

## Why Suffer?

Cardui "Did Wonders for Me," Declares This Lady.

"I suffered for a long time with womanly weakness," says Mrs. J. R. Simpson, of 57 Spruce St., Asheville, N. C. "I finally got to the place where it was an effort for me to go. I would have bearing-down pains in my side and back—especially severe across my back, and down in my side there was a great deal of soreness. I was nervous and easily upset.

TAKE

# CARDUI

The Woman's Tonic

"I heard of Cardui and decided to use it," continues Mrs. Simpson. "I saw shortly it was benefiting me, so I kept it up and it did wonders for me. And since then I have been glad to praise Cardui. It is the best woman's tonic made." Weak women need a tonic. Thousands and thousands, like Mrs. Simpson, have found Cardui of benefit to them. Try Cardui for your trouble.

ALL DRUGGISTS

1.00

Count your blessings as nothing—unless you're willing to work hard.

## MAKING WAR ON DISEASE MENACE

American Red Cross Announces Budget of \$48,200,000 For Current Year.

### NEW DISASTER RELIEF PLAN

Continuance of Heavy Work Abroad Deemed Necessary to Protect United States—\$21,000,000 Less Than Last Year.

A program of relief and service toward which appropriations of \$48,200,000 have been made, has been outlined for the American Red Cross for the fiscal year, July 1, 1923, to July 1, 1924, according to official announcement by national headquarters of the organization at Washington. The figures for 1920-21 are \$21,000,000 below those of 1919-20, in which \$69,400,000 was spent.

Important among the items of the budget for the present year is the appropriation of \$31,500,000 for relief in foreign lands, which includes \$11,000,000 in purchased supplies on hand and not distributed.

Must Protect United States. This will enable the American Red Cross to continue its humanitarian effort to aid stricken peoples to re-establish themselves, to fight the disease epidemics which threaten many countries and to efface largely the remaining traces of the blight left by the World War. It is regarded as social as well as physical sanitation on a large scale that will have a direct bearing on future conditions in America.

Central Europe, the chief sufferer from the conflict, today is facing another winter of famine, pestilence and ruin. Typhus decreased much during the summer months where last winter it had its greatest stronghold, but physicians who investigated the situation at the behest of the League of Red Cross Societies have given their unqualified opinion that this coming winter will see a recurrence on an unprecedented scale. The Red Cross feels it must continue preventive measures abroad to keep this and other deadly maladies from the United States.

Millions for Work at Home. When the disease was sweeping Central Europe last winter the American Red Cross, with the aid of the governments of afflicted nations, undertook the fight against it. Hospitals were established wherever possible and food and clothing were distributed to the undernourished populations, who by reason of their undernourishment, were

easy prey to the epidemics. Where disorganization contributed last year to the great inroads made by the disease, by virtue of its knowledge of the disease and the presence of well established hospital centers, the American Red Cross this year will undertake the work with a new confidence.

Including the total of \$11,000,000 in supplies left from the last fiscal year, the \$31,500,000 is \$21,000,000 less than the expenditures for 1919-20.

Appropriations for domestic activities total \$16,700,000. The largest item of this "home" budget is \$7,900,000 for civilian relief work. This includes service and assistance for families of soldiers, sailors and marines, and work incidental to disaster. Of the total appropriation for civilian relief, \$5,000,000 is held in reserve for the carrying out of actual disaster relief.

Reduced Overhead Expense. The Red Cross invariably is the first thought of a community visited by calamity. With this in mind, it was determined by the Executive Committee in preparing the budget of 1919-20 to have a fixed reserve fund from which to draw in these instances.

For assistance to soldiers, sailors and marines in hospitals and in camps this year \$1,900,000 has been set aside. Four million two hundred thousand dollars has been appropriated for improvement of health and prevention of disease throughout the United States during the current twelve months. The Red Cross is co-operating fully with the United States Health Service in this work and through its Junior Red Cross is doing much to spread among children the principles of sanitation. An appropriation of \$1,000,000 has been made for developing the peace time program of the Red Cross by service to its chapters in all regions.

The appropriation of \$48,200,000 is exclusive of the local expenditures of the 8,000 or more chapters. Administration expenses this year will be \$1,800,000. Last year they were \$2,800,000.

## AMERICANS ABROAD IN RED CROSS WORK

United States Citizens Far Away Enthusiastic Members of the "Fourteenth" Division.

Among the most enthusiastic and energetic members of the American Red Cross are those citizens of the United States who live outside the continental boundaries of their country—sons and daughters of the Stars and Stripes residing at the far corners of the earth.

These people compose the Insular and Foreign Division of the parent organization, generally known as the "Fourteenth" Division, which has jurisdiction of all territory outside the country proper; that is, Alaska

Porto Rico, Hawaii, Virgin Islands, the Philippines, Guam, and even the island of Yap, which came under our flag as a result of the world war. For the year 1920 this division reported 30,808 paid up members.

