

IS YOUR HEALTH GRADUALLY SLIPPING?

Interesting Experience of a Texas Lady Who Declares That if More 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 lifeless I could hardly go at 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 lifeless.

"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.

HIS WAGES ONE CENT A YEAR

Early Carrier of Mails Certainly Not in the Business for Purpose of Making Money.

Maurice Proctor, a man of wealth, was so anxious for his coach to bear the distinguishing "U. S. Mail" sign of the postal service that he made absolutely certain, when a service line was established between Mineral Point (where he lived) and Dodgeville, Ia., he would be the lucky one allotted the honor.

There were 20 competitors and each turned sick with disgust when they heard of the bid of the wealthier man, says an early volume of the Strand Magazine. It was the custom then to ask prospective employees to bid for the job, as contractors bid now. Proctor bid 1 cent. Which is to say, he volunteered to do the job for a remuneration of 1 cent a year in wages.

Every day, rain or shine, he twice carried the mail between the two cities, proud of the "U. S. Mail" on the side of his coach. At the end of the year his enthusiasm had not worn off, so he renewed his contract, agreeing to do the work at the same rate for four more years—in all, for 4 cents. The government considered him financially responsible for this amount, and gave him the job. The 4 cents were paid to him in four annual installments.

His pay for the first year came in the form of a postal warrant signed by the secretary of the treasury and made out to the order of the carrier, Maurice Proctor. It was in payment for his services, and the amount was 1 cent. Needless to say, it was considered as a great curiosity, so the carrier sold it at once for \$30.

BUNGALOWS BUILT BY BIRDS

Are Not Used as Nests, but Seemingly Only Constructed as a Matter of Decoration.

Arbor-like bungalows are built by Australian bower birds. These bungalows are decorated by the birds with flowers and other bright objects.

Sometimes one bird will move a flower placed in position by a fellow. The result is a free fight, for none of the birds will tolerate interference or criticism.

There are several different kinds of bungalows, and each is built by a variety of the bower bird. These structures have nothing whatever to do with the birds' nests. There is a garden in front of the bungalow, and great attention is paid to keeping this fresh. Some of the birds prefer shells as a garden decoration; others use gaily-colored beetles and other insects, while one bird lays out a lawn of moss, which it decorates with all kinds of odds and ends. As soon as any part of the garden becomes faded, the moss, leaves, or flowers are carried to a rubbish heap behind the bungalow.

Dancing displays are given on the lawns, especially at courting time, when the males adopt all kinds of queer attitudes and sing songs to attract the attention of the opposite sex.

Cultured Slovakian People.

The inn at Turciansky Sv. Martin in northern central Slovakia is a real social center. Here the inhabitants of this cultural center of Slovakia assemble for song and gossip. In spite of the antiquity of their get-up, the peasants of the region are among the most cultured people in Europe; their little town is a center of the printing industry and boasts a most interesting museum. The women of Slovakia, although the difficulty in obtaining linens and colored thread with which to make their embroideries is now great, still work with the same care and reverence for traditional craftsmanship as formerly. Indeed the peasant woman of Detva, Slovakia, both in the work upon which she is engaged and the beautiful clothes she wears, would seem to be a living model for her sisters in the neighboring villages. It is in their gardens that these women work, surrounded by their children.

CAKE SUFFICIENT FOR ARMY

Monster Confection That William I of Prussia Set Before Thirty Thousand Fighting Men.

When William I of Prussia gave his army a regale in 1730 he let them feast on vegetables and roast beef, and then wash it down with lots of beer and ale, according to William S. Walsh, who has a taste for compiling curious information. When the thirty thousand guests had almost finished their meal they saw their dessert coming on a dry drawn by eight horses. The dry bore a gigantic cake—said to have been the largest cake ever baked. It was twenty-four feet square and a foot and a half thick.

Mixed in the cake were products which would have fed a small village. More than thirty-six bushels of flour were mixed in it; 200 gallons of milk had been used; one ton of butter had made it rich, and one ton of yeast had made it rise; 5,000 eggs had been patiently broken and beaten into the batter. The result, baked under extreme difficulties, was the big cake, containing over 850 cubic feet of the gooey.

But the thirty thousand guests had filled themselves on roast beef and vegetables and it was impossible for them to eat all the cake, although it would have been possible for them to do so had they all been hungry. Obviously, so much cake could not be allowed to go to waste. So the remainder of it was cut up and distributed in nearby villages to the various needy families, who made short work of it.

Mourning Chevrons on "Beer" Suits.

