THE COURIER

PUBLISHED EVERY THURSDAY

WM C. HAMMER, Editor,

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Asheboro, N. C., September 13, 1917



TIMELY FARM SUGGESTIONS

(By D. S. Coltrane, County Agent.)
Wheat Culture

(By D. S. Coltrane, County Agent.)

Wheat Culture

Every effort is being made to increase the acreage and yield per acre
of wheat in the United States this
year. According to Mr. Hoover's estimate we must increase our yield about
15% in order to feed our people. The
demonstration agents at the state
meeting were urged to make their slogan 25% increase in yield. In order to
do this it is highly essential that the
land be the most suitable on the farm,
and that it be put in proper condition
by early breaking disking and harrowing so that when seeding time comes
a good seed bed may be had.
Wheat land should be allowed to settle after breaking, before seeding. The
length of time should be governed
largely by the character of the soil,
the kind and amount of material turndunder, and the kind of weather prevailing between the time of breaking
and planting, usually twenty to thirty
days will be sufficient. The more material turned in the longer the time
should be within the limits mentioned.
When you have land sowed in peas and
then plow under. When you have
large growth of peas I would advise
and cross disk to a depth of four
inches. If you can't disk to this depth
experiments show it better to
plow
have pea stubble land or stalk land for
wheat I would advise disking land instead of breaking, provided you disk
and cross disk to a depth of four
inches. If you can't disk to this depth
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wheat I would advise disking land instead of breaking, provided you disk
and cross disk to a depth of four
inches. If you can't disk to this depth
experiments show it better to
plow
have a small growth it will be best to
cut the peas with a disk harrow and
then plow under. When you have
large growth of peas I would advise
and cross disk to a depth of four
inches. If you can't disk to this depth
experiments show it better to
plow
have a small growth it will be best to
cut the peas with a disk to this
depth to the control of the
state of the provided

state it is safe to use it for that section, regardless of the variety name.

Abruzzi Rye

How about some Abruzzi Rye? Is it new to you? It may be but it has been tried in this state and even in this county and proved itself far superior to the old winter rye. I only ask you to get a small quantity, a peck, eay, and thereby raise seed of your own for next year. The reason I urge trying this rye is that it grows larger and shoots out much more, thereby making a better cover crop. It makes better pasture and finally, it yields better. I know a case where one peck on ordinary land yielded 7½ bushels.

Rape Hog Pastures

Have you sown that rape for your hogs to graze on this fall? If not how about trying a small amount of that, say about one acre of land around your farm that is idle. A half acre in rye will cut your grain feeds half during the month of November for a half dozen hogs. The seed should be sown in a sandy loam soil bout one-half tinch deep. Three methods of seeding that the sandy loam soil bout one-half tinch deep. Three methods of seeding that is a sandy loam soil bout one-half tinch deep. Three methods of seeding that is not seed a sould be sown planted in close rows or broadcasted four pounds per acre are used. We cannot afford to feed \$2 corn to hogs when rape or other green grazing like oath, barley and rye and especially at this time when hogs do much better when green grazing is available, and feed less grain.

Oats

RANDOLPH'S QUOTA SECURED

(Continued from first page.)

Cole's Store.
1250, Obed C. Brady, Coleridge.
297, Fletcher Carson Sanders, Erect
1002, Irvin Nathan Cox, Worthville.
320, James Simpson Ferree, Cedar
Falls.

1010, Gurney Melvin Brookshire,

Ra , John Henry Lee, col., Ramseur

39, Elmore Green, Ramseur. 4, John Henry Matthews, Sea-814,

grove. 1097, Peter Chesley Kinney, Asheboro, Rt. 1. 1781, James Ernest Martin, Ram-

eur. 1118, William Murphy Wright, Asheboro, Rt 1. 221, Isaac Craven, Asheboro. 1474, Lonnie Evans Hunt, Asheboro,

. 3. 1414, Arthur Morris, Pinson. 1091, John Henry Davis, Asheboro,

1284, William Arthur Fox, Ramseur,

90, Ed Leroy Johnson, Asheboro. 177, Franklin Curtis Leonard, Trinity. 1996, Jerry Wesley Kivett, Liberty,

