THE SALISBURY WATCHMAN, SALISBURY, N. C.

WHEN IN

NEED OF A

TONIC OR

You

Should

Try

HOSTETTER'S

STOMACH

BITTERS

There are self-made women, too,

All Out of Proportion.

Always Leaves Kidneys

In Weakened Condition

sausing nervousness or ringing is only one "Bromo Quining ignature is on each box. 26c.

Guard-How's that?

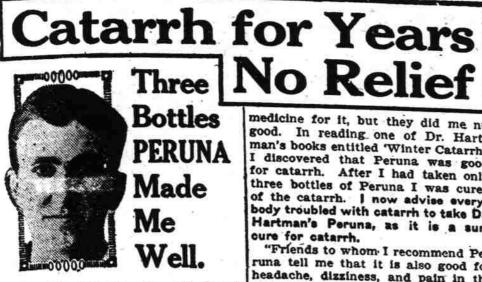
Guard-What was that?

Hope, Sing Sing Penitentiary.

An Attack of Grip

man over there.

square.



headache, dizziness, and pain in the Mr. Elf Lefevre, Jr., 854 Brush stomach." St., Detroit, Mich., writes: "I had Those who object to liquid medibeen troubled with catarrh for a num- cines can now procure Peruna Tabber of years, and had been taking lets.

Well

Mad Him There.

"Now, madam," said the crotchety only what you positively know. Your nome, please?"

"Margaret Jones," replied the witnosi.

"Your age?"

-Well-er-I have only hearsay evi- ald. deace on that point, so I won't answer."--Boston Evening Transcript.



A laxative today saves a sick child temorrow. Children simply will not was always well and hearty." says take the time from play to empty their Mrs. M. E. Rail, of this place. "I howels, which become clogged up with have always been accounted healthy. I waste, liver gets sluggish; stomach

SOUT. Look at the tongue, mother! If coator any other children's ailment, give a women Cardui is.

teaspoonful of "California Syrup of Figs," 'then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile would be obliged to lie in bed a week and fermenting waste will gently or two at a time. I never liked to lie

Decline of Divorce in Japan. Half of the population of Japan is indge who had been annoyed by the di- from twenty to sixty-five years of age, gressions of previous witnesses, "we and one-third of the entire population want no hearsay evidence. Tell us 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

medicine for it, but they did me no

good. In reading one of Dr. Hart-

man's books entitled 'Winter Catarrh,'

discovered that Peruna was good

for catarrh. After I had taken only

three bottles of Peruna I was cured

of the catarrh. | now advise every-

body troubled with catarrh to take Dr.

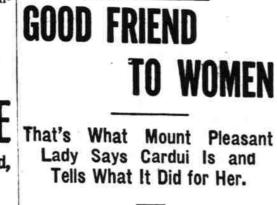
Hartman's Peruna, as it is a sure

"Friends to whom I recommend Pe-

runa tell me that it is also good for

oure for catarrh.

unmarried statisticians. - Maynard Owen Williams, in the Christian Her-



Mt. Pleasant, Tenn.-"As a girl I never felt any trouble like . . . weak-

ness until I came to the change of life. ed, or your child is listless, cross, fey- I was about forty-five when that becrish, breath bad, restless, doesn't eat gan. I think I would have died had I heartily, full of cold or has sore throat not found out what a good friend to

"I suffered a great deal. I had a number of fainting spells, and . . . stuffs.

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 de-

mand for foodstuffs will exceed the

supply, both in this country and

abroad. The shortage in the world's

PROVIDE BIG FOOD CROP

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. If the crops of the country should, by unfavorable weather conditions or by a lessened acreage, be short of a full average yield, we would have almost famine conditions, because we will go into the next crop practically barren of food supplies.

