, and skilled labor by cutting out all unnecessary use of motor cars?
 5. Do you save the time of your friends and the labor of the telephone company by cutting out unnecessary telephone conversations?
 6. Do you save the time of your friends and the labor of the telephone company by cutting out unnecessary telephone conversations?
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GERMANS GIVEN NO REST BY ALLIES

FAMOUS LYS SALIENT IS GRADUALLY GIVING WAY UNDER PRESSURE

HOLDING ALONG THE VESLE

Foe Given No Rest Along the Somme; Harassed by Franco-Americans on Vesle and Lorraine.

Gradually the famous Lys salient in the region west of Arras is giving way under the pressure of the British. Again Field Marshal Haig's forces have compelled the enemy to seek ground to the eastward where he will be more secure from the shells of the big guns that for several weeks have been firing cross-over over the entire salient, working havoc among the defenders of the insecure line.

Likewise the Germans are being given no rest by the Franco-British forces north and south of the Somme, and the French and Americans along the Vesle and Americans in Lorraine, also are harassing them by artillery fire and local attacks. Nowhere has the enemy had the better of any encounter.

Over a front of four miles between Bullis and Vieux Requin on the Lys sector, the British have forced back the Germans to a depth ranging from 1,000 to 2,000 yards, taking in the maneuver the village of Outterstein and 400 prisoners.

While, as a whole, the German line between the Somme and the Oise rivers are still holding, notwithstanding the terrific pounding it is receiving from the allied guns, the British have drawn nearer the road leading from Chaulnes to Roye between Chilly and Farnart, placing Roye in greater jeopardy by attack from the north. At the same time to the south of Roye, over the four-mile front between Beuvraignes and Camy-Surmain, a violent artillery duel is raging between the French and Germans. It is in this region that the French are endeavoring—and in their initial efforts they have met with considerable success—to carry forward their two-fold purpose of outflanking both Roye and Lesaigny by a drive eastward.

Along the Vesle river front, where the Americans and French are holding the line against the Germans, there has been considerable reciprocal artillery shelling.

AMERICAN TROOPS REACH VLADIVOSTOK FROM MANILA

Vladivostok—The transport carrying the first contingent of American troops arrived here after an uneventful voyage of seven and a half days from Manila. The men were in excellent spirits and crowded the rails and rigging, cheering and being cheered by the men of the allied warships in the harbor.

SPIRIT OF AMERICAN FORCES RAISES MORALE OF ALLIES

New York.—The spirit of American forces overseas has raised the morale of the allied troops to the highest pitch, according to Dr. E. W. Buckley, of St. Paul, Minn., who has just returned from a tour of the western front.

"The keenest impression of anyone who has the opportunity to visit the American front is that our boys have brought the spirit of victory overseas with them," Dr. Buckley declared. "They are out to win, the French know it, the British know it, and what is more important, the Germans know it."

CONFERENCE ON WAR PRISONERS PUT OFF

Paris.—At the request of the German government, the Franco-American conference regarding war prisoners has been postponed, according to a Geva dispatch, published in the Echo de Paris.

AMERICANS GAIN MORE GROUND AT FRAPPELLE

With the American Army in Lorraine.—The Americans gained more ground at Frapelle, despite a total of 2,500 shells dropped by the enemy on the village and a raid of the Germans, which was repulsed by the American artillery and automatic rifle fire. In the Woerth an American patrol had a lively engagement. One American, wounded in nine places, heroically carried a wounded comrade to safety.

GOVERNOR BICKETT OPPOSES FEDERAL DRAFT PLAN

Washington.—Governor Bickett has joined the fight against the administration's draft measure to register all men for the army in the 18-45 group. He has written a letter to North Carolina members of Congress asserting his reasons for opposing the changes in ages. He thinks that it would disrupt schools and interfere with education of young fellows. Representative Webb said that he is opposed to fixing the minimum age at 18. He favors 20.

EXPEDITIONARY FORCE HAS REACHED PUBERESHKAIA

London.—The allied Archangel expeditionary force has reached Pabereshkaia, 100 miles south of Archangel, on the railroad toward Volga. Bolshevik forces, on retiring, are declared to have committed every form of atrocity upon the civilian population. Allied forces have been landed along the shore of Omega bay, 10 miles southwest of Archangel, for the purpose of intercepting bolshevik forces retiring from Archangel.

BUYER AND MILL-OWNERS URGE GOVERNMENT CONTROL

Boston.—Cotton buyers and mill-owners urged the necessity for government control of the New York cotton exchange and the elimination of speculation of a purely gambling nature, at a hearing held here by the bureau of markets of the department of agriculture. Speakers declared also that the correct labeling of cotton bales would be of greatest help both to mill men and growers.

WHO WILL WISH TO HANG HIMSELF?

