

COTTOLENE

And notice how the crust on your

biscuit comes to a nice crisp brown

FREE! Cook book containing 239 recipes by famous cooks sent free. Write The N. K. Fairbank Company, 111 West Washington Street, Chicago, Ill.

Hot Water for Sick Headaches

Tells why everyone should drink hot water with phosphate in it before breakfast.

Headache of any kind is caused by auto-intoxication... which means self-poisoning. Liver and bowel poisons called toxins, sucked into the blood, through the lymph ducts, excite the heart which pumps the blood so fast that it congests in the smaller arteries and veins of the head producing violent, throbbing pain and distress, called headache.

If you aren't feeling your best, if tongue is coated or your wake up with bad taste, foul breath or have colds, indigestion, biliousness, constipation or sour, acid stomach, begin the phosphate hot water cure to rid your system of toxins and poisons.

OPEN NOSTRILS! END A GOLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up. Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief.

"You'll like the taste of Nyal Tooth Paste"

The formula is different and better an effective preservative. A large tube is twenty-five cents.

PURCELL'S NYAL QUALITY DRUG STORE

Bell Shoe Store Sell the Shoes

WEDNESDAY LAST DAY OF CHAUTAUQUA

Coming of Creator's Band is the Wind Up of the Year's Chautauqua Offering for City.

MOTHER GOOSE IS THE PROGRAM FOR TONIGHT

Local Children to be the Stars of the Evening and Tomorrow Brings the Big Band.

Seventh Afternoon. Grand Concert, Creator's Band. Seventh Night.

Grand Concert, Creator's Band, led by the Great Creator Himself. Guiseppe Creator will direct Creator's band at the Evening Concert only.

The last day of the Chautauqua is tomorrow. The seventh day's program brings Creator's band, a musical organization which will be the delight of old and young.

Tonight the Mother Goose by the children of the city will be on the boards, and the deepest of interest will cluster about the evening's offering on account of the local setting.

Creator is one of the greatest band leaders the country has ever known.



Photo by Apelt, N. Y.

SIGNOR GIUSEPPE CREATOR. He was a sensation when he first came to America. He became the rage at once and has retained his place as a favorite.

"At the end of one of his concerts," says the Boston Globe, "the audience refused to disperse and, after Creator had been called out a half dozen times, he got his band together and repeated 'The Star Spangled Banner' with an accompaniment of musical fireworks that sent everybody home in an exalted state of mental elation."

Creator and his band come here on the seventh day of the big Chautauqua program.

He will have thirty picked men with him for several years. Creator will direct his band only at the evening performance. The concert of the afternoon will be led by the assistant director.

Miss Ethel Harrington will appear as soloist. As a vocalist she has starred in the principal theatres of Europe. Also she has appeared in leading roles in opera in Rome, Naples, Milan, Athens and other leading cities on the continent.

TONOLINE IS BEAUTY AND ANNOUNCES SPECIALIST.

Mildred Louise Talk of Interest to Women.

As health is a first aid to beauty this story, told by Mildred Louise, specialist, of Boston, Mass., is of unusual interest.

"I can recommend no better health giver than tonoline," said Mildred Louise.

"I was for many months a victim of stomach trouble and nervousness. I had suffered terribly from pains that followed eating. Headaches also would add to my worries. Poor digestion finally brought on nervousness.

"Relief came, however, when I took tonoline treatment, my patrons began to remind me of the improvement in my condition. And because health is the quickest way to beauty, the improvement was particularly noticeable in my face.

"What tonoline readily did for me I cannot say. I am so grateful that I am very willing to recommend tonoline publicly."

Tonoline is a purely vegetable preparation which goes to the seat of common maladies—stomach and kidney trouble, catarrhal affections of the mucous membranes, liver ailments and impurities of the blood—and quickly restores proper action. Tonoline is being explained to many people at Smith Drug Co., Peoples Drug Store and Main Pharmacy.

Notice: A tonoline is a wonderful flesh builder it should not be taken by any one not wishing to increase his weight ten pounds or more. Although many reports are received from those who have been benefited by tonoline in severe cases of stomach trouble and nervous dyspepsia, chronic constipation, etc.

