

## LIFE NOT WORTH LIVING

In the way Miss Alta Abel of West Baden, Ind., summed up her experience after having sought in vain for health. She writes: "I was a complete wreck—always tired, worn out and nervous. I had to spend about one-third of my time in bed.

"Vinol, your delicious cod liver and iron tonic, was recommended, and I can truly say it has done me more good than all the medicine I ever took in my life. That nervous and tired feeling is all gone. I have gained in health, flesh and strength, until I feel like another person." (We guarantee this testimonial to be genuine.)

What Vinol did for Miss Abel, we know it will do for every nervous, run-down, overworked, tired, thin and discouraged woman in this vicinity.

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you.

Standard Drug Company

### John C. Graves Dead.

John C. Graves, aged about 54 years, died at Kaufman, Texas, April 10, of Bright's disease.

Mr. Graves went to Texas about 32 years ago and went into the drug business and made a success. He leaves a wife and one child. He was a son of Dr. Jesse D. Graves, and a nephew of Dr. Calvin Graves, of Randolph, and Prof. Ralph H. Graves, of Chapel Hill. His mother died December 7th, 1911. His father and two uncles have been dead for several years.

George H. Graves, a traveling man of St. Louis, is an older brother. C. H. Graves, of Carthage, N. C.; Thos. S. Graves, of Randolph county; Ralph H. Graves, of Portland, Oregon; J. E. Graves, of Kaufman, Texas, are his other surviving brothers.

## Bronchitis Is Common In The Spring

If you have Bronchitis, or if it is only a cough or a cold, you should take prompt action to perfect a cure.

### VICK'S CROUP AND SALVE

is not a drug to be taken inwardly—it is an external and positive cure by inhalation and absorption. It is a wonderfully effective treatment. The healing, antiseptic and germ destroying vapors are inhaled with each breath, where liquid medicines cannot reach, while externally the treatment is absorbed through the pores.

It is guaranteed to cure Bronchitis, Deep Colds, Asthma, Tonsillitis and all affections of the throat and air passages and lungs. You cannot afford to be without a jar constantly on hand.

At your druggist's or by mail  
25c. 50c. \$1.00  
Economy suggests the dollar size  
Vick's Family Remedies Co.  
Columbus, N. C.

### New Telephone Lines.

Three new telephone lines are running out from the Farmers' Exchange. The first has the following subscribers:

John T. Ingram, — Hughes, B. W. Steed, W. B. Lassiter, J. W. Rusb, Webb Bingham, Houston Elliott, Madison Hammond, Ivy A. Birkhead, A. C. Johnson, Will Caslett.

Another line has the following phones: S. O. Cranford, D. G. McMasters, E. H. Woolley, John Lanier, Lee Miller, Barton Carter, Elsie Luther, H. G. Lassiter.

North and northwest of Farmer: Lindley Parker, Milt Lackey, Milt Skeen.

A third line is being constructed north and northwest by Milt Skeen's and Kearn's mill, with something like a dozen phones to be on the line.

Other phones have been added to the Farmers' and Denton lines.

The Asheboro Telephone Company has put in twenty-five or more new phones in Asheboro within the last few months.

A line down the Cox road is being built and will be completed and connected with the Asheboro central office within the next few days. The county is now practically covered with telephone lines of local companies and lines connecting with the North State and other independent companies. Nearly all the towns in the middle part of the State are connected with these independent companies, among them being Greensboro, Winston-Salem, High Point, Thomasville and all towns and every neighborhood in Davidson and several other counties; Salisbury, Spencer, Concord, Statesville and others. Troy is not now connected, but it is hoped arrangements will soon be made to connect again with this large system. Every part of Randolph is now connected with the independent except the larger part of Liberty and Providence townships. It is to be hoped that lines will be built in the near future to connect every neighborhood in this and all counties in this section of the State.

Fortunes in Faces

There's often much truth in the saying "Her face is her fortune," but it never tells where pimples, skin eruptions, blotches, or other blemishes disappear. Impure blood is back of them all, and shows the need of Dr. King's New Life Pills. They promote health and beauty. Try them. 25 cents at Standard Drug Company and Retail Stores.

