

The Story of Saccharin

The story of Saccharin is one of striking facts. It is 300 times as sweet as sugar, and one part in 10,000 parts of water will sweeten the mass. The very man who discovered it is the same who persuaded the Government to condemn its use in food, and upset thirty different branches of industry. It began with an unpronounceable name, made a colossal fortune for the chemist who exploited it, passed rapidly into various trades having to do with foodstuffs, and is now publically guilting, not only as innoxious, but positively injurious to health. It is one of the almost endless coal-tar derivatives—that magician's bag out of which so many wonderful things have come.

Saccharin was discovered in 1879 by Dr. Fahlberg, a German chemist, working under the direction of Dr. Ira Remsen, president of Johns Hopkins University at Baltimore. The fortune resulting from its manufacture and sale at a high price, went to Dr. Fahlberg, though history will do doubt accord to Dr. Remsen the credit of the discovery. They called it at first "anhydro-orthosulphamide benzoic acid," which name was mercifully shortened to saccharin.

Food prepared with this chemical to take the place of sugar was tried on "poison squads" of students, of whom so much has been heard, and it was found that the daily consumption of this substance impairs the digestion, while it has no food value whatever.

The Government has ordered, under the pure food and drug law, that after July 1 no more saccharin can be used in articles intended for human consumption—a severe blow to many lines of manufacture and many branches of trade. It is one of the most radical decisions handed down since the pure food movement began. The Government based its decision on the findings of what is known as the Remsen board. This board is composed of five eminent specialists in food chemistry, and is named for its president, Dr. Remsen, of Johns Hopkins. All questions of this sort the Government submits to the Remsen board. At times the board and the Government experts have differed, as, for instance, with regard to the preservative benzoate of soda. But in this important step the two agreed—the Remsen board stanchly upholding the Government contention that saccharin is prejudicial to the public health.

Lightning Kills Few

In 1906 lightning killed only 169 people in this whole country. One's chance of death by lightning is less than two in a million. The chance of death from liver, kidney or stomach trouble is vastly greater, but not if Electric Bitters be used, as Robert Madsen, of West Burlington, Ia., proved. Four doctors gave him up after eight months of suffering from violent liver trouble and yellow jaundice. He was then completely cured by Electric Bitters. They're the best stomach, liver, nerve and kidney remedy and blood purifier on earth. Only 50c at J. T. Underwood's and Asheville Drug Co.

Rules Preventing Typhoid Fever

Every reader would do well to memorize the following suggestions in order to protect themselves and prevent the spread of typhoid fever:

"1. Typhoid fever is contracted solely by the mouth. If you do not put the poison of typhoid fever into your mouth you will never contract the disease. Therefore watch the mouth.

"2. Do not eat or drink anything, (water, milk, fresh vegetables or anything else) unless it has been boiled, broiled, baked, roasted, fried or otherwise thoroughly heated through and through. Merely heating or warming the article in question is insufficient. We cannot be sure that all disease germs are destroyed under less than 20 minutes' boiling.

"3. Do without all food or drink which has not first been thus heated. Canned or bottled foods or drinks (other than milk or water) are not included in this.

"4. If living in the same house with a typhoid fever patient, do not handle your own food, or food intended for anyone else, even if it has been heated, except with hands that have been thoroughly washed with soap and very hot water. (Preferably also with antiseptic.) Ask your physician about the antiseptic to use.) Wash before every meal in this way and before cooking, serving or eating anything or putting the fingers in the mouth.

"5. If there are flies about, see that all food and drink is protected from them at all times. Flies often carry the germs of typhoid to foods and drinks.

"6. The poison of typhoid fever does not show itself for two weeks after it enters the body.

Interest in Back Home Movement

Mr. Editor: As showing the interest among our absent countrymen in the "Back Home" call of the South, I wish to state to you and your readers that following an announcement of the "Back Home" Magazine which I recently sent to some of those in the West, requests for copies of it are coming in at the rate of fifty a day. Most of them send postage for their own copy and for copies to be mailed to their friends—from two to twenty in each case.

A lady writes from Minnesota: "The South is 'back home' to me now, but it will soon be 'at home,' thank Heaven." Another writes from North Dakota: "I am glad to be invited to come 'back home' and I am coming. I think those whose names I send you will be glad to have the 'Back Home' Magazine and to have information about different sections of the South."

