



-to Top-off a Fine Meal



What could be better than a cup (or two) of good, old Luzianne? The aroma will tickle your nose; the taste will tickle your palate; the price will please your purse; and all will live happily ever after. Luzianne tastes all the way down. If it doesn't taste better and go twice as far as any other coffee at the price, go get your money back. NOW—get a can of Luzianne and make it do what we say. Do that. Ask for profit-sharing catalog.

The Luzianne Guarantee:
If, after using the contents of a can, you are not satisfied in every respect, your grocer will refund your money.

LUZIANNE coffee

The Reilly-Taylor Company, New Orleans



Pertinent questions on health, hygiene and sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office or to the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual diseases will be attempted.

TINKERING WITH OLD SORES.

All external cancers and many internal ones are nothing but old sores in the beginning.

Old cold sores on the lip which do not heal within a reasonable time; old warts or pimples on the face which almost heal up, when become irritated, bleed a little, scab over and almost heal up again, only to become irritated once more, and so on.

There is a great deal of foolish prejudice against what the crook with an alleged cancer cure likes to call "the knife." This prejudice may have been justified in the ancient days when an operation was painful and very dangerous; then the doctors had no anesthetics and knew nothing about the ways of preventing blood-poisoning, and so an operation was a very serious

adventure, no matter how trifling. At present, with either chloroform, oxygen or nitrous oxide, (laughing gas), and other safe anesthetics, as well as the local anesthetics which render minor operations absolutely painless, there is nothing about surgery to dread, and under modern methods there is less danger of blood-poisoning following an operation than there is after the use of alleged healing salves and cancer pastes.

Rarely it may be impossible, for some reason, to give a patient an anesthetic, and hence a cancer paste may be the only choice, but it is a far more dangerous remedy, and far less certain to cure cancer than operation.

Many little sores about the lips, the cheek, or on the skin anywhere, which remain irritated and refuse to heal for a period of three months or longer, are skin cancers, though it may be many months, even years in some cases, before the growth will spread or become alarming. For more safety, and comfort, therefore, the wise plan

ASK THE MAN WHO KNOWS



DON'T TINKER WITH OLD SORES.
Let Your Doctor See Them—They May be the Beginning of Cancer.

Answer—A boil, or "furuncle" as the surgeons say, is nothing but an abscess of the skin. The essential cause is the pus germ. Not in the sense that measles or whooping cough is. The pus germ is only capable of penetrating the skin in rare instances. They generally gain admittance through a hair follicle or "skin" gland. They are conveyed from the skin on one part of the body to another by contact, or scratching. The prophylactic treatment consists of cleanliness. A person having one or more boils should take a warm bath at least four times a week, using soap free from alkalis and fancy perfumery. When a boil first occurs try to abort it by touching with pure carbolic acid; and paint around it with tincture of iodine. If it goes on and pus forms, go at once to a good doctor, one who gets red in the face if you suggest applying a poultice or greasy salve. A hot compress will do all the good any poultice can do and does it without incurring any danger. The right doctor will take a sharp knife and open thoroughly and finish by applying a sterile dressing.

QUESTIONS AND ANSWERS.

Don't Poutice a Boil.

Will you tell me what causes boils? Are they contagious? Not long ago I had one on my arm, now I have several. What is a good treatment for boils?

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Bad Stuff in Cough Medicine.

Is medicine containing one grain of opium to the ounce good to stop a cough from chronic bronchial trouble?

Answer—Such medicine would be more likely to make the bronchitis much worse in the end. Opium, morphine, heroin, cocaine—all derived from opium—are bad for any cough. These narcotics merely numb the brain for the time being, make you forget the cough, but meanwhile the disease is getting a firmer foothold, and when you come to a doctor after the first bottle is empty, you will discover you are worse than in the beginning. Very rarely a doctor may find it advisable to stop or diminish a cough temporarily, but it is a precarious business, and you had better not take the risk on your own responsibility.

