

IS YOUR HEALTH GRADUALLY SLIPPING?

Interesting Experience of a Texas Lady Who Declares That if Women Knew About Cardui They Would Be Spared Much Sickness and Worry.

Navasota, Texas.—Mrs. W. M. Peden, of this place, relates the following interesting account of how she recovered her strength, having realized that she was actually losing her health:

"Health is the greatest thing in the world, and when you feel that gradually slipping away from you, you certainly sit up and take notice. That is what I did some time ago when I found myself in a very nervous, run-down condition of health. I was so tired and felt so listless I could hardly go to all.

"I was just no account for work. I would get a bucket of water and would feel so weak I would have to set it down before I felt like I could lift it to the shelf. In this condition, of course, to do even my housework was a task almost impossible to accomplish.

"I was . . . nervous and easily upset.

I couldn't rest well at night and was . . . just listless.

"I heard of Cardui and after reading I decided I had some female trouble that was pulling me down. I sent for Cardui and began it . . .

"In a very short while after I began the Cardui Home Treatment I saw an improvement and it wasn't long until I was all right—good appetite, splendid rest, and much stronger so that I easily did my house work.

"Later I took a bottle of Cardui as a tonic. I can recommend Cardui and gladly do so, for if more women knew, it would save a great deal of worry and sickness."

The enthusiastic praise of thousands of other women who have found Cardui helpful should convince you that it is worth trying. All druggists sell it.



JOHNNIE RUNS AWAY

OF COURSE, you know that the Rook family is a very exclusive bird family. They think a great deal of their family tree, or trees, and will not allow a young Rook to go away from those trees.

Now, young Johnnie Rook thought all this fuss about keeping with the family very silly, and one day he decided he would build a nest in a tree close to a field where there were plenty of grubs and also where he could occasionally have a taste of vegetables.

Johnnie Rook does not destroy very much; he might help himself to a potato or a little corn once in a while, but he is of enough value to the farmer



er destroying worms, so he can afford to give the Rooks a few vegetables in payment.

Of course, Johnnie Rook did not say a word to any of his relatives about moving away from the family trees. He just quietly one morning went away and at night time he did not return.

Old Grandfather Rook was the first to discover Johnnie's absence when he was counting noses before he went to sleep.

"Where is Johnnie?" he asked. "Watch him tomorrow when you see him and find out where he is," commanded Grandfather Rook.

The next night at bedtime every Rook knew what had happened; John-

nie Rook had stolen away to another tree and made a nest for himself.

"Let everyone be at that tree in the early morning," said Grandfather Rook, as he tucked his head under his wing. "Be up early, every one of you."

There was very little noise in the trees the next morning and silently Grandfather Rook led all of the family to the tree by the field where Johnnie had made a new home.

But when they reached there they were far from quiet; such a chattering Johnnie never had heard before. He poked his head out, but he did not have a chance to get out of his new home by himself—he was helped by a dozen or more bills giving him sharp digs.

"Sit on that branch," said Grandfather Rook in a cross voice, "and we will hold a court; but, first, some of you take care of that nest."

Poor trembling Johnnie had to watch his nest pulled in pieces before his very eyes, but what they were to do to him interested him much more for the family looked very cross.

Grandfather Rook first told Johnnie what a grave offense it was for a young Rook not to respect his family trees and go away by himself, and then every one began to chatter.

"Pick him hard," said some. "Beat him with our wings," said others, while others cried, "Death to the deserter!"

Poor Johnnie almost fell off the limb where he sat with fright and his feathers shook with his trembling.

"What would have happened to Johnnie he never knew, for at that moment Grandmother Rook spread her wings and flew to a branch above the others.

"Give him one more chance," she said; "he is very young and I am sure he did not know how terrible it is for one of our family to go by himself."

And so after a great deal of arguing and chattering it was decided to give Johnnie another chance, which you may be sure he was very glad to have. He flew back to the family trees, and from that day there was no more loyal Rook in the family than Johnnie.

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THOUGHT OUT BY JUVENILES

Examination Papers in American Public Schools Are Replete With Unconscious Humor.