## STOMACH DISTRESS IS ENDED FOREVER.

No Dyspepsia, Heartburn, Gas or Indigestion in five minutes.

Take your sour, out-of-order stomach—or maybe you call it indigestion, dyspepsia, gastritis or catarrh of stomach, it doesn't matter—take your stomach trouble right with you to your Pharmacist and ask him to open a 50 cent case of Paper's Diapepsin and let you eat one 22-grain Triangule and see if within five minutes there is left any trace of your former misery.

The correct name for your trouble is food fermentation—food souring; the Digestive organs become weak, there is lack of gastric juice; your food is only half digested, and you become affected with loss of appetite, pressure and fullness after eating, vomiting, nausea, heartburn, griping in bowels, tenderness in the pit of stomach, bad taste in mouth, constipation, pain in limbs, sleeplessness, belching of gas, listlessness, sick headache, nervousness, dizziness, dizziness or many other similar symptoms.

If your appetite is flake and nothing tempts you, or you belch gas, or if you feel bloated after eating, or your food lies like a lump of lead on your stomach, you can make up your mind that at the bottom of all this there is but one cause—fermentation of undigested food.

Prove to yourself in five minutes that your stomach is as good as any; that there is nothing really wrong. Stop this fermentation and begin eating what you want without fear of discomfort or misery.

Almost instant relief is waiting for you. I am merely a matter of how soon you take a little Diapepsin.

Headquarters N. C. Division  
United Confederate Veterans,  
Durham N. C., April 5, 1912.  
General Orders No. 46.

Paragraph 1. The Jackson Memorial Association of Richmond, Virginia, has asked that next Memorial Day, tenth of May, be set apart in the schools of the South as "Jackson State Monument Day" and that every child in these schools be asked to contribute ten cents for the erection of an appropriate equestrian statue of the immortal Stonewall Jackson at Richmond. In furtherance of this most laudable undertaking North Carolinians are requested to do their part as fully as our North Carolina soldiers did their part in winning those battles that immortalized Jackson's name and fame. Every school child in this State, every daughter of the Confederacy, every Confederate Veteran and every other patriotic citizen of North Carolina is hereby urged to contribute the small sum of ten cents for the purpose of thus honoring the memory of one whose name and fame will ever be fondly cherished by all who admire and revere the military genius and matchless exploits of Stonewall Jackson.

Paragraph 2. While there are magnificent statues and monuments erected at Richmond to Davis, Lee, Stuart and other Confederate heroes, yet the memory of Jackson is a bronze bust in the Capitol Square, and that was erected by admiring Englishmen. No adequate statue of him as been erected by his own people, for whom he sacrificed his life. Let this no longer be said, but let North Carolinians, young and old, gladly respond to the appeal of the Jackson Memorial Association and aid in this good work.

Send all remittances to Mr. W. J. Holloway, Cashier First National Bank, Durham, N. C.

By order of Major-General J. S. Carr.

H. A. London, Adjutant General and Chief of Staff.

Mr. J. A. File has opened up a shoe shop in the Cranford building on North street. He comes from Troy where he has for three years been the superintendent of a shoe factory. He formerly worked with Wrightberry at High Point. He is a first class workman and no doubt will do a good business in Asheboro.

## B. B. B.

The Best Blood Purifier. Test It Free!

If you are run down or nervous, see spots floating before the eyes, itching skin, blotchy face or skin itches. It is a sure sign of impure blood. Take B. B. B. (Bottled Blood Balm). It will purify and enrich your blood and build up your weakened, broken-down system. B. B. B. is guaranteed to cure all blood diseases and skin eruptions, such as:  
Aches, Rheumatism, Ulcers, Eczema, Scabies, Ringworm, Itching Head, Scald, Burns, Folds, Eruptions, Old Sores, Scrofula or Carbuncles, Suppurating Sores, Boils, Carbuncles, etc.

B. B. B. cures all these blood troubles by killing the poison humor and expelling it from the system. B. B. B. is the only blood-purifier known to cure all these troubles. It cures and heals all skin and deep-seated blood troubles when all else fails. Through its action for 20 years—composed of Pure Natural Ingredients. Drug stores 50 per large bottle with directions for home use.