168, Corbett Lester Scott, Asheboro. 1995, William Larkin Kivett, Liber-

175, Samuel Patti Spoon, Asheboro. 1240, Clarence Holton Byrd, Ram-

eur. 1172, Sammy Harris Kearns, Hill's ore. 1517, Branson Arley Lowdermilk,

lah.
1851, Charlie Ellis Brown, Ramseur.
1859, Foster Bell, Denton.
336, Max Vuncannon, Worthville.
1507, Elwood Franklin Vuncannon,
Asheboro, Rt 3.
1729, James Preston Cox, Ramseur.
191, Albert M. Talbert, Asheboro.
753, Oliver Way Parks, Seagrove.
130, Elysvan Moody, Asheboro.
858, William Claud Wilson, Randlelan.

man. 1023, Luther Barber, Randleman. 1932, Archie Monroe Spencer, Pro

gress 1774, Dolph Lackey, Staley.
1347, Temon Pattishall, Jordan.
1188, Walter Alson Newby, Farmer.
840, Emmett Eugene Brady, Ore
1 Hill Route 2.
1622, Andey Robert Marley, Cedar

524, Ernest Marvin Kearns, Ashe

boro, Route 3. 911, Jesse Lee Morgan, Randleman 1517, Branson A. Lowdermilk, Ulah. 1214, Nathan Henry Tysinger, Cara-

way, Rt. 2. 1357, William Harrison Briles, Hill's

49, Claude Elvin Elmore, Asheboro 1707, George Monroe Brewer, Ram or. 2039, William Arthur Smith, Liber-

1924, John Madison Spencer, Gleno-

la.
2053, Wade Workman Way, Liberty.
707, Leroy Crotts, Trinity.
1952, George A. Brown, Liberty. Not
21 years of age.
582, Carl Vaden Redding, Randle-

Continued Cases

The following cases were continued: 1626, James Monroe Beeson, Climax. 1179, Alson Worth Kearns, Salem

hurch.
300, Archie Brady, Erect.
717, Jacob Lola Barnes, Fullers.
383, Will Frazier, Trinity.
705, Henry Lindsay Copple, Fullers.
2023, Vivian G. O'Briant, Liberty.
700, Carl Ardance Gordon, Fullers.
1151, Marvin Garner, Caraway.
1698, William Leon Brooks, Rampur.

seur. 1070, John Peter Winwalden, Ran-

eman. 1360, Troy Arthur Cranford, Pinson 121, Charlie Roscoe Myers, Ashe-

Children Cry CASTORIA

about trying a small amount of that, say about one acre of land around your farm that is idle. A half acre in rye will cut your grain feeds half during the month of November for a half dozen hogs. The seed should be sown in a sandy loam soil bout one-half inch deep. Three methods of seeding may be used, namely: in cultivted rows, in drill, and broadcasted. When planted in close rows or broadcasted four pounds per acre are used. We can not afford to feed \$2 corn to hogs when rape or other green grazing like oats, barley and rye and especially at this time when hogs do much better when green grazing is available, and feed seed grain.

Oats

Not only should we increase our wheat yield but we should double last year's oat yield. To you people who have not been sowing oats let me urge to sow the last days of September. Prepare your land well and preferably a sandy loam soil. The best known varieties for this country for from the King Seed Company, Gaffney, S. C., or from Mr. J. T. Turner, at Asheboro.

Use the best home grown seed of the best yielding varieties. Treat seed for mother year's planting. It was a crefor seed next year? You can well afford to do that, but you can't afford not to do it. I tell you we must grow more of our seeds and not depend so much on the seed houses to supply us at their high prices. Therefore I urge you to well prepare an acre of sandy loam soil and sow 12 to 15 pounds of crimson clover scal and not depend so much of the seed soulcasted. Therefore I urge you to well prepare an acre of sandy loam soil and sow 12 to 15 pounds of crimson clover aced and it at none. I shall be glad to show you how to make a harvester next spring to harvest as a surplus of seed, while many loam soil and sow 12 to 15 pounds of crimson clover seed and it at none. I shall be glad to show you how to make a harvester next spring to harvest same.

