

Health About Gone

Many thousands of women suffering from womanly trouble, have been benefited by the use of Cardui, the woman's tonic, according to letters we receive, similar to this one from Mrs. Z. V. Spell, of Hayne, N. C. "I could not stand on my feet, and just suffered terribly," she says. "As my suffering was so great, and I had tried other remedies, Dr. had us get Cardui. . . I began improving, and it cured me. I know, and my doctor knows, what Cardui did for me, for my nerves and health were about gone."

TAKE

CARDUI

The Woman's Tonic

She writes further "I am in splendid health . . . can do my work. I feel I owe it to Cardui, for I was in dreadful condition." If you are nervous, run-down and weak, or suffer from headache, backache, etc., every month, try Cardui. Thousands of women praise this medicine for the good it has done them, and many physicians who have used Cardui successfully with their women patients, for years, endorse this medicine. Think what it means to be in splendid health, like Mrs. Spell. Give Cardui a trial.

All Druggists

Famous Women Adopt Armenian Waifs



There are at least three happy little Armenians in this holiday season among the more than a quarter of a million pitiable little waifs who are innocent victims of Turkish barbarity. These three have found fairy godmothers in these famous American women, Mrs. Woodrow Wilson, wife of the President; Mrs. Oliver Harriman and Mrs. Carrie Chapman Catt. It is hoped that thousands of other American women will follow these distinguished leaders and signalize the glad holiday season in America by making happy in the same way thousands of other little orphans in the far-off stricken land where they now are being cared for by Near East Relief, 1 Madison Avenue, N. Y.

WOMEN WAR WORKERS, EAGER TO SERVE, GO TO AID ARMENIANS

Mary Vail Andrees, Only Woman to Receive Distinguished Service Medal, Heads Party.

Dissatisfied with uneventful civilian life, after two years' vivid experience as workers abroad in the world war, a party of young women, led by Miss Mary Vail Andrees, of New York City, have just gone to the Near East.



MISS MARY VAIL ANDREES, Distinguished Service Heroine Who Now Goes to Near East.

Where nearly a million people are suffering from disease and starvation, Miss Andrees had returned to this country after serving for the Red Cross, but when she read of the sad plight of the Armenians, she at once offered her services to Near East Relief, the former American Committee on Armenian and Syrian Relief, which already has saved thousands of lives in Western Asia. Miss Andrees is the only American woman war worker who was awarded the Distinguished Service Medal by Congress. Most of the other members of her party likewise served with honor for the Red Cross and other war service organizations.

Among the other members of the group are the Misses Francis and Betty Anderson of New Canaan, Conn., who were decorated with the Croix de Guerre by the French Government; Miss Margaret Milne of Washington, D. C., who was a member of the Hoover Relief Commission for Armenia, and Miss Alex Sidney, an English woman who served for three years with the British Relief Commission in Serbia. Miss Doris Nevin, another member of the party, is a daughter of the late Ethelbert Nevin, the composer.

Col. William N. Haskell, commissioner to the Near East for the Peace Commission and official representative of the Near East Relief, has called that the relief workers now in the field are overwhelmed by the magnitude of their task. Col. Haskell says 500,000 Armenians will starve before the next harvest unless they are given aid and 120,000 orphan children face death from hunger and exposure. Thousands of refugees are daily being brought to the relief centers from the deserts.

Cataract Cannot Be Cured with Local Applications, as they cannot reach the seat of the disease. Cataract is a local disease, generally induced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surface of the eye. Hall's Catarrh Medicine was prescribed by one of the best physicians in the world for the cure of cataract. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in cataract conditions. Good testimonials, try Hall's Catarrh Medicine, 100 N. Broadway, Toledo, O. All Drugists.

Burlap Bag His Only Garment



NEAR EAST RELIEF

POSTER BASED ON ACTUAL PHOTOGRAPH TAKEN AT ERIVAN, ARMENIA, BY DR. M. S. LITTLEFIELD.

He is only one of 250,000 helpless child victims of Turkish cruelty and oppression in Western Asia. Clad just as he stands in the picture this forlorn little fellow, with hunger-stricken cheeks, hopeless mouth and frail, starved body, was found wandering in the streets of Igdur, Armenia, by Dr. Milton S. Littlefield of the Near East Relief. He was taken to a Near East Relief orphanage, where it was found that his only earthly possession was the single garment in which he stood—a worn, patched blanket made from a burlap sack. "I saw this ragged little fellow on one of the busiest business streets of Erivan, not far from the orphanage," said Dr. Littlefield. "He was wandering aimlessly about and no one was paying the slightest attention to him. I did not pose him; the picture shows just the way he stood when I backed him up against a nearby wall."

The photograph is the basis of a striking poster now being distributed by Near East Relief.

