MINTALNEL)

tott 5 5 a 6 5 5 c) they must subscriber there is you wire buffale " Y means for the winter first that cas tom did not give rise to the term to MR BALDARS CELLES CAN. gian Summer. The name is now given to that period of hazy, warm weather which offer decreeds the first Mr. Finner

forte-1 they're sent as accept.

of Deal -rettle officialists of Hiles, I

of Dayson on 12111 a. several. 1 f - pt - f - 12

at the haskward

boundful supply of pure, red blood, rectores bothly strength, brings back color to the cheeks and builds firm,

For over 30 years Gude's Pepto-Mangan has been recommended by karding physicians as a tonic and blood enricher. Your druggist has it— liquid or inhers, as you prefer.

WHY SUFFER SO? A n . g winger houseches Anta a series en en

cold weather of fall, and people in terested in the beginnings of our history should know its adminal significance as and by the fall actions.

According to Joseph Doddridge in his "Note on the settlement and in this property in the property of the fall of the western parts of Virginia and Pennaylvania from 1765 has been been more round and expansive. We sell have many problems to the following was the origin the offer the fall of the following was the origin that we view to advant the fall of the fall of the Red Cross Public Health nurse in the 1,240 nursing services has not been more round and expansive the fall of of the term:

The first settlers moving into the prime and the great of the first settlers moving into the prime and the great of the first of a filly as tablished forth or design to the first of the first settlers where they live a group the figure that the first transfer and the great of the first settlers where they live a group the figure that the first transfer and the first settlers where they live a group the figure that the first settlers where the first settlers are the first settlers and the possibilities of the first settlers and the great settlers are the first settlers and the possibilities of the first settlers and the possibilities of the first settlers and the great settlers are the first settlers and the possibilities of the first settlers and the great settlers are the first settlers and the possibilities of the first settlers and the great settlers are the first settlers and the great settlers are the first settlers are the first settlers and the possibilities of the first settlers are the first settlers and the great settlers are the first settlers and the great settlers are the first sett

The first the state of the first Red Cross Water Several and the second of the second of the several and the second of th to sell of future cross. In the soil for the archane clover, row pros, setadola, alfulfa, vetches, say beans, and others which will be designated by any experiment station or farm journal. also have another class of plantknown as non-producers, but consumers of nitrogen. These consist of corn, wheat, barley, oats, and potatres which the wise farmer who expects to build up his land places only in rotation with other crops after the legumes have had a chance to commence collecting nitrogen. Thus it is proven possible for each farmer to own control and operate his private the p nitrate plant independent of all other

sources of supply.
A. M. BALDWIN, Asheboro, N. C., Box 1, Route 1,

Puer's College Farm Lady, owned by

RED CROSS WINNING IN FIGHT FOR HEALTH

Botter: Stronger Citizenry New Emergine Out of Work M United States.

CERNING OUR COUNTRY offging effectually the lessons bearned during the war and making for a

I are early Roberross Chapters and several in a street from the second estate constraints bearing the treatment of this was to cold was " all arrived to provide women to prepare themselves for public nursing. The tionie visus made by the 1210 nurses acres galled meanly 1,500 her, visits to as a second second 140,000, and in six ster margine (group) adood of lifen were inspected by these nurses and where decests were found advised examina- though Cartral, whose family and perthen by obvioletans. In reach common period that seems has to do a very in marked advance and has wen then set it is once to be approved methods rd- - t-n courten.

In me as because and event he sick the control was in this the control in the agreement of the large is not so a me and to re the profes-- on the groups the 40-4 C - comfact of L 3 of L shring in-Good of the contraction in the Tre -1 title in s. w . a total of the grand contains around 2.560 expelled diett-Special q Soul salestim man his fiere wit near a centers, serv no provided 28711 and the last

Red Crem Gains Strength in All Foreign Fields

mulared over

In insider color and the Called gived to one of the Called gived to one of the the the color of the called the color of the called t ting take that pro-The second of the first of the no per cest, new in Europe enrolled 11,125. the Chapter re-க (ச ப ச க கூடி கின் கூ of 33 members ders, a gain of Partition & an Republic un its previous new members. tent or en ed a 1930, now has Mexico reports n one year. The has spread its ne 70 foreign i mahership out the state of the s

First Aid Makes Life-Saving Gain

More than The Capters engaged in life andrewer water Brut aid last year who the result the the American Red Cense Life Savin, Corps has set a new half mark for encollment and the number of qualified life savers develoced. The influence of "learn to wom week" in many localities is reduring the water fo alities through in struction and the wider dissemination of resuscitation methods demonstrated by the Red Cross representatives. Exrelient work has been done in teaching a large part of the American population how to take care of itself in the water. Growing appreciation for this Red Cross Life-Saving Service is shown by the compulsory instruction adopted in many cities for members of the police and fire departments in the tion.

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

Red Cross Alded 145,000 Vic-Imms in United States-Losses Tetal \$30,000,000.

America are raised on cow's milk the day than a good juicy apple at is highly important that we have no fruit is better suited for packing an adequate supply.

In America are raised on cow's milk the day than a good juicy apple at is highly important that we have no fruit is better suited for packing an adequate supply.

Dr. McCollum, one of our best nutrition experts, says that the people uable in the diet. They furnism experts, says that the people uable in the diet. They furnism experts, says that the people uable in the diet. They furnism experts, says that the people uable in mineral salts to keep the body.

cluded twenty-six floods, nineteen tor-Badoes, fifteen fires, four epidemics, two theatre collapses, two shipwrecks (one an airship), and a bridge col-Nulschez, Miss, forced 31,000 persons feature of diversified farming. oughly cooked it should be pour from their homes.