So we have a surplus of seed wheat. Many farmers and millers in this country to the form of the feed surplets in the former to keep the status which it is difficult an

you will at once say, "24 cents per experiments, about three cynes as pound." But listen, they will be higher next year, so how about sowing an acre for seed next year? You can't afford not to do it. I tell you we must grow more of our seeds and not depend so much on the seed houses to supply us at their high prices. Therefore I urge you to well prepare an acre of sandy loam soil and sow 12 to 15 pounds of crimson clover seed an it at once. I shall be glad to show you how to make a harvester next spring to harvest same.

Save Pea and Soybean Seed for Next Year's Planting

Scarcity and high prices of seed possess on the variety, and high prices of seed of markets. If you have seed wheat, past spring kept many farmers from quantity and price.

Ramseur Items

Ramseur Hems

A number of young ladies and gentlemen from Liberty gave a splendid play in the academy last week.

Mr. Spencer York, of Raleigh, is visiting in town.

Mr. Earl Baldwin, of Greensboro, was a visitor in town Sunday.

Mr. and Mrs. C. L. Bray and Mr. and Mrs. Fitzhugh Leonard spent last Sunday with Mr. and Mrs. J. A. Bray at Thomasville.

Irs. Fitzhugh Leonard spent last Sunay with Mr. and Mrs. J. A. Bray at
homasville.
Misses Mabel and Hazel Spoon are
isiting relatives near Asheboro.
Miss Margeret Medearis, of Sumnerfield, spent the past week with her
ncle, Mr. W. F. Smith.
Mr. James W. Holt, of Jacksonville,
la., visited his sister, Mrs. Annie
oust, the past week. Mr. Holt has
een in Florida for fifty years and
rhile visiting here and at Liberty saw
nany changes. He left Saturday to
pend some time with his sister, Mrs.
ames E. Boyd, of Greensboro.
The Philathea Class of the M. E.
hurch gave a very enjoyable play at
he academy Saturday night.
The academy has recently received
he addition of two large and commoious rooms which will add much to
se convenience.
Mrs. C. B. Smith and daughter, Miss.
Mrs. C. B. Smith and daughter, Miss.

dious rooms which will add much to its convenience.

Mrs. C. B. Smith and daughter, Miss Frances, returned from a visit to Greensboro last Thursday.

Mr. C. B. Smith returned from New York, Baltimore and Washington last Sunday. While in Washington Mrs. Smith met Mr. R. B. Finnison and family, who are pleased with their new home.

nily, who are pleased whome.

Our big Chautauqua comes to Ramour September 27, 28 and 29, and our
ople and whole community are lookg forward to its coming with much

ing forward to its coming with much pleasure.

Miss Elizabeth Smith wishes to announce to her pupils that she will open her music class September 17.

Ramseur graded schools will open Monday, September 17. We hope all pupils will enter promptly.

Mr. Carl Cox has accepted a position with Wakkins-Leonard Hardware Co.

Quarterly conference met at Ramseur Monday with Presiding Elder Barnhardt and Revs. Jones, of Greensboro, and Byrum, of Ramseur, present. Rev. Mr. Barnhardt filled the pulpit of the M. E. church Sunday, preaching a very clear and forceful sermon.

Children Cry FOR FLETCHER'S CASTORIA

John W. Hutchinson Dies

John W. Hutchinson, a young law-yer of Charlotte, who had entered the second reserve officers' training camp at Fort Oglethorpe, died Friday of las second reserve officers' training can at Fort Oglethorpe, died Friday of la week, as the result of an attack of a pendicitis. He was 32 years of ag and a son of Mrs. Andrew Hutchinso of Charlotte. He began the practice (law at Concord, but later went to Chalotte. He was one of the highly eteemed lawyers of the North Carolin par.

Franklinville News

Rev. A. J. Taylor preached a very interesting patrictic sermon in his pulpit at the Baptist church Sunday morning and at Children's Day exercises the church was filled to overflowing. The program was rendered to the delight of every one present, which did much credit to the participants.

We were glad to shake hands with Mr. B. Moffitt, of Asheboro, one day last week, who accompanied Mr. E. H. Morris to Franklinville for a short visit.

Morris to Franklinville for a short visit.