Saddest Chapter of History Records Judases Who After The War Went Out and Hanged Themselves.

Some one is going to wish to hang himself after the war is over. How do we know? It is a principle as old and true as life. Shakespeare gave expression to it when he made Henry IV wave his hand to a delinquent soldier, after an important battle had been fought, and say, "Hang yourself Crillon. We have fought at Arques and you were not there." Historians say that if all the tragedies of wars could be written, the saddest chapters would be those which recorded the victims of relentless remorse—the Judases who went out and hanged themselves, because their God and their country called and they did not go.

There are four occasions on which a man who did not answer his country's call at a time of need will wish to hang himself when the war is over. The first of these will be when the soldiers return, battle scarred but victorious and happy, and when he will be called upon to face them and answer in his soul what he did to help to bring them back safe and triumphant. As they will march for the grand review before the President, and then before the Governor, and later through the streets of his own little town, when millions will thrill and shout their throats hoarse with praise and acclaim, then will he hate himself. Down in his heart he will wish that he were hanging from a tree over a cliff.

Another occasion on which such a man will be called to face another generation—it may be his own children—who when they have asked every question concerning the war, will look upon the man who did not help to bring them back safe and triumphant. He will wish to hang himself. He will wish to hang himself. He will wish to hang himself.

Then there is public opinion that he will meet face to face day after day as long as he lives. He may hear of the great patriots, but he will hear of the man who did not help to bring them back safe and triumphant. He will wish to hang himself. He will wish to hang himself. He will wish to hang himself.

Who is the Man? The man who will wish to hang himself after the war will belong to one of three classes: traitor, slacker, profiteer—three words of the most ignominious meaning in the English language today.

If his crime be that of a traitor it does not necessarily mean that he crossed the sea and betrayed the movement of troops, or gave out other information that aided the enemy. On the other hand, it may mean, and most likely does mean, that he was one whose fortune it was to remain at home, but who refused to support his Government by complying with its various requests, which hindered its program, prolonged the war and cost the lives of thousands of American soldiers; or he criticized the Government which gave rise to enemy propaganda and furthered its spread so as to benefit the enemy; or he worked for personal aims first, which withheld the support from the Government that gave the advantage to the enemy.

Saving Sugar Saves Shipping



AMERICAN families would have less sugar than the people of war torn France, if we depended entirely on our home-grown sugar stocks.

Approximately 75 per cent. of our sugar is shipped to our shores. We produce about 1,000,000 tons of sugar a year. Our imports from abroad amount to over 3,000,000 tons a year in normal times.

The United States Food Administration asks each family to limit its use of sugar to two pounds per month per person for household use. The military situation demands that every available ship be placed at the disposal of the Army or Navy. When we save sugar, we save shipping.

STOMACH AND LIVER TROUBLES

No end of misery and actual suffering is caused by disorders of the stomach and liver, and may be avoided by the use of Chamberlain's Tablets. Give them a trial. They only cost a quarter. For sale by all dealers.

CHRONIC CONSTIPATION.

It is by no means an easy matter to cure this disease, but it can be done in most instances by taking Chamberlain's Tablets and complying with the plain printed directions that accompany each package. For sale by all dealers.

North Carolina chairmakers have protested to the priorities board on account of the embargo on rattan, which they claim, is interfering with their output.

Children teething are liable to bowel trouble. Dr. SETH ARNOLD'S BALSAM is the remedy. Warranted by Hayes Drug Co.

Headquarters for North Carolina's Y. M. C. A. war work campaign have opened in Durham. That campaign will begin about Nov. 1st.

ROAD BUILDING

FACTORS IN ROAD BUILDING

Necessity Emphasized in Giving Greatest Consideration to All Local Conditions.

(Prepared by the United States Department of Agriculture.)

Theory is simply the sign post that points the way in road building, while judgment is the vehicle on which the journey is dependent, says a publication on "The Design of Public Roads" by the United States department of agriculture.

The publication emphasizes the necessity of giving the greatest consideration to all local factors in road construction. In order to furnish the kind of roads that a community wants and to furnish them with the least possible drain on the public treasury, the person who designs them must be thoroughly familiar with local conditions and must possess the judgment necessary to weigh the importance of all considerations. The publication makes no attempt to state definite and exact rules for designing roads to suit every locality but takes up separately the important features of the problem with a view to showing the variations in current practice and the influence of some special conditions with regard to each feature.

In order to select the type of surface best adapted to the need of a particular road, it is necessary to consider first, the class of traffic to which the road will be subjected, and second, to compare the estimated ultimate cost of the different surface types which would be capable of satisfactorily caring for that particular class of traffic. The number of roads for which accurate traffic and efficiency records have been kept is said to be insufficient to warrant definite conclusions as to the best type for any particular class of traffic, but the following summary is said to contain about as definite information on this point as can be drawn from available records.