I am now receiving the names of more Southerners in the West from those already there than are being sent me by people in the South.

Sincerely yours, W. D. Roberts, Sec. "Back Home" Association, Johnson City, Tenn., June 3, 1911.

A Peek Into His Pocket

Would show the box of Bucklen's Arnica Salve that E. S. Loper, carpenter, of Marilla, N. Y., always carries. "I have never had a cut, wound, bruise, or sore that would not soon heal," he writes. Greatest healer of burns, boils, scalds, chapped hands and lips, fever-sores, skin eruptions, eczema, corns and piles. 25c. at J. T. Underwood's and Asheville Drug Co.

Getting Them

Nothing costs so much as bad roads. Their expense is incalculable. Bad roads add more than anything else to the cost of the farmers crops at the place of delivery. The Home and Farm in its last issue has an editorial on good roads from which we clip:

Mr. Eldridge a government expert who has been lecturing in Tennessee says that on a macadam road one horse can draw three times as much as on what is considered a good dirt road. It is estimated, says he, that an average size horse would exert a pressure against his collar all day long amounting to 125 pounds. On the above basis he will draw on a good clay road one ton; on a gravel one and two-thirds ton; on a macadam road two and three-fourths tons; on a brick road five tons.

It will be noticed that the effectiveness of this power increases as the road removes all unnecessary frictions or resistance.

According to these figures, given by Mr. Eldridge, that one horse on a good brick road can haul five times as much as on a good clay road, it is estimated by the Department of Agriculture that the total cost of hauling the crops of Tennessee during 1910 was \$7,830,941, based on the average cost of hauling on ordinary roads of from 23 to 25 cents per ton per mile. The average cost of hauling on good roads is from 10 to 12 cents per mile. If good roads had predominated its cost would have been reduced just one-half or nearly four millions of dollars.

Mr. Eldridge then takes up the effect on the value of good farm lands of good road building. He says that the increased value of farm lands, due to improved roads, is estimated to be from \$2 to \$10 an acre, and he estimates that there are in Tennessee twenty million acres, the value of which would be increased by the building of good roads on an average of \$5 per acre or 100 millions of dollars.

We give these figures for the purpose of comparison and for the purpose of making the individual, separated farmer realize how much these bad roads cost him.

The purchaser of cotton, let us say, pays the cost of cotton both in production and transportation. That is true; but this cost may be so high that the consumption of cotton may be reduced, or the transportation cost may be so great that the price on the farm has to be reduced, or both the total cost within the means of the purchaser.

It is with good roads like it is with any other piece of machinery; we cannot afford to have a cow that does not give milk enough to pay for her cost. You ought not to be content to keep a poor cow, for you can get a good one at very little more cost, and a good cow makes profit. The poor cow costs a loss.

So with the pig, as with the chopper, so with the wagon. The question is not whether you can afford to get better tools, implements, vehicles or animals; it is, how long are you going to submit to the loss entailed by poor implements?

It is the same in regard to the roads. The same horsepower or the same engine power, if we come among automobiles, that will carry one bale of cotton to the railroad station will carry two or three or five bales, just in accordance with the condition of your road. That is a fact that cannot be too often pondered.

Bleeding the People

The sugar trust and the beef packers are worse if possible than the American Tobacco Company and the Standard Oil Company. The Wilmington Star calls attention to the menace of these two trusts as follows:

The sugar trust in open court admitted that it had broken the law. Before all the people it compromised its cases, where it stole money from the government by having its employees, in conjunction with crooked Government officers, underweigh sugar to escape the tariff. The "tools" were sent to prison and the sugar trust escaped by paying to the Government the thousands of dollars it had robbed the Government of. Whether this self confessed criminal can be reached or not by the Sherman anti-trust law we do not know, but the trust can be hit by lowering the tariff on sugar. The high tariff on sugar is what's playing havoc with the people today. Congress can cut this tariff without having a long winded suit, such as the Standard Oil, starting the people in the face, because results from Congressional action of this kind will be quick. Tobacco and oil users are comparatively few alongside those who consume sugar and eat beef. The average consumer may not precisely understand how greatly the high tariff on sugar taxes him and the rest of his kind throughout this country. If he does not he should read carefully an article from the Baltimore Sun, bearing in mind the additional fact that investigation of the sugar trust some time ago showed that the trust controlled the biggest part of the sugar beet culture of this country, which is always lugged in as a martyr when low tariff on sugar is talked of. Says the Baltimore Sun:

"According to this circular, the average person consumes a little more than 80 pounds of sugar per annum and the average family consumes a little more than 400 pounds per annum. The tariff on granulated sugar is nearly 2 cents a pound, and because of that tariff the price of sugar in the United States is about 2 cents a pound higher than it is in Germany or England. According to the Government figures, the average wholesale price of sugar in foreign countries in 1906 was 2.15 cents a pound, while in the United States the average wholesale price was a little over 4.1-2 cents. Or, in other words, the tariff adds 2 cents a pound to the price of sugar. The tariff, therefore, on this one necessary of life costs the average family about \$8 a year. This would be bad enough if the whole of the tax were paid into the public treasury for the use of the Government. But, in fact, only \$4 goes to the Government and the other \$4 to the Sugar Refining Company—that is to say, the Sugar Trust. The tariff tax on raw sugar is about 1 cent a pound, or a little less, while the tax on refined sugar is about 2 cents a pound. The tax on refined sugar is intended by Congress to protect the Sugar Trust from competition, and it protects it so thoroughly that very little refined sugar is imported, and the price charged by the trust is just up to the top of the tariff wall.

"The United States Government gets a revenue of more than \$50,000,000 a year from the tariff on sugar, and the Sugar Trust gets a far greater sum. Because the tariff enables the trust not only to add for its own benefit 1 cent a pound to the price of all the sugar that is imported, but because it keeps out competition, it enables it to add 2 cents a pound to the price of the millions of pounds produced in the United States and upon which it pays no tariff. The trust also has added the tariff of 2 cents a pound on the millions of pounds which it imported and upon which it paid no duty at all because of the employment of false weighing scales and perjury.

"The present Payne-Aldrich tariff law, like most of those that preceded it, is so cunningly devised in the interest of the trust that people cannot import raw sugar that is fit for use. It must be of a certain dark color to escape the 2 cents a pound rate, and that device puts even the people who would wish to use brown sugar at the mercy of the Sugar Trust.

"Until Congress is empowered to impose a tax upon incomes it may be necessary to collect a revenue from sugar, however disagreeing it may be to the poor and needy. But there is no just reason why the people of the land should be taxed from \$50,000,000 to \$100,000,000 a year for the benefit of the Sugar Trust, which has been convicted of cheating the Government out of millions. If the differential and refined sugar were reduced to the minimum or abolished altogether, the revenue of the Government would be unimpaired, sugar would be 1 cent a pound cheaper and great canning and preserving industries, stimulating the glass and tin industries, such as cheap sugar has given to England, would speedily grow up."

Often The Kidneys Are Weakened by Over-Work.

Unhealthy Kidneys Make Impure Blood.

Weak and unhealthy kidneys are responsible for much sickness and suffering, therefore, if kidney trouble is permitted to continue, serious results are most likely to follow. Your other organs may need attention, but your kidneys most, because they do most and should have attention first. Therefore, when your kidneys are weak or out of order, you can understand how quickly your entire body is affected and how every organ seems to fail to do its duty.

"If you are sick or 'feel badly,' begin taking the great kidney remedy, Dr. Kilmer's Swamp-Root. A trial will convince you of its great merit.

The mild and immediate effect of Swamp-Root, the great kidney and bladder remedy, is soon realized. It stands the highest because its remarkable health restoring properties have been proven in thousands of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes. You may have a sample bottle by mail free, also a pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing to Dr. Kilmer & Co., Binghamton, N. Y. Don't mistake the name, Swamp-Root, and don't let a dealer sell you something in place of Swamp-Root—ask you do you will be glad to give you.

Asheboro Drug Co., sells Swamp Root.

Some men are so afraid of getting a wooden leg they could think it was becoming.

ADMIRE PASTOR RUSSELL'S BOOK.

"The Divine Plan of the Ages." Every One Should Read It.

Atlanta Constitution says—"This wonderful book makes no assertions that are not well sustained by the Scriptures. It is built up stone by stone, and upon every stone is the text, and it becomes a pyramid of God's love, and mercy, and wisdom. There is nothing in the Bible that the Author denies or doubts, but there are many texts that he throws a flood of light upon that seems to uncover their meaning."