FREE TONOLINE COUPON This coupon, with 10c in silver to help pay postage, packing, etc., and to show good faith entitles holder to one 50c package of Tonoline Free. Address the American Proprietary Co., Boston, Mass.

FILLCANS IN SUMMER FOR FULL PANTRIES IN WINTER.

Mrs. McKimmon Tells of How the Canning Club Forces are Organized to Help the Housewives in Their Summer Canning.

"From present indication, it looks as if there would be a great demand on the services of the Canning Club girls to demonstrate the art of canning to those housewives of North Carolina who do not know how to save what they grow," says Mrs. Jane S. McKimmon. "We are therefore asking each club member to resolve to teach at least one person who never canned before how to can this summer."

Canning is Agreeable Work.

"I think the campaign for planting gardens has been a thorough one and every woman is alive to the necessity of growing vegetables. Canning the surplus has been neglected heretofore, and the Canning Clubs are desirous of proving to the North Carolina housewives that this work is not only necessary in the face of the high prices of foodstuffs, but it is also an easy and agreeable thing to do.

Demonstrations to Be Held.

"Our plan is to have the agent in each of the fifty organized counties to get the co-operation of the county and State papers and publish just when and where she will hold canning demonstrations during the canning season. She will extend an invitation to all housewives in a community to attend these demonstrations that they may learn how to put fruits and vegetables into cans or jars without fear of spoiling. Many of these demonstrations will be conducted by the agent herself and many others by her well-trained club members. She will organize her forces to give the best service to the country, as our desire is to do our best to help North Carolina along the lines in which we have been trained.

"Where counties have not been organized, and where there is no trained women employed to systematically reach the housewives of the territory, we are hoping to send a demonstrator for at least one canning demonstration, if it is desired.

A Canning School and Conference.

"For two weeks at the State College of Agriculture and Engineering, beginning June 4th, the Division of Home Demonstration Work will conduct a Canning School and Conference for its agents. During that time it is proposed to arrange for two demonstrations of canning in glass jars for the housewives who wish to avail themselves of the opportunity. These demonstrations will be given under the shade of the trees on the college campus, and very definite instructions will be given on how to can blackberries, tomatoes, string beans, and such vegetables as may be had in season.

Glass for Home Use.

"We have previously called attention to the importance of getting together the glass jars and of using glass instead of tin for canned products which are to be used at home. Tin is so scarce that it is our patriotic duty to save this for products which are to be marketed. Glass has advanced somewhat in price, but by no means as much as tin, and there is an obvious advantage in using it at home, as the same jar may be used for an indefinite number of years when new rubbers are procured each season.

"It is our purpose to publish each week in the Extension News certain recipes for canning, drying, preserving or pickling as will prove seasonable. We shall print nothing that has not been tried and proven practical, and we hope that they may be found of use to the women of the State.

"Women, if you are in earnest about saving your vegetables, attend to the cultivation of your garden! Call on your County Home Demonstration Agent and ask her how she can assist you. Let your motto be, 'Fill Cans in Summer for Full Pantries in Winter.'"

Collegiate Institute Commencement.

The Faculty and Graduating Class of Mount Pleasant Collegiate Institute cordially invite you to be present at the Annual Commencement Exercises May twentieth to twenty-third, nineteen hundred and seventeen, Mount Pleasant, North Carolina.

Program.

Sunday May 20—11 a. m. Baccalaureate sermon, Rev. M. L. Stirewalt; 8 p. m., address before the Y. M. C. A., Rev. I. E. Long.

Monday, May 21—10:30 a. m. Declaimers' contest, H. J. Coley, A. P. Litaker, J. L. Lucas, J. H. McDaniel, W. A. Ritchie, L. V. Schenck; 2:30 p. m., Alumni address, Rev. G. O. Ritchie, class '07; 8:30 p. m., annual drama.

Tuesday, May 22—10:30 a. m., Literary address; 1:30 p. m. meeting of board of trustees; 3:30 p. m. contest in debate, query: Resolved, That unpaid convict labor should be abolished in the United States. Affirmative, G. M. Pethel, L. M. Bost, C. K. Mahler; negative, O. E. Kluttz, W. A. Mahler, J. E. Schenck; 8:30 p. m. Musical recital, Mont Amoena Seminary.

