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Cardui helps women in time of greatest need, because it contains ingredients which act specifically, yet gently, on the weakened womanly organs. So, if you feel discouraged, blue, out-of-sorts, unable to do your household work, on account of your condition, stop worrying and give Cardui a trial. It has helped thousands of women,—why not you? Try Cardui.

E-71

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Upon receipt of the above coupon we will send you one of these Bible Studies FREE, any three of them for 5 cents (stamps) or the entire 15 for 10 cents. SEND AT ONCE TO BIBLE AND TRACT SOCIETY, 17 Hicks St., Brooklyn, N. Y.

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NOTICE

All persons are forbidden to trespass on the land belonging to the Boylin estate. Numerous paths are being made which must be stopped.

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Cures Old Sores, Other Remedies Won't Cure.

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POTATO MEAL BREAD.

Agricultural Department Conducting Experiments in Mixing Potato Meal With Flour—Makes Nutritious Food

Washington, Feb. 13.—Baking experiments to test the value of making bread of potato-meal with wheat flour are now being undertaken by the United States Department of Agriculture's Bureau of Chemistry. This is to test the possibilities of the potato in the same manner as Germany and Austria are now advising their people to do. The increased cost of living throughout the world has emphasized the fact that flour made of other substitutes than wheat or of these substances mixed with wheat, might provide people with healthful food quite as nutritious as the pure wheat flour, and at the same time cheaper.

Austrian bakers are now compelled by law to use at least 30 per cent potato-meal in making their bread. The Bureau of Chemistry's potato-meal bread has been baked with from 25 to 50 per cent potato-meal and the remaining percentage wheat. The most satisfactory loaves in combining economy and appearance were those made with the minimum percentage allowed in Austria or less. The loaves made with more than 30 per cent potato-meal were not so satisfactory as they were heavier and less attractive in form. The bread has a rather coarse texture and dark appearance but possesses a distinctive and agreeable flavor. It also retains moisture for a much longer period than ordinary wheat bread.

The Bureau of Chemistry used the imported "potato flake" in some of its experiments and in others, meal made by slicing, milling and drying potatoes on a small scale in its laboratories. It should be added that such ordinary "potato flour" as is on our American markets is not the same as the German "potato flake" or Walzmehl which has given such satisfactory results in the experiments.

The question has been raised as to whether the ordinary cooked potato might not be satisfactorily substituted for the prepared potato-meal. The experimenters believe that it might serve the same purpose of used in just the right proportion, but this would be difficult for the average housewife to determine as there is great danger of using too much and producing a very soggy loaf. However, the custom of adding a very little potato is already used by many housekeepers to keep their bread moist and this practice can very well be recommended for more general use.

Dried bananas, ripe and unripe, and chestnuts are other substitutes for wheat flour with which experiments are being made by the Bureau of Chemistry. Still other products which offer promise of furnishing the public with a cheap and nutritious bread are the following:

Bran, soy bean, white bean, millet, kafiramilo, dagheen, cottonseed flour, oatmeal, cassava, buckwheat, rye, corn gluten kaoliang rice (polished and natural), peas, potato (Irish and sweet) corn meal (white and yellow).

The breads made from these various ingredients have already been photographed and analyzed. The flours from which the breads were made are being analyzed that it may be known exactly how nutritious they are in comparison with the pure wheat flour. The soy bean and cottonseed flours

when mixed with wheat flours in proper proportions (about 25 per cent) give a bread with about twice the amount of protein (muscle-building element) that ordinary wheat bread contains.

The Bureau of Chemistry is making these experiments in spite of the fact that there is a law which makes it difficult for manufacturers to make mixed flour satisfactorily. This law surrounds the manufacturer of mixed flour with so many restrictions that the business has not become a popular one. The result is there is very little mixed flour at present manufactured and offered for sale.

The Mixed Flour Act was passed in 1898 before there was a Food and Drugs Act, and was passed for the purpose of raising a war revenue at a time when many of the common articles of food did not command so high a price as now.

The tax of four cents which is now imposed on every barrel of mixed flour is not in itself a heavy one; it is the collection of it with the attendant regulations and restrictions that hampers any manufacturer who would like to make such flours.

It should be stated in connection with the mixing of other materials with wheat flour in making bread that this cannot always be done economically. There must be taken into consideration on the prevailing market prices of the commodities to be used.

