

IF HEADACHY, DIZZY, BILIOUS, "CASCARETS"

To-night! Clean Your Bowels and Stop Headache, Colds, Sour Stomach.

Get a ten-cent box now. You're bilious! You have a throbbing sensation in your head, a bad taste in your mouth, your eyes burn, your skin is yellow with dark rings under your eyes; your lips are parched. No wonder you feel ugly, mean and ill-tempered. Your system is full of bile not properly passed off, and what you need is a cleaning up inside. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember that most disorders of the stomach, liver and bowels are cured by morning with gentle, thorough Cascarets—they work while you sleep. A 10c. box from your druggist will keep your liver and bowels clean; stomach sweet, and your head clear for months. Children love to take Cascarets because they taste good and never gripe or sicken.

STATE BOARD OF HEALTH MET

Formulated Plans and Policies for Future Work—Increased Activities in All Departments—All Members Present—Dr. J. Howell Way Presided.

At ten o'clock of the morning of October sixth, the members of the State Board of Health met in the new offices of the secretary, Dr. W. S. Rankin, to consider the affairs of the board and formulate plans and policies relative to its future work. All members of the board were present including Dr. J. Howell Way, president, Waynesville; D. Richard H. Lewis, Raleigh; Dr. Cyrus Thompson, Jacksonville; Dr. Edward J. Wood, Wilmington; Dr. A. A. Kent, Lenoir; Col. J. L. Ludlow, Winston-Salem; Dr. W. O. Spencer, Winston-Salem; Dr. Thomas E. Anderson, Statesville; Dr. Chas. O'H Laughinghouse, Greenville. With the board met the heads of the different departments, namely: Dr. L. B. McBrayer, superintendent of the State Sanatorium; Dr. C. A. Shore, director of the State Laboratory of Hygiene; Dr. J. R. Gordon, deputy State registrar of Vital Statistics Department; Dr. W. P. Jacob, director of the Hookworm Bureau and Warren H. Booker, chief of the bureau of Engineering and Education. These men presented to the Board brief outlines of their work and the needs that the carrying forward of the work necessarily entail.

The State Dental Association was represented at this meeting of the State Board of Health by Dr. Stanley of Wilmington, Dr. M. C. Horton and Dr. J. M. Fleming, of Raleigh. They spoke in the interest of the Board's giving special attention to Oral Hygiene, or hygiene of the mouth, especially among the school children of the State.

All the various departments of the Board made their reports and submitted their plans at the morning session with the exception of the Department of Tuberculosis. The work of this Department being so much larger than any other, the entire afternoon was given over to its discussion. Governor Craig attended the afternoon session and took considerable interest in the work.

The night session continued until a late hour. The objects considered were the matters of new work and the correlation of the activities of the present departments in an effort to concentrate on that particular line where the most good could be accomplished with the least funds. Inasmuch as Tuberculosis is causing a loss of over six thousand lives in the state annually more than any other disease, and inasmuch as the present building and equipment at the State Sanatorium are woefully inadequate, it was decided to lend every effort to build up, extend the influence and improve the State Sanatorium for the Treatment of Tuberculosis in an effort to eventually stamp out the Great White Plague out of North Carolina.

WORKING FOR AMENDMENTS

A conference was held in Raleigh last week for the purpose of waging an aggressive campaign for the Constitutional amendments. Members of both parties were present and took part in the meeting. As a result a strong committee on publicity has been formed, including the names of many of the ablest editors in the state.

Last week Governor Craig announced that he would take the stump in defense of the amendments and officials of the Farmers' Union came out in support of them.

A campaign of education, based on the right lines, will do a great deal to familiarize people of the state with the merits of these proposed amendments.—Charlotte News.

THE WAR TAX—A PREVENTIVE MEASURE.