Wednesday, May 23—10:00 a. m. Orators' contest, C. J. M. Blume, M. E. Hester, O. F. Hester, W. L. Hester, C. W. Trexler, M. H. Wolff.

Graduating exercises, awarding of medals and distinctions, presentation of medals, and announcements.

Marshals—Bernhardt Society, R. L. Heathcock, C. K. Mahler, G. M. Pethel, J. E. Schenck; Ludwig Society, M. E. Hester, V. Colobb, H. J. Coley, H.

"SILVER THREADS" AND GRAY IN HAIR?

LET Q-BAN, A SIMPLE SAFE, SURE PREPARATION, BRING NATURAL COLOR AND HAIR HEALTH. NOT A DYE.

Here is the one safe, cleanly, healthful and certain way to restore the natural color to gray or faded, lifeless hair—the one method in perfect good taste and accepted by America's foremost people.

Q-Ban Hair Color Restorer will bring all your hair back to its original, even shade, and it will be rich, glossy, lustrous and soft. For women, Q-Ban means hair of real beauty. For men and women Q-Ban means the look of vitality, health and youth.

Simply wet your hair with Q-Ban Restorer. Your hair will gradually and evenly return to its natural, uniform shade. Beware of imitations. Beware, too, of dangerous dyes and chemicals.

Money-Back Guarantee.

Q-Ban is all ready to use. It is guaranteed to be harmless as the pure air. It is sold under guarantee of "satisfaction or money back." It is the only guaranteed preparation for the purpose. It costs only 50c for a large bottle, at Empire Drug Co. and all good drug stores, or write Hessig-Ellis Drug Co., Memphis, Tenn.

Try Q-Ban Hair Tonic, Q-Ban Liquid Shampoo, Q-Ban Toilet Soap; also Q-Ban Depilatory (odorless) for removing superfluous hair. Send for free illustrated book of lectures, "Hair Culture." This tells how to take proper care of your hair. Write today. adv.

H. Early, W. A. Mahler; Preparatory Society, W. H. Flow, M. L. Harkey, J. H. Hintze, T. M. Wade. Auditorium, Mt. Pleasant, N. C.

There is no better place for the pious citizen to conduct special patriotic services than in the back-yard garden.—Washington Post.

This is the usual May Cool Spell—comes along with the "Spring Sale Seasons"—the warmer days will follow.—Asheville Times.

Just a bit chilly these days for tender beans—watch them. An old newspaper at night will help.—Asheville Times.

GREAT PRAISE FOR GOOD MEDICINE

Eight years ago we commenced selling Dr. Kilmer's Swamp-Root, and during this time it has found many friends among our customers who speak in the highest terms regarding the benefits obtained from the use of Swamp-Root. We have never heard a single criticism.

Very truly, MEIGS DRUG STORE, June 15, 1916. Centerville, Ala.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Proves What Swamp-Root Will Do For You.

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing mention the Salisbury Evening Post. Regular fifty-cent and one-dollar bottles for sale at all drug stores.



Don't Miss Seeing HELEN HOLMES

The Fearless Film Star in THE RAILROAD RAIDERS

A Spectacular Photo-Novel in 15 Absorbing Chapters

Railroading with all its romance and thrill is convincingly depicted in this thrilling chapterplay. Daring Helen Holmes is delighting motion-picture fans as never before in this—her newest picture. You can see it

SATURDAY The IRIS Theater

SOCIETY

Marriage of Interest Here.

The following from this morning's Greensboro News will be read with interest by many Salisbury people, the bride being known and having visited here at the time of Mrs. Porter's residence in Salisbury:

Miss Ollie Troutman and Ernest Cress will be quietly married this morning at 6:30 o'clock at the home of the bride's sister Mrs. P. W. Porter, at 617 Asheville street. The ceremony will be performed by the bride's pastor, using the impressive ring service of the First Lutheran church.

The bridegroom will be attended by his brother, Kirby Cress, of Slabfork, W. Va., as best man, while the maid of honor will be Miss Dessie Clodfelter, of this city. The marriage will be attended by only the members of the family and a few close friends. The bride will be attired in a blue coat suit.

