

EVER BILIOUS?

Charleston, Miss.—Mrs. R. V. Heins, of this place, says: "I have never had to use very much medicine, because if I felt headache, dizziness, or colds, bad taste in the mouth, which comes from torpid liver, I would take a dose or more of Black-Draught, and it would straighten me out and make me feel as good as new. We have used in our family for years

THEDFORD'S

BLACK-DRAUGHT

and it certainly is the best liver medicine I ever saw. It has not only saved me money, it has helped keep my system in shape, and has never weakened me as so many physics do. I recommend it to my friends and am glad to do so." Black-Draught is the old, reliable liver medicine which you have doubtless heard much about. When you feel badly all over, stomach not right, bad taste in your mouth, bilious, or have a headache, try Theford's Black-Draught. At all Druggists.

Always Insist on the Genuine!

L. 77

CLAIRE WINDSOR



Claire Windsor, the charming "movie" actress with the pretty face, hails from Seattle, Wash. She decided that she could act as well as "these queens of the movies." She spent much of last winter making the rounds of the studios daily in her automobile before she was engaged by a producer. In the last year she was featured in several important screen plays.

"What's in a Name?"

By MILDRED MARSHALL.

Facts about your name: its history, meaning; whence it was derived; significance; your lucky day and lucky jewel.

AGATHA

AGATHA, the good old English favorite, has a distinctly Greek origin. It comes from the Greek word meaning good. For a long time it remained indigenous to Greece, but finally came to European fame through a Sicilian girl called Agatha, who was tortured to death at Rome in the Decian persecution. Sicily straightway made her a guardian saint and since that little island has always proved a hotbed of contention between warring European countries, and was held successively, for periods of greater or less duration, by the Greeks, Saracens, Normans, French, Arragonese, Spaniards and Bourbons, the name of St. Agatha spread throughout Europe. St. Agatha's festival day is celebrated in the churches of all the countries which held Sicily for a time. Even Russia has adopted the name and calls it Agafia. Agatha was the name borne by the daughter of William the Conqueror who was betrothed to the unfortunate Earl Edwin and died on her way to a state marriage in Castille. St. Agatha was a favorite saint in England and the shears with which she was mutilated are the symbols carved on many an old wooden church calendar.

For that reason Agatha became one of the most popular feminine names of England. Its vogue became so great that, like all names in common use, it was applied almost generally to the servant class. Agatha is the name of the interesting maid-servant in Southey's "Doctor." But of late years it has leaped to prominent revival among the most aristocratic circles and the list of "Honorable Agathas" includes a daughter of almost every titled house in Great Britain. France likes the name and both Italy and Spain have taken it without change with the exception of the aspirate which they cannot pronounce. Portugal calls it Agueda. The flame-hearted ruby is Agatha's talismanic stone. It is said to give her bodily strength and mental power

SEEK TO SAVE LUDLOW JAIL.

Members of Greater New York "Alimony Club" Don't Want Their Famous Home Converted.

The Ludlow street jail, where members of the Greater New York "Alimony club" have frittered away much pleasurable time, appears to be doomed. Sheriff David H. Knott thinks a far more profitable use could be made by the city of the historic structure. The plan is to send the Ludlows to some other city institution, scatter them, if necessary, through a number of buildings, for it is now costing \$41,000 annually to keep their present home going.

The proposal has culminated in a "save-the-jail" agitation among those who have sojourned in Ludlow. There is deep sentiment, it seems, in having been a "guest." The Ludlow street jail was built by Boss Tweed, his name being inscribed on the building erected in 1869. His desk and chair are still in the room where he died a prisoner in 1878. Besides Tweed the jail has sheltered many famous men, including the members of the brokerage firm who traded on the name of General Grant and swindled thousands. Whitaker Wright, the British Wallingford, lived there for a spell, and showed his sportsmanship by contributing \$100 to the other prisoners for fireworks one Fourth of July.

But it is as the established home for stalwart men who refused to be subservient to "the weaker sex" that Ludlow's fame spread throughout the land. Poets and actors, journalists and musicians, bankers and laboring men all have met there to fan the flame of resistance to the payment of alimony.

Benefit in Recreation.

All recreations, if followed moderately, are good for the brain and help to stimulate thought.

It is important to learn all we can about the world we are living in, for upon our ability to do something for our fellow inhabitants depends the rewards that we shall gain.

It isn't safe to be a movie fan or a theater fan or a golf fan or a fan at anything but our particular vocation. But it is useful to get away from ourselves and our work now and then and to think about what others are doing.—John Blake in Chicago Daily News.

War Veterans Good Students.

In a report made by the dean of the Wisconsin university, especial mention is made of the excellent progress made by the 234 disabled soldiers who are known as federal board students. Owing to their physical condition it was anticipated that they might prove indifferent students, but such has not been the case. In this instance it is said that their progress compared very favorably in every way with that of the regular students. The total number of these students has been increasing.

Mother's Cook Book

I will look sometimes about me for the things that merit praise. I will search for hidden beauties that elude the grumbler's gaze. I will try to find contentment in the paths that I must tread. I will cease to have resentment when another moves ahead.—British Weekly.