An American \$2 Bill Did This



Motherless, fatherless, homeless, nameless, hungry and clad only in rags, the pathetic little three-year-old shown at the left wandered into a Near East Relief orphanage in Armenia. Another photograph of the same child, shown at the right, was taken a week later, this time showing him happy, well clothed and well fed. Somewhere in America is the happy man or woman who contributed the \$2 bill which wrought this miracle. More than a quarter million other helpless little victims of Turkish cruelty and oppression are knocking at the doors of the Near East Relief orphanages in Western Asia. Many more American \$2 bills are needed now to let them in and to care for them until they can care for themselves.

THIS CITY BUILT WHILE YOU WAIT

Fourth Largest Town in Alabama Full Grown in One Year.

HAD A MODEL GOVERNMENT

Permanent Settlement Around U. S. Nitrate Plant Presented Unusual Problems.

By GARRET SMITH.

The fourth largest city in Alabama, peopled with 25,000 souls of diverse races and religions, uprooted from far scattered communities in every part of the United States and Canada sprang into being almost overnight around the great new government ammonium nitrate plant down on the open cotton and corn fields at Muscle Shoals on the Tennessee River during the last year of the World War. Here was a problem in city building, municipal government and community welfare that has seldom been equaled and the success of its solution has never been excelled.

The job was in the hands of the Air Nitrates Corporation which had been organized under the direction of the Ordnance Department to build plant and city at Muscle Shoals. Early in January, 1918, this new town had a few temporary buildings and a population of 300. This had jumped by the middle of August to more than 21,000. A population multiplied by 70 in 7 months.

In the management of the new towns and army cantonments that sprang up during the war the old-time evils that attended the growth of mushroom cities have been avoided by the application of modern welfare systems. But nowhere were conditions more difficult than at Muscle Shoals. Here was a malarial region threatened at the same time with other deadly disease epidemics. Transportation was lacking. No nearby labor was available and the general labor shortage was at its most acute stage. Costs of labor and supplies were leaping over night. Furthermore, Muscle Shoals differed from all the other new war towns inasmuch as it was to be permanent.

New Government Devised.

The managers, besides city government, had to handle the entire retail business of the town. A camp supervisor's department was put in charge of the maintenance of all buildings, fire protection and sanitation. The camp supervisor looked after everything from the mending of a lock to the remodeling of groups of buildings or laying sewers or steam mains. For the better contingent a commissary department was necessary.

The business department managed the stores, canteens, motion picture theaters, pool parlors, tailor shops, dry cleaning establishments, barber shops, newsstands, a hotel, a vegetable farm and a hog farm where 1,000 hogs were raised on the waste from the plant. It maintained a slaughterhouse where these hogs were put through the regular packing house course. It operated a laundry which cleaned 7,493 pieces a day. Then there was a real estate department that rented and managed the family quarters and a housing department which assigned to quarters everybody excepting the families.

Under separate jurisdiction from its community director, were the police. The health department, in charge of a physician from New York city, started with a small office in one of the temporary buildings and was soon full grown and splendidly equipped. Conditions were favorable to disease. The winter was the severest on record in northern Alabama. The men were compelled to work either in deep snow or mud above their knees. As a result a pneumonia epidemic developed among the Negroes that spring. Later in the year a typhoid epidemic was threatened. Moreover, the site of the plant was in the heart of the malaria district. The typhoid threat nipped in the bud, and malaria stamped out.

A Health Record Established. The little first-aid hospital presently grew to a complete modern institution with a nurses' home and a separate dispensary for dental, eye, ear, nose, throat, genito-urinary clinics and a surgical dispensary for first-aid work.

During the eight months when the death rate was not affected by the influenza and pneumonia epidemics the general health rate was 124 per thousand per year, which is lower than in most cities in the same latitude and climate, and the pneumonia death rate during the epidemic was lower than in most army cantonments.

Much of the success of the health administration is due to the establishment of the Muscle Shoals district by the United States Public Health Service. The education and welfare department also had a vital work to perform. There was a school population of over 1,000. The Secretary of War created the community organization branch of the Ordnance Department which, with advice and aid of some of the greatest school men of the country, prescribed the courses of study and recruited teachers from the best established systems.

wheat, oats, potatoes, tobacco, hay and cotton produced by each State in 1919. Gives a brief synopsis of business laws, patent laws and much other useful information. For four cents in stamps we will send a nice 1920 wall calendar 10 by 11 inches. Send 7 one cent stamps and get the calendar and book.

Setting a Bad Precedent. Vitis was playing in the yard and her mother told her it was time to come in and prepare for bed. "I don't want to go to bed yet," pleaded Vitis. "It's early yet; let her play a little longer," interceded Grandmother. "No," her mother said firmly, "she must come in now." Vitis came up the steps as slowly as possible. "Oh, mamma, she claimed angrily, "why don't you obey your mother?"

