

INDIAN SUMMERS RECLAIMED

As the summer months draw to a close, the Indian people are beginning to feel the effects of the cold weather...

The first settlers moving into the primitive forest of the Allegheny mountains...

According to Joseph Doddridge in his "Notes on the settlement and Indian wars of the western parts of Virginia and Pennsylvania from 1763 to 1788..."

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WHY SUFFER SO?

Why do we suffer so? Why do we have so many diseases and ailments? The answer lies in our environment and our habits...

MR. BALDWIN WRITES CONCERNING OUR COUNTRY

Mr. Baldwin writes concerning our country, discussing the state of our health and the need for better living conditions...

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RED CROSS WINNING IN FIGHT FOR HEALTH

Better, Stronger, Healthier Now Emerging Out of Work in United States.

The American Red Cross is winning in its fight for health, as evidenced by the growing number of people who are becoming better, stronger, and healthier...

The task of the Red Cross Public Health nurse in the 1,240 nursing services now operating throughout the country...

During the last year 312 new public health nursing services were established by Red Cross chapters and several hundred nurses so conscientiously prepared themselves for public nursing...

Red Cross Gains Strength in All Foreign Fields. In its various branches of the United States...

Red Cross Water First Aid Makes Life-Saving Gain. More than 25 chapters engaged in the water-saving work that did last year...

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\$1,441,486 A YEAR'S DISASTER RELIEF COST

Red Cross Aided 145,000 Victims in United States—Losses Total \$30,000,000.

During the last year the Red Cross has aided 145,000 victims in the United States, with a total cost of \$1,441,486...

The year's disasters reported included twenty-six floods, nineteen tornadoes, fifteen fires, four epidemics, two theatre collapses, two shipwrecks...

A National Calamity. In the Red Cross disaster relief records there will probably remain for many years one calamity which ranked nearly every state with a cause of horror and of loss...

Albany Creek Flood Aid at Hand. The Red Cross has been successful in its efforts to aid the victims of the Albany Creek flood...

Red Cross Roll Call Heard World Around. The Annual Roll Call of the American Red Cross for registration of the membership for 1923...

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FARM DEMONSTRATION

Milk Cows, Pastures and Fences (Conducted by C. R. Hudson.) Slogan: A cow for every farm a pasture for every cow, a fence for every pasture.

Milk is not only an economic food but it is the only food that contains all the elements necessary to sustain life and build the body.

No child has ever yet been raised without milk from some source, and since 60 per cent of all children grown in America are raised on cow's milk it is highly important that we have an adequate supply.

Dr. McCollum, one of our best nutrition experts, says that the people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality...

It is known, therefore, that we should have a more abundant supply of milk. This can be had in a measure by buying more milk cows...

See your county agent, or write to your Agricultural Extension Service, at Raleigh, for information as to seed mixtures, details of planting and other things connected with the matter.

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HOME DEMONSTRATION

Apples Valuable in Diet. Since North Carolina has a good crop of apples this year...

"Our own orchard fruits are invaluable in the diet. They furnish certain mineral salts to keep the body in good condition and fiber and water to help the intestines in their work of elimination...

"The apples which will not keep during the winter can be saved by canning, preserving or jelly making. If the housewife is fortunate enough to have a few crab-apples to mix with her orchard fruit she can get a good jelly from any variety...

Annual Spelling Contest. November 29 is the date set for the state-wide spelling contest at Raleigh. This is the first day of the 1922 session of the teacher's assembly...

Late Saturday evening, October 21, Kenneth Roy Bell, aged about 22 years, son of Mr. K. R. Bell, left all sorrow and suffering of earth and went home to God...

Dear father, brothers and sisters, God has increased your interest in heaven that in the midst of the toils cares and trials of life, you may not forget that there is a glorious life beyond this vale of tears...

A large congregation of sympathizing relatives and friends paid their last and tearful respect to his remains which were gently laid to rest in the Union cemetery.

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Buy the best! Columbia Dry Batteries — they last longer. More Columbia Batteries are used in the United States than all other makes combined, because— Columbias have been manufactured on a large scale considerably longer than any other dry battery. They have over 30 years of battery manufacturing skill and improved equipment behind them. Every improvement of any account has been developed in the Columbia laboratories. The Columbia "Hot Shot" was the first successful assembly of dry cells in one package. And again Columbia has demonstrated its leadership through the development of the new Steel Case "Hot Shot" Battery. Wherever a dry battery is needed, Columbia will always give the best service. For sale right near you by Hardware Stores, Electricians, General Stores, Implement Stores, Garages. Look for the name Columbia. Columbia Dry Batteries — they last longer. WANTED Chickens, Eggs, Veal Calves, Hides, Wool. Highest Cash Prices Paid. See us before selling. Russell Produce Company Asheville, N. C.

KEEPS CHILDREN WELL AND STRONG. Gude's Pepto-Mangan. A beautiful remedy of pure, red blood, restores bodily strength, brings back color to the cheeks and builds firm, well-rounded flesh. For over 30 years Gude's Pepto-Mangan has been recommended by leading physicians as a tonic and blood purifier. Your druggist has it—liquid or tablets, as you prefer. Gude's Pepto-Mangan.