A CABINET MAN'S WAR BREAD

Mrs. Gregory Gives the Recipe for the Kind She Feeds Her Husband

"On what meat doth this, our Caesar, feed that he has grown so great?" was asked by one of the famous band of conspirators, and before and since that time the world has been much interested in the food of its celebrities. That makes particularly interesting the oatmeal bread on which Mrs. Thomas Watt Gregory, wife of the Attorney General of the United States, feeds her husband. She calls this her "favorite war-time recipe," in a letter to *The People's Home Journal*:

"One cupful of liquid, one teaspoonful of salt, one cupful of rolled oats, one-quarter cake of yeast in one-quarter cupful of lukewarm water, two and one-half cupfuls of white flour. Scald the liquid, add the salt and pour over the rolled oats. Cool slowly, letting it stand one-half hour. Add yeast and sifted flour, knead and let rise until double in bulk. Knead again, let rise in pan until light. Bake in a moderate oven from fifty to sixty minutes."

The Spirit of Christmas

"Sometimes, dear Lord, I fear that we forget
The gracious import of the Christmas tide;
Our guests are bidden to the feast and yet,
O, Christmas! Thou hast nowhere to abide.

"Sometimes I fear, we wreath the mistletoe,
And deck the spicy branches of the tree
With gifts for those with whom we come and go,
Without a thought of any gift for thee.

"The Christmas spirit, Lord, we crave,
That we may keep a-true thy holy natal day;
Forgetting not 'our own,' but bringing thee
Gifts that are meet, at thy dear feet to lay.

"Forgetting not 'our own,' but inasmuch
As we would have thee master of the feast,
We would remember, Lord, to care for such
As thou wouldst choose to call thy 'very least.'"

Clothes for Babies

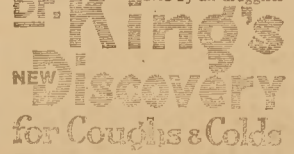
A new Red Cross activity, which is likely to appeal to women of the rural communities is the making of outfits for new-born babies in France and Belgium. A committee of the Women's Bureau of the American Red Cross, which went to Europe to investigate civilian relief needs, made a report in which the supplying of such outfits was strongly urged. Leaflets explaining just what is needed in the way of garments and materials may be obtained from Red Cross chapters.

Owing to the rough methods that must be followed in washing clothes in the war countries it is essential that the most durable materials be used in making garments for these baby outfits. While the making of the outfits will be carried on extensively in Red Cross chapter work-rooms, the work is of a character which permits much of it to be done in homes; only it is necessary to follow the simple directions. The directions, moreover, will be of great help to women who desire practical suggestions for baby outfits which are intended for home use or for relief work in this country.

According to Secretary Daniels, there was turkey for the Thanksgiving dinner of every man in the Navy. A naval supply ship arrived in European waters in time to furnish the men on the submarine-hunting destroyers with the traditional Thanksgiving fare.

Croup?

Have this effective remedy at hand for croupy children. It's a thankful relief. Pleasant to take. Mildly laxative. Sold by all druggists.



Constitution Causes Sickness.
Don't permit yourself to become constipated, as your system immediately begins to absorb poisons from the bowels. Take King's Discovery. It's the best. There is no better remedy for constipation. Try it tonight. 25c. All druggists.

WAR TALKS

By UNCLE DAN
Number Two

Jimmie Collins Tells What He Saw—What Military Training Does for Boys.

"Well, here we are!" exclaimed Billie, presenting his chum, Jimmie Collins.

"Very glad to see you, Mr. Collins," said Uncle Dan with a smile.

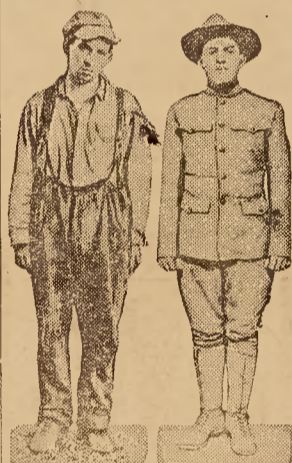
"Aw," said Billie, "Just call him Jimmie. That's the only name he knows. He's the pitcher of our baseball nine, and he's some pitcher, too. Just feel of his arm."

"Well," said Uncle Dan, feeling, "That's a mighty good arm!"

"Now, boys," said Uncle Dan, "what do you want to talk about?"

"Well," said Jimmie, "I was down to Galesburg a few months ago when the boys came home from the Mexican border. They looked fine. Everybody was surprised to see how straight they stood and how manly they were. The boys seemed proud to wear the uniform. I tell you their muscles were as hard as nails. I heard Banker Haskett say that the training and discipline the boys had had was exactly what every boy in the country ought to have, and that now these boys could get a better job at higher pay than they could have had before. Do you think that's so, Uncle Dan?"

