

Feel Good

Most ailments start from poor elimination (constipation or semi-constipation). Internal poisons sap vitality, undermine health and make life miserable. Tonight try **NR-NATURE'S REMEDY**—all-vegetable corrective—not an ordinary laxative. See how **NR** will aid in restoring your appetite and rid you of that heavy, lumpy, peppy feeling. Mild, safe, purely vegetable—25c

NR TO-NIGHT
TOMORROW ALRIGHT
Recommended and Sold by
All 3 Forest City Druggists

TODAY'S WINNERS

Are you getting "yours," or are bodily infirmities holding you back? The sprightliness of youth, health, strength, success may be yours if you keep your system in order.

GOLD MEDAL HAARLEM OIL CAPSULES
and plenty of fresh water will work wonders for you. All druggists; three sizes. Accept no substitutes.



Are You Overdoing?

Overwork Throws a Heavy Burden on the Kidneys.

OVERWORK, rich foods and stimulating drinks put extra burdens on our kidneys. When the kidneys slow up, impurities remain in the blood and are apt to make one languid, tired and aching, with dull headaches, dizziness and often nagging backache. A common warning is scanty or burning secretions.

Use **Doan's Pills**. Doan's, a stimulant diuretic, increase the secretion of the kidneys and aid in the elimination of waste impurities. Are endorsed by users everywhere. Ask your neighbor!

DOAN'S PILLS 60c
ASTIMULANT DIURETIC FOR KIDNEYS
Foster-Milburn Co. Mfg. Chem. Buffalo, N.Y.

Nurse Advises WEAK, RUN-DOWN WOMEN To Take Cardui

"I have known of Cardui for nearly twenty-five years," says Mrs. Selma Meissner, 1072 Harrison Ave., Beaumont, Texas. "During that time, I have taken it several times and have frequently recommended it to others, for it is a splendid medicine and I am glad to give people the benefit of my experience."

"I have been a nurse for several years and have often come in contact with patients who were run-down and weak. Often I have told sufferers of Cardui, and the way I, myself, had been helped after taking it, and advised them to give it a trial. Many of them have since thanked me for what I told them, so I am willing that other women should know about it, too."

"I first took Cardui because I was awfully run-down. I had no appetite, and was weak and listless. It was hard to keep going under such conditions, and I looked for something which would help me."

"I had read of Cardui and decided to try it. After taking it, I improved so much that I have taken it since whenever I needed a tonic."

Sold by all druggists. E-122

TAKE CARDUI
Used by Women For Over 50 Years

A Confederate Soldier's Letters to His Parents

The following letters were written by Sergeant L. W. Griffin, of Co. D, 16th N. C. T., to his father Wm. L. Griffin, of Forest City, R-2, Wm. L. Griffin was register of deeds for Rutherford county at that time, but lived at the Griffin homestead near where Tanners' Grove is now located. Sgt. L. W. Griffin was a member of Co. D, commanded by Capt. Herbert Lee, and was mustered into service in Forest City, then Burnt Chimneys, and was the first company to leave the county.

Hyland Co., Monterey, Va., July 15, 1860.

Dear Father and family: I once more take my pen in hand to let you know how we are. We are (speaking of his two brothers, also in service) well at this time, and hope these few lines may find you all well.

We have just come off of a long march. We were trying to get here to reinforce Colen Lee but we were too late. His company was cut to pieces and their arms taken from them. We are going to throw up breast works. We only have about 3,000 men here, while the Yankees have about 5,000, however we will be reinforced today, they say.

When we left Richmond it took two trains to pull us. The boiler bursted on the train I was on and we had to stay there all day, while they went back and got two more engines. It took three engines to bring us to the place where we began the march.

I can't write much to you, for when I think of you all I get so lonely. Father, I want you to write to us as soon as you can and tell all the rest as I have not heard from any of you since I left home.

Brother James said he never expected to see home again. Well, he can't meet with no other calculation for we are in danger here.

I must close, as the boys are loading their guns to go two miles farther on to meet the enemy, so I must load mine.

I ask the prayers of my father and sisters. Tell Tildy and Patsy to pray for me and my brother.

Good bye,
L. W. GRIFFIN.

(Enclosed in the same envelope was a brief note from Private James M. Griffin, a brother of L. W. Griffin and a member of the same company, which follows:
I will write you at this time as it

may be the last time in life. There was a fight here the other day and 300 of our men kept the Yanks beat back three hours in a mountain pass. The Yanks were piloted by a Virginian.

Father, I would like to see you very much, but I don't count on seeing you any more in this life, though my prayers are that I may live to see you all one time more.

Good-bye, dear father.
J. M. GRIFFIN.
Headquarters, Middle Mtn., Va. August 3, 1861.

Dear Father:— I have just received your letter dated July 23, and I am the happiest man in the regiment after hearing from you. We had thought that you had forgotten us, and we are glad to know that you haven't.

We have marched day and night to get to this mountain. It is on the line that Lincoln has given his men to hold and the Yankees are coming on. They are within twelve miles of our camp. The picket line goes with in hearing of their drums. They come a little ways and stop and fortify. There is about three hundred men on our pickets tonight. Col. Lee doesn't sleep day or night; he is looking for the enemy. We expect to be aroused early in the morning or best at the dawn of day.

It is reported that there is 10,000 men facing us, while we have only about 2,000. There is some 2,000 behind us but they won't come up for awhile. We have been sent in here where the Union men are and we are in a bad fix. We are bound to obey our officers.

