

After Every Meal

Pass it around after every meal. Give the family the benefit of its aid to digestion. Cleans teeth too. Keep it always in the house.

"Costs little - helps much"

WRIGLEYS

SEALED TIGHT - KEPT RIGHT

JUICY FRUIT CHEWING GUM

SMILES BY MILES

BILL JONES HAD A BAD ACHING HEAD - HE UNDRESSED AND GOT READY FOR BED - ONE ANTI-PAIN PILL - HE FORGOT HE WAS ILL - AND WENT TO A PARTY INSTEAD.

DR. WILLIAMS' PINK PILLS

PARTY VISITS CHIMNEY ROCK

Members of Scientific Section of Geographic Society Study Rock Formation.

Chimney Rock, May 4.—Declaring that the Chimney Rock region possessed unusual scenic charm and lure, a party of 46 scientifically disposed members of Geographic society of Chicago have just returned west after spending three days in this section.

The party was in charge of H. D. Pickering, passenger agent of the Southern railway, with headquarters at 37 West Jackson Boulevard, Chicago. They arrived at the Esmeralda Inn where they established headquarters last week. Most of the party are members of the Geographic society of Chicago and were attracted to this section chiefly by the peculiar and strange markings of the aged stones, forming Chimney Rock mountains, the large rocks adjacent to the Bottomless pools and the peculiar crevices, such as the Needle's Eye and other freaks of nature, the origin of which has never been satisfactorily solved, although scientists from many parts of the world have given various theories.

Climb Over Ridge.

The entire party climbed over Chimney Rock Mountains to Hickory Nut falls and returned by the Appian Way to Chimney Rock where motor cars took them to Esmeralda Inn.

This party is one of many planned to visit Chimney Rock this season. Those coming from the middle west are under the auspices of the "Wolfe Tours."

SPINDALE BAND NOTES

About two thousand people attended the open air concert of the Spindale Band Sunday afternoon at 4:00 o'clock. The concert was held on the lawn of the Old Spindale Inn. The program rendered was about forty minutes long.

The band will play in the school auditorium Wednesday night. The Alexander school will present a play "Capt. Racket" and the band will furnish music between acts.

The Rutherfordton Sunday school will give a play "The Minister's Wife's New Bonnet" next Saturday evening in the school auditorium. The band will also play at this time. The Young Peoples Missionary Society will receive part of the proceeds.

On Friday evening, May 15th, 8:00 o'clock, the band will play in interest of the Better Homes campaign at the demonstration home on Spindale avenue.

Mr. W. H. Padgett was recently elected vice-president of the band, and Mr. Clarence Griffin secretary-treasurer. New members who have recently been received are Earl Hardin, Pink Nanney and Claude Reid.

HEFLIN MAY COME TO RUTHERFORDTON

Messrs. J. A. Capps and R. E. Price went to Shelby last Thursday night to hear Senator Thos. J. Hefflin of Alabama speak in the graded school auditorium and to urge him to speak here on Nov. 11th at the big Armistice celebration. He is not sure now but will know the latter part of Aug. Unless something comes up to interfere he will be here.

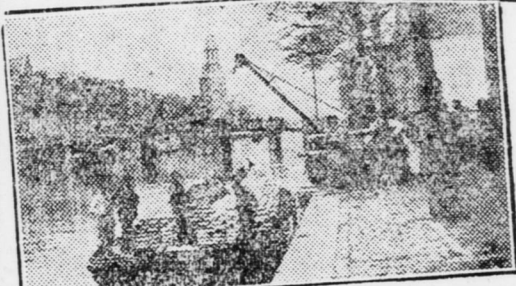
His address was enjoyed. He is a great orator and humorist. He discussed "The New South." Every thing possible will be done to induce him to speak here Nov. 11th.—The Sun.

Tired After Eating? Try This Simple Mixture

If you feel tired after eating, it is often a sign of gas and undigested matter in your stomach or bowels. Simple buckthorn bark, magnesium sulph. c. p., glycerine, etc., as mixed in Adlerika, helps any case gas on the stomach, unless due to deep-seated causes. The QUICK action will surprise you. Adlerika is wonderful for constipation—it often works in one hour and never gripes. Reinhardt Drug Co.

Thedford's BLACK-DRAUGHT LIVER MEDICINE

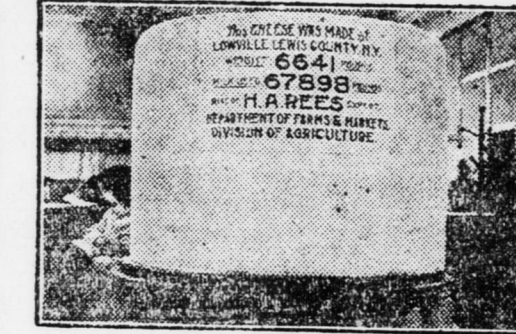
DAIRYING - AT HOME AND ABROAD



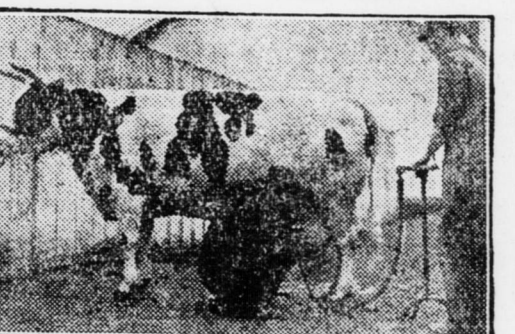
Unloading Cheese Along the Canal at Amsterdam, Holland
Thousands of tons of Dutch cheese like those in this picture are consumed annually. A big percentage is exported. Holland is one of the most productive dairy countries, size considered, in the world. The most intensive and scientific methods are practiced. Cow testing associations are numerous.



