

Catarrh for Years No Relief



Three Bottles PERUNA Made Me Well.

Mr. Elf Lefevre, Jr., 854 Brush St., Detroit, Mich., writes: "I had been troubled with catarrh for a number of years, and had been taking

medicine for it, but they did me no good. In reading one of Dr. Hartman's books entitled 'Winter Catarrh,' I discovered that Peruna was good for catarrh. After I had taken only three bottles of Peruna I was cured of the catarrh. I now advise everybody troubled with catarrh to take Dr. Hartman's Peruna, as it is a sure cure for catarrh.

Mad Him There. "Now, madam," said the crotchety judge who had been annoyed by the discussions of previous witnesses, "we want no hearsay evidence. Tell us only what you positively know. Your name, please?"

Decline of Divorce in Japan. Half of the population of Japan is from twenty to sixty-five years of age, and one-third of the entire population is married. The ratio of divorces for every 1,000 population has decreased 3 to 11-4; but even at present it is a source of deep anxiety on the part of unmarried statisticians.

MOTHER! LOOK AT CHILD'S TONGUE

In cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste. Liver gets sluggish; stomach sour.

GOOD FRIEND TO WOMEN

That's What Mount Pleasant Lady Says Cardui Is and Tells What It Did for Her.

Mt. Pleasant, Tenn.—"As a girl I was always well and hearty," says Mrs. M. E. Rail, of this place. "I have always been accounted healthy. I never felt any trouble like... weakness until I came to the change of life. I was about forty-five when that began. I think I would have died had I not found out what a good friend to women Cardui is.

Seen in a Better Light. "You don't hear much nowadays about manufacturers of great wealth after he had offered his services free of charge to the government."

To Drive Out Malaria And Build Up The System. TAKE THE OLD STANDARD GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form.

Seventh Age of Man. "He is a very old man, isn't he?" "Well, he is in the second dance."

What Dr. R. D. Patterson, of Liberty, N. C., says ABOUT MOTHER'S JOY SALVE. My boy had pneumonia, his temperature was 104. Had tried other salves, didn't have any effect. Used jar of Mother's Joy Salve on throat and chest, in one hour's time his temperature was normal.—Adv.

WHAT IS LAX-FOS LAX-FOS IS AN IMPROVED CASCARA A DIGESTIVE LAXATIVE CATHARTIC AND LIVER TONIC

There's no longer the slightest need of feeling ashamed of your freckles, as the new Freckle Remover—double strength—guaranteed to remove these freckles simply by getting an ounce of Freckle Remover—double strength—from your druggist, and apply a little of it night and morning and you should see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful complexion.

STOCK LICK IT—STOCK LIKE IT For Horses, Cattle, Sheep and Hogs. Contains Copious Quantities of Worms Saltpeter for the Blood, Salt-peter for the Kidneys, Nux Vomica, a Tonic, and Pure Dairysalt. Used by Veterinarians 12 years. No Dosing. Drop Brick in feed-box. Ask your dealer for Blackman's or write

BLACKMAN STOCK REMEDY COMPANY CHATTANOOGA, TENNESSEE MICE CARRY DISEASE Kill These Pests By Using STEARNS' ELECTRIC PASTE U. S. Government Buys It SOLD EVERYWHERE—25c and \$1.00

PROVIDE BIG FOOD CROP

World Scarcity of Food Stuff Should Prompt Southern Farmers to Provide All Food at Home.

Baltimore, Md.—Whether there be war or peace between this country and Germany, whether war be continued in Europe for another year or two, or whether peace should come, the demand for foodstuffs will exceed the supply, both in this country and abroad. The shortage in the world's food crops last year, taken in connection with conditions created by the war brings us nearer to a famine situation in foodstuffs than the world has known in this generation.

Nothing less than a bumper crop of grain will save us from exorbitantly high prices for wheat and corn next winter. It is important that the whole country should understand this situation, but it is doubly important that the farmers of the South should understand it and plant the largest acreage in grain which they have ever had in order to save themselves from having to pay the highest prices they have ever paid for their foodstuffs.

