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Cardui, the woman's tonic, helped Mrs. William Everole, of Hazel Patch, Ky. Read what she writes: "I had a general breaking-down of my health. I was in bed for weeks, unable to get up. I had such a weakness and dizziness, and the pains were very severe. A friend told me I had tried everything else, why not Cardui? ... I did, and soon saw it was helping me ... After 12 bottles, I am strong and well."

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Do you feel weak, dizzy, worn-out? Is your lack of good health caused from any of the complaints so common to women? Then why not give Cardui a trial? It should surely do for you what it has done for so many thousands of other women who suffered—it should help you back to health.

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REPORT OF Dr. P. H. Fleming, Public Welfare Officer.

Graham, N. C., Jan. 5, 1920.
To the Board of County Commissioners and County Board of Education:

Gentlemen: I herewith submit for your information and for any suggestions that you may have, my report as Superintendent of Public Welfare for Alamance county from July 1st, 1919, to January 5th, 1920.

Permit me to say that on account of the very nature of the work much of it can not be reported.

I have gone into the homes of sickness and sorrow and death; into the homes of want and poverty; into the homes of white and black; into the jail and the County Home; into the school house and the church; into the teachers' meetings and the Ministerial Association; into the State and County Council Meet, and into the Interchurch World Movement of North America with messages about the work of the County Superintendent of Public Welfare and with helpfulness to those in need.

I attended the State and County Council Meet at Chapel Hill, Sept. 15th-17th at my own expense. I attended the Interchurch World Movement of North America at Raleigh, N. C., Dec. 15th-16th at my own expense except railroad fare which was paid by another.

I have investigated seven cases of outside poor—three white men and two old colored men and their wives. I recommended an increase of \$1.50 per month to one of the old colored men and his paralytic wife, making a total of \$3.00 per month, which was allowed by the Board of County Commissioners. The other old colored man and his wife, I recommended to the Board that they be put upon the list of outside poor which was done and the Board allowed them \$2.00 per month.

We arranged to take off the list of outside poor the white man and have him now out in the country, cared for without cost to the county. He is a tubercular patient and we have an application in for his admission to the State Tubercular Sanatorium. He is much improved and I am hoping to get him some light out-door work.

Arrangements were made and his son of about twelve years was taken to an orphanage; but the father heart wanted his boy near and so he did not consent for him to remain. We still hope to place the boy in an orphanage as soon as we can get the father in the Sanatorium.

The other disabled white man has been rendered assistance without calling upon the county. The other white person, a lad of about seventeen years, an epileptic, a serious case, I recommended that an allowance be made the family to help them care for their afflicted son. The Board ordered an allowance of \$5.00 per month for a short time. I wrote asking admission of this case to the Epileptic Colony at Raleigh, N. C., but was informed that there was no room.

I visited and investigated another serious case of epilepsy and endeavored to get the young man into the Raleigh Colony, but was informed that there was no room and that there was a large waiting list. Application is on file for his admission.

of Charities of Burlington and friends.

In one of these cases the father died and nearly all the family were sick. For this family a local purse was provided for a while and then a trained nurse was secured for a time. Thanks are due the physicians for their watchful and careful attention and the community for their ministering helpfulness to the afflicted family.

This work was done without call or aid from the county.

For this work I have received from:

The Burlington Red Cross \$ 85.50
The Graham Red Cross 33.50
Burlington Graded Schools 48.23
A Friend 1.00
Total \$152.93
Of above amt. I have paid out 87.19
Which leaves a balance of \$ 65.74

which is in bank to the credit of Supt. of Public Welfare.

The other contributions made those helped came from friends and associated Board of Charities and were made direct, and so I have no record of the amounts contributed except in the case of one family helped which was estimated at \$150 to \$175.

The names of twenty-five children to whom it was thought Santa Claus might not come on Christmas Eve was given to a gentleman who met me one night on the streets of Burlington and asked if I knew of any such in my work. He remembered them with Christmas gifts.