The main object of this division is to give our citizens everywhere the opportunity to participate in the work of the organization which stands for the best national ideals. Americans in far places intensely loyal and patriotic, treasure their membership in the Red Cross as the outward expression of their citizenship. It is another tie to the homeland and to each other. There are chapters of this division in Argentina, Bolivia, Brazil, Canal zone, Chile, China, Costa Rica, Cuba, Dominican Republic, Ecuador, England, France, Guam, Guatemala, Haiti, Hawaii, Honduras, Japan, Manchuria, Netherlands, Nicaragua, Paraguay, Peru, Philippines, Porto Rico, Siberia, Spain, Sweden, Switzerland, Syria, Turkey, Uruguay, Venezuela and Virgin Islands.

During the war these scattered members of the Red Cross contributed millions in money, and millions of dollars' worth of necessary articles for the men in service, and sent many doctors and nurses to France. At the same time they carried on an excellent Home Service in their respective communities for the families of those who had gone to war, and in some regions gave large sums of money and immeasurable personal service to the relief of disaster and disease victims.

The division is now establishing service clubs in foreign ports for the benefit of sailors in the American Merchant Marine, making plans to aid Americans in trouble in foreign lands and completing arrangements for giving immediate adequate relief in case of disaster.

It is the Fourteenth Division's part in the great Peace Time program of the American Red Cross.

## JUNIOR RED CROSS ACTIVE IN EUROPE

Garden seeds for Polish orphans, milk for anaemic Greek babies, carpenters' tools for Czech-Slovakian cripples—these are only a few of the gifts that young Americans are sending to the war-crushed children of the Old World.

Through the Junior Red Cross the boys and girls of the United States are giving a fresh start in life to little war orphans scattered all over Europe. They have set up orphan homes in France, school colonies in Belgium and Montenegro, and day schools in Albania.

They are sending dozens of young Syrians, Montenegrins, and Albanians to American colleges in Constantinople and Beirut, and maintaining more than a hundred orphans of French soldiers at colleges and trade schools. In orphanages and farm schools up and down the peninsula of Italy there are nearly 500 wards of American Juniors.

Last winter a thousand French children from the inadequate shelters of the devastated regions were sent by the Junior Red Cross to spend the cold months in warmer parts of France. At the same time five thousand little Belgians were having a hot lunch every day at Junior Red Cross school canteens.

American school children have already raised something like a million dollars for these enterprises, and they are still hard at work.

In China, through campaigns of education, the Junior Red Cross is helping to combat widely prevalent blindness and cholera.

American Red Cross Roll Call. The Fourth Annual Roll Call of the American Red Cross will be held this year from Armistice Day, November 11, to Thanksgiving Day, November 23, inclusive. During this period the men and women of the United States will say their annual dues and renew their membership.

## ASPIRIN FOR HEADACHE

Name "Bayer" is on Genuine Aspirin—say Bayer



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monacoele-ascidester of Salicylicacid.

Some of the 1912 Progressives have somersaulted into support of Harding, others are supporting Cux.

## ITCH!

WONKY BACK! without question! Hunt's Salve fails in the treatment of Eczema, Tetter, Ringworm, Itch, etc. Don't become discouraged because other treatments failed. Hunt's Salve has relieved hundreds of such cases. You can't lose on this. Always, Such Guarantee. Try it at once! Use TODAY. Price 75c. For sale locally by GRAHAM DRUG COMPANY, GRAHAM, N. C.

## LAND OF DEAD CIVILIZATION

Jungle Growth Has Overrun Once Magnificent Temples and Palaces in Land of Cambodia.

In the jungles of Cambodia, where the monkeys chatter and swing from the knotted vines, and the snake sheds his skin on the marble steps high over the stagnant pool, where parakeets hang like jewels in the trees and tigers glide by with muffled step, stand temples, long forgotten, palaces, moats, gates and walls, with stones, wrenched apart by the violent urge of the tropic trees and vines, says a writer in Asia Magazine. Once kings stepped forth, hung with jewels and robed in glittering fabrics, to mount their elephants and go a-hunting; once damsels danced age-old steps before the altars of the gods, and simpler folk went about their household tasks as simpler folk have always done. For about 600 years Cambodia was the center of a brilliant civilization; after that, a land of savage tribes, forgetful of the great past. Today this country, now a province of French Indo-China, is forsaken save by occasional half-naked priests, who climb the great palms to tap the upper leaves for sugar-water, or pause to grin at their own reflections in the pools when they are tired of staring, uncomprehending, at the forms that decorate the temple walls.

## BUY WIVES ON EASY TERMS

Installation Plan of Purchasing Partner of Man's Joys and Sorrows Is Favored in Albania.

Albania, so far as I am aware, is the only country where you can buy a wife on the installment plan.

It is quite true that there are plenty of countries where women can be purchased—in Circassia, for example; and in China, and in the Solomon group—but in those places the prospective bridegroom is compelled to pay down the purchase price in cash, not being afforded the convenience of opening an account.