It Comforts the Bereaved. "Bill Arp" says—"It is impossible to read this book without loving the writer and pondering his wonderful solution of the great mysteries that have troubled us all our lives. There is hardly a family to be found that has not lost some loved one who died outside the church—outside the plan of salvation, and, if Calvinism be true, outside of all hope and inside of eternal torment and despair."

355 pages—cloth bound, 35 cents. postpaid. Bible and Tract Society, 17 Hicks Street, Brooklyn, N. Y.

Think It Over

Were a friend to tell you: "I have had my own carriage and had my fill I have went to three balls in one night, I have lighted my cigar with a ten-dollar bill, and all when money was tight," you would think he was boasting, possibly prevaricating. But if he should say that the carriage was a baby carriage, that the three balls a pawn shop and the ten-dollar bill a board bill, you would see the joke.

When a farm paper advertises three full years for 35 cents, and it is a monthly publication, they give you just 36 numbers in the whole three years' term. Again when they advertise three full years for a dollar and it is a semi-monthly publication, you get 72 issues in the whole three years. In the first case sixteen issues less than The Progressive Farmer and Gazette gives its readers every year; and in the latter case they give only 20 issues more in the three years than we do in one year. And you know that a paper coming once a month, or even twice a month, can't be as interesting, or as timely, or as helpful as a paper coming every week. Don't forget that The Progressive Farmer and Gazette is made in the South, by Southern men, for Southern men, and dealing with Southern conditions only.

MADE FOR YOU!
The Progressive Farmer and Gazette
Raleigh, N. C. Starville, Miss

North Carolina, In the Superior Court.
Walter Brown,) Notice of Summons and
(H. D. Cale Mfg. Co.) Warrant of Attachment.
The defendant above named will take notice that a summons in the above entitled action was issued against said defendant on the 20th day of May, 1911, by W. C. Hammond, Clerk of the Superior Court for Randolph County, N. C., for the sum of five thousand dollars according to the judgment rendered by the magistrate and wrongdoer of the defendant through the foreman and agent while said writ was in the custody of the defendant, which summons is returnable before the judge of our Superior Court at a court to be held for the County of Randolph at the court house in Asheville on the seventh Monday before the first Monday of September, 1911. The defendant will also take notice that a warrant of attachment was issued by the Clerk Superior Court on the 20th day of May, 1911, against the property of said defendant, which warrant is returnable before the Superior Court of Randolph County at the time and place above named for the return of the summons, when and where the defendant is required to appear and answer or demur to the complaint, of the relief demanded therein, on or before the 20th day of September, 1911.
W. C. Hammond,
Clerk Superior Court.

LEGAL NOTICES

Notice

Having qualified as administrator on the estate of Peter Youns, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 8th day of June, 1911, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.
This 7th day of June, 1911.
W. N. Elder, Admr. Peter Youns.

Notice to Creditors

Having qualified as administrator of Charlie Sumner, deceased, before W. C. Hammond, clerk of the superior court of Randolph, the undersigned hereby notifies all creditors of said decedent to present their claims, duly verified to the undersigned on or before the 15th day of May, 1911, or this notice will be pleaded in bar of their recovery; all persons indebted to said estate will make immediate settlement.
This April 17, 1911.
W. N. Elder, administrator of Charlie Sumner, deceased. Hammer & Kelly, attorneys.

LAND SALE NOTICE

Pursuant to decree rendered in the Superior Court of Randolph County in the special proceedings entitled "W. N. Elder administrator of Charlie Sumner v. G. R. Sumner et al" I will on the 24th day of June, 1911, at 12 o'clock M. on the premises below described, sell at public auction to the highest bidder the following described lands and premises, lying and being in Trinity Township, Randolph County, and bounded as follows, to-wit: Bounded on the east by the lands of W. K. White and on the west by the lands of G. Wall and Mike Sumner; on the north by the lands of Harrison Sumner, the heirs of said Sumner, deceased, being known as the Nelson Sumner lands.
The one-third undivided interest in fee simple of said Sumner, deceased, in said lands will be sold and no more.
Terms of Sale: One-third cash, balance on a credit of six months, approved security being filed at the legal rate.
This May 20, 1911.
W. N. Elder,
Admr. Charlie Sumner, dec'd.