I have visited the County Home four times; inspected and reported as per score card on food and its preparation; saw it in preparation and when ready to serve and reported to the Board of Charities and Public Welfare.

I have endeavored to arrange work for the son of an afflicted widow and inquired into the treatment and condition of a young motherless girl whose treatment and surroundings were said not to be good.

We have helped an old man who is poor and partly disabled to find food and shelter for his wayward daughter.

I wrote to eight families and saw one about getting their deaf children in the Institution for the deaf.

I wrote to three families and saw one that the 1918 census showed as having blind children. Total number of children found thus far in the county that are deaf, dumb, blind, or partially so, is sixteen. The records are imperfect and correct information difficult to get.

We plan to erect a Chapel by private subscription at the County Home for religious services.

We are planning to organize a County Ministerial Association. A tentative organization has already been effected.

We plan to take up at an early date a Public Health Service Campaign for High School boys approximately between the ages of 14 and 19 by means of addresses and an exhibit entitled, "Keeping Fit," prepared and put out by the "United States Public Health Service."

In closing, I wish to thank the Board of Charities and Public Welfare, Col. Eugene Holt, Mr. J. Harvey White and Miss Eula Dixon for their hearty support.

I wish in grateful acknowledgment to express my thanks to the Piedmont Trust Co.; the Alamance Bank & Trust Co.; the First National Bank of Burlington; the Alamance Insurance & Real Estate Co.; the Standard Realty & Security Co.; the Central Loan & Trust Co.; the First Savings Bank of Burlington, and to the individuals thereof who made the Public Welfare Dinner, given Oct. 3rd, 1919, possible, and financed the same; and all others who have in any way aided in the Public Welfare work.

We thank Col. Eugene Holt for a photograph for the County Home; and to Miss Nell G. Ferguson, Welfare Worker for Travora Manufacturing Co., we express our appreciation for help rendered in the Welfare work.

The work is a great and good work—but very difficult—and I earnestly entreat the hearty cooperation of everyone interested in the uplift of humanity, for we cannot tell the good done nor estimate that which may be done.

Respectfully submitted, this the 5th day of Jan., 1920.
P. H. FLEMING,
County Supt. Public Welfare
Alamance County, N. C.

DECLARE SIZE A HANUCAP

Women of Counties Proportions Say Their Fragile Sisters Are Preferred by the Men.

Suzanne looked tearful, and tears do not suit Suzanne. You see, she stands six feet in her silk stockings, wears a seven shoe and a seven glove, and isn't a bit proud of the fact.

My Amazon had a big disappointment, says a writer in London Answers. Put in plain words, she had allowed just a little more of her interest in the sex to center round a big Dick Harbury, and Suzanne had dreamed dreams. Now had come the news that little fluffy Malsie, a doll-like girl of barely five feet, was wearing Dick's ring.

'LACES BLAME ON MERCHANT

According to English Visitor, He is Responsible for Extreme Styles Adopted by Women.

The more important question underneath the clothes question is what sort of appeal the new "audacious" styles are intended to make, or do make, says the Boston Transcript. Mrs. Beatrice Forbes-Robertson Hale's entertaining talk on this question starts off by saying frankly: "I do not believe that dress is based on a sex appeal." She thinks it is rather the reflection of a class appeal—the attempt to display wealth.

After democracy had done away with man's lace cuffs, frills, wigs, velvet cloaks and such ostentatious luxury of attire it had been had form for a man to show his class by his clothes, and so he advertises his prosperity by dressing up his wife.

"The modern American wife," says Mrs. Hale, "is nothing short of a show window for the merchant who has goods to sell; we don't know where we are today, trying to wear all the styles these merchants are willing to sell us. We do not wear flimsy materials because we are trying to make a sex appeal, but because it is to the interest of the merchant to sell us something perishable."