"We could have delayed the levying of this tax, we could have delayed the bringing in of the bill until after election, and have deprived you of any campaign thunder you may be able to get by virtue of what you will be pleased to say is an additional burden laid upon the American people. But instead of that we realize what every thinking conservative man in America realizes, that in a condition of such world convulsion, with credits impaired as they are, it was of the utmost importance that the Treasury of the United States should not only be in a position to stand any present shock, but any further shock that might come by reason of this tremendous disturbance of conditions. We believed that it was important not to put any greater strain upon the banks than was already placed upon them by this condition, and so believing, we have not looked to the moneys to the government's credit in the banks, but have sought to obtain by internal revenue taxes the revenues no longer to be had at the customs house.

"We go to the country simply with a proposal to supply the revenues that have failed through no fault of ours, and which you would have had to supply if you had been in power; only you would have had a greater failure of revenues, because you raised a greater proportion of your total from customs duties than we. To the extent that we have substituted income taxes and a corporation tax for customs duties, to that extent have we lessened the disarrangement of the government chances by virtue of this world war. Therefore, if there be any difference in the attitude that the two parties would have been in in this emergency, it is that we have a less sum to supply than you, because you would have had no revenues coming from an income tax and less from a corporation tax."—Speech of Representative Swager Sherley, of Kentucky in House of Representatives, September 25.

GRAPHIC DESCRIPTION OF THE WRECK OF LOUVAIN AS WRITTEN IN A LETTER.

Henry Carton de Wiart, one of the Belgian high commissioners, recently presented a statement of Belgium's case to President Wilson. The letter says in part:

"The center of the city is a smoking heap of ruins. Houses are caved in, nothing remains but smoking ruins. It is a veritable Pompeii.

"In the center stands the walls of 'St. Peter,' now a grinning silhouette, roof and belfry gone, the walls blackened and caved in. In the park stands the 'hotel de ville' dominating everything and almost intact. The library and its treasures are entirely gone.

"The sight is extraordinarily picturesque—gloomy, abominable, and more so in the evening when the full moon is shining over the mass of ruins. Then it is really fantastic, diabolical. The center of old Louvain, the old city of the dukes of Brabant, exists no longer, a new city will have to be built.

"The big avenues converging in the center have also greatly suffered; the roads leading into the adjacent cities are burnt, wherever the barbarians passed through. The village of Herent has been particularly the objects, it is half burnt; 16 persons were shot and a number of men sent into captivity, including the old priest and his two vicars and the old retired priest.

"The aspect of the ruins leaves no doubt that the incendiary operations were carried on systematically and beyond doubt by some one's order. Each house was set on fire separately, some houses spared bore the inscription:

"This house to be spared." "Pillage, as well as incendiarism, has been methodically carried on. It was not the work of a delirious drunk on trooper, who all at once breaks from his bonds, but a minute sacking. Evidently the thieves had looked for valuables that would not be too bulky to carry off easily.

"It is probable that the Prussian officers were stealing no less than their own men."

NOTICE

Having qualified as administrator on the estate of Mary F. Calder, 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 1st day of November, 1915, 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 9th day of October, 1914.
JAMES T. WOOD,
Admr. Mary F. Calder, deceased.

HELPFUL FARM NOTES

Give the pigs dry quarters.
Plant a few strawberry plants.
Turkeys will not bear confinement.

A poor cow is expensive at any price.
No farm family should be without strawberries.

Baby heaves require two things, good blood and high feeding.

Silage is the main reliance of dairy farmers in many sections for cow feed.

Eggs should be collected daily and should be cooled as quickly as possible.

Fasten down the tops of the hay stacks—or better still—cover them. It pays big.

Good water helps to make good butter. You can't make it with anything else.

Damp mashes are not good for turkeys, either young or old. They thrive best on a dry grain ration.

Milk at milking time, not after dark either in the morning or at night. Wind up the chores by daylight.

Treatment for cowpox consists mainly in applying some healing agent to the sores. Carbolyzed vaseline is good.

It is estimated that sheep eat more than seven times as many varieties of weeds and grasses as do cattle and horses.

An egg is composed of over fifty per cent of water. Fifty hens should consume not less than five quarts of water daily.

If properly cared for, the manure from one cow is said to be worth about 50 cents a week. It doesn't pay to neglect it.