Mr. Everett Wrenn, of Akron, Ohio, spent last week with his parents, Mr. and Mrs. W. H. Wrenn.

The little child of Dr. T. I. Fox, who has diphtheria, is improving and is thought to be out of danger.

Mr. A. B. Russell, of Lexington, spent one night last week with Mr. J. W. C. Craven.

Mr. Bryan Parks, of the United States Navy, is visiting relatives here.

Mr. Parks was recently employed at Indianapolis, Ind.

Messrs. Haywood Parks, J. T. Buie, and Mike Allred went to High Point Saturday evening and returned with Mr. Allred driving a new Ford runabout.

Mr. B. F. Grey and family of Brush

Mr. Allred driving a new Ford runabout.

Mr. B. F. Gray and family, of Brush Creek, spent Sunday in town with relatives.

Mrs. John Saunders, of Immer, Montgomery county, who spent the past week here with her parents, Mr. and Mrs. J. M. Ellison, returned home Friday accompanied by her sister, Mrs. F. L. Ellison, who will spend two weeks in Montgomery county with relatives and friends.

Mr. Joe Tippett, who has been working at Petersburg, Va., passed through town Saturday on his way home.

Mr. and Mrs. J. M. Ellison and Mrs. John Saunders went to Greensboro one day last week.

Mr. C. H. Julian sttended quarterly.

John Saunders went to Greenspore one day last week.

Mr. C. H. Julian attended quarterly conference at the M. E. church at Ramseur Monday.

Mr. Hagan, of Lexington, has in-stalled a Delco Lighting plant in the residence of Mr. Hugh Parks, Jr.

Julian News
Misses Ethel Stout and Ezda Deinev left Tuesday for the State Nor-

viney left Tuesday for the State Normal College, where they will resume their studies.

Mr. and Mrs. H. C. Johnson were visitors in Liberty Sunday.

Mr. W. H. Hardin is moving his family to Winston-Salem this week.

Miss Ina Stout, of Red Cross, was the guest of Mrs. H. C. Johnson Saturday night.

Mr. James Brown, of Winston-Sa-

rday night.

Mr. James Brown, of Winston-Sam, is the guest of his parents.
Mr. William Brown, of Greensboro,
ras a visitor at the home of his brothir, Mr. M. Brown, Sunday.
Mr. Otho Offman left last week for
folumbia, S. C., where he enters the
raining camp for service in the Naional Army.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears
the
Signature of Charff litching

FEEDS FOR HOG PRODUCTION

Best Information on Efficient Forage and Grain Crops Given by Ex-periment Station.

The best information on the feeds available in the farmers' locality can be readily and accurately given by his state experiment station. Pigs make the best use of concentrates. These be readily and accurately given by his state experiment station. Pigs make the best use of concentrates. These can be fed in a self-feeder and can be supplemented by various slaughter-house, bakery, or table by-products, etc. A by-product to be economical should be fairly concentrated, should be moderate in price per 100 pounds of nutrients, and should be fresh and free from taint.

During the winter, leguminous hays fed in addition to the concentrate help reduce the cost of production in the summer, pasture crops such as rape, alfalfa, bur clover, crimson clover, rye, etc., make very economical and efficient in the United States cheap and efficient forage and grain crops are available for hog production. These should be diligently studied by the farmer, with the aid of the state and federal forces, and used in the most profitable manner.

and used in the most profitable manner.

ATTENTION TO WORK HORSES

Animal Should Be Fed Right to Secure Greatest Amount of Labor From Them.

To secure the greatest amount of work from the horse requires that it be fed right. There is a big difference in the feeding of horses and cattle. The horse's stomach holds only a few gallons, while a cow's paunch has a capacity of over a barrel, which means that the horse must be fed more concentrated food. It also takes more energy to digest roughage than grain.

Stomach and Liver Troubles.

No end of missery and actual suffering is caused by disorders of the stomach and liver, and may be avoided by the use of Chamberlain's Tablets.

Gray the sufference of Chamberlain's Tablets.

Notice

Having qualified as administrator on the estate of John C. Cornelison, which is the superior court of Randolph



Team Disking Corn Stubble.