In Albania, however, such things are better done, a partial payment on the purchase price of the girl being paid to her parents when the engagement takes place, after which she is no longer offered for sale, but set aside, like an article on which a deposit has been made, until the final installment has been paid, when she is delivered to her future husband.—E. Alexander Powell, in Scribner's Magazine.

## BILL YELLED.

Bill Freeman of Broadway is six or seven years old. His parents, leaving home for a short time, notified friendly neighbors that Bill would be their guest for an hour or so. Then they sent him off with instructions to push the button on the neighbor's door. Bill pushed the button several times and got no response. Then he noticed the letters Y-A-L-E on the door lock. He began to yell and the folks came and let him in. Asked why he was making so much noise, he said he saw the sign on the door to yell.—Indianapolis News.

The term "underground railway" means just what it says, according to one Indiana teacher. This teacher recently gave the following answer on an examination:

"The underground railway was a road built under the ground from the South into Canada. The poor slaves would follow this road and it would take them into Canada and here they were free and the southern owners could not get hold of them any more. There were places made along to get their food on their way to keep them from starving to death on the way."

## MACHINE FOR RIPPING FLAX.

Ripping flax is different from thrashing grain for the reason that the straw is the valuable part and it must not be damaged by any treatment. That is the reason why the work has always been done by hand, but the Canadian government is experimenting with a machine which is said to perform this task as well as when done by hand.

## SURPRISING FACT.

He—The Pomeranians are said to have been very brave in the late war.

She—Why, Jack, what could such little dogs do against all those soldiers?

## 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 *Dr. J. C. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is 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, Flatulency, 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

*Dr. J. C. Fletcher*

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

## THE SIGNS OF LACK OF IRON IN THE BLOOD

Nervousness—Lack of Appetite—Easily Tired—No Endurance—Falling Off in Bodily Vigor

These are a few of the symptoms that indicate your blood is weak and anemic and lacking in red corpuscles. Vigorous young men and women all have rich red blood, but age and worry and hardship take the power and strength out of this life fluid. You can supply what the blood lacks, you can enrich the blood, you can bring back the strength and vigor you once had, if you will take a teaspoonful of Acid Iron Mineral three times a day. You'll note the effect, first, in an increased appetite—food will begin to taste good. The next improvement will show in your sleep—you will awaken in the morning refreshed and feeling like a new person. Your friends will remark the improvement in your appearance and you yourself will feel as you know you ought to feel. You can accomplish all these things by simply putting more iron into your blood, through the use of a natural form of soluble iron, known as Acid Iron Mineral. It contains no alcohol or injurious drugs, and will not blacken the teeth. Pills and tonics said to contain iron may have disappointed you in the past, but Acid Iron Mineral will start improvement that you can see, in a very short time. Try this method of putting iron into your blood—it can't fail. Druggists will refund the purchase price cheerfully if you fail to receive the improvement you seek.

For Sale by All Good Druggists. Burwell & Dunn and John M. Scott & Co., Charlotte, N. C., Distributors.

## THE AMERICAN RED CROSS IN PEACE TIME



Every person mentally and physically able to do so should take the American Red Cross Instruction in First Aid Treatment. It's a life-saver and a pain-saver on the farm, in the factory, on the street, at the office, in the home, wherever accidents may occur. Here's a young wife who ineptly wielded a can-opener and received an ugly gash across her wrist from the jagged can lid. Mother was there, however, with the First Aid kit and Red Cross instruction, and probably prevented a case of blood poison by giving prompt and proper treatment before the doctor arrived.

## Don't Wait

For workers to come and ask you for a renewal of your membership. Send in your dollar to the nearest local chapter of the American Red Cross. Welcome the opportunity and privilege of repledging your fellowship by promptly answering the

Fourth Roll Call November 11-25, 1923

Accept No Substitutes for **Thedford's BLACK-DRAUGHT** Purely Vegetable Liver Medicine.

The antiquity of Harding's "generalities" suggests that his motto is "Back to the Ark."

## CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the Signature of *Dr. J. C. Fletcher*

Bad health shuns a man who is a good friend of hard work, good food and pure air. Why is it the small customers always demands more service than a big one?

## BUY "DIAMOND DYES"

DON'T RISK MATERIAL Each package of "Diamond Dyes" contains directions so simple that any woman can dye any material without streaking, fading or running. Druggist has color card—Take an order eye!



# ROYSTER'S FERTILIZERS

Will Help the Labor Shortage

By growing more wheat on less acreage. They increase quantity improve quality and decrease danger from insects and diseases. To be sure of the best results from your wheat

## Order Early and Order ROYSTER'S

By ordering early you help to relieve the serious car shortage and insure yourself against delay or disappointment. By ordering ROYSTER'S you secure the quality and service which have made the unusual popularity of these brands.

F. S. ROYSTER GUANO COMPANY Norfolk, Virginia