FREE SAMPLE BY WRITING  
BLOOD BALM CO., ATLANTA, GA.  
Desirable trouble and less medical advice given.

## FOLKS PAST FIFTY MUST USE CASCARETS

What glasses are to weak eyes, Cascarets are to weak bowels—a 10 cent box will truly amaze you.

Most old people must give to the bowels some regular help, else they suffer from constipation. The condition is perfectly natural. It is just as natural as it is for old people to walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are muscles.

So all old people need Cascarets. One might as well refuse to aid weak eyes with glasses as to neglect this gentle aid to weak bowels. The bowels must be kept active. This is important at all ages, but never so much as at fifty.

Age is not a time for harsh physics. Youth may occasionally whip the bowels into activity. But a lash can't be used every day. What the bowels of the old need is a gentle and natural tonic. One that can be constantly used without harm. The only such tonic is Cascarets and they cost only 10 cents per box at any drug store. They work while you sleep.

### ANSWER IT HONESTLY.

Are the Statements of Asheboro Citizens Not More Reliable than those of Utter Strangers?

This is a vital question. It is fraught with interest to Asheboro.

It permits of only one answer. It cannot be evaded or ignored. An Asheboro citizen speaks here. Speaks for the welfare of Asheboro.

A citizen's statement is reliable. An utter stranger's doubtful. Home proof is the best proof.

Mrs. D. B. Kendall, Church St., Asheboro, N. C., says: "I have used Doan's Kidney Pills which I prepared from the Standard Drug Co. and I consider them a most reliable remedy for regulating the kidneys and curing backache. Doan's Kidney Pills have also been used by other members of my family and the results have always been satisfactory."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's—and take no other.

### Just Fer Me An' Pa.

I wish there wuz a sort of home  
From which a kid could pick his  
me;  
I'd know just what to get, you  
bet—  
The peachiest ma you ever saw,  
Just fer me an' pa.

I'd never pick a society swell  
To bumer do bridge stunts all day,  
Who'd wear great heaps of hair  
and rings  
And make all kind uv bills to pay,  
Just fer me an' pa.

I'd not fool with a brainy one  
Et years to be a Suffragette,  
And chases round to clubs all day  
An' raises Cain at home, you bet,  
Just fer me an' pa.

I'd just look up a nice, plain ma,  
With kindly face an' eyes that  
smile,  
Et likes to cook an' mend tared  
cloes,  
An' has a baby once in a while,  
Just fer me an' pa.

### What is a Saloon?

[From a man in the penitentiary who was sentenced there for a crime which he committed while drunk.]

A bar to heaven, a door to hell—  
Whoever named it, named it well!  
A bar to manliness and wealth,  
A door to want and broken health.  
A bar to honor, pride and fame,  
A door to sin and grief and shame;  
A bar to hope, a bar to prayer,  
A door to darkness and despair.  
A bar to honored, useful life,  
A door to brawling, senseless strife;  
A bar to all that's true and brave;  
A door to every drunkard's grave;  
A bar to joy that home impartre;  
A door to tears and aching heart—  
A bar to heaven, a door to hell.  
Whoever named it, named it will.

### Strike Ended

By the end of this week it is expected that every striking miner in England, Wales and Scotland will be back in full swing. This decision of the miners virtually lifts a ruinous seige from the nation's industries.

The Confederate Veterans will hold their reunion May 7-9 at Macon, Ga.

## The Peevish Child Needs a Laxitive

It is natural for a child to laugh and play and when it sulkis drowsily or cries you may depend on it something physical is the matter. If you see no evidences of a serious ailment you will not be wrong if you quietly give it a dose of mild laxative that evening on putting it to bed.

The remedy most generally recommended for this purpose is Dr. Caldwell's Syrup Pepsin, which mothers throughout the country have been giving their children for a quarter of a century. Today thousands of families are using it where hundreds used it then, and there must be good reason for this word of mouth recommendation.

It is admittedly the perfect laxative for children, women, old people and all others who need a gentle bowel stimulant and not a violent salt, cathartic pill or doctored water. Dr. Caldwell's Syrup Pepsin will act gently, and when taken before retiring will

bring complete satisfaction in the morning. After a short use of this remedy all forms of outside aid can be dispensed with and nature will again act alone.