When the Princeton seniors appeared in their "beer" suits last year, with a black mourning brassard on the left sleeve, the idea was considered very nifty. But they've benten it this spring. The beer suits were broken out early this week, and they have three small black chevrons on the left cuff, each indicating six months of prohibition. The beer suit custom is indigenous to Princeton. Before the days of Volsteadism the suits—plain white "jumpers" and pantaloons—appeared, simultaneously with the black beer signs, and gave unique distinction to the seniors, passing their last spring in scholastic trammels. Also, there were some jolly parties in certain cozy corners in the classic shades of the collegiate town. And maybe there are now—but in corners that are surreptitious as well as cozy.—Cincinnati Times-Star.

Those Old-Time Workers.

"When I was a boy," said Mr. Cumrox, "I worked 14-hours a day."

"No, you didn't," replied Mr. Caslux Chex. "My father was keeping the store you worked in. You just hung around 14 hours a day because it was a warm, comfortable place to loaf."

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, bedabbled 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** CASTORIA For Infants and Children In Use For Over 30 Years Always bears the Signature of *Chas. H. Fletcher*

ARNOLD BENNETT ON WORDS

Repetition Better Than the Use of Bad English, Is the Contention of Noted Writer.

Arnold Bennett hates half-meanings, and especially he hates inexact words. He quotes from a London daily and bids up to ridicule "The King and queen were present at a first night in a London theater last evening for the initial time in their reign." His comments are instructive, Malcolm Cowley writes in the Literary Review:

"It is quite a first-rate example of bad English. The culprit, whose name is well known to myself and other members of the London literary police force, evidently thought that it would be elegant to use the same word twice in two lines; so he substituted 'initial' for 'first' in the second line. . . . Perhaps he had never reflected that words express ideas, and that therefore if a precise idea recurs, the precise word for that idea ought to recur. The idea expressed by the word 'first' is precise enough, and no other English word means what 'first' means. Certainly 'initial' does not mean 'first.' Still, the man meant well. His misfortune was that, having picked up a good notion without examining it, he imagined that repetition was inelegant in itself. Repetition is only wrong when it is unintentional, and when, being horrid to the ear, it is reasonably and honestly avoidable. On the other hand, repetition, used with tact and courage, may achieve not merely elegance but positive brilliance."

Here is Bennett's style both in theory and practice, and the practice agrees with the theory. The passage is not merely clear, but it is brilliantly repetitive. The trouble is that Bennett often goes out of his way to repeat himself.

HEARTS AFFECTED BY FEAR

Armenian Children Slow in Recovering From Terrors to Which They Were Long Subjected.

According to Dr. Mabel Elliott, head of the American Woman's Hospital, who is now serving with the Near East Relief at Ismid, Turkey, a large number of the Armenian children under her care are suffering from enlarged hearts or other forms of heart disease, due to the constant fear to which they have been prey during the past few years.

Relief workers in the Near East have long been familiar with the mental petrification due to the terrible experience through which these children have passed, most of them having forgotten everything of their past, their names, their homes and their language included, but this is the first instance that has been recorded of the effect of fear on their hearts.

The cure which Dr. Elliott is practicing with these children is a combination of mental and medical. First of all, they are made to realize that they are entirely out of danger and among friends. Then they are put on a special diet of nourishing foods and certain exercises are prescribed. The results so far have been remarkably successful.

Roses for Every Section.

The Department of Agriculture in a rose zone map shows how frosts limit rose culture in certain sections. Tea roses by this map can be grown throughout the South and in California, or wherever the frosts are over in March. Hybrid tea roses are safe farther north to southern Pennsylvania, Ohio, Illinois, Iowa, Nebraska, New Mexico and Arizona, where the frosts are over in April. Hybrid perpetuals and some hardy specimens can be grown in the northern states where the last frost is in May, but where frosts occur during the summer, as in parts of the northwest, success with outdoor roses is difficult.

This schedule is based on the supposition that roses in the districts assigned to them as safe will need no special care in the winter. With winter coverings of earth, straw and burlap, many roses will resist frost and cold. Some hybrid tea roses, for example, can be grown in Minnesota and Massachusetts.

There are thousands of varieties of roses, and several hundred new ones are produced each year, so that there are roses adaptable to practically every part of the country.

All True.

The guest was a smiling, sly sort of man. He hoped to make good with his host by winning the affection of his children. But for some reason seven-year-old Mary did not like him. Still he persisted and one evening when he entered the house and saw her all bedecked in a new dress, he said meaningly, "Fine feathers make fine birds, I see," and smiled at her father.

Mary turned and looked at him and noticed the fur collar on his overcoat. And then a little giggle escaped her. "Oh, fine fur makes foxes, too," she returned.

But she didn't know why the guest colored.