Too many farmers have not learned that it is all wrong to feed a sow on feed that produces heat instead of bone and muscle.

It is not a profitable business for the farmer, whether land owner or renter, to sell the calf for little or nothing at its birth.

A little care used in gathering seed will cut down the seed bill the following spring as well as improve the vegetables from year to year.

Milk that has a bad flavor often acquires this after it is drawn from the cow. It is more often due to such influences than to the feed the cows have had.

When manure is allowed to accumulate it should be kept under cover and if covered with a layer of earth the loss of plant food will be still further reduced.

Many a horse has been made sick, and not a few have died, from eating a little green clover when the body was too warm or in some other way out of order.

Cows in full milk require some concentrated feed in addition to hay and silage, as they cannot consume enough of these feeds to keep up a large flow of milk and maintain body weight.

A little salt in the mash food for poultry will assist somewhat; but too much salt picked up around the place or the drinking of salty liquid like brine, will cause sickness and perhaps death.

In taking up plants for setting out they should not be pulled up but lifted out with a dibble or case knife. By proper handling plants may be taken up and transplanted on a hot sunny day with scarcely a check to their growth.

Although growing geese will some times live and even thrive to some extent on the grass and other food which they find on a free range, they will do enough better to make it pay if they are given one or two good feeds of grain each day.

A set of scales will help you catch every robber cow. The trouble is, we don't think it worth while to know. It is easier to guess, but a lot more costly.

Let the chickens run on the range, where they will have plenty of grass and clover. Turn up the earth for them to peck and scratch for worms and grubs.

When cows' teats are sore, do not run the risk of being kicked off the milk stool and having the bucket of milk thrown into your face, but use a healing salve.

Growing pigs need mineral matter and for this purpose a mixture of charcoal, wood ashes, pulverized copras, ground limestone and ground rock phosphate is good.

Where complaint is made that red clover will not thrive the chance is that the land needs lime. Crushed limestone, two tons to the acre, or a ton of slacked lime may be needed as a sweetener of the soil.

When crops begin to look poor and there seems to be a scarcity of feed the farmer always hangs on to the good dairy cow and lets the rest of his stock go first. The cow is what helps to bring the profit and tide over hard times.

A flock of breeding ewes and their lambs will be of much help in keeping pastures free from weeds and can be made to utilize a large amount of grass that would otherwise go to waste along the fences and uncultivated places in the fields.

DUTY OF A GOOD NEIGHBOR

Every family which has a member ill with typhoid fever, scarlet fever, or other contagious disease, is entitled to the sympathy and intelligent help of the community. At the same time the stricken family should realize fully that simple good citizenship calls upon its members to do everything in their power to prevent the spread of the contagion to the neighbors. In the country especially, where there are seldom health officers to impose rigid quarantines, the duty of keeping the sick separated from the well falls with peculiar weight upon the affected family. Ordinary neighborliness demands that such a family keep its members away from others and prevent outsiders from coming in contact with the infection.

On a farm producing and selling milk, a contagious disease such as typhoid or scarlet fever demands special precautions. A very few germs of these diseases allowed to get into the milk may multiply rapidly and be a source of disease in many families on the milk route served by the farmer.

In the case of typhoid, the disease may come from germs in the well water, and this water if used unboiled for cleaning milk bottles or cans may very well start a typhoid epidemic in a neighboring town. Inspectors have frequently traced outbreaks of scarlet fever and typhoid along a milk route and back to a sick person on the producer's farm.

It is the duty of every milk farmer to see that no one who is suffering from fever of any kind ever enters the dairy. Moreover, no one engaged in nursing the sick should ever be allowed to go near milk. Those who handle the milk on such farms, even though they have never been near the person who is sick, should take special precautions. Before entering the milk room they should put on a clean cap and a clean duster, which are never allowed to go into the house.

In cases of typhoid or suspected typhoid all water used in cleansing milk bottles should first be boiled. Finally, even with these precautions, wherever typhoid or scarlet fever is even suspected in a family, the milk should be thoroughly pasteurized before being sold.