WORLD'S BIGGEST NITRATE PLANT

Mammoth Explosives Factory in Alabama Built in Eight Months.

ALL SPEED RECORDS BROKEN

Could Supply 13 Per Cent of Allies' Needs Had War Continued.

By GARRET SMITH.

Lifting the ban of war secrecy has just now brought to light for the first time one of the most stupendous feats of construction in history—the planning and building in less than one year of the largest ammonium nitrate plant in the world and of a city around it for the housing of its 25,000 workmen and their families. At the same time it is revealed one of the chief reasons why Germany suddenly surrendered a year ago. The German high command knew that the United States was ready at Muscle Shoals, Alabama, to manufacture 13 per cent of all the high explosives needed by all the Allied armies on all fronts in the expected drive of the following spring.

The first person on construction work reached Muscle Shoals on November 28, 1917. On February 16, 1918, ground was first broken for a permanent plant building. On October 26, 1918, eight months and eight days later, the manufacturing plant had begun the production of ammonium nitrate.

When America entered the world war in April, 1917, she had no means of producing the enormous quantities of high explosives necessary to provide the huge army she planned to raise. The very fact that our industries were already worked to capacity proving ammunition to the allies seemed to make further production for our own use impossible.

Fertilizer Process Turned to War Use. At this juncture the Ordnance Department turned to cyanamid, a commercial fertilizer, which had for some years been produced successfully at Alamo, N. C., by a process the American rights of which were obtained in 1907 from Germany by Frank Sherman Washburn, head of the American Cyanamid Company.

By this process cyanamid was produced by extracting nitrogen from the air and combining it with calcium obtained from limestone rock and carbon from coke. By putting cyanamid through three more processes both ammonia and nitric acid can be extracted from it and combined into the explosive, ammonium nitrate. Mr. Washburn was invited to present plans and estimates for the construction in the shortest possible time of an ammonium nitrate plant at Muscle Shoals, Alabama, and a contract between his company and the United States was entered into under date of November 16, 1917.

To have general supervision of planning and carrying out the work an organization known as the Air Nitrates Corporation was formed to act as agent of the Ordnance Department. This corporation provided the general design, supervised all the work and operated the camp, the town and the plant. It also installed all equipment in the chemical plant. The various other sections of the work were subjected to organizations that were specialists in the directions in which they were asked to help.

New City Built From the Ground. It was necessary to build a new town to house the laborers. For this job Westinghouse Church Kerr Company was called in as contractor. This company also built the buildings of the chemical plant. Within four months 12,000 workmen had been assembled and a city capable of accommodating 25,000 inhabitants had been completed, with lodging, restaurants, stores, offices, police headquarters, schools, fire departments, hospitals, motion picture theaters, electric light and sewerage systems.

The construction of the plant proper was begun on February 16, 1918. Just eight months and eight days later the big plant began a steady output of ammonium nitrate. The plant contains 118 permanent buildings, with a roof area of over 26 acres.

To provide the electric current it was necessary to build a steam power electric plant, for it would have taken three years or more to complete the dam and hydro-electric station now under way. This plant, built by the U. S. G. White Corporation, is one of the largest steam plants for developing electrical energy in the world.

The output of the plant is 300 tons of ammonium nitrate a day, and this can be produced at Muscle Shoals at a cost less than one-half the standard fixed price paid by the Government for ammonium nitrate produced by other methods and one-fourth to one-fifth the cost of other high explosives of equal strength. Compared with the older process of making ammonium nitrate, the savings made by this plant would have paid the \$60,000,000 cost of the entire plant in about one and one-half years of operation.

KIDDIES NOW MAKING MONEY AND SAVING IT

North Carolina School Societies Report Great Activity—Treasury Department of United States Receives Splendid Support.

Making money and saving it is becoming no less popular among North Carolina school children than among grown-ups. More popular, perhaps, than the time honored study of reading, writing and arithmetic is the new study of thrift which is being incorporated into the regular work of the schools. The subject is taught in connection with the "Text Books of Thrift" which are sent without charge to any teacher desiring them by the War Loan Organization of the Fifth Federal Reserve District.

Judging by reports, the school children of North Carolina are going the teaching of thrift one better. Already a great many savings societies have been organized in the schools of this state, and the pupils here and all over the district as well are busy devising ways of earning money in order that it may be wisely invested in Thrift Stamps and War Savings Stamps.

Is Thrifty Youngster.

In one of the schools in this district there is a youngster who has laid the foundation of a prosperous career by plowing and by selling vegetables. When all the work was done the lad counted the money he had put in bank. He found that it amounted to just twenty-five dollars. Many of the world's richest men began life with less than twenty-five dollars. But they saved their money and invested it wisely, thus assuring success.