MEALS FOR A DAY.

FOR a choice dish sometime on a special occasion you may like to try:

Chicken Fillets With Almond Sauce. Sprinkle two chicken fillets with salt, a little pepper and a few grains of cayenne. Dip in olive oil and cook in a hot frying pan until delicately brown. Add to the pan one cupful of equal parts of white sauce and cream. When hot thicken further with two tablespoonfuls of flour rubbed to a paste with an equal quantity of olive oil or cream. Stir until the sauce boils, then add one-half cupful of thinly sliced almonds.

HAVE HAIR LIKE "20"

It's never too late to get rid of gray in the hair. Thousands have benefitted by this scientific discovery. Why don't you?

Gray, faded, bedrabbled hair can be changed to a uniform, lustrous, beautiful, dark color, so natural in appearance by applying Q-ban Hair Color Restorer. Safe, simple, guaranteed harmless—all ready to use—50c a large bottle. Sold by Hayes Drug Company and all good drug stores. Try Q-ban Hair Tonic, Q-ban Liquid shampoo, Q-ban Toilet Soap, Q-ban Depilatory.

Try Q-ban

MITCH!

MONEY BACK without question if Hunt's Saliva in the treatment of Eczema. Tetter, Ringworm, Itch, etc. Don't believe any other remedy by word of mouth. Thousands of sufferers have been cured. Write for free literature. HUNT'S SALIVA. 100% MONEY BACK.

GRAHAM DRUG COMPANY, GRAHAM N. C.

MOVEMENT CARRIED TOO FAR

Medical Journal Points Out Grave Danger in the Increasing Craze for Psychoanalysis.

Recently, relates the editor of the Journal of the American Medical Association, the minister of a prominent church in Chicago was asked by the head of the social work department to put his approval on the establishment of a lecture course on psychoanalysis. Being in doubt, he conferred with several medical men of his congregation. Finally a neurologist settled the matter by saying: "By all means have it. It should prove very popular. Half the congregation is already crazy and the other half is en route to the asylum."

The jest was not wholly a jest. People are paying too much attention nowadays to their minds. An abnormal interest in the workings of one's own mind produces either an introspective philosopher or a "common nut." When the interest is related more or less distinctly to a concealed but nevertheless obvious fascination for cogitation on things sexual, it has elements of danger. Physicians are beginning to wonder where the normal interest of the layman in these subjects ends and the scope of the psychiatrist commences. We are flooded with books on the subject by lay psychoanalysts; the "movies" picture it; the theaters dramatize it; the churches have lectures on it. In the not too distant future this psychoanalytic craze, if it continues, will make the medical psychiatrist a very busy man.

NOT AN ERA OF YOUNG MEN

Idea That Present Age Is Extraordinary in That Respect Is Shown as an Error.

We are given to thinking of this era of ours as the era of young men, but the average age of Washington's cabinet was under 40 years, observes the Villager, Katonah, N. Y. Hamilton was thirty-two; Jefferson, forty-six; Randolph, thirty-six; General Knox, thirty-nine, and Samuel Osgood, forty-one. What is it that persuades us to the notion that leaders of earlier times were always older than the men holding the corresponding offices today?

What explains the boast that our own generation is the first to discover and dispose of the horrible waste involved in "middle age"? Is the impulse just the contempt of today for yesterday? Or are we misled by the powdered wigs of the earlier time? "It was a young man's army," some whippersnapper second lieutenant returned from France told us in explanation of "how we won the war." A young man's army! Whenever was there another kind?

The whippersnappers confessed they had never thought of it in that way. They had come to conceive of the Civil war as having been fought by men like those few who still totter along in their blue uniforms on Memorial day!

Use More Coconut Fat.

For many years past the world's production of animal fats has been steadily diminishing. Lack of such fats spelled famine in Europe during the war, when great quantities of them were withdrawn from human use to make glycerin for high explosives. Even now, and in this country, there is an insufficiency of animal fats (as indicated by the price of butter) and to make good the shortage coconut oil is imported in enormous quantities. During the last year 345,737,913 pounds of this oil were brought into the United States.

The oil is largely used in cooking fat, but also in the manufacture of nut butter, candles, soap and cosmetics. It is said to be an excellent substitute for cod liver oil, being highly digestible and with the advantage of an agreeable flavor. At ordinary temperature coconut oil is a white, butterlike solid.

The new "meats" are dried in the sun before shipment from the tropical countries, where coconuts are grown. In this shape the material is called copra. The oil is extracted by powerful hydraulic presses, the yield being 65 to 70 per cent of the weight of the copra.—Kansas City Star.

Overheated Houses.

Atmospheric conditions in homes, say specialists of the United States Department of Agriculture, are frequently not maintained as they should be. Houses are often overheated. In most cases practically no thought is given to humidity, or air moistening. Physicians insist that an overheated house is unhealthy, and that colds, sore throats, coughs, and the tendency to be nervous and feverish may be attributed to continually breathing air having too little moisture in it.

Miles of Film.