The milk producer who takes these precautions establishes his good citizenship. The one who handles milk carelessly with sickness in his family, though he may not realize it, is a possible enemy to all his customers.

Such precautions are doubly necessary where the owner of the farm is the sufferer, because the milk is apt to be handled carelessly for lack of his supervision. Inspectors recently following up a case of bad milk found the owner of the farm sick with a bad case of typhoid fever. He gave his illness as a reason for his not being prosecuted because the low quality of the milk was due directly to its handling by inexperienced persons. Investigation proved that the farmer's illness was one of a succession of cases of typhoid that had occurred on this farm. The probability, therefore, was that the milk being sent out before the farmer was sick was dangerously contaminated, while, of course, the risk after illness had withdrawn his attention was vastly increased.

In many cases where a case of typhoid has been traced back to a dairy the owner was not deliberately careless. Typhoid fever is not always readily recognized as such, and not uncommonly passes simply as a fever or bowel complaint. For this reason every case of fever on a dairy farm should be regarded with suspicion and lead to a very careful handling of the milk.

Members of households in which there are contagious or suspicious illnesses also have an important part to play in keeping the milk supply clean. They should never return empty milk bottles without first boiling them and any family which takes a public milk bottle into a room where there is a contagious disease is really a party to a serious offense against public health. A milk dealer who learns of a case of sickness in a family should separate the bottles from that house separated from the others and make certain that they are very carefully sterilized before they are again used for milk.

Even where there is no sickness on a farm, the dairy farmer should use every effort to produce a high grade clean milk from healthy cows. Sterilization of both bottles and other milk vessels is essential.—From U. S. Department of Ag. Weekly Bulletin.

EAT CABBAGE, FISH, SAUSAGE, NEW BREAD

"Pape's Diapepsin" Digests Food When Stomach Can't—Cures Indigestion.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Diapepsin, get this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

Most remedies give you relief sometimes—they are slow, but not sure. "Pape's Diapepsin" is quick, positive and puts your stomach in a healthy condition so that the misery won't come back.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of indigested food, your head clears and you feel fine.

Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder.

MAINE VICTORY GROWS

Democrats Will Control Legislature for Second Time in Sixty-Five Years.

Augusta, Me., Oct. 10.—Official returns now compiled in the office of the Secretary of State show that the Democratic victory in Maine was more pronounced than was at first supposed. The compilation gives the Democrats control of the legislature on joint ballot for the second time in sixty-five years. The only other time that the Democrats have had a majority in that body was following the election of 1910 and their control then resulted in the election of Charles F. Johnson as United States Senator.

While of course, with United States Senators now elected by direct vote of the people, the Senatorial situation would not be affected even if there were a Senator to be chosen this year, still the control of the legislature is of much greater importance than most people outside of the State are aware. In Maine all of the State officers, with the exception of the Governor and the State Auditor, are chosen by the Legislature. Democratic control, therefore, means the election of Democrats as secretary of state, as attorney general, as State treasurer, and the appointment of all State commissions and bureaus, and the heads of all departments and the State institutions.

In view of this prize to be determined by the complexion of the Legislature the Republicans made an especially hard fight to win a majority, but met with a failure.

All that has been left to them is a few scattering county offices and three Congressmen whose pluralities were materially reduced. The new Democratic administration will be installed on January 1, 1915.

Washington, Oct. 10.—Sufficient time has elapsed since the election in Maine to enable the political experts to make their deductions from an analysis of the result of the voting in the Pine Tree State.

The effect of this analysis has been depression, discouragement and dismay in the Republican ranks and a corresponding feeling of optimism and rejoicing on the part of the Democrats. Both effects are warranted by the showing made. In addition to the election of a Democratic Governor and a Democratic Legislature, which means the control of the State government, the flat increase in the Democratic vote as compared with the Democratic vote for President in 1912 is more than ten times the flat increase in the combined Republican and Progressive vote for President in the same year. In other words the Democratic total was an increase of more than 10,000, while the combined Republican and Progressive increase was only about 1,000. The vote of 51,000 for President Wilson in 1912 was increased to more than 61,000 for Mayor Curtis, the Democratic nominee for Governor, or about 20 per cent.