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 situa-

tion, but it is doubly important that the farmers of the South should understand it and plant the largest acreage about it. in grain which they have ever had in

order to save themselves from having to pay the Lighest prices they have ever paid for their foodstuffs. Every business man in the south

should do all in his power to urge upon southern farmers the planting of grain and the raising of foodstuffs of all kinds this spring and summer. 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 else-

where, 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 food-

southern farmer not to provide, during which seem to suffer most, as almost every in favor as plans to increase it. the coming spring and summer, for all victim complains of lame back and uri of the foodstuffs which his family will ary troubles which should not be neglectneed for the next twelve months. Any- ed, as these danger signals often lead to thing short of that would be ignoring | dangero. every condition which this country and the world confronts in the lack of foodstuffs, and in the certainty of high prices. Business men, state governments and the national government owe it to the farmers and to the welfare of the country to stress these points with all possibl emphasis. The south can become independent for foodstuffs by quick and vigorous action this spring, and summer by its farmers, and if it fails to do so, it will be drained of hundreds of millions of dollars for high-priced foodstuffs, For sale at all druggists. Be sure to menwhich should "have been raised at home, and there will be poverty in many homes where there should be abundance. - From Manufacturers Record.



Proper Planning, by Adding to Its Appearance, Bound to Bring Desirable Financial Results.

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 laying 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? but you never hear them bragging

Such instances could be multiplied a thousandfold. The results, so far of practical city planning will convince The Quinine That Does Not Affect The Head Because of its tonic and lazative effect, Lazative Bromo Quinine can be taken by anyone without 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. Nay, Inmate-The judge didn't treat me more than this, any city which does neglect this great subject, cannot hope to continue in these go-ahead days, to Inmate-I'm only twenty, and he compete with other cities and towns gave me the same sentence as that old which are wide awake to take full advantage of the opportunities for ad-Inmate-Life.-From the Star of vancement and betterment which it provides .- Exchange.

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 Doctors in all parts of the country have combine city and county governments, been kept busy with the epidemic of grip and eliminate one set of officers. The which has visited so many homes. The writer advocated that several years symptoms of grip this year are often very ago, but plans to reduce the expense distressing and leave the system in a run It will be almost a crime for any down condition, particularly the kidneys of government were not then as much



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.

WRIGLEYS

SPEARMINT

MINTLEAF FLAVON

Three

Fine

Flavors



The

Flavor

Lasts

move out of the bowels, and you have in bed because it interfered so with my Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of printed on the bottle. Adv.

Seen in a Better Light.

about malefactors of great wealth." "And for a very good reason." "Yes?"

"It would be in poor taste to call a millionaire a malefactor of great wealth after he had offered his serv- Adv. ices 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. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Seventh Age of Man.

"He is a very old man, isn't he?" "Well, he is in the second dancehood

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 temperatere was normal.-Adv.

Learn to do with diligence what you would do with ease.

WHAT IS AX-FOS LAX-FOS IS AN IMPROVED CASCARA A DIGESTIVE LAXATIVE CATHARTIC AND LIVER TONIC LAX-Fos is not a secret or Patent Medicine but is composed of the following old-

fashiour 1 roots and herbs: CASCARA BARK BLUE FLAG ROOT RHUBARB ROOT BLACK ROOT MAY APPLE ROOT SENNA LEAVES AND PEPSIN

In LAX-Fos the CASCARA is improved by the addition of these digestive ingredients n aking it better than ordinary CASCARA, and thus the combination acts not only as a stimulating laxative and cathartic but also as a digestive and liver tonic. Syrup laza- Adv. tives are weak, but Lax-Fos combines strength with palatable, aromatic taste and does not gripe or disturb the stomach. One bottle will prove Lax-Fos is invaluable for stage beauty. Constipation, Indigestion or Torpid Liver. Price 50c.