Paraguay's Advanced Ideas. Students in the Paraguayan Institute are to be taught wrestling and fencing. Gymnastics will be given by a corps of professors in the schools and colleges of the republic of Paraguay. The instructor, of the greatest number of inhabitants possible in physical exercises will be encouraged by local championships, national and international games, and by propaganda in favor of physical development through lectures and sporting publications.

MORE THAN MERE BUSINESS

Modern Railroad History Has Been Lifted to a Sphere Little Short of the Miraculous.

A cycle of railroad history has revolved before our very eyes. Three epochal golden spikes (at least) have been hammered in by (at least) three gilded sledges—and all within the span of a little more than half a century.

What is probably to be the last great "trunk railroad" in North America is being built by the United States in Alaska. This "government railway" had its first spike, a gold one, sledged on April 29, 1917, by Martha White.

Another gold spike was driven on that momentous day, May 10, 1903, near Ogden, Utah, when the transcontinental Union Pacific line was completed, uniting beyond question of chance the fortunes of the Atlantic and Pacific sides of the republic.

The gold spike custom (or habit as it came to be with the irrepressible builders of the continent) began in 1852 to assume significance. For upon Christmas eve, not only the nation's but the world's first "trunk line" was completed at a little forgotten hamlet near Wheeling, W. Va., Roseby's Rock.

The romance of railroads! Who that lies him down to slumber in New York intending and expecting to arise refreshed in Chicago, can dare affirm that railroading is a business, a commercial enterprise! It is, rather, a miracle an Alladinic phantasy—Christian Science Monitor.

LIKE PAGES FROM HISTORY

Deeds of Modern Greeks Similar to Those of Their Ancestors of Many Centuries Ago.

Greeks are reported to be crossing over into Asia Minor to resist the forces of Mustapha Kemal's army and take possession of the territory given them by the treaty of Sevres, an expedition which recalls the memorable crossing of this people 3,000 years ago, the subsequent siege of Troy, and the story of the wanderings of Aeneas, the historic founder of the early Roman race.

About an hour from the sea, near the Dardanelles, the ruins of the ancient city of Troy stand upon an eminence looking out over the plains where her immortal sons fell in her defense. At its foot the Scamander winds to the sea, says a bulletin from the Washington headquarters of the National Geographic society.

Excavations on the site have revealed nine cities, built one upon the top of the other in times past. The sixth from the bottom of these is the Troy of which Homer and Virgil sang. Today there stands little to tell of the might of the former Priam and Paris and the splendor which the beautiful Helen caused to be tumbled into dust.

Saccharin Discovered by Accident.

Saccharin, 500 times as sweet as sugar, and much in demand during the war, was discovered, according to the Basler Nachrichten, by an instructor in Johns Hopkins university. The story runs as follows: In the summer of 1878 the discoverer, C. Fahberg by name, was trying to restore certain organic bodies. At the dinner table at the close of a busy day he noticed that a piece of bread tasted uncommonly sweet. It occurred to him at once that the sweetness came from his hands, though he had carefully washed them before sitting down to eat. He hurried back to his laboratory and tasted all the glasses he had used in his experiments. One of them he found exceptionally sweet. He analyzed the remaining drops and found that they were a derivative of benzol. In 1884 he set up an experimental factory for the manufacturing of saccharin in New York.

Police File Baby's Picture.

Kidnapers are going to have a hard time if they bother Paul Everitt Collins, three years old, of Denver.

He climbed upon the stool in front of the camera at the central police station the other day and was photographed. Then he thrust his fingers into the recording ink and impressed his finger prints for the Bertillon records.

But he is not a criminal. Mr. and Mrs. P. E. Collins, who recently adopted him, were with him, and they asked that these records be made to insure him against kidnaping. Both said they feared some one might attempt at some time to take him away from them. The records will be filed with the police at the county recorder's office, they said.—Rocky Mountain News.

Increase in Elk Herd.

A good increase from the survivors of the southern Yellowstone or Jackson Hole elk herd is looked for this year by officials of the bureau of biological survey of the United States Department of Agriculture, in view of the unusually favorable winter just past. Last year's rains, it is said, produced a plentiful growth of feed on the ranges, and as a result the elk are reported to be in excellent condition, with the prospect of only a normal death rate instead of a repetition of the mortality of the winter of 1919-20, due to lack of forage and a severe winter.

Record for Brown University.

Charles E. Hughes is the fourth graduate of Brown university to become secretary of state of the United States. His predecessors, who were Brown men, were William L. Marcy, Richard Olney and John Hay.

SHORN HEADS PLACATED GODS

Sea Captain Employed an Ancient Practice and the Threatening Gale Ceased to Blow.