Every once in awhile some school teacher reveals to the world some of the unconscious humor of her pupils as shown in their answer to questions in their school tests. One such answer sent by a schoolmarum of Springfield, S. D., sounds like it might be a criticism of much of the literature of the day, for the pupil remarks:

"Sentiment is mostly of dust or other impurities that it may get and this usually settles at the bottom."

Another answer seems to disclose a serious disorder from which the moon is suffering, leading to the conjecture that what pseudo scientists have mistaken for efforts to signal the earth may be but frantic calls for the doctor. The pupil says:

"The moon has sort of blisters on it, some of them have busted and have formed deep crusts."

"Rivers carry their load in solution and expansion," but qualifies this disconcerting statement with another which says: "Benefactors which influence the amount of runoff are, if they are streams in deserts, most generally they are always short."

Another young scientist explains the formation of snow by the statement that it is formed by the freezing of the atmosphere that is on the air, and another explains the formation of rain as the small particles of ice that get so big they cannot stay in the air, and so come down as rain. — May Stranahan in the Pittsburgh Dispatch.

The income tax blank has inspired almost as many paragraphs as it contains.

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SOME LOGIC; LITTLE REASON

Examination Papers Turned in by Youngsters Proved They Gave Thought to Questions.

"Tell me all you know about centaurs."

The response of one boy to this demand in a recent examination was as follows:

"A centaur was ancient cavalry and archery all in one piece. He could not be knocked out of his saddle because he didn't have any, being the same person as his horse. If he needed a stable he did not need a tent, I do not know which, and if he needed forage he did not need rations, or if he needed rations he did not need forage."

Evidently the youngster who gave that reply was of a military inclination, and had thought out for himself the advantages of centaurs on the fighting line. It was funny, but not unintelligent. Less original, with only one little slip indeed to mar its accuracy, is the version of the schoolboy of the story of the Gorgons.

"The Gorgons," he began confidently, "were three sisters that lived in the islands of the Hesperides, somewhere in the Indian ocean. They had long snakes for hair, tusks for teeth and claws for nails, and they looked like women, only more horrible."

It was a little Boston girl whose definition of the minotaur has long been remembered by the elder pupils in the school that she attended:

"The minotaur was a large bull which lived on tributes in a labyrinth. He was mythical, carpalivorous and fond of young people."

FACTS ABOUT MILK AS FOOD

As an Article of Diet There Are Many Things That Are Not Properly Understood.

The use of milk as a food has been so extensively exploited by the milk interests that there exists a somewhat erroneous idea about it which a recent speaker, before the American Pediatric society, is endeavoring to correct.

These errors principally concern the group of children between the ages of 1 and 6 years. These errors might be classified under the headings: (1) Prolonged use of milk as an exclusive article of diet. (2) Increased quantities of milk given along with other foods.

Milk might not only be used too long as an exclusive article of diet and in excessive quantities with other foods, but its nutritional value might be injured by boiling.

The laity were taught, and rightly so, that milk was an ideal breeding place for germs, and that the growth of these germs might be inhibited by keeping the milk on ice, or the milk might be brought to a boil. The use of boiled milk was becoming more prevalent, and many injuries to nutrition occurred.

Phoenix Built on Ruins.

By far the most interesting remains of the lost people of Arizona are their network of canals which prevail through all the valleys. The longest is the one tapping the Gila river, and which supplied with water the ancient city, now marked with the one standing building. This is the Casa Grande, about which so much has been written, and which has excited much interest among archaeologists in the last ten years.

The volume of water taken out by this canal must have been immense, for it supported millions of acres. In most places the canal has been filled with drifting sand, but its course is easily traced. Engineers who located the Mericepa canal made use of the old Aztec ditch, and today water runs over its pebbly bottom just as it did two thousand or three thousand years ago.

For miles and miles around mounds tell the tale of houses destroyed by the ravages of time. Phoenix was built on the ruins of this ancient city, and the relics frequently are found of this ancient civilization. — Detroit News.

Color and Light.

To get color and light is the great thing. The difficulty is to get them both. Turner, in his Italian landscapes, enhanced the color of his sky by a dark pine-tree in the foreground, sacrificing the color of the tree for the sake of accenting its value and warmth; and the old landscape-painter's device of a brown tree is used for the same end—to make the blue of the sky and distance more luminous and beautiful. This is also the reason for the dark-brown foreground usual in old landscapes; and our eye is not arrested by the tree or the dark foreground, but goes past it to the point of the picture.—George Clausen.