STOCK LICK IT-STOCK LIKE IT London Answers.

a well, playful child again. A thor- work. The swimming in my head was ouch "inside cleansing" is ofttimes all nearly continuous. I could not stoop that is necessary. It should be the down it would make me so dizzy. I first treatment given in any sickness. think I used Cardvi off and on for two or three years, using in that time about 8 or 10 bottles. I began to feel the improvement in health before I all ages and for grown-ups plainly had taken one bottle, but kept on taking it until I got in perfect health.

"Had it not been for Cardui I know I would have been dead. . . . Now I am "You don't hear much nowadays 62 years old, and weigh about 175, and am in the most perfect health."

Give Cardui a trial for your troubles. It should do for you what it has done for thousands of others .--

> Wiped Out. Jones had conceived a grudge against O'Connor and sought for a way to pay

him out. "I say, O'Connor," he said, "you remember you told me you had hunted tigers in West Africa? Well, Captain tells me there are no tigers there." "Quite right, quite right," said O'Connor blandly. "I killed them all."

YOU MAY TRY CUTICURA FREE That's the Rule-Free Samples to Anyone Anywhere.

We have so much confidence in the

wonderful soothing and healing properties of Cuticura Ointment for all skin troubles supplemented by hot baths with Cuticura Soap that we are ready to send samples on request. They are ideal for the toilet.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L try duty at the smelter three weeks Boston. Sold everywhere .- Adv.

Let It Go at That. "Flubdub is bothering all his friends to take stock in an alleged mine."

"He didn't ask me." "Why, he has pestered me half to leath. And yet he hasn't asked you, eh? How do you account for that?" "Dunno. I take it as a tribute to my intelligence."-Louisville Courier-Jour-



Now Is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine — double strength — is guaranteed to remove these homely spots. Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon 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 com-pletely clear the skin and gain a beautiful clear complexion. prices

Wilson

Two of the Exalted.

"My face is my fortune," said the "Permit me," replied the soap king,

to extend the compliments of a selfmade man to a self-made woman !"- Railway returned a verdict of forty thousand dollars damages. Talley sued for \$100.000. He was injured in

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 ex-

tension work now in progress in Henderson and Vance county with Dr. A. J. Ellington as examiner. Since the work began two weeks ago about two hundred people have been examined while every day brings new requests for this new medical service. The people are appreciative of the value of such health work and are availing

themselves of this opportunity to get its benefits.

Private Cooper Exhonorated.

El Paso, Texas -- Proceedings of

court martial that tried Private Bailey Cooper of Wilson company for shouting a man named Cotten while on senago were made public. Cooper is entirely exonorated and ordered to be released from custody. The findings

of the court are approved by the War Department.

Negotiations are now pending for turning Cooper over to the civil courts. The matter has been put up to the Secretary of War.

NORTH CAROLINA BRIEFS. Four of the ten of the crew, who

drowned when the coast guard cuttor 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 fro mthe high food Hundred of North Carolinians attended the inauguration of President

Practically 16 per cent of the births in Raleigh last month were illegitimate, six out of the 36 new born children being recorded as such, according to statistics furnished the regis-

trar. Five of the illegitimate births were colored, while one was white. The Mecklenburg county jury in the case Harry Talley vs. the Southern

kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root which so many people say soon heals and strengthens the kidneys after an attack of grip. Swamp-Root is a great kidney, liver and bladder remedy, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Binghamton, N. Y., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it. A trial will convince any one who may be in need of it. Regular size bottles 50 cts. and \$1.00. tion this paper. Adv.

Novel Egg-Boiler.