NOTICE

Having qualified as administrator on the estate of Oscar Gray, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 15th day of May, 1911, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.
This 13th day of May, 1911.
N. M. Lowe, Admr.

North Carolina, Superior Court.
Randolph Co. Before the Clerk.
J. Will Yeagin & Mollis Weaver, the unknown heirs of Thomas Yeagin and William Yeagin et al.
The unknown heirs of Thomas Yeagin, deceased, and the unknown heirs of William Yeagin, deceased, will take notice that an action entitled as above has been commenced in the Superior Court of Randolph County and that they are defendants in said action; and that the purpose of said action is to sell a certain tract of land situate in said county for division among the petitioners and defendants in the above action; said petitioners and defendants owning said lands as tenants in common, said defendants and petitioners being the heirs at law of William Yeagin, deceased, said defendants, the unknown heirs, as aforesaid, will further take notice that they are required to appear before the Clerk of the Superior Court of Randolph County at his office in Asheville, N. C., on the 10th day of June, 1911, and answer or demur to the petition of petitioners of the relief demanded will be granted.
This May 10, 1911.
W. C. Hammond,
Clerk Superior Court Randolph Co.

Service of Publication Notice

North Carolina, In Superior Court.
Randolph Co. W. N. Elder, Administrator of Peter Youns, deceased, vs. Louis Youns and the unknown heirs at law of Peter Youns, deceased.
The defendants, Louis Youns and the unknown heirs at law of Peter Youns, deceased, above named will take notice that an action entitled as above has been commenced in the Superior Court of Randolph County, and that they are defendants in said action; and that the purpose of said action is to sell an undivided two-thirds interest in certain lands described in the petition filed in this case to make a sale to the petitioner, said administrator, and said defendants are required to appear before the undersigned, Clerk of the Superior Court at the court house in Randolph County on Saturday, July 1st A. D. 1911, at 12 o'clock, and answer or demur to the complaint in said action or the plaintiff will apply to the court for the relief demanded in said complaint.
This May 31 1911.
Wm. C. Hammond
Clerk Superior Court

Notice

Having qualified as administrator on the estate of Ed. Welborn, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 8th day of June, 1911, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.
This 7th day of June, 1911.
W. N. Elder, Admr. Ed. Welborn.

ADMINISTRATOR'S NOTICE

Having qualified as administrator on the estate of Mary A. Craven, deceased, before the Clerk of the Superior Court of Randolph County, this is to notify all persons holding claims against said estate to present them to the undersigned duly verified, on or before the 5th day of June, 1911, or this notice will be pleaded in bar of their recovery, and all persons indebted to said estate are expected to make immediate payment.
This June 6, 1911.
H. P. Moffit, Admr.
E. Moffit, Atty.

LAND SALE

By virtue of the power of sale contained in a mortgage deed executed on the 19th day of April, 1907, by Charles L. Mason and wife, Nancy Gibson, to J. A. Laughlin, and recorded in Book 625 of the Deeds of Randolph County, I will, on the 8th day of July, 1911, at 12 o'clock M. sell at the court house door in Asheville, N. C., to the highest bidder for cash the following described real estate, to-wit:

A tract of land adjoining the lands of Josiah Wall, and J. A. Laughlin and others and bounded as follows:
Beginning at a stone Joshua Wall's northwest corner and running north 24 chains and 33 links to a black oak; S. A. Laughlin's corner, thence east 8 chains and 25 links to a stone, thence south 23 chains and 28 feet to a stone in John Wall's line, thence west 5 chains and 23 feet to the beginning, containing 20 acres more or less.

Said sale is made to satisfy the aforesaid mortgage.
This the 5th day of June, 1911.
J. A. Laughlin, Mortgagee,
R. E. Coble, Assignee.

FOR SALE.

A valuable farm 1-4 mile from Ralph Post office, 1 mile southeast of Brower Chapel and schoolhouse, 1 mile from Humble's Mill on Richland Creek and 41-2 miles south of Asheville N. C., and contains 230 acres, 80 acres in cultivation, balance in woodland and pasture, good buildings, good well of water, good young orchard. For further particulars see or write
S. F. Lowdermilk,
Asheboro, N. C.