What terrible creatures these women are who think and know how to speak! The mistake was in letting them learn the alphabet!

NEVER LET GO OF SUITCASE

Former Congressman, on Visit to France, Proved Himself Superior to Adverse Circumstances.

Dudley Doollittle, who used to be in Congress from Kansas, recently returned from Europe, where he went on a secret mission for the United States government.

While in France, Mr. Doollittle had the unusual experience of roaming around in a seventy-six-pound suitcase clasped firmly in his arms. Shortly after Doollittle landed in Paris, and just before he started for the battlefields, the handle broke off his suitcase, which contained a number of valuable documents and papers which were almost as heavy as hardware samples. There was no porter around to help Doollittle into his automobile, nor was there any around during the ensuing ten days of his trip. Therefore, there was nothing for him to do but to clasp the suitcase firmly to his chest and get the best view of the battlefield that he could from behind the obstruction.

Doollittle says that he got so used to viewing war scenes from behind the suitcase that in order to enjoy movies of the war now he has to take a miniature doghouse to the motion picture theaters with him and hold it on his lap during the performance.

Montaigne Had Idea of "Tanks"

While the court of inquiry is so busily engaged in weighing the various claims to original authorship of tanks, and while discussion on the subject is going on in sundry capitals, a French writer, brushing aside Wells and his "Anticipations," points to one of the fathers of literature, Michel de Montaigne, as the man to whom medals and kudos are really due. There is a prognostication in one of the Essays of the entry of combatants into battle in a tank.

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LIVED UP TO HER MOTTO

Indianapolis Woman Had Made a Rule and Intended to Let Nothing Stand in the Way.

She is one of Indianapolis' most successful business women—naturally, too, one of its best-natured ones. And her three small nephews idealize her quite as much as do her business associates. One afternoon she had promised them a party out in the country and a wiener and marshmallow toast by the fireplace of their old country home. But for two days it rained and that afternoon it was raining, too. The three youngsters piled into her office, their faces all full of disappointment. But she smiled at them. "Get your waterproofs," she commanded.

"Why, are we going?" they asked in amazement.

"Why, of course," she mimicked their tone. "My car can get over worse roads than that."

They rushed away after their coats and the woman next began to protest about her making this trip. "It's something that isn't necessary," she began.

"But it is something that is necessary," the other interrupted. "It's the recreation I'd planned and my recreation is as necessary as my work. It keeps up my morale. You know that a rain like this couldn't keep me away from my work—neither will I let it keep me away from my play. That's the motto I've adopted for life, and it's a very efficient one, too."—Indianapolis News.

COWS KNEW THEIR MISTRESS

Woman Who Had Lost Pets Had No Trouble at All in Proving Ownership of Them.

A happy reunion took place at the union stockyards, Herr's Island, Pittsburgh, an exchange declared, late the other evening, when Mrs. P. J. Riley of Fox Chase road, O'Hara township, rescued her four stolen cows, awaiting their doom at the hands of the executioner.

During a heavy rainstorm the other afternoon the animals were stolen from the pasture and driven to the stockyards and sold. County detectives traced the cows, but among the hundreds of other "possibles" were unable to identify them. Mrs. Riley sent for. As she stepped into the big pen a stampede among the animals for a time threatened serious consequences. When it had subsided, the cows rushed toward the woman, pushing their heads against her shoulder, the animals zoomed and moaned soft expressions of relief. Overjoyed, Mrs. Riley grasped each around the neck in turn, stroking their glossy coats and petting them.

When their mistress left the big stock pen, the cows followed her as if by magic, well-trained dogs, when last seen were wending their way to their home on Fox Chase road with their mistress.

Valuable New Metal

A new invention, called conducting aluminum, which is said to be creating a profound impression, has been made by Dr. George Chittell, the most famous expert in the aluminum trade, states Consul Philip Holland, Basel, Switzerland, in a recent report. This new metal is produced by putting the ordinary aluminum through a special patented process, by which it acquires the same mechanical qualities and capacities as bronze, copper and brass, without changing its specific weight. It is said that the price of the new metal can be kept within very low limits, so that, even at the pre-war prices of other metals, it will be able, by reason of its smaller specific weight, to compete with copper and brass very favorably.