Every American household likes its boiled eggs at breakfast, but nobody enjoys cooking them. However, some self-sacrificing member of the family News.

must always jump up and leave his own food to cool while, watch in hand, he concentrates over the boiling proc-War and embargoes are making texess. Now a device has been invented tile men uneasy as to the wool supwhich will change all this. It is an ply. World demand is increasing egg-shaped hot water bottle, suspendwhile the supply is growing less. Our ed over an alcohol lamp, one section own needs are twice what we raise of which contains just enough alcohol and the chasm between domestic supto boil an egg hard and the other just ply and demand is widening. Our prognough to boil it soft. The eggs are duction is less today than 25 years placed in an egg rack, which fits into ago, while the population has inthe kettle of hot water and the lamp creased 60 per cent. The difference is lighted. That is all that is necesbetween what we produce and what sary. The alcohol does the rest, acwe use must be made up by imports, cording to which section of the lamp with the world bidding against us. is burning. When the eggs are dong The British embargo on wool shows how precarious is our position. Yet,

the flame goes out.

Celery's Many Virtues.

lute necessity. Several years ago when There is but little enlightenment afalarm was taken at the declining beef forded in the every-day culinary literature on the many uses of that dellcious plant known as celery. Probably no other plant is so well adapted to cooking in so many different styles as celery, a vegetable that can also be eaten raw.

There is hardly any other vegetable of which every part can be brought to such good account. The trimmings can be used for flavoring purposes, or ropean war the working classes in for soup and broth, while the seeds are Japan are now unusually prosperous carefully preserved for similar uses. and contented, says East and West. or to produce celery salt, which in it-To quote an example, hatoba coolies self forms an ideal table condiment. in Yokohama are now getting 50 yen

Old Fashioned Ideas

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

In hundreds of thousands of homes where coffee was formerly the table drink, you will now find

There is no sound reason why a commissioners' court and a city commission should both be required for legislative service, nor is there any Cocoa Beans From Gold Coast. apparent need for the double service The production and exports of cocoa of a city and a county police force. Many other duplications could be sug-

gested equally wasteful. The city and county of St. Louis 743 tons (of 2,240 pounds each), valare identical. New York and London ued at \$15,216,630, as against 50,578 are under the same single system of government. So it cannot be urged that the plan will not fit a city.

The truth is that the American system seems to be based on a demand' in 1916 it was \$272.98. that provision shall be made for every man to hold an office who wants one. "CASCARETS" FOR It has multiplied offices to a degree unknown in any other country, and has, as a result, driven the cost of government to a figure which exceeds that of any other country in the world. if the military branch is excluded from the comparison .-- Waco (Tex.)

Dwindling Wool Supply.

in peace and in war, wool is an abso-

For sick headache, bad breath, Sour Stomach and constipation.

LIVER, BOWELS

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head

aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels -you always get the desired results Make the Liver with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. digestion. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children-their little insides need a cleansing, too. Adv.

Ball-bearing rollers for furniture are in demand in Switzerland.

Diet, Exercise or Death! HEALTHY CHILDREN co.ne from healthy

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. Usually its danger signals are backache, pain here or there, swollen feet or ankles, rheumatic twinges or spots appearing before the eyes. The very best remedy is this: Eat

meat but once a day, or not at all. Plenty of outdoor exercise, and drink pure water frequently. Before meals take a little Anuric, the great uric acid neuuric acid as hot water does sugar."

13 731

A Giveaway.

Mrs. Blabbitt-I don't like her at beans from the Gold Coast colony, all, dear. She's a deceitful woman, British West Africa, during the first The other day she tried to get me to nine months of 1916 amounted to 55, say something against you.

Mrs. Goddeigh-She did! How? Mrs. B .- Why, she asked me to tell tons, valued at \$10,097,704 in 1915, her confidentially what I really The average price per ton for the first thought of you .- Boston Evening Tranmine months in 1915 was \$199.64, while script.

> ELIXIR BABEK A GOOD TONIC And Drives Malaria Out of the System. "Your 'Babek' acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and feve. I rec-ommend it to those who are sufferers and in need of a good tonic."-Rev. S. Szymanowski, St. Stenhan's Church, Perth Ambor, N.J. St. Stephen's Church, Perth Amboy, N. J. Blixir Babek, 50 cents, all druggists or by Parcels Post, prepaid, from Kloczewski & Co., Washington, D. C.