The morning and noon feeds should be the lightest and should consist largely of grain, the heavy feed being given in the evening. Some make a practice of giving one-quarter of the daily ration in the morning, one-quarter of it at noon, and the other half in the evening. If the horse has a grain feed followed by a big feed of hay, the grain is pushed out of the stomach before being digested.

Watering before feeding is usually

before being digested.

Watering before feeding is usually the best practice. The horse will eat better, and if a large amount of water is taken after the grain has been eaten, it will push some of the grain out of the stomach before it is digested.—North Dakota Experiment Station.

FEEDING THE WORKING MARE

A Western nuthority on home redsing says the mare that is worked while nursing a foal will require more care in her feeding and general heading than the one that is turned out to prature with nothing to do save raise the colt. The working mare must be furnished not only with emergy sufficient for her to keep up her end of the work, but she must at the same time nourigh another and growing body. The crushed oats and bran given the colt will all greatly in keeping up his growth and deviatorment under such conditions.

As soon se he has persent his first

As soon so he has possed the first weeks of life the colt should be given ample opportunity for exercise in a roomy lot. Where he has the run of a pasture at his mother's heals the requirement of exercise will take care of itself.

SHIPPING SWINE TO MARKET

Hog Is Not Cheap Animal and Is Well Worth Taking Care of—Crowd-Ing Is Not Profitable. The average hog that goes to market

The average hog that goes to market these days returns very close to \$25. It is not a cheap animal. It is worth taking care of on the way, for the dead ones don't return any "twenty-five." They are a dead loss, literally. It is the very heavy ones that are most apt to be overcome by heat, overcrowding, etc. At this time of year the farmers are getting rid largely of old brood sows, culling the breeding stock. But the money these old roughs bring is as good as any, good enough to pay for careful shipping. Crowding to economize room is not profitable when a toll of dead ones is paid. And they need lots of water in them and under them.

Trinity High School

By the kindness of the editor of The Courier I desire to call attention again o Trinity High School and state some of the advantages this school offers to hose who are expecting to send their loys or girls to a high school.

1. A campus of ten acres, containing ample athletic grounds for baseful, basket ball, tennis and other ames.

with large class rooms, auditorium, society hall, office, library and reading room.

3. A faculty of five college trained instructors of experience, and eleven grades of school work.

4. Boarding accommodations that are as reasonable as to price as the cost of living expenses will allow.

5. A past history that should be an inspiration to students to put forth their best efforts to accomplish something in their studies and to secure that mutual development that will so materially aid them in coming years.

6. During the past four years under the same management, those students who have completed the course at Trinity High School have either continued their education at some of pour higher institutions of learning or have filled and are now filling trustively must be as it has been in the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past the school whose system, thoroughness in instruction, and good deporting the past the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past to high school the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, thoroughness in instruction, and good deporting the past to high school whose system, those students as necessary elements in school life.

The future policy of the school whose system, thoroughness in instruction, and good deporting the past to high school whose and lott, in the school whose and tot, in the school whose a

Stomach and Liver Troubles.

Notice

Having qualified as administrator on the estate of John C. Cornelison, deceased, before F. M. Wright, Clerk of the Superior Court of Randolpn county, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 11th day of September, 1918, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

forward and make ment. This 11th day of September, 1917, J.T. WOOD, Administrator of John C. Cornelison Deceased.

Notice of Land Sale

Notice of Land Sale

North Carolina, Randolph County, in Superior Court, before the Clerk:
The undersigned, as administrativativation of Ivey Hall, deceased, on Friday, October 12, 1917, at 12 o'clock M., will sell at public auction to the highest and best bidder at the court house in Asheboro, N. C., the following described parcels of land, towit:
Lot No. 1. adjoining the lands of John M. Betts, M. H. Allred's and others, and bounded as follows, towit: Beginning on M. H. Allred's northeast corner; thence north 20 degrees east along Cox Road 96 feet to a stake, John S. White's corner; thence south 7 degrees east 30 feet to a stake, John S. White's corner; thence south 82½ degrees west 196 feet to a stake, John S. White's corner; thence south 82½ degrees east 180 feet to beginning corner. See Book 148, page 8, in Register of Deeds' office.