Uncle Dan replied: "I have a friend who employs hundreds of young men. He always gives boys having had military training the preference; he says it pays to do so. He finds they are more alert, more prompt, more courteous; they know how to carry out orders; they are quicker to think and to act than those without training. He said from his experience he believed that six or eight months of intensive military training would add at least 20 per cent to a man's



AFTER FIVE MONTHS.
The two pictures are of the same young man. The first was taken the day he enlisted and the second after he had had five months' military training. His home is in North Carolina.

earning capacity, and that it was the best investment any young man could make.

"Billie, if you will go up to my room and bring my small handbag, I will let you see two photographs of the same young man, showing what only five months of intensive training on the Mexican border did for him."

The bag was brought. Uncle Dan, showing the pictures, said: "Well, here they are. They tell their own story and it is a mighty interesting one. The young man, before training, has a discouraged look; he has seen but little of the world. There was very little in his surroundings to bring him out. When he joined the colors and Uncle Sam took him in charge, life for him took on a new meaning. He saw a chance to do something and he was something. He woke up. His captain says he is twice the man he was when he joined the army. This may be one of the extreme cases," said Uncle Dan. "I can tell you, though, that war or no war, no one thing will do the young men of this nation so much good in so short a time as a few months of intensive military training. It fits a man to fight his own life battles in the business world as well as to defend his country and its flag."

"Nearly every civilized country gives its boys military training. It is compulsory. It is based upon the fact that it is the duty of everyone to help defend his country; and as war is now carried on, no one can do much unless he is trained. Also, the records show that the killed and wounded among untrained troops is nearly three times as great as it is with well-trained men who know how to fight and how to protect themselves. By this plan a nation has trained men to defend her and the individual is a stronger and better man for the training."

"If the Chamberlain Bill for Military Training is passed by congress, as it ought to be, the same thing would be done for millions of other young men throughout the land. Everybody ought to demand of his congressman and senators the passage of this bill."

"All right, sir," exclaimed Jimmie, "we will see what I can do for Mr. Haskett, and I'll pass the word, and get them ready."

Young Mothers

Reserve strength for motherhood is of two-fold importance and thoughtful women before and after maternity take



It supplies pure cod liver oil for rich blood and contains lime and soda with medicinal glycerine, all important ingredients for strengthening the nervous system and furnishing abundant nourishment.

It is free from alcohol. Insist on the genuine. The Norwegian cod liver oil in Scott's Emulsion is now refined in our own American laboratories which makes it pure and palatable.

Scott & Bowne, Bloomfield, N.J. 17-20

Fall and Winter Plowing

One important piece of the spring work which can often be gotten out of the way in the fall and early winter to good advantage is a part at least of the plowing. Officials of the Agricultural Extension Service of the North Carolina Agricultural College gives the following arguments in its favor:

1. There is more time in fall than spring and every day saved can be used for preparing and planting when the spring rush comes.
2. Hired help can be kept employed at this and other winter work instead of being turned off and lost.
3. Teams are harder and in better working condition in fall, and the weather is cooler for the heavy work.
4. Land is generally in good condition to turn in fall, which may be too wet early or too dry later if left until spring.
5. Stiff, "bakey" soils may be crumbled and improved in condition and some plant-food freed by exposure to freezing and thawing.
6. Tough sods will rot more quickly if fall-plowed, and can be disked up into a better seed-bed with less labor.
7. Fall-plowed land, left rough, will absorb more water and melting snow.
8. Wire worms, white grubs, and other insect pests, as well as shallow-rooted weeds such as garlic and weedy grasses, are injured and often killed by turning up and freezing.

Light soils subject to washing should not be plowed in the fall. There is little danger of difficulty in working fall-plowed land up loose and mellow, if a disk harrow is used when moisture conditions are right.

RHEUMATISM

Why will you suffer from this most dreadful disease when L-Rheumo has proven the greatest remedy for the past twenty-five years? Thousands of folks testify to its wonderful cures. This famous prescription should be in your home. Have it ready and take it when you feel that first pain. L-Rheumo is your friend.