Logical Conclusion. "I feel all gone to pieces this morn-

ing." "What do you think is the matter?"

"I suppose it is because I am broke."

You never can know how superior to other preparations in promptness and efficiency is Dr. Peery's "Dead Shot" until you have tried it once. A single dose cleans out Worms or Tapeworm. Adv.

It is easy to be popular if you don't care what you say.

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. ARTERS Cures Constipation, In-Headache.

and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE, Genuine must bear Signature

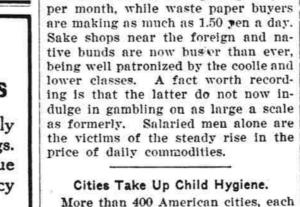
Bient Good

mothers. And mothers will cortainly be healthy if healthy if they'll take Dr. ierce's Favorite Prescription. Nothing can equalit in build-

in regulating and assisting all her natural functions, and in putting in perfect order every part of the female system. It lessens the pains and burdens, supports and strengthens weak,

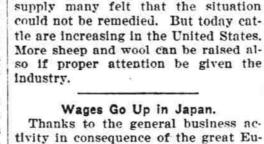
nursing mothers. It's an invigorating, restorative tonic, a soothing and bracing nervine.

Castor oil is good for children or adults, traizer that is easily obtained at the drug store. When you have dizziness, chills or sweating, worry, or dragging pains in back, try this wonderful enemy to uric acid, which Dr. Pierce of Buffalo, N. Y., discovered and named Anuric. Anuric more potent then lithis discovered. Anuric, more potent than lithia, dissolves They contain no calomel and are of veget able constituents, therefore harmless.



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. In more than 20 cities a special department for this work is being operated. -Providence Bulletin.



For Horses, Cattle, Sheer and Hogs. Contains Cop- peras for Worms, Sulphus for the Blood, Saltpeter for the Blood, Saltpeter bairy Salt. Used by Vet erinarians 12 years. No Dosing. Drop Brick in feed-box. Ask your dealer for Blackman's or write BLACKMAN STOCK REMEDY COMPANY CHATTANOOGA, TENNESSEE MICE CARRAY DISEASS KIII These Pests By Using STEARNS' ELECTRIC PAST U. S. Government Buys It SOLD EVERYWHERE — 25c and \$1.00	CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Contract of the Signature of Contract of Signature In Use for Over 30 Years. Children Cry for Fletcher's Castoria Heard on the Train. "What kind of coal do you use?" "Egg?" "Egg? How do you get it, by the dozen?"-Boston Transcript. Pimples, boils, carbuncles, dry up and disappear with Doctor Pierce's Golden Medical Discovery. In tablets or liquid. -Adv. In silence danger is concealed. Wom-	He lost a leg. ear cut off, jaw broken, and otherwise injured. Secretary Daniels is a happy man for he is the proud possessor of a gold pen that the President signed the naval bill with. Mr. Daniels was as full of joy as a boy with a new toy. First Lieutenant Edward B. Dennis, recruiting officer for the United States Army in the North Carolina District in his monthly report shows that during the month of February one hundred and sixteen North Carolinians enlisted for service in the army. Orders have been issued to allow no visitors to the premises of the	POSTUM It promotes health and efficiency, and the old time nerve-frazzled coffee drink- er soon gives place to the alert, clear-thinker who drinks delicious Postum and knows "There's a Reason" Na change in price. quality or size of package.	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.—Lon- don Answers. One Kind. "Can you tell me of any fire-escape which is always practical and never out of order?" "Certainly. The Ten Command- ments."	Sold for 47 years. For Malaria, Chills and Fever, Also Sold for 47 years. For Malaria, Chills and Fever, Also The General Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office Strengthening Tenic. Bocad \$1.00 stall Drg State VIEW Office State VIEW Office State Image: State USE State Image: State VIEW Office State Image: State <td< th=""></td<>
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