It is hardly possible to predict what may happen to cotton. The price, judged by the world's demand, ought to be high, but in view of the uncertainties of conditions here and elsewhere, a large cotton crop might prove a misfortune by forcing prices below a fair profit.

The south might raise too big a cotton crop for its own prosperity, but it cannot raise too big a grain crop nor too much livestock. Every available acre should be put into the raising of foodstuffs, into grain, into vegetables, potatoes, and as much attention as possible should be given to livestock, and even to the raising of chickens and to dairying, for the purpose of meeting the home demand for foodstuffs.

Over 600 Want Examination. Raleigh.—Over 600 people have made application for the physical examination which the State Board of Health is giving in its unit of life extension work now in progress in Henderson and Vance county with Dr. A. J. Ellington as examiner.

Private Cooper Exonerated. El Paso, Texas.—Proceedings of court martial that tried Private Bailey Cooper of Wilson company for shooting a man named Cotten while on sentry duty at the smelter three weeks ago were made public. Cooper is entirely exonerated and ordered to be released from custody.

NORTH CAROLINA BRIEFS. Four of the ten of the crew, who drowned when the coast guard cutter Yamacraw perished off the Maryland coast, were North Carolinians.

Every resident of Fayetteville who can get the use of a vacant lot is being urged by the Chamber of Commerce to "plant a little garden spot" as a measure of relief for the high food prices.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletchman In Use for Over 30 Years. Children Cry for Fletcher's Castoria

WHEN IN NEED OF A TONIC OR APPETIZER

You Should Try

HOSTETTER'S STOMACH BITTERS

There are self-made women, too, but you never hear them bragging about it.

The Quinine That Does Not Affect The Head Because of its tonic and laxative effect. Laxative Bromo Quinine can be taken in large doses without producing any of the usual effects. There is only one "Bromo Quinine." E. W. GROVES signature is on each box.

An Attack of Grip Always Leaves Kidneys In Weakened Condition

Doctors in all parts of the country have been kept busy with the epidemic of grip which has visited so many homes. The symptoms of grip this year are often very distressing and leave the system in a run down condition, particularly the kidneys which seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles.

Novel Egg-Boller. Every American household likes its boiled eggs at breakfast, but nobody enjoys cooking them. However, some self-sacrificing member of the family must always jump up and leave his own food to cool while, watch in hand, he concentrates over the boiling process.

Celery's Many Virtues. There is but little enlightenment afforded in the every-day culinary literature on the many uses of that delicious plant known as celery.

Old Fashioned Ideas are being supplanted daily by newer and better things. This is particularly true where health and efficiency are concerned.

POSTUM It promotes health and efficiency, and the old time nerve-frazzled coffee drinker soon gives place to the alert, clear-thinker who drinks delicious Postum and knows

"There's a Reason" No change in price, quality or size of package.

HOME TOWN HELPS

WHEN LAYING OUT A CITY

Are we laying out, for instance, a new suburb? Is it not better and more businesslike, and more likely to produce adequate financial results if we determine beforehand which of the streets are likely to become great traffic thoroughfares and to give them ample width of broad macadam of paved surface, providing only in the residential streets sufficient paved surface to allow two tradesmen's carts to pass, and leaving down the remainder in trees and grass, in a way which will save the rate-payers large sums and at the same time make the street or boulevard a more desirable place in which to live?

Such instances could be multiplied a thousandfold. The results, so far of practical city planning will convince anyone that the scope, influence and finance of city planning are so much a subject for the earnest consideration of every man who is a good citizen and loves his city and his fellow citizens, that none can afford to neglect it.

COMBINING CITY AND COUNTY By Cutting Expenses There Would Be More Money to Spend on Public Improvements.

Mayor Campbell of Houston has started a discussion of a proposal to combine city and county governments, and eliminate one set of officers. The writer advocated that several years ago, but plans to reduce the expense of government were not then as much in favor as plans to increase it.