Following the ceremony Mr. and Mrs. Cress will leave on train No. 37 at 7:15 for Mt. Pleasant to visit Mr. Cress' parents, from there they will go to Concord to spend a few days with Mrs. Cress' relatives, arriving in Greensboro Wednesday next week and spending a day or two here on their way to Pembroke, Va., where they will make their future home.

Mr. Cress is a successful young farmer of Pembroke and Miss Troutman has made her home in Greensboro for the past 12 years. Both have a large number of friends and the news of their marriage will come as a great surprise.

Married 45 Years.

Capt. and Mrs. E. R. Fonda are today celebrating the 45th anniversary of their marriage at their lodge home at the Federal cemetery. The day is being quietly spent in the home and their daughter, Mrs. Jarvis, of Chicago, who is spending some time with them, prepared a sumptuous luncheon for the event.

Captain and Mrs. Fonda have received congratulations of many friends on their marriage anniversary. There are no finer citizens of this city and no man has endeared himself more to the people of Salisbury or made a larger number of friends since coming here a number of years ago than the genial and clever superintendent of the National cemetery.

Miss Rankin Unable to Come to Salisbury.

The ladies of Salisbury are keenly disappointed that Congresswoman Jeanette Rankin will not be able to fulfill her engagement with the Redpath Chautauqua and appear in Salisbury, having been compelled to cancel her engagement on account of her duties in Congress. The ladies of the city were looking forward with keen interest to seeing and hearing Miss Rankin and greatly regret that her Congressional duties prevent her coming at this time.

Mrs. Charles Price had written Miss Rankin, asking for the privilege of entertaining her at a tea, to which she had invited the members of the Salisbury Equal Suffrage League, the Music Study Club and others, whom she thought would be interested in meeting this distinguished woman.

Gail Kane

WITH Mahlon Hamilton

"The Red Woman"

Brady-Made World Feature WEDNESDAY

THE IRIS

Today: Mme. Petrova in "THE WAITING SOL"

Hosiery! If You're In Need of Hosiery— and nearly everyone is now—you should pay particular attention, to this stock. We've assembled all new and attractive colors in Silk, Lisle, Fiber and Cotton Hosiery for women and children and have them in complete ranges of sizes and prices. And what is very important in these days of fading dyes, we can guarantee the colors to be fast.

ON SATURDAY, MAY 12th, WE WILL PRESENT OUR CUSTOMERS WITH A NICE GOLD PLATED U. S. FLAG AS A SOUVINIER. W. H. LEONARD, Jeweler and Optician

Yesterday she received a cordial and extremely appreciative reply from Miss Rankin, stating that she deeply regretted being unable to come to Salisbury and accept Mrs. Price's charming invitation at this time. Mrs. Price is hoping that Miss Rankin will be able to come to Salisbury at another time and that she will then have night, after an extended honeymoon trip and are making their home with Mr. Davis' parents, Mr. and Mrs. O. D. Davis on South Main street. Mrs. Davis, who before her marriage was Miss Rebecca Walker, one of Charlotte's most charming young women, will receive a cordial welcome to Salisbury and will be a delightful acquisition to social circles of the city.

Colonial Theatre Monday, Tuesday and Wednesday Cliff Watson's Rag Time Review 11—PEOPLE—11 Four Vaudeville Acts, Fine Quartette, Good Chorus and the usual Moving Pictures. MATINEE, WEDNESDAY AT 3 O'CLOCK. NIGHT 8 O'CLOCK. POPULAR PRICES Thursday, Friday and Saturday BOTT SCHAFER'S PALM BEACH GIRLS—in—VAUDEVILLE AND MUSICAL COMEDY.

SURE ENOUGH COMING! Annual Fiddler's Convention SALISBURY, N. C. COMMUNITY BUILDING (Old Court House) THURSDAY NIGHT, MAY 10. All Fiddlers of Rowan and adjoining Counties are cordially invited to enter the contest. Plenty of music assured, also Concert by the Municipal Cornet Band of Salisbury. This is going to be the biggest Fiddlers' Convention ever held in Rowan County. Don't forget the date. For further information see or write M. M. CLARK, Manager, Paice Barber Shop.

THE DA BARA IN NEW FOX De LUXE FEATURE TODAY AND TOMORROW AT THE MAIN "The Tiger Woman" It is a feature that Miss Bara's admirers will not care to miss. Admission, 10c and 15c.