These figures have staggered the Republicans, for their significance is ominous for them. Few, if any, Republicans have ever expected that their party would carry the next House of Representatives. The most that they have hoped for has been to cut down the big Democratic majority in the present House, but the vote Maine has sent that hope glimmering.

The rate of increase in the Democratic vote in Maine if carried out and applied to the Congressional vote in other state would show a most astounding result and one which even even the Democrats have never considered, but which speaks for itself.

An increase of 20 per cent in the Democratic vote, as was made in Maine, applied to the Congressional districts elsewhere would not only elect a Democrat from every district now represented by a Democrat, but it would, in addition, result in a net Democratic gain of upwards of forty members in the House. This is something which has given the Republicans pause and has greatly added to the aggressiveness of the Democrats.

Another significant showing in the Maine election is the fact that for the first time in seventy years, with one exception, the combined vote cast for Democratic candidates for Congress exceeded the combined vote cast for Republican candidates for Congress, which is clearly an endorsement of the national administration and its policies. Representative McGillicuddy, the Democratic member from Maine, based his claims on re-election upon the fact that he had been a consistent supporter of President Wilson and the measures set forth and enacted by the Democratic Congress. The result of a campaign along these lines was far better than the most optimistic Democrat had expected. Mr. McGillicuddy's plurality was increased more than four times what it was two years ago. In 1912 he had a plurality of less than 1,300, whereas this year his plurality was approximately 5,600, which was in excess of the combined pluralities of the successful Republican candidates for Congress. Only in the election of 1910, when there was a Democratic landslide in Maine, has the party been able to accomplish this result.

The showing was that the Democrat who stood for the Wilson policies was the man who gained tremendously in the esteem of his constituents.

RHEUMATISM PAINS STOPPED

The first application of Sloan's Liniment goes right to the painful part—it penetrates without rubbing—it stops the Rheumatic Pains around the joints and gives relief and comfort. Don't suffer! Get a bottle today! It is a family medicine for all pains, hurts, bruises, cuts, sore throat, neuralgia and chest pains. Prevents infection.

Mr. Chas. H. Wentworth, California, writes:—"It did wonders for my Rheumatism, pain is gone as soon as I apply it. I recommend it to all my friends as the best Liniment I ever used." Guaranteed. 25c. at your Druggist.

A BULLETIN FROM THE HOSPITAL

The patient's temperature has become practically normal. He shows few signs of febrile excitement.

He has wholly recovered from the shock of the severe operation to which he was unwillingly, but unavoidably on his part, subjected about August 1.

He is taking all the nourishment he can get and showing an increasing interest in schemes for getting more.

His mental condition has greatly improved. He no longer talks about putting up the shutters of his warehouse or hanging crape on his door knob.

He is showing signs of impatience to get out and go to work again. He is, in fact, out part of the day and working hard on some new enterprises.

Translated into the language of the hospital bulletin, that is the present condition of that distinguished patient American Business, as shown by the fact that 27,136 more of his freight cars were at work on September 15 than on September 1. His complete recovery, with some change in direction of activities, especially to the southward, may be confidently predicted.—Chicago Herald (Ind.).

WHY NOT PUBLISH IT?

When you want a fact to become generally known, the right way is to publish it. Mrs. Joseph Kallans, Peru, Ind., was troubled with belching, sour stomach, and frequent headaches. She writes, "I feel it my duty to tell others what Chamberlain's Tablets have done for me. They have helped my digestion and regulated my bowels. Since using them I have been entirely well." For sale by all dealers.

Sunshine will do much for the churn after you have washed it, but don't expect it to do your part.