Chile, South America
A South American Milkman
This picture was taken in Ancud, Chile Island, Chile. A can of milk slung on either side of a mule or some other native beast of burden and a quart measure are all this milkman needs to serve his trade. The quart measure has been hard service. The lady customer wears an honest look—on the lookout for short measure.



Lowellville, N. Y., U. S. A.
This cheese was made at Lowellville, N. Y. It took 67,598 lbs. of milk to make it. They do things on a big scale in the U. S. A. You may be sure that it is good to eat too, because scientific methods, up-to-date housing facilities and complete sanitary measures all enter into the production of milk in America's greatest dairy State.



Seattle, Washington, U. S. A.
Segis Pieterse Prospect, a Real Champion
Her home is on Caman Milk Farms, Seattle, Washington. N. A. Brown, Manager, says: "We furnish sterilized milk especially for babies. It is necessary to keep our cows in the very best of condition. Cleaning increases productive capacity and decreases bacterial count. Segis Pieterse Prospect is one of a herd of 175 milk cows."



New Zealand
Early in the Morning the Milkwoman Arrives
Wellington, N. Z. Milk supply is all under the control of the City which permits no milk to be sold except that which has been inspected and certified by the Health Officials. The City buys the milk from the farmers and allows peddlers to sell it at a fixed price—No profiteering here.



Antwerp, Belgium
The Lady Milkman Makes Her Daily Trip in Her Dog Chair
In Belgium, you know, as well as in Holland, it is a very common thing to see a team of dogs hitched to a milk wagon, but usually the owner of the team gives them a helping push. This lady must have been tired or she would surely have helped out her little team.

Photos copyright, Underwood & Underwood, N. Y.

So Weak Couldn't Stand

"My wife's health broke down and for years she was just a physical wreck," says Mr. Thomas Glynn, of Gibson, La. "We did everything we knew, yet she seemed to get worse and worse. She was so weak till she couldn't stand, and had to be carried like a baby. It looked like nothing would save her that had been done."

CARDUI

For Female Troubles

"I began looking around. I knew that Cardui was for women. I decided to try it for her as all else had failed. She couldn't eat, she couldn't sleep, and I was desperate. "After taking a few doses of Cardui, we were so glad to note that she wanted something to eat, and with each bit of nourishment, and each day's doses of Cardui, she grew stronger and got up out of bed. She is now able to cook, and stronger than in a long time."

Cardui has been in successful use for nearly 50 years in the treatment of many common female troubles.

All Druggists' E-102

FLASH

KILLS INSECTS

Distributed By C. C. MOORE & CO. FOREST CITY, N. C.

NEW ARRIVALS THIS WEEK

AT THE HOME OF GOOD THINGS TO EAT

Green Beans	Cured Ham
Green Peas	Sliced Bacon
New Potatoes	Veal Loaf
Fresh Tomatoes	Lunch Tongue
Strawberries	Asparagus Tips
Cucumbers	Chipped Beef
New Cabbage	Mush Rooms
Nice Lettuce	Shelled Pecans
Fresh Celery	Shelled Walnuts
Boiled Ham	Shelled Almonds
Baked Ham	Reception Mints

If its good to eat Sanders has it.

J. W. SANDERS

PHONE 56

Forest City, N. C.

Dixie Wall Atlas

FOUR PAGES

Page 1—Twelve Southern States

Page 2—Towns and Cities

Page 3—Big Map of U. S. and Alaska

Page 4—Map of the World

The Forest City Courier
Weekly, 1 Year

SOUTHERN RURALIST
Semi-Monthly, 1 Year

All Three for \$2.00

This is a true Map of Dixie showing the twelve SOUTHERN States completely. It shows the Automobile roads, the best roads being indicated by a heavy red line, the second class roads by a lighter red line and the third class roads by a still lighter red line. You can easily see what a wonderful advantage this will be to you when taking a trip. In other ways the map is complete in every detail. It shows all the small towns—the railroads—the experiment stations and the agricultural colleges with a blue ring around each. It is handsomely printed in four colors and is just the map you should have hanging on your wall for ready reference.

This page gives a complete list of towns and cities with the population and the key so that you can easily locate any town you wish. This page also contains an editorial, alphabetically arranged, telling about the work each experiment station shown on the map is doing to help you.

This big map shows the entire United States and Alaska. No home is complete without an up-to-date, reliable map of our country—and this is one that just fills the bill.

How often in the newspapers you read some article about a country or city in some far-off part of the world. With this big Map of the World on the wall you can instantly locate it, adding interest to the article. A good, up-to-date map of the world like this is highly educational. With the map are also 30 portraits of all the world's rulers, etc.

Call and Inspect These Maps at The Courier Office