See your county agent, or write to boiling hot into sterilized jars, seeds from their homes.

A National Calamity

In the flad Cross disaster relief records there will probably renain for many years one calamity which peopled meets every state with a ones of hor or and of loss. This was the distriction of the roof of the Kind checker Theatre in Washin con, D. C., resulting in nine er six deaths and 125 persons injured. ful Northwest read print section, this by many persons of prominence both in the afficial and civil life of the Nasonal contactions policied out over the extree country. The horror was mannifed by a torriffe specistorm which the child returned, did not block Bel Cross relief.

Aliship Crash Finds Aid at Hand the first has a first security. The security of the security o no most of a organization and of the language of Hampton Vac but the is non-e-was Presidente and reflet from and the more absorbands for the rest. percent of the state of the sta

- - Manila. effected effence wearing and and valled to an ' a discussion who also

was and the last the best formal Chapter Renef Machinery Perfected The year as seen the further per feerlin of discourse relief administrative massies in every field of Ameri can Red times not vity, and that the work may be exerted on to still greated secompositionents the American Red s'noss a appealing for widespread renewal of morniscrahity during the anpunt that call to be conducted this

year from Arm Nee Day (Nevember lik to said the cling. Thanksgiving Trag (Normaling (in)

Red Cross Roll Call Heard World Around The Annual Roll Call of the Ameri-

an Red tion for registration of the ender p for 1924 will begin on Armistice Day, November 11, and lose on Thanksgiving Day, November 0. The ground work for this stp pendous task of re-enrolling the menbecamin throughout the world has been laid in a plan for the first complete and complehensive system of registration of the Red Cross membership in il its 5,300 believ Chapters at home and abread. An important feature of the round

the world Roll Call campaign will be a universal effort to re-enjist the selfice of war time Red Cross workers in the peace program by their particl pation in the Roll Call. In this way the vast army of volunteers will once prore affiliate with the work of the Red Cross in its manifold phases. Cooperation also has been essured by Government and private maritime in-terests in a deep-sea Roll Call that is dealgned to reach every member or potential member in every part of the world who may be en voyage or temporarily in any port.

Thousands of Chapters will adopt the home convass plan of enrollment which originated in Pittsburgh, where last fear it resulted in a membership increase of 50 per cent. All

FARM DRMONSTRATION

Milk Cows, Pastures and Pences (Conducted by C. R. Hudson.)

Slogan: A cow for every farm a McKimmon, state home demonstration

but it is the only food that contains that a baked apple, a "Brown Betty all the elements necessary to sustain or an apple pie is hard to beat life and build the bory.

since of per rent of an influence grow's milk the day than a good juicy apple a

who have achieved, who have become tain mineral saits to keep the body large, strong, vigorous people, who good condition and fiber and water have reduced their infant mortality, help the intestines in their work who have the best trades in the elimination. Apples can be cate world, who have an appreciation of either raw or sooked. Raw apple art, literature and music, and who are make a good salad when mixed water than the sound transmitted trains. art, literature and music, and who are make a good salad when mixed with the large and large and manufact of people progressive in science, and in every nuts, activity of the human intellect. the sale at the classes first and from their hours. The property loss activity of the human intellect, are the very appetizing if served on letter and the sixth, courses and health cen- was restricted at more than \$30.

should have a more abundant supply canning, preserving or jelly making of milk. This can be had in a meas- If the housewife is fortunate enough ure by buying more milk cows, and to have a few crab-apples to mix with especially by saving the heifer calves her orchard fruit she can get gos and taking care of them. The caution jelly from any variety. The residu tapse mine explosion, railway collibere to observe is first, to get pas- pulp can be mashed through a colar sion and a drought. Of the floods in tures for this increased livestock, der, weighed and put into a present the United States that at San An- Right now is the time to plant fall ing kettle with three-fourths of tonia. Texas, caused the greatest sown pastures. Every farmer who pound of sugar and two slices of leg property loss, \$6,000,000 and the high needs pastures, and a large percent on for every pound of pulp. Wh mark of fatalities, 100, while the age of them have none at present, this has been boiled down to a this flood in the vicinity of Vicksburg and should not overlook this important mass and the lemon has been the

your Agricultural Extension Service, and used as a sweet for supper at Raleigh, for information as to seed school lunches." mixtures, details of planting and other things connected with the mat- Annual Spelling Cont: at November 2

Konneth Roy Bell.

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. May the bereaved family be comforted and not sortow, as those who have no hope and submissively bow to the will of Him Late Saturday evening, October 21, submissively bow to the will of Him book 2, grade 7, and will be written who wisely does all things and pre-pare to say, "The Lord gave and the Lord hath taken away, Blessed be the name of the Lord."

God has increased your interest in 16, according to Dr. B. F. Kaupp, se heaven that in the midst of the toils retary. The show will be held joint cares and trials of life, you may not between the Central Carolina Poult The employed desirable of the V. forget that there is a glorious life be- association and the North Caroling the second of the V. sond this vale of tears, to which the Poultry association and will be the

last and tearful respect to his remains

Apples Valuable in Diet. pasture for every cow, a fence for agent for the Agricultiral Extended every pasture.

Service, urges the more extended a Milk is not only an economic food of this fruit as a food. She state desert if one accompanies it with

products liberally.

It is known, therefore, that we during the winter can be saved by

November 29 is the date set for the state-wide spelling contest at Raleigh This is the first day of the 1922 se sion of the teacher's assembly. The

The official state poultry show Dear father, brothers and sisters, be held at Greensboro December 131

A large congregation of sympa-which were gently laid to rest in 00 thizing relatives and friends paid their Union cemetery. -A. Friend.

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