Lot No. 2. adjoining the lands of J. South Asheboro one facing south Favettaville street the carbon state of the corner of the cor

She Will Require More Care and Feed
Than One Turned Into Pastare—
Colt Must Exercise.

Where the services of the mare are required for farm work, the colt should be shut in a paddock or in a large too stall.

A Western surborsty on have talling says the mare that is worked willie nursing a foal will require more one in her feeding and genesal benefiling than the one that is turned out to pasture with nothing to do save makes the colt. The working mare must be furnished not only with enessy sufficient for her to keep up her end of the work, but she must at the same time

Good Complete Got Something You Want to Sell?

Most people have a piece of furniture, a farm implement, or something else which they have discarded and which they no longer want.

These things are put in the attic, or stored away in the barn, or left lying about, getting of less and less value each year.

WHY NOT SELL THEM?

Somebody wants those very things which have become of no use to you. Why not try to find that want advertisement in THIS NEWSPAPER?

booces ny each package.

BUSINESS BUILDERS

TO WHOM IT MAY CONCERN—I have a two years' job logging for a saw mill, fine timber, smooth land and short hauls. Will give \$1.50 per one thousand feet for hauling them. Cash every two weeks. C. F. Floyd, Ruffin, Route 1, N. C.

ball, basket ball, tennis and other games.

2. A commodious school building with large class rooms, auditorium, society hall, office, library and reading froom.

There is one drug store in every town and city in the United States that sells the Jonteel Toilet Preparations. That store in Asheboro is the Standard Drug Company.

FOR SALE—Bay mare for general use. A bargain at \$125. Address, C. E. Durham, Randleman, N. C. 2tpd

LOST—One suit case, containing one shaving outfit, one government raincoat, five bars of Castile soap, hard water, was picked up by some one, or left at depot Saturday afternoon, September 1, when Company K left for camp. Finder please notify J. H. Bean, Ramseur, N. C.

WANTED—A good school teacher who has had some experience to take charge of a good school in a good community. Apply at once to W. W. Davis, Ophir, N. C. FOR SALE—House and lot, three acres, on Randleman road, adjoining corporate limits. Address L. P. Byrd, Mt. Gilead, N. C. \$13-4t

FOR SALE—Six-room house and 3-acre lot in the town of Seagrove, barn and outbuildings, good water, good school and church near. Seagrove telephone central in house. Will sell at a bargain on easy terms. A. S. Cal-licatt, Seagrove, N. C. 86-4t

FOR SALE—Two four room cot-tages in South Ashebore one facing South Fayetteville street, the other facing Cox street. Will sell at a bar-gain. Apply, Mrs. Wm. C. Hammer.

MEN WANTED—Want 35 good men to work in machine room in chair fac-tory. Apply at once and state wages required. Address, Forsythe Mg. Co., P. O. Box 1394, Winston-Salem, N. C.

ARE YOU HUNGRY?—Call to see us and we will supply you anything to eat on short notice At your service, H. & H. CAFE Hooker & Hannah, Proprietors.

WANTED—Students to learn Book-keeping, Shorthand at home or in school. Tuition on credit. Positions guaranteed. Edwards Business Col-lege, Winston-Salem and High Point.

ASHEBORO HOSPITAL

Open to Receive Patients, Either Med-ical or Surgical The Asheboro Hospital is open to the people and physicians of the coun-ty and vicinity. Both medical and sur-gical cases received. New X-Ray and Laboratory

Administrator's Notice
Having qualified as administrator
of the estate of Nathaniel T. Adams,
deceased, the undersigned will sell at
public auction, at the residence of the
undersigned at Randleman, North Carclina, on Saturday, the 6th day of October, 1917, at 1 o'clock p. m., the following articles of personal property:
Some bedding and a pair of bed Some bedding and a pair of bed oom suites, and a few other articles of

room suites, and a few other articles of personal property.

All persons indebted to said estate will make immediate settlement to the undersigned, and all persons having claims against said estate are notified to file them on or before the 15th day of October, 1918, or this notice will be pleaded in bar of their recovery.

S. L. ADAMS,
Administrator of N. T. Adams.

Chronic Constipation.

It is by no means an easy matter to cure this disease, but it can be done in most instances by taking Chamber-lain's Tablets and complying with the plain printed directions that accompa-