All classes of good American people keep it in the home for ills of the stomach, liver and bowels, and among the thousands who have written the doctor that they will never be without it are Mrs. J. W. Brooks, Durham N. C. and Mrs. C. M. Branch, Apex, N. C. A dose of it has saved many a person from a serious illness.

Anyone wishing to make a trial of this remedy before buying it in the regular way of a druggist at fifty cents or one dollar a large bottle (family size) can have a sample bottle sent to the home free of charge by simply addressing Mr. W. E. Caldwell, 405 Washington St. Monticello, Ill. Your name and address on a postal card will do.

## PRESS ASSOCIATION MEETS IN CHICAGO

A Most Important Meeting and Helpful to Newspaper People and Job Printers.

The National Press Association will meet this year in Chicago, June 24, 25 and 26.

It is a meeting every publisher should be interested in.

The annual meetings of the national association will be most instructive as well as entertaining. These meetings will partake of the nature of a press congress, with programs that will instruct and benefit everyone in any way connected with the newspaper or job printing business. Four departments are to be conducted by experienced and capable men:

First—Department of newspaper and job printing, to include the cost system. This department will be in charge of J. Clyde Oswald, editor and publisher of the American Printer, a man who has given much study to every department of newspaper and job printing, and who is thoroughly qualified to conduct such a discussion as will be worth much to everyone who attends the meeting.

Second—Department of the daily newspaper, of which J. B. Hall, of Jamestown, N. Y., will have charge. Mr. Hall is an eminently successful daily newspaper publisher and knows that part of the business thoroughly.

Third—Department of the weekly newspaper, with Ovid Ball, of Fulton, Mo., one of the most successful weekly publishers of the country, in charge. Mr. Ball's success is itself a great inspiration to others at work along the same line.

Fourth—Department of journalistic education, to include all those engaged in teaching in schools of journalism and in publishing newspaper trade journals. Walter Williams, dean of the school of journalism of the University of Missouri, will be in charge of this department.

For the general sessions of the associations, such men as Arthur Brisbane, Dr. Lyman Abbott and others of equal note are expected to be on the programme.

The session will last three days, and during this time the printing supply houses of this country and Canada will give a printer's supply exposition that in itself will be worth all time, effort and expense of attending the meeting. Elaborate entertainment will be provided by the association while in Chicago.

Following the meeting a seven-days' trip will be taken through South Dakota during which all the scenic attractions of that state, including Wind Cave, said to be the greatest and most wonderful cave in the United States, will be visited. From the time the special train enters South Dakota until it leaves the state not a cent of expense will be incurred by anyone except the Pullman fares, which will be nominal. Such an attractive and cheap intin-

## FOR AGED PEOPLE.

Old Folks Should Be Careful in Their Selection of Regulative Medicine.

We have a safe, dependable, and altogether ideal remedy that is particularly adapted to the requirements of aged people and persons of weak constitutions who suffer from constipation or other bowel disorders. We are so certain that it will relieve these complaints and give absolute satisfaction in every particular that we offer it with our personal guarantee that it shall cost the user nothing if it fails to substantiate our claims. This remedy is called **REXALL ORDELS**.

Rexall Ordeles are eaten just like candy, are particularly prompt and agreeable in action, may be taken at any time, day or night; do not cause diarrhoea, nausea, griping, excessive looseness, or other undesirable effects. They have a very mild but positive action upon the organs with which they come in contact, apparently acting as a regulative tonic upon the relaxed muscular coat of the bowel, thus overcoming weakness, and aiding to restore the bowels to more vigorous and healthy activity. Three doses, 10c., 25c., and 50c. Sold only at our store.—The Rexall Store.

## PAPER BAG COOKING

Great System Perfected by M. Soyer, Famous London Chef.

GETS THE GOOD OUT OF FOOD.

By Martha McCulloch Williams. Eating serves a double purpose—the giving of pleasure, the keeping up of strength. Ill-cooked food reduces both to a minimum—hence the proverb: "God sends meat and the devil sends cooks." Possibly his satanic majesty now and again nods. It must have been in such a somnolent interval that he let M. Soyer's system of paper bag cooking get by him. For unquestionably it is in the way of reducing ill-cooking at least one-half. Thereby it will help to feed fat all the nations of the earth.