Two Poison Antidotes.

The old method of administering an emetic in case of poisoning has given way to a lavage of the stomach which is claimed to have many advantages over the older process. This flushing of the stomach must be thoroughly done and water must be taken at close intervals until about 15 pints have been consumed. This is followed by a quantity of animal charcoal taken into the stomach to insure the absorption of any poison which may be left. This takes the place of old antidotes, although there is nothing to hinder one from adding some of the usual antidotes to the water made use of for flushing purposes.

SATISFIED WITH THE TEST

After Somewhat Belated Proof of the Purity of the Liqueur, Brothers Slept in Peace.

"Testing" cogn liqueur is one of the most frequent preliminaries to conviviality these days, it is rumored, alleged, indicated and otherwise noised abroad. Lightnin' that burns with a white flame is supposed to be dangerous, to contain wood alcohol, and to otherwise be undrinkable; shine that burns blue is supposed to be the honest effort of a master-maker of spirits. Sometimes, however, zeal for drink overcomes caution, even of this uncertain sort, with the result that the following occurred a few nights ago.

Two young brothers in mild inebriety secured themselves a pint. They, being fairly law-abiding in other respects, went to their room to drink it. They drank it, at least, most of it, and became somewhat affected by its presence with them. They undressed, turned out the light and retired. After about 20 minutes, one aroused himself and called to the other.

"Say, wake up, we didn't test that liquor!"

"Well, must do it," was the drowsy reply, "won't do drink it 'thout testin' it."

They arose, turned on the light, found the drop or two of liquor left in the flask, poured it on a hand-mirror, touched a match to it with due solemnity and care, saw the blue flame and returned to their beds absolutely satisfied.—Atlanta Constitution.

HE GOT THE "BUG LETTER"

Discovery That Made the Victim Madder Than Before He Sent in Original "Kick."

There is probably no easier way to get a laugh out of an average American audience than to mention an Englishman's sense of humor, and to read what an American may have to say about the British humor may be exasperating to an Englishman, but the reverse is not always true. An Englishman, J. C. Squire, for instance, may write about American jokes and not be the least bit irritating. In his "Life and Letters" Mr. Squire's chapter, "Goats and Humour," contains several fine American jokes, and among them is one that concerns a traveler on a sleeping car who had written a complaint to headquarters about the presence of vermin in his berth.

"He received back from the administrative head a letter of immense effusiveness. Never before had such a complaint been lodged against this scrupulously careful line, and the management would have suffered any loss rather than cause annoyance to so distinguished a citizen as, etc., etc. He was very delighted with this abject apology. But as he was throwing away the envelope there fell out, a slip of paper which had, apparently, been inclosed by mistake. On it was a memorandum: 'Send this guy the bug letter.'"

Little-Known Spot.

A few miles west from the east branch of the Rosebud is the West Rosebud canyon. A good trail connects the two and a visit of any time to this area will be in the nature of a camp trip, says the American Forestry Magazine in an article on "The Land of the Beartooth." A passable wagon road reaches Emerald lake on West Rosebud. It is a lake which deserves to be popular for here nature made a place which is naturally attractive. The scenic values are excellent, the fishing is good, and around the lake luscious mountain huckleberries grow in profusion.

Must Undergo Test.

It doesn't take much to set us back from our acquired character to our original nature. Sometimes a long spell of sickness discovers to us what we really are, as compared with the fine creature we like to pretend we are. Starvation will bring old friends to the point of clutching each other's throats, and an excess of bodily fatigue may curdle the sweetest temper. Let us not hear that any human being has an angel character till he has been under some excruciating trial and has emerged with honor from the ordeal.—Exchange.

Scored on Ingersoll.

Robert G. Ingersoll had social qualities which won him many friends, who, however, could not but deeply regret his published opinions. One day while in Beecher's study he saw a globe which greatly pleased his fancy. On its surface were raised figures of the heavenly bodies in very delicate workmanship. "I admire that," said Ingersoll, "who made it?" "Who made it, do you ask, colonel?" repeated Beecher. "Who made this globe? Why, nobody, of course—it just happened."—Boston Transcript.