Mr. A. A. Whitener, of Hickory, has been nominated by the Republicans to oppose Senator L. S. Overman in the coming election for the United States

WHAT WOULD YOU DO? There are many times when one man questions another's actions and motives. Men act differently under different circumstances. The question is, what would you do right now if you had a severe cold? Could you do better than to take Chamberlain's Cough Remedy? It is highly recommended by people who have used it for years and know its value. Mrs. O. E. Sargent, Peru, Ind., says: "Chamberlain's Cough Remedy is worth its weight in gold and I take pleasure in recommending it." For sale by all dealers.

GREEKS BUY U. S. SHOES New York Factory Busy on Order for 100,000 Pairs for Army.

Binghamton, N. Y., Oct. 10.—Geo. F. Johnson, head of the Endicott-Johnson shoe factory at Lestershire, announced today the receipt of an order from Greece for the immediate manufacture of 100,000 pairs of shoes for the Grecian army. The shoes are being turned out as fast as possible.

The factory is experiencing a return of prosperity following the war depression, and has orders for \$1,000,000 worth of shoes.

TONED UP WHOLE SYSTEM "Chamberlain's Tablets have done more for me than I ever dared hope for," writes Mrs. Esther Mae Baker, Spencerport, N. Y. "I used several bottles of these tablets a few months ago. They not only cured me of bilious attacks, sick headaches and that tired out feeling, but toned up my whole system." For sale by all dealers.

LET'S HAVE MORE CROPS Now is the time to put in cover crops. Are we not tired of seeing our fields left bare all winter at the mercy of the washing rains?

Let's see what cover crops do for our soils:

1. Add plant food.
2. Add organic matter.
3. Reduce washing.
4. Reduce leaching.
5. Promote bacteria.
6. Hold water.
7. Gather nitrogen from the air.
8. Gather carbon dioxide from the air.
9. Promotes freezing.
10. Admits air to the soil.
11. Provide winter and spring grazing.
12. Provide forage.
13. Makes cultivation easier.

Surely these are enough reasons to convince us that cover crops pay. No matter what we plant next year.

From all indications now fertilizers will be very high next year, so why not eliminate some of this cost by getting nitrogen from the air through legumes?

One of the best things of about these cover crops is that most of them make good spring grazing and the best of hay when properly cared for.

ACT QUICKLY Delay Has Been Dangerous in Ashboro.

Do the right thing at the right time. Act quickly in time of danger. In time of kidney danger Doan's Kidney Pills are most effective. Plenty of evidence of their worth.

G. H. Ivey, High Point Street, Randeman, N. C., says: "I suffered a great deal from pains through the small I of my back and I also had trouble with the kidney secretions. Finally I used Doan's Kidney Pills and my health greatly improved. The cure Doan's Kidney Pills made in my case ever three years ago has been permanent."

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

NORTH CAROLINA MAN FINDS QUICK RELIEF FROM DISORDERS OF STOMACH

Mr. Wade Thankful He Read About Mayr's Wonderful Stomach Remedy

E. T. Wade, of Williston, N. C., was a victim of stomach disorders. He had many remedies and took a great deal of medicine and treatments. Relief seemed a long time coming. Then he found Mayr's Wonderful Stomach Remedy, took a dose—and relief at once. He told his opinion of the remedy in a letter in which he said:

"Your medicine has worked wonders. I feel so much better. I am thankful to you, indeed, for advertising your wonderful remedy in the papers, as otherwise I might never have known of it."

Along with this letter Mr. Wade ordered more of the remedy. The first dose proves—no long treatment. Letters like this come from all parts of

the country. Mayr's Wonderful Stomach Remedy is known everywhere because of its merit.

Mayr's Wonderful Stomach Remedy clears the digestive tract of mucoid accretions and removes poisonous matter. It brings swift relief to sufferers from stomach, liver and bowel troubles. Many say it has saved them from dangerous operations and many are sure it has saved their lives.

We want all people who have chronic stomach trouble or constipation, no matter how long standing, to try one dose of Mayr's Wonderful Stomach Remedy—one dose will convince you. This is the medicine so many of our people have been taking with surprising results. The most thorough system cleanser ever sold.

Mayr's Wonderful Stomach Remedy is now sold by Standard Drug Company and druggists everywhere.