The use of cooking is to change the nature of food substances, making them at once better tasting and more digestible. Heat works by developing flavors and transforming substances. Its most important office is, however, to break down fiber, animal and vegetable, to such a degree as to render it easily digestible. If it is to do this it must be properly applied. That is to say, gently, regularly.

Simple food, well cooked, is the foundation of happiness—and paper bag cooking means good cooking. It follows naturally that the paper bag is especially useful in preparing food for delicate persons, and growing children. Here follow some dishes that have helped build up weak and wasted people. That they will be likewise good for children, especially delicate ones, admits of no doubt.

**Pigeon Roast.**—Take a squab, or a quail, dress it whole, stuff lightly with toasted bread crumbs, adding a raisin or two, or shreds of tart apple. Season very lightly inside before stuffing. Rub a little more salt outside, but only a little. Rub also with soft butter, not melted, and dredge very lightly with flour. Then wrap in bacon, sliced as thin as possible, and put into a buttered bag with a half teaspoonful of water. Seal and cook in a hot oven twenty to thirty minutes, depending on the size. The squab-chicken may require thirty-five minutes.

**Shredded Wheat and Tomatoes.**—Four upon each shredded wheat biscuit required a teaspoonful of melted butter. Lay the buttered biscuit in a well-buttered bag and pile upon them thick slices of peeled tomatoes, well seasoned with sugar, salt, black and red pepper. Seal and cook for ten minutes. Serve on hot plates. A pleasing variant for children is to use instead of tomatoes, bananas peeled, cut in cubes, covered with sugar and lemon juice, and cooked for eight minutes. This can be served with cream. (Copyright, 1911, by the Associated Literary Press.)

## PAPER BAG COOKED DISHES FOR INVALIDS AND CHILDREN.

By Nicholas Soyer, Chef of Brooks' Club, London.

**Sweetbread Mackenzie.**—Blanch and trim a good-sized sweetbread, make a little mirepoix of vegetables, paying attention to the color of the vegetables, and seeing that they do not brown. Cut the sweetbread across the center, but do not halve it. Pound one ounce of pistachios and lay them in the slit of the sweetbread. Cover the sweetbread with the prepared vegetables and place in a well-buttered bag. Cook in a slow oven for thirty minutes. Dish the sweetbread, place the other ingredients in a fine sieve and lightly press the gravy through, on to the sweetbread.

**Chicken Quenelles.**—Take the breast of one fowl, add a pint of white sauce, and a piece of butter the size of a walnut. Pound well, mix in one egg, pass through a hair sieve. Place in a basin, add a quarter pint of cream and stir well. Form into small quenelles with a spoon, place in a buttered bag, lay carefully on the broiler, and cook for six minutes in a hot oven.

**Chicken and Rice Tea.**—Chop up half a raw chicken, wash a tablespoonful of rice in cold water, and mix with the chicken. Wash a teaspoonful of pearl barley, and add with a quarter-pint of cold water. Put all together into a small paper bag, and cook forty to forty-five minutes in a slow oven.

**Filletted Poultry for Invalids.**—Mince fine a carrot, turnip and onion, add a little minced ham, a pinch of sugar and salt, and lay at the bottom of a small well-buttered bag. Slice the breast of a fowl—cooked—lay the slices upon the prepared vegetables, sprinkle with oiled butter, seal and cook six minutes in a slow oven. Dish the fillets, put the vegetables in a sieve and press the gravy from them over the fillets.

**Beef Tea.**—Put one pound of beef steak in a paper bag, seal it, and cook for twelve minutes in a moderate oven. Open the bag on a dish and you will find natural gravy about the meat. Cut up the steak, press out all juice from it, strain, season to taste, and serve at once in a hot cup. For chicken tea, cut up half a fresh fowl, break the bones with a chopper, put in bag with two tablespoonfuls cold water, seal and cook forty-five minutes in a slow oven. Strain into a hot cup, season and serve. (Copyright, 1911, by Sturgis & Walton Company.)