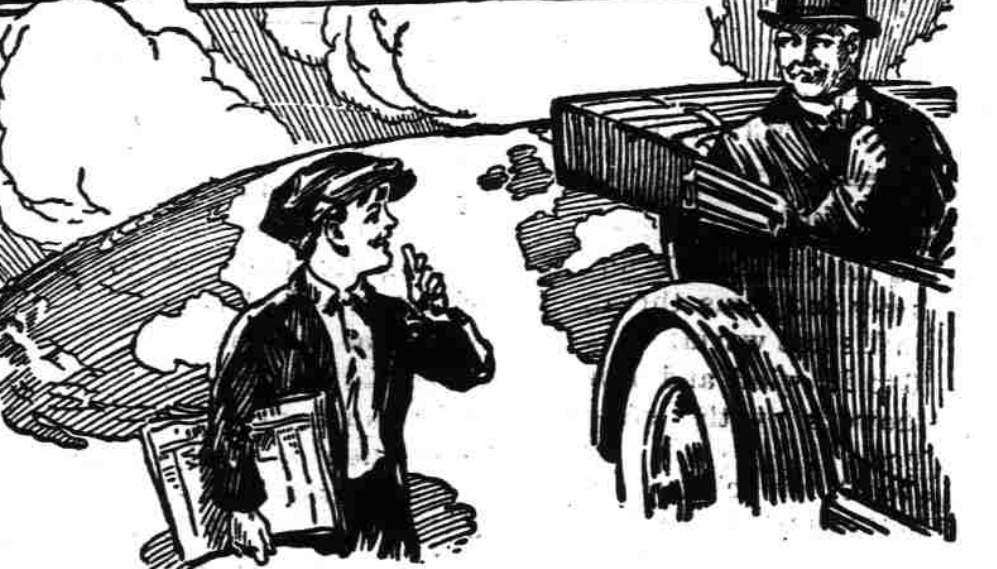
Dwindling Wool Supply. War and embargoes are making textile men uneasy as to the wool supply. World demand is increasing while the supply is growing less.

Wages Go Up in Japan. Thanks to the general business activity in consequence of the great European war, the working business in Japan are now unusually prosperous and contented, says East and West.

Cities Take Up Child Hygiene. More than 400 American cities, each of more than 10,000 population, have reported to the children's bureau, a branch of the department of labor, that municipal funds are being given special children's hygiene work.

Art of Agriculture. The art of agriculture is "doing the right thing at the right time and all the time."

Reasons for Longevity. Native—There are the Oldboy twins. They are ninety-eight years old. Stranger—To what do they credit their long lives? Native—One 'cause he uses terbacker and one 'cause he never uses it.—London Answers.



A Little Stick of WRIGLEY'S Makes the Whole World Kin!

No climate affects it for the package protects it. WRIGLEY'S goes to all parts of the world—in all seasons, to all classes. Fresh, clean, wholesome and delicious always. It aids appetite and digestion, quenches thirst, keeps the teeth clean and breath sweet.



Cocoa Beans From Gold Coast. The production and exports of cocoa beans from the Gold Coast colony, British West Africa, during the first nine months of 1916 amounted to 55,743 tons (of 2,240 pounds each), valued at \$1,620,439, as against 50,778 tons, valued at \$1,019,704 in 1915.

"CASCARETS" FOR LIVER, BOWELS For sick headache, bad breath, Sour Stomach and constipation.

Make the Liver Do its Duty. Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Diet, Exercise or Death! An eminent medical authority writes that most of our city folks die of a thickening of the arteries or of kidney disease. The kidneys become clogged and do not filter the poisons from the blood, and one trouble follows another, high blood pressure damages the heart, arteries and kidneys.

WINTERSMITH'S CHILL TONIC Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores.

Lookout Biscuit FRESH - CRISP - WHOLESOME - DELICIOUS THE SANITARY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MAKE THEM THE STANDARD OF EXCELLENCE