Usually 150,000 to 200,000 feet are run through the camera to get a six-reel, or 6,000-foot picture. The director or stations three, four or five cameras to take the same scene. He has one camera close beside the struggling villain and hero, another grinding from an elevation, still another at this angle, one more at that angle. When all of these negatives are developed, part of each enter into the composition of the completed reel.

The Part of Wisdom.

"Why is the director wearing a baseball catcher's mask?" "We're starting a new comedy in which the pies and brickbats are to be thrown by the lady stars.—Film Fun.

Something to Think About

By F. A. WALKER

CHARITY

FOR some five or six years we have had a riot of charity appeals. There have been drives for this and campaigns for that—tag days and all other kinds of days.

Rightly the people have responded with promptness and generosity to all the appeals, touching the bottoms of their pockets occasionally when the drives came very close together and always giving something, however little they were interested in the cause.

The war was responsible for the most of the appeals. But the war is, technically, at least, over, and it would seem as if there ought to be a let-up and a good breathing spell so that pocketbooks may recover and charities get down to a normal basis.

Charity ought to mean something to the giver as well as to the receiver. Real charity means giving real help. Money is frequently a long way from being the best thing that you can give to a poor and suffering individual.

If you saw a man in a pit and all his efforts to get out were unsuccessful, you would scarcely be doing him any very great service by flinging a dollar down into the pit with him.

Nor would it be the best thing to get down into the pit yourself.

The best thing to do is provide the man a way out of his predicament—a way to better himself—a way to get up on a level with his fellow man.

It was not the amount of money that the Good Samaritan spent that made his name a synonym for generous charity. It was the fact that when he saw the man who had been down to Jericho lying by the roadside he went to him and bound up his wounds and set him on his own beast and brought him to an inn and took care of him.

There are too many of us who are generous with our dollars and misers with our smiles. We spend a dollar where a hearty good cheer, a message of encouragement, a little thoughtfulness would do a good deal more to help those to whom we intend to extend aid.

Charity which lessens the self-respect of the one helped is badly bestowed.

A loaf of bread given in such a way that the receiver thinks less of himself than he did before he received it is an injury rather than a help.

Better, he had hungered a little longer until his bread could have been obtained without cost to his manhood. There is a good deal of misdirected charity in this world. We give to sufferers far away and close our eyes 'to those near at hand.

We give for show—from the pocket rather than from the heart.

We not infrequently make conditions worse instead of better by giving without understanding.

Do not think this is an argument against charity. It is not. It is an argument for wise charity.

Give as much as you can. Give as often as you can.

The mite was a noble gift for the widow, but unless you are a widow do not take that as the basis for your contribution.

But give wisely. See that a wholesome, useful and helpful application is made of your donations and the world will be better and you will be better for having helped your fellow man.

But above all be generous of your kind words, of your smiles, and of your encouragement. It is impossible to misapply them. You can be sure they are certain to help and you can be equally certain that they will in no instance and under no circumstances work a harm.

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THE ROMANCE OF WORDS

CRANK

THE only apparent connection between a person who is obsessed with a certain idea, an eccentric, and the piece of machinery bearing the same name is that both of them are crooked—the one mentally and the other physically. But Donn Platt, who first used the word in its current sense, sensed another connection between the two.

"Horace Greeley," he stated, in the course of one of his invectives against the famous editor, "is like the crank of a hand-organ—continually grinding out the same old tunes." In addition to being cleverly phrased, the comparison appealed to the opponents of Greeley as being particularly truthful and the simile was quoted throughout the country. In the course of time it was separated from its original connection with Greeley and applied to anyone whose hobby bordered upon the ridiculous or even the insane. The question of sanity being a very delicate one—as may be seen by a comparison of the expert alienists at any trial—the word filled a long-felt gap and provided a semi-humorous appellation which could not be construed as libelous.

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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 *Chas. H. 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.

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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.

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In Use For Over 30 Years

The Kind You Have Always Bought

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THIN PEOPLE NEED MORE IRON IN THE BLOOD

New Form of Liquid Iron Feeds the Tissues through the Blood—Builds Firm Flesh—Fills out the Hollows

Appearances count for a lot in this world, and if you are thin and scrawny and "below weight," you can't help but feel sensitive and envious of your neighbor who is plump and sturdy and who looks well nourished. But there is another side—thin people are usually sick people. The food they eat does not give them the proper nourishment—or perhaps they are extremely nervous. The blood does not make strength and nerve and flesh as it does in the normal person.

It is a remarkable characteristic of Acid Iron Mineral—the new natural form of soluble iron—that it is a great flesh builder. Thin people who take it find after a short time that the hollows are filling out, that the

flesh becomes firm and healthy, that even within so short a space as a single month, a becoming plumpness and soft curved lines of beauty have replaced angles and scrawliness.

And with this increased weight comes a better appetite, more refreshing sleep and a marked increase in vigor in every way. Thin people can take Acid Iron Mineral to improve their appearance, and they will find their health benefited at the same time. Physicians say that this power to build new tissues and firm flesh is due to the extraordinary attraction the blood has for this particular combination of iron.

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