- (a) Earth roads, when properly maintained, are satisfactory in dry weather for a light volume of all kinds of highway traffic.
- (b) Sand-clay roads are the same as earth roads, except that the surfacing material has been selected carefully with a view to increasing the stability of the surface in both wet and dry weather. They are satisfactory for a moderate traffic of horse-drawn vehicles and a light traffic of automobiles. They seldom are satisfactory for even a light traffic of heavy trucks unless the roadbed material is very stable.
- (c) Gravel roads, when well built, are satisfactory for a heavy traffic of



horse-drawn vehicles, a light traffic of automobiles, and a light traffic of heavy trucks.

- (d) Water-bound macadam roads are adapted to the same general character of traffic as gravel roads.
- (e) Surface-treated macadam roads are adapted especially for a heavy traffic of automobiles. They also are satisfactory for a light traffic of horse-drawn vehicles and heavy trucks. In all cases they require constant maintenance.
- (f) Bituminous roads are suitable for a heavy traffic of both automobiles and horse-drawn vehicles and a moderate traffic of heavy trucks.
- (g) Concrete roads are adapted to the same general class of traffic as bituminous roads, and generally are capable of withstanding the traffic of somewhat heavier vehicles without injury.
- (h) Brick roads are adapted to the same general class of traffic as concrete roads. Either brick or concrete roads, however, may be economical for only moderate traffic where other road-building materials are scarce.

COSTS LITTLE TO FIX ROADS

Expense of Beautifying Highway in Front of Farm Buildings is Comparatively Small.

It costs comparatively little to fix up, or even beautify the road in front of the farm buildings—and how much it helps the looks and general appearance of the place! It costs but little more to have the road so far as it borders the farm not only free from ugly weeds and rubbish, but well graded.

She Used To Be Gray.

The well known society leaders hair was gray, just like yours. But Mrs. B. heard of Q-ban Hair Restorer—how thousands had proved that Q-ban would bring a natural, soft, even dark shade to gray or faded hair and make it soft, fluffy and beautiful. Q-ban is all ready to use—a liquid, guaranteed harmless, 50c a large bottle—money back if not satisfied. Sold by Hayes Drug Co., and all good drug stores. Try Q-ban Hair Tonic, Liquid Shampoo Soap.



Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

Children Cry for Fletcher's CASTORIA. Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulence, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

TEMPERATURE FOR CHURNING

Much Depends on Season of Year, but is Usually From 62 to 60 Degrees in Summer.

(Prepared by the United States Department of Agriculture.)

The desirable temperature at which to churn is that which makes the butter granules firm without being hard. This is usually obtained under normal conditions when the churning occupies 30 or 40 minutes. The necessary churning temperature depends upon the season of the year and certain other factors, but is usually from 62 to 60 degrees Fahrenheit in the summer and from 58 to 60 degrees Fahrenheit in the winter. If the cream is churned at 62 degrees Fahrenheit in winter, and the butter comes in 35 minutes with the granules firm, it will be noticed, as summer approaches and the cows are turned out to pasture, that the cream churns more quickly and the butter is softer. This is an indication that a lower churning temperature should be used, and thus from season to season the churning temperature is regulated so that the butter granules may have the proper firmness.

When the temperature is either too low or too high, undesirable results are obtained. A low temperature prolongs the churning period unnecessarily, and may even make it impossible to churn butter. It causes the granules, especially when the cream is thin, to form in tiny pellets, like fine shot, many of which run out with the buttermilk. The working of the butter and the incorporation of the salt are accomplished only with great difficulty, and the body of the butter is liable to be brittle and tallowy. Adding hot water to cream to warm it, and using wash water more than three degrees warmer than the butter in order to soften it, are bad practices, since they injure the quality of the butter. If the proper churning temperature is used, the butter granules will be of the proper firmness.

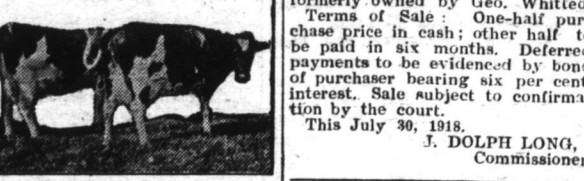
PREPARE PASTURE FOR COWS

Good Feeding and Protection From Storms Are of Utmost Importance—Cool Milk Quickly.

(Prepared by the United States Department of Agriculture.)

Nothing is gained by turning dairy cows into stalk fields or on to pasture during the early spring months. Protection from storms and good feeding are of the utmost importance if the cows are to be kept from losing flesh or from falling off in milk. Much damage will be done also to pastures if they are tramped and cut up while they are wet and before the grasses have gotten well started.