This article is written primarily for the purpose of bringing to the attention of the public the fact that in order to obtain good, nutritious and wholesome bread it is not necessary to use an entirely wheat flour. A mixture will in many cases produce a bread which is quite as satisfactory. With this a matter of common knowledge, it is believed in times of over-production and the consequent favorable market prices of substances suitable for mixing with wheat flour that bakers may wish to experiment with certain mixtures. Care should be taken, however, in marketing or selling of bread to which has been added in appreciable amount any ingredient other than wheat, that no deception is practiced and that the consumers are aware of the kind of bread furnished them.

Casualties in War Placed at 5,895,000

New York Sun.

A New York physician who returned recently from France and who has connections there which would give him access to inside information said yesterday that he heard that General Joffre, the French commander-in-chief, was opposed to any forward move against the Germans until the latter were far more exhausted in their attacks.

This authority stated that in the actions now going on the Germans are losing a much greater number of men than their opponents. The French losses are about 100,000 men a month lately, of whom 10,000 are killed. The doctor said:

"An authority with whom I talked placed the French and Belgian losses in killed, wounded and prisoners from the outbreak of the war to December 15 at about 840,000, of whom 215,000 were killed. In the same period the English in France lost about 75,000 men, including 21,000 killed.

"In the eastern and western theatres of war in the same period the German losses were placed at 2,180,000 of whom 725,000 were killed. The Russian losses were placed at 1,250,000, including 450,000 killed.

"This would make the total losses of all armies about 5,895,000 men, of whom 1,986,000 were killed. This does not take any account of the losses of the Siberians, Montenegrins and Turks."

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try it. Hair Gets Soft, Fluffy and Luxuriant at Once—No More Falling Hair.

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a 25 cent bottle of Knowlton's Danderine at any drug store or toilet counter; apply a little as directed and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?

Town Preacher Developing Country Churches—No. 4.

(By E. W. Flake.)

When the preacher got home that Monday afternoon from his first visit to the country church there was a letter in the post office from his wife stating that she would be down Friday and that she had already shipped their furniture which she supposed had arrived. As it was getting late he did not go to the depot to see whether his goods had arrived but went to his temporary home where he spent part of the night in meditation and prayer. Next morning after breakfast he went to the depot to see if his furniture had arrived and found that it had not yet come, but it did arrive later, but too late to be moved that day. So the preacher made arrangements to have it carried to the parsonage next day. Wednesday everything was dumped into the parsonage. Thursday the good sister with the help of the preacher arranged everything in order. The stove and other kitchen furniture were arranged in the stove room, the well bucket hung in the well after the old-fashioned style, and every thing was in readiness for the reception of the preacher's wife, who was expected on the early morning train the next day. On account of the time of day only two of the sisters went with the preacher to meet his wife at the train. At six thirty the whistle blew and the preacher with the two sisters was on hand when the train stopped. The children were the first to be helped out of the coach and then the wife. After nine kisses had been exchanged, each one present receiving three, they all started for the parsonage, where they found two more of the sisters preparing breakfast. These two sisters would not meet the preacher's wife until breakfast was ready. In a short time the bell rang and the two sisters who had prepared the meal went into the sitting room where they were introduced to the parson's wife and children. After breakfast, which all seemed to enjoy, especially the preacher's wife and children, the good sisters returned home stating to the parson and his wife that the young sisters and brethren were going to give them a "pounding" that night. The good wife was glad enough to be left alone, for she had slept none during the previous night. She and the children were soon asleep and were not awakened until about two thirty in the afternoon when the preacher informed her that dinner was ready. She quickly arose and made herself and children ready for dinner, which her husband had prepared from what was left of the morning meal with a pot of hot coffee added. After dishes were washed and placed the good lady and her husband spent some time inspecting things generally and changing a little to suit the taste of the wife now in charge of the premises. In discussing the "pounding" that was to take place at night the sister whispered to her husband that it was a case of "feeding you on soft corn" to be followed by a "choking with the gob." Nevertheless, when the pounding party arrived they were all of course made welcome and without any conventionalities all had a good time. On the way home from the pounding the crowd passed compliments of various kinds. Some said she was the brains of the household; others said she was too reserved in her manner, while others said she was a little "countryified," while one of the more considerate of the sisters remarked that she was our pastor's wife and therefore we could not afford to indulge in harsh criticism.