Ask our dealer, Ramseur Pharmacy, Ramseur, N. C.

The Devil Writes to the Kaiser (Decoded by Eugene H. Blake.)
Imperial Yacht, River Styx.

My dear Kaiser:
I have followed the Styx seven times around Hades looking for sailors to send up to help man your submarines. But they all refuse, although I did come near signing up Captain Kidd, who has been here since 1701.

"Kidd," I told him, "Wilhelm of Prussia is in trouble. He offers extra pay, longer furloughs, and special food to German sailors to man his submarines, but they do not like the work. Here's a chance for a good job. You take your crew up, command a German submarine and sink more ships in a day than you ever destroyed in your lifetime."

He seemed to like the idea until he had talked with some of his crew—Bartholomew Roberts, who came down in 1722 after his battle with Captain Chaloner on the African coast, Captain Every and a Malay pirate who is an especial friend of Kidd's. Finally he came back to me and said he wouldn't go. I told him you were one of my best friends and helpers, but all you could get out of him was that his crew would mutiny if they had to kill women and children. "Wilhelm's submerging is too dirty," he kept repeating, "I'd rather stay in Hades."

I'm sorry I haven't been able to send you a crew from here, but that is the way the matter stands.

Yours for victory,
Beelzebub.

Chamberlain's Cough Remedy

This is not only one of the best and most efficient medicine for coughs, colds and croup, but is also pleasant and safe to take, which is important when medicine must be given to children. Many mothers have given it their unqualified endorsement.

Each Infantryman Carries More Than Nine Pounds of Iron and Steel

In the equipment furnished each infantryman by the Ordnance Bureau of the War Department are 9½ pounds of iron and steel. This is exclusive of the uniform equipment provided by the Quartermaster Corps.

Used in the bayonet scabbard are 2 ounces of iron and steel; bacon can, 0.04 ounce; bayonet, 15 ounces; front sight cover, 2 ounces; knife, 1 ounce; meat can, 0.03 ounce; pack carriers, 0.03 ounce; rifle, 107 ounces; shovel, 25 ounces.

RUB-MY-TISM

Will cure Rheumatism, Neuralgia, Headaches, Cramps, Colic Sprains, Bruises, Cuts, Burns, Old Sores, Tetter, Ring-Worm, Eczema, etc. Antiseptic Anodyne, used internally or externally. 25c.

The Courier and Progressive Farmer For \$2 a Year



From December 10 to January 10, 1 month, we have arranged to give

The Courier and Progressive Farmer For \$2 for a Year

The Courier contains all the local, county, state and national news.

The Progressive Farmer is the South's leading agricultural weekly of which it is said, "You can tell by a man's farm whether he reads it or not." The people of the world are looking to the American farmers for food. President Wilson has issued an appeal to the South to produce food enough for the citizenship and some besides for the allies. The Progressive Farmer is the best medium through which information for producing and conserving food and diversifying crops can be obtained.

The Courier and Progressive Farmer one year \$2.

FILL IN AND MAIL, SEND OR BRING THIS FORM TO US.

I accept The Courier and Progressive Farmer Club offer.

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CLEANLINESS

According to the old proverb, is next to Godliness. Cleanliness does not mean merely a clean face and hands. It includes neatness of dress. If your clothes are cleaned and pressed here, you are eligible for membership in the Cleanliness Club. Clothes sent for and delivered anywhere in town.

Asheboro Cleaning and Pressing Club

EARN BIG MONEY

King's Business College Can Equip You to Do So

Big business everywhere is creating an abnormal demand for Bookkeepers, Stenographers and Typists at alluring salaries. Positions paying \$75.00 to \$150.00 per month go a-begging. We have more calls for help than we can supply—many more. Write for catalog and come to see us.

KING'S BUSINESS COLLEGE
Raleigh, N. C., and Charlotte, N. C.

HEY, THERE!

Mr. Farmer, did you know that J. T. Turner has started on his tenth year in a cash market for you at Asheboro and pays the farmer more money than all others put together? Others come and go but the Old Reliable is still in the fight for you. He buys most anything the farmer has to sell and pays him spot cash for all, and also carries a good line of feeds, flour and groceries for less for cash. When you come to Asheboro go to see J. T. Turner whether you have any produce or not.