City and Country People.

The best and most hopeful feature in any people is undoubtedly the instinct that leads them to the country to take root there, and not that which sends them flocking to the town and its distractions. The lighter the snow the more it drifts; and the more frivolous the people, the more they are blown, by one wind or another into towns and cities.—John Burroughs.

Canada's First Farmer.

It was a Frenchman and not an Irishman who was Canada's first farmer. His name was Louis Hebert. He landed at Quebec in 1617 with his wife and children, and at once started to clear and cultivate the soil on what is now the site of the cathedral at Quebec, the seminary, and part of the Upper Town.

PATENTS

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Current Knowledge.

Students repeatedly excuse their deficiency in current knowledge by the statement: "Our college work keeps us so busy that we have no time to read the newspapers and magazines." Which naturally suggests a greater emphasis on the college responsibility of keeping the student interested in such phases of information thoroughly aroused. These older boys and girls are for the most part quite as human as the rest of us, and so manage to give attention enough to matters of primary interest. Students are being taught to answer quite glibly academic questions of a decidedly erudite character, while at the same time they are losing contact with the vital world about them. Seriously, we ought to know to what an extent this condition exists, and meet the issue sanely and efficiently.—Paul V. West in the Atlantic Monthly.

A Ball of Water.

A soap bubble is merely a hollow ball of water containing air. The soap, partly dissolved, forms a very thin film or skin over the air which is endeavoring to force its way through it. This air exerts an equal pressure in all directions, and forces the soap film out at an equal distance from the center of the compressed air, thus forming a perfect sphere or ball. After the bubble has been floating about for a few moments, the water drips toward the bottom of the ball and collects there in drops. The weight of these drops pulls the bubble out of shape and increases the pressure of the air inside to such an extent that it breaks through the film and the bubble bursts.

Quite Obvious.

The class of backward children was being taught mental association of related objects. The teacher distributed a number of pictures and an equal number of titles for the pictures. When they had arranged the pictures and titles to their own satisfaction, she passed down the aisles and viewed the results. One little chap had put the title "Nutting" under a picture showing a naked baby in a bath tub enjoying the warm water. The teacher failed to see any connection, but when the lad was questioned concerning his disposition of titles, he answered, "Why, ma'm, the baby has nutting on."—Columbus Dispatch.

Relic of Glacial Age.

Devil's Pulpit, located about two miles east of Batavia, N. Y., is a relic of the glacial age. It is a huge mass of rock shaped like an hour glass, and is one of the most peculiar and striking natural formations in the whole state. The base is fully 30 feet across. It slopes upward to a narrow rock, corresponding to the neck through which the sands of an hour glass sift, and then broadens out to form what looks like the upper chamber of the glass. It is composed of limestone and stands 20 feet in height. The nearest bedrock like it is five miles away to the north, and geologists believe this means that the rock was torn loose from its original mother vein and dragged those five miles by the big glacier that swept down from the polar regions ages ago. Natural erosion did the carving that gives it the hour-glass contour.

New Timekeeper Clock.

Boiling eggs, developing photographs, or any other operation that requires short but accurate account of time, may be allowed to proceed without attention through the use of a novel clock, described in Popular Mechanics. The four-inch dial is at the top, and in the lower part of the case is a vertical scale, reading up to 90 minutes in one-minute divisions, and carrying a small slide that is set by hand. At the end of the period set, a four-inch gong on the back rings until it is shut off. Though a valuable addition to the home kitchen, the new time-keeping clock is intended especially as a labor-saving accessory for hotel and restaurant kitchens, photo galleries, laboratories and other places where the measurement of minutes is needed.

Snapping Movie Picture.

Usually 150,000 to 200,000 feet are run through the cameras to get a six-reel, or 6,000-foot motion picture. The director 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, parts of each enter into the composition of the completed reel.

Impossible.

"These short skirts—" "Yes?" "I should think a girl's ankles would get cold." "How can her ankles get cold when she has a fur neckpiece?"—Louisville Courier-Journal.

Children Cry for Fletcher's

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