A small patch of sorghum should be planted in a rich spot near the barn or pasture as a safeguard against a shortage of pasture in the early summer.



The War Has Brought About a Great Demand for Better Dairy Cattle.

mer, due to drought. Plan to plant a large enough acreage of corn or sorghum to fill a silo. If planted early the silo can be filled early, in readiness for use during the early fall, when the pasture may be short.

Now that the warm days are here every farm should arrange so that milk can be cooled as soon as drawn from the cow, unless the cream is to be separated with a separator. Cream, as soon as separated or skimmed, should be cooled and kept cool until churned. Quick cooling of the milk insures more rapid and more complete rising of the cream. Cream kept properly cooled remains sweet and produces a better grade of butter.

Green's August Flower

has been a household remedy all over the civilized world for more than a half a century for constipation, intestinal troubles, torpid liver and generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of the heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Sold by Graham Drug Co.

Used 40 Years

CARDUI

The Woman's Tonic Sold Everywhere

PATENTS

TRADE MARKS AND COPYRIGHTS OBTAINED OR FOR. Kind models, sketches or photos and descriptions for FREE SEARCH and report on patentability. Plans returned. PATENTS BUILT FORTUNES for you. Our free booklet tells how to invent and save money. Write today. D. SWIFT & CO. PATENT ATTORNEYS, 303 Seventh St., Washington, D. C.

Land Sale.

Under and by virtue of an order of the Superior Court of Alamance county, made in a Special Proceeding therein pending, whereof all the heirs-at-law of the late Geo. Whitted are duly constituted parties, the undersigned Commissioner will offer for sale at public auction to the highest bidder, at the court house door in Graham, at 12 o'clock noon, on

SATURDAY, AUGUST 31, 1918,

the following described lots of land: Lot 1. A certain lot or parcel of land situate on the southern side of the North Carolina R. R. track, bounded on the North by the right of way of the North Carolina R. R., on the East by the lands of Jack Mebane; on the South by the lands of Ben Mebane; and on the West by the lands of Kate Graves and Mr. Charles Harris; and containing about one acre, and being the home place of George Whitted, colored.

Second lot: A certain lot or parcel of land lying North of the North Carolina R. R., and bounded on the North by the lands of Hooker Holt; on the East by the lands of Joe Holt; on the South by the lands of Newman Freeland; and on the West by the lands of Phil Flee; containing about one acre of land, and being that part remaining of the 18-acre tract of land formerly owned by Geo. Whitted.

Terms of Sale: One-half purchase price in cash; other half to be paid in six months. Deferred payments to be evidenced by bond of purchaser bearing six per cent. interest. Sale subject to confirmation by the court.

This July 30, 1918.

J. DOLPH LONG, Commissioner.

DO YOU WANT A NEW STOMACH?

If you do, "Digestionine" will give you one. For full particulars regarding this wonderful Remedy which has benefited thousands, apply to HAYES DRUG CO.

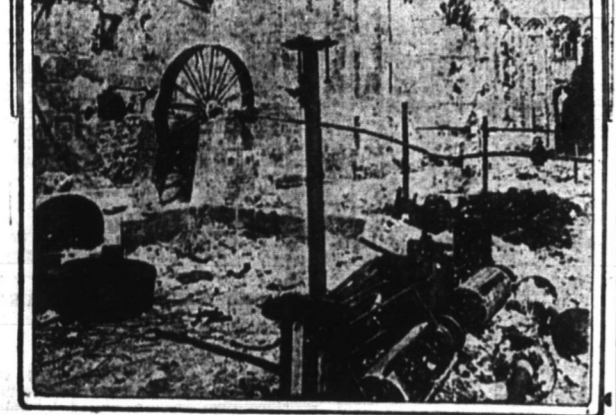
40 YEARS REPUTATION

ARNOLD'S BALSAM ALL-SUPER SICKNESSES BY GRAHAM DRUG CO.

Littleton College.

Hot water heat, electric lights and other modern improvements. The 37th annual session will begin September 25th. Write for ne illustrated catalog; also for particulars concerning our special offer to a few girls who can not pay our catalog rate. Address J. M. Rhodes, Littleton, N. C. 11-1

French Sugar Mills Destroyed



France must import sugar today, most of it from this side of the ocean, because the largest portion of French sugar beet land is in German hands. As a result, the French people have been placed on a sugar ration of about 18 pounds a year for domestic use; a pound and a half a month. This photograph shows how the German troops destroyed French sugar mills. Thanks to the French rationing system the annual consumption has been cut to 600,000 tons, according to reports reaching the United States Food Administration. Before the war France had an average sugar crop of about 750,000 tons of sugar and had some left over for export.

Save FOOD

120 million Allies must eat United States Food Administration

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BUY WAR SAVING STAMPS

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