The women prayed, the second mate cursed and Aléx Jacobsen, "the albatross," swallowed a pint of vodka straight. Still the gale blew furiously. By the Beaufort scale the wind was eleven force, and this in English means a hurricane.

All this happened March 15, when the Norwegian-American liner Bergensfjord was steaming westward on her run from Bergen, says the New York Tribune.

Old Bull is a young navigator, with hard common sense, who worked his way to the captaincy of the steamship Bergensfjord. He had been in storms before, but the one that came up suddenly March 15 was more than a practical man could handle.

At last an ancient superstition of the sea came to the mind of Captain Bull, and he sent forthwith for the ship's barber.

"Hendrik," he said, "how many shears and clippers have you stowed below?"

"Twenty," said the barber. "Bring them up and cut the hair of all my men, beginning here on me. There is a superstition, Hendrik, which my father used to tell me of. When storms refuse to yield to man it pleases much the gods if sailormen part with their shaggy locks. Delilah conquered Samson with the shears and we must use them now."

Hendrik brought his clippers forth and soon the heads of all the staff were shorn. With the shearing of the hundredth sailorman the wind began to ease. When every man had parted with his hair the barber called a steward to his chair, but just before his clippers touched her head the furious hurricane went dead. The Bergensfjord arrived here with almost a hairless crew.

LATIN IS FOUNDATION OF ALL

Although a Dead Language, Oregon Professor Asserts You Find It Wherever You Turn.

"Latin is a living force in daily life and all other studies are in overwhelming debt to it," says Prof. F. S. Duan, dean of the department of Latin in the University of Oregon, in a bulletin which he has written for the Latin teachers in the high schools and colleges of Oregon.

"The teacher," he says, "must read English from out the Latin and Latin from out the English; must see geometry, biology and physics in Caesar; must conjure legal phrases and doctor's prescriptions from Cicero's orations; must flash the 'Idylls of the King' and 'Paradise Lost' and 'The Faery Queen' across the pages of Virgil; must brand every paragraph with the Romance languages and Latin America and the Philippines; must see Rome in the clock dial, in the 10-cent piece, in a decimal fraction, in the almanac, in the days of the week, in the Sunday liturgy, in Oregon's seal, in the omnibus bill, in the ultimatum to Turkey, in an aeronaut or a submarine; in Montana or in Arizona; in Cincinnati or in Olympia; in Lucy or in Gus; in patrimony or matrimony or alimony, it matters not which, for it is all Latin, anyway, and everywhere you turn."

Canada to Develop Mussel.

Canada is about to make capital out of a substitute for the oyster which is found along the Atlantic coast, chiefly in New Brunswick. It is a mussel which is by no means a new article of diet to the people of Canada. Its delicacy of flavor and high food value have been much advertised since the establishment of government investigation and experiment. A survey of the mussel beds of the St. Croix river, which constitutes the boundary between New Brunswick and Maine, has occupied the attention of a scientist of the council for three years, and it is expected that this year will see the satisfactory conclusion of the research. The sea mussel cannot be produced in fresh water, so that there is no possibility of developing an industry in the Great Lakes. It is believed that there are possibilities, however, of the development of fresh-water clams there in the near future.

Inner Tubes as Ice-Bags.

Ice-bags relieve the feverish patient, but they are not large enough to cool his entire body. An old inner tube will do a much better job, says the Popular Science Monthly.

You cut the tube at the place where the valve is, remove the valve, tie one end of the tube tightly and fill the tube with ice. Then tie the other end and you will have a long narrow ice-bag that may be placed at the side of the patient or even wrapped around him.

Busy Bible Circulators.

The 1919 issues of the American Bible society were 3,752,309 volumes. The sun never sets on the representatives of this society, which asserts that some one is busy every hour of the day and every day of the year circulating the Scriptures. This total means that seven volumes were issued every minute of every hour of every day of the year.

Why They're Alike.

"Why are a grasshopper and a grass widow alike?" "Dunno." "Both jump at the first chance!"—New York Evening World.

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.

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 *Chas. H. Fletcher* In Use For Over 30 Years The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY.

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

Appearance 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 scrawnyness.

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.

Druggists refund the purchase price if you fail to get the result you seek.

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

Mr. Junius H. Harden announces that Miss Mary Faucette of the Normal School of Physical Education of Battle Creek, Mich., will instruct the ladies' swimming class at the Harden Park Pool.

Term 18 lessons—price per term, \$3.00.

Apply to Miss Faucette or Piedmont Power & Light Company's office.

Mr. Boyd Harden will assist in the general management.

Merry-Go-Round for small children.

Subscribe for The Gleaner \$1.00 a year—in advance.