Valuable Tool Chest

War created many ingenious devices, developed in the time of stress to aid the fighting men on the battlefield, but capable of adaptation to the needs of peaceful industry, and described in Popular Mechanics Magazine. It resembles a field artillery caisson, in which are packed implements and supplies in great variety and quantity, and is recommended for building contractors, lumbermen, road builders and others who require a compact, easily moved tool carrier. Among the articles packed in the box are shovels, mattocks, mallets, sledge hammers, pliers, wrenches, extra handles for axes and picks, ropes, pulleys and wire, besides many others.

Naughty Arthur

David and Arthur shared a bed together, but did not get along well in the morning. On nearly every night there was some disturbance between them.

NAVY LIBRARY WORTH VISIT

Apartment in States, War and Navy Building at Washington Should Appeal to Tourists.

The navy library, in the state, war and navy building, is a lovely place to seek up atmosphere. Like the building itself, it is thirty-three years old. When it was built England, France, Spain and Italy presented the marbles of porphyry, sienna and malachite with which the walls are paneled. Mexico sent the pieces of onyx which encase the gallery. The round stone over the door came from the ruins of Pompeii. The connoisseur in marble who visits Washington will enjoy a call here.

In the center of the large room, lined with shelves of weighty tomes on naval matters, there is a large and important green-topped table. Around this table sat the strategic board of the Spanish-American war. Here also the naval advisory board for the great war made their secret plans and experiments. Edison, Maxim, Miller and many others conferred over it, with the windows carefully darkened and a guard before the door.

There is a quiet side to the library, too. A little white-haired lady can be seen any time, flitting about the shelves of dark, heavy books, or cutting and pasting busily in her corner by the window. This is Miss Mason, daughter of a former secretary of the navy. She has been in the library 25 years. If you happen in, near noon she may give you a cup of tea on one corner of her desk.

And of all charming places to have an unexpected cup of tea, with a sweet little lady, this quiet nook among the books is recommended.

TWO TRAVELERS CAME BACK

According to Army Captain, Mules Returned From That Dim and Undiscovered Shore.

The regimental morning report is a fearsome document. On it appear all the changes in status of men and animals for each preceding 24 hours. It happened in an Ohio regiment once that two mules fell ill one night. The veterinarian ordered their status as hopeless, and the captain of the supply company accordingly made the proper entry on the morning report: "Two mules, from duty to dead."

But under the care of the grizzled old stable sergeant the mules recovered from their illness and kicking. Now, entries made on the morning report can never be erased, which made the situation embarrassing for the captain. However, he was a man of resource, and the next day's report carried the startling entry: "Two mules, from dead to duty."

Shrub May Prove Valuable

Two years before the war, as the story is told, two German chemists applied for permission to experiment with the plant life on a great semi-arid ranch in central Mexico. Their request was granted, with the understanding that they furnish a complete report of their findings. The two chemists worked feverishly, and chiefly on a scrubby, low-growing shrub called "gobernadora," long reputed to possess medicinal properties. Suddenly they disappeared; what they had discovered was never known. Now, after experiments with this same desert shrub which they have found in dried parts of New Mexico, chemists of the United States department of agriculture believe that they have discovered another alkaloid to add to the list which already includes morphine, quinine and cocaine. Its chemical and pharmaceutical properties are now under investigation.—Popular Mechanics Magazine.