The next day was Saturday before the third Sunday in November, the regular time for service at the parson's other country church, and as there were some preparations to be made before starting on his seven mile trip the family retired for the night as soon as the pounding party left. Next morning the well bucket was heard at the parsonage before any of the neighbors had gotten up and by the time it was light the parson and his wife sat down to enjoy their morning meal, which lacked one thing, which was milk to go in the coffee. That, however, came in from a neighbor after it was too late for breakfast. The parson had to have his horse shod and his buggy oiled before starting to his appointment, so he had but little time to waste in getting ready for the trip. At eleven thirty he was on his way to his country charge, and at one-thirty he was on the grounds, where he found a goodly number of the brethren and sisters. The parson did not have to depend on the "singing" brethren for an introduction, for he had met most of the brethren present before. We will wait till next week to give an account of the meeting.

If a better cough syrup than Foley's Honey and Tar Compound could be found, we would carry it. We know this reliable and dependable medicine has given satisfaction for more than forty years; therefore we never offer a substitute for the genuine. Recommended for coughs, colds, croup, whooping cough, bronchial and laryngeal coughs. No opiates. For Sale by All Dealers.

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"A stitch in time saves nine"—and a dollar well spent is worth \$3.00 spent foolishly. When you spend a dollar or so having your old shoes repaired at my shop you get value received.

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SOLD BY HARDISON CO.

Woman Gets Bill For "Raising Hell" In Shoe Department.

New York Herald.

Mr. Edward Chambers, one of the owners of a department store in Seattle, Wash., is stopping at the Martineque. He told yesterday of a letter his firm recently mailed, which had an unexpected effect.

"A woman who bought a pair of pumps left them to have the heel raised in one," Mr. Chambers said. "When the work was done the shoes and the bill were sent to her. She brought both back in a hurry to confront us with the bill. The typist had written:

"To raising hell in the shoe department, \$0.50."

TRUTH TRIUMPHS

Wadesboro Citizens Testify for the Public Benefit.

A truthful statement of a Wadesboro citizen, given in his own words, should convince the most skeptical about the merits of Doan's Kidney Pills. If you suffer from backache, nervousness, sleeplessness, urinary disorders or any form of kidney ills, use a tested kidney medicine.

A Wadesboro citizen tells of Doan's Kidney Pills.

Could you demand more convincing proof of merit?

H. D. Pinkston, Wadesboro, N. C., says: "I had been suffering severely for several months from pain across the small of my back and through my hips. I was so sore and lame at times that I could not turn in bed. A friend told me to try Doan's Kidney Pills and I got a supply. It did not require all of one box to remove the pains and other troubles. What I said about Doan's Kidney Pills when I endorsed them before still holds good."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Pinkston had. Foster-Milburn Co., Props., Buffalo, N. Y.

SCHEDULE OF SEABOARD AIR LINE RAILWAY.

Travel via Wadesboro, N. C. and Seaboard Air Line Railway to and from all points in North, East, South and West.

Chair car between Charlotte and Wilmington, Pullmans between Birmingham, Ala., and New York.

The following schedule figures are published as information only, and are not guaranteed.

Trains Leave Wadesboro.

Train No. 12, 7:36 a. m. through passenger daily between Birmingham, Ala., and Portsmouth, Va.

Train No. 5, 9:09 a. m. daily through passenger between New York, N. Y. and Birmingham, Ala.

Train No. 19, 10:14 a. m., daily local passenger between Wilmington, N. C., and Charlotte N. C.

Train No. 34, 12:07 p. m. daily local passenger between Rutherfordton, N. C., and Raleigh, N. C.

Train No. 31, 1:25 p. m. daily local passenger between Raleigh, N. C., and Rutherfordton, N. C.

Train No. 20, 7:03 p. m. daily local passenger between Charlotte, N. C., and Wilmington, N. C.

Train No. 11, 10:08 p. m., daily through passenger between Portsmouth, Va., and Birmingham, Ala.

Train No. 6, 9:19 p. m., daily through passenger between Birmingham, Ala., and New York, N. Y.

For further information call on or phone

J. T. West, D. P. A., Raleigh, N. C.; C. B. Ryan, G. P. A., Norfolk, Va.; or E. T. Childs, Jr., city ticket agent.

EXECUTOR'S NOTICE.

Having this day qualified before the clerk of the superior court of Anson county, as executors of the last will and testament of A. C. Ingram, deceased, this is to notify all persons having claims against said estate that they are required to present the same to us for payment on or before the 15th day of February, 1916, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will make immediate payment to us. This the 15th day of February, 1916.

E. C. INGRAM,
 H. W. INGRAM,
 Executors of the last will and testament of A. C. Ingram, deceased.
 Robinson, Caudie & Pruette, Atty's.

The Bank Of Wadesboro

is an organization that takes care of your deposits that you have saved by thrift and economy.

It is supported by men of high rank, both moral, social and Financial.

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