In one of the 4-A grades, so a teacher reports, one of the girls has earned no less than twenty dollars by helping around the house, while members of a savings society that flourishes in a 1-A grade have made about twenty-five dollars doing such odd jobs as feeding the chickens, tying tobacco and chopping grass.

Several boys who are members of savings societies which are particularly active have bought clothes with money they earned in similar ways. One little fellow did so well helping his father that he was paid ten dollars. As he received the money he bought Thrift Stamps, saving that he already knew how to save and invest what he made.

Popular among these small investors are the Penny and Nickel Savings Books issued to all school pupils desiring them. In the days when, to many, the price of even a Thrift Stamp, may be too huge to be gotten together all at once, and when one just must buy an occasional all-day sucker or a cent-a-piece bit of candy, lots of youngsters think it wise to save a penny or a nickel at a time. The coin is deposited with the teacher for safe keeping, and she stamps the savings cards to show how much the child has put in his account. When the total is large enough, it goes into the purchase of a whole Thrift Stamp.

Piling up money of your own is a great game, played in this fashion, and a game that is daily growing in favor in North Carolina schools.

PILE UP YOUR DOLLARS SO THAT NO ONE CAN KNOCK THEM DOWN.

Many a tired lad has slipped his coat on when the whistle blew and said derisively: "Another day, another dollar. A million days, a million dollars." He has said a mouthful in bitter jest and without knowing it. For he just said without knowing it. For the dollars he piled up if the stack is not knocked over.

Some financial sharpshooters are always gunning for dollars. They can pick them off at a mile like Anne Oakley cracking clay pipes in a shooting gallery. But if you put some of your dollars under cover before any one can draw a bead on them, you leave a slim score for the profferer and the grater.

The safest protection from those sharpshooters is War Savings Stamps bought every pay-day. If you give them your whole bank roll to shoot at they will hit it for a perfect score. Make them waste a little ammunition. War Savings Stamps are absolutely safe. They pay a high rate of interest and you can get your money in full when you need it. When they pile up, nobody can knock the stack over.

PROVERBS. Beest thou a man diligent in his business, he shall not stand before kings, he shall not stand before mean men. Prov. 22:28. It is the moral support of capital back of him that gives the diligent man dignity in the presence of the king. Buy W. S. S.

The sluggard will not plow by reason of the cold; therefore shall he beg in harvest and have nothing. Prov. 20:4. The alive man plows under hardship, feasts in harvest and saves surplus, until he comes to a day when he may sleep late of a snowy morning. Buy W. S. S.

OVER-EATING

is the root of nearly all digestive evils. If your digestion is weak or out of kilter, better eat less and use

KI-MOLDS

the new aid to better digestion. Pleasant to take—effective. Let KI-MOLDS help straighten out your digestive troubles.

MADE BY SCOTT & BOWNE, MAKERS OF SCOTT'S EMULSION.

Summons by Publication.

NORTH CAROLINA, Alamance County, In the Superior Court. Clyde M. Lowe, Plaintiff, against Mary Lowe, Defendant. The defendant above named will take notice that an action entitled as above has been commenced in the Superior court of Alamance county to obtain a divorce; and the said defendant will further take notice that he is required to appear before the Clerk of the Superior court for the county of Alamance at his office at the court house in Graham, North Carolina, on the 12th day of January, 1920, and answer or demur to the complaint of the plaintiff, which will be deposited in the office of the said clerk of the Superior court of said county on or before the return day of this summons, or the plaintiff will apply to the court for the relief demanded in this complaint.

D. J. WALKER, C. S. C. This 9th day of Dec., 1919. E. S. W. DAMERON, Atty.

Dandruff was killing my hair



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For further convincing FACTS, see HAYES DRUG COMPANY, GRAHAM, N. C.

Summons by Publication.

North Carolina, Alamance County, In the Superior Court. Bertha Long, Plaintiff, against Roy Long, Defendant.

The defendant above named will take notice that an action entitled as above has been commenced in the Superior court of Alamance county to obtain absolute divorce; and the said defendant will further take notice that he is required to appear before the Clerk of the Superior court for the county of Alamance at his office at the court house in Graham, North Carolina, on the 12th day of January, 1920, and answer or demur to the complaint of the plaintiff, which will be deposited in the office of the said clerk of the Superior court of said county on or before the return day of this summons, or the plaintiff will apply to the court for the relief demanded in said complaint.

D. J. WALKER, C. S. C. This 9th day of Dec., 1919. E. S. W. DAMERON, Atty.

Straight agitators might as well recognize first as last that public patience also has its "irreducible minimum."

PROFESSIONAL CARDS

JOHN J. HENDERSON Attorney-at-Law GRAHAM, N. C. Office over National Bank of Alamance

J. S. COOK, Attorney-at-Law, GRAHAM, N. C. Office Patterson Building Second Floor.

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