Trapper's Tomb a Log Cabin

A humble log cabin which stands in a trackless forest near Lake Athabasca, in Alberta, Canada, was once the home of a fur trapper, its builder. Now it is a tomb, sheltering the frozen body of its former occupant, who died there, alone and unaided, nearly two years ago. To investigate the cause of the trapper's death, a fearless member of the royal north-west mounted police journeyed to the desolate scene in midwinter, braving the terrors of the wilderness for months before reaching his objective, situated miles from railroads and civilization. The corpse was in a perfect state of preservation, due to the cold, dry air, and was not moved from the bank on which the trapper passed away.—Popular Mechanics Magazine.

Last Resort

An eminent engineer said in our hearing yesterday that in Italy the workers are giving two hours of their time as a free gift to the state. They realize that increased production means doing a lot more work for the same amount of money. But in old England the following story admirably illustrates the industrial situation: Two miners were discussing the minimum wage. "Say, Bill," said the first, "what's this 'ere minimum wage?" Bill spat. "The minimum wage! That's what we gets for our 'ole backs; and if we wants to make any more brass, we goes and does some work for it."—London Morning Post.

Do You Need Plans for a Hog House?

West Raleigh, N. C., Jan.—Plans for a central hog house suitable to North Carolina conditions are now ready for distribution and may be had free of cost, through application to the Office of Swine Extension, West Raleigh, N. C.

These plans take full advantage of sunshine, and make available many conveniences and sanitary arrangements not found in the type of hog house.

Any one contemplating the building of a central hog house will derive benefit from a study of these plans.

A post card request addressed to the Office of Swine Extension will bring them.

And now it's the packers who have promised to be good. This man Mitchell Palmer has a most persuasive manner.

Looks Years Younger—No Gray Hair.

It seems so unwise to have gray, faded or lifeless hair these days, now that Q-ban Hair Color Restorer will bring a natural, even, dark shade, without detection to gray or lifeless hair.

Have handsome, soft, lustrous hair in abundance—without a trace of gray. Apply Q-ban—guaranteed harmless—50c a large bottle—money back if not satisfied. Sold by the Hayes Drug Co., and all good drug stores. Try Q-ban Hair Tonic, Liquid Champoo and Soap.



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GRAHAM, N. C.

Trustee's Re-Sale.

Under and by virtue of the power of sale contained in a certain deed of trust executed to the undersigned trustee on January 26th, 1918, by Mrs. Sallie Harrison and husband, R. J. Harrison, for the purpose of securing the payment of four certain bonds of even date therewith, which deed of trust is recorded in the Public Registry of Alamance county in Book of Mortgages and Deeds of Trust No. 73, at page 264, default having been made in the payment of said bonds and the interest thereon, the undersigned trustee will on

MONDAY, FEB. 22, 1920,
at twelve o'clock, noon, offer for sale at public auction to the highest bidder, for cash, at the courthouse door of Alamance county, in Graham, N. C., a certain tract or parcel of land lying in Boone Station township, Alamance county, North Carolina, on the southwest side of Haw river, and bounded as follows:

Beginning at a locust tree at or near Haw river at the bridge, corner between Peter and George Summers, and running thence north 67 1/2 deg W 9 chs to a stone; thence N 87 deg W 35 chs to a cherry tree; thence in a direct line to a white oak; thence N 57 deg E 13 chs and 7 links to a stake in the big road; thence S 1/2 deg E 11 chs and 40 links to a stake; thence E 22 1/2 deg E 23 chs to a gum on Haw river, a corner on Mary Walker's (formerly Abner Jamon's) tract; thence up said river as it meanders to the beginning, making by estimate one hundred acres, more or less.

Under the advanced bid placed upon said land as allowed by law since the last sale, bidding will begin thereon at \$47.25 per acre; said land having been previously sold December 1st, 1919. The trustee reserves the right to sell only a part of said land sufficient to satisfy said deed of trust.

This 1st day of Jan., 1920.
Alamance Ins. & Real Estate Co.,
Trustee.

E. S. W. Dameron, Atty.

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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, \$2.50. By mail \$2.00; gift, top, \$2.50. By mail 20c extra. Orders may be sent to

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