James says he will not write yet for awhile. Mr. Walker is not with us now, but will be soon, and he will write you. I must quit for it is getting dark. Excuse my bad writing. All I crave is to fight these Yankees and then come home to see some more pleasure with you one more time. Tell little Walk to be a good little boy, and tell him if I never see him again I want you and his father and mother to raise him to fight for his country, also the other grandchildren.

Good-bye, father,
L. W. GRIFFIN.

P. S. (Aug 4, 1861) I would like to know how much wheat you made and how the corn looks and how many pigs you have. Ask Mat and Nancy if they got their ear bobs and breast pins. I sent them by Mr. John Carpenter to you.

UNIVERSITY EXTENSION COURSE RE-OPENS JAN. 27

Rutherfordton, Jan. 23.—Registration for the University Extension course for the second semester will take place on January 27, at ten o'clock in the morning at Central High School, Rutherfordton. The classes will meet regularly thereafter on Monday afternoons instead of on Saturday mornings as during the first semester.

TWO DOLLARS FOR ONE

The Courier has about fifty subscriptions to the National Farm News, a splendid farm publication with a subscription price of one dollar. The Courier will give one year's subscription to the Farm News free to every new subscriber to this paper until the supply is exhausted. Send us one dollar and get both papers for a year. This offer applies to this county, and to new subscribers only. 15-1f

A group of farmers in Chowan County recently ordered 66 tons of limestone for use on their lands this spring.

MANY ATTEND SUNDAY SCHOOL CONFERENCE

The second South-wide Baptist Sunday school conference was held in Greenville, S. C., last week. According to those who attended it was the greatest Sunday school meeting ever held by the denomination. Approximately 5,000 people, representing the seventeen states of the Southern Baptist Convention were in attendance. The work of every department of the modern Sunday school was ably discussed by the greatest experts of the Sunday school field.

The Sunday school of the First Baptist Church was represented by the superintendent, Mr. O. C. Turner, Misses Ottilee Long, Alda Freeman, Alma and Merle Putnam, Robbie Biggerstaff, Ruth Meares, Mary Ayers, Messrs. Erastus Freeman, E. Smart, Chas. Z. Flack, Prof. J. W. Eaks, Rev. W. C. Lynch, Arval Alcock, Mrs. A. C. Ford, Mrs. R. E. Biggerstaff, Mrs. J. F. Weathers, Mrs. George D. Horn, Mrs. Lipscombe and Dr. and Mrs. W. A. Ayers.

CHAIRMAN OF RUTHERFORD COLLEGE JUBILEE COMMITTEE

Connelly Springs, N. C., Jan. 25.—Zone and District officers for the \$500,000 Diamond Jubilee Campaign of Rutherford College were announced today by George F. Ivey, of Hickory, general chairman of the campaign.

A. J. Kirby, of Gastonia, has accepted the chairmanship of Zone No. 3 in the organization of the Methodist Churches of the Western North Carolina Conference. This Zone includes the Marion, Shelby and Charlotte Districts of the Conference.

The District officers include: Marion District: Clyde A. Erwin, Rutherfordton, chairman; Rev. E. O. Cole, Marion, Presiding Elder, associate chairman.

Mr. Erwin is superintendent of schools of Rutherford County and has been active in religious and educational work.

COTTON PROJECTS SHOW BIG PROFIT

Ellenboro Vocational Students Average \$59.77 Net Profit Per Acre on Cotton

Ellenboro, Jan. 23.—Twenty-five cotton projects, 65 1-2 acres, conducted by the Ellenboro agricultural students under the supervision of the agricultural teacher as a part of their last year's course in agriculture, yielded 29,944 pounds of lint cotton which with the seed brought the boys \$6,839.04. It cost \$2,714.86 to produce the crop and they made a net profit of \$4,124.18 after subtracting all costs of seed, fertilizer, labor at twenty cents per hour, land at \$10.00 per acre and interest on the money invested in seed and fertilizer at six per cent for a period of six months. An average net profit of seventy cents per hour was made by the boys for each hour that they worked in the white fleecy fields last year.

The summary of their cotton projects, just prepared for the state Department of Vocational Education, shows that the boys produced cotton at an average cost of \$42.08 per acre and that they made an average net profit per acre of \$59.77. The report also shows that the highest yield per acre was 740 pounds of lint and the lowest 290, the latter being made by a student who had a ten acre project. The average yield for the twenty-five projects has been figured to be 456 pounds of lint cotton per acre, and nine cents the cost of producing a pound.

Most of the boys used 600 pounds of either a 12-4-4 or a 10-4-2 fertilizer, bedding 400 pounds and then applying 200 pounds more at planting time with the seed. In addition a few of the students side-dressed with nitrate of soda and sulphate of ammonia at a rate varying from seventy-five to 150 pounds per acre just after chopping with increased yields and greater profits per acre.

Each student of vocational agriculture is asked to do satisfactory supervised practice work at home before high school credit is allowed for the course in agriculture studied at the school. This requirement provides for the students "Earning while they learn and learning while they earn" which is the slogan for vocational agricultural education.

SPINDALE ATHLETIC CLUB WINS AND LOSES

Spindale, Jan. 23.—On last Wednesday evening the Spindale Athletic Club defeated the Lenoir Athletic Club here by a score of 22-50. In the first quarter the locals made fourteen points while the visiting team was making six. In the second period Lenoir made two points to Spindale's fifteen.

Leeper was high scorer for the visitors while Grose and Berry made fourteen and eighteen points respectively for the home club.

Line-up and summary:

Spindale (50) Pos. Lenoir A. C. (22)
Grose (14) Hendrick (2)
R. F.
Berry (18) Mitchell (2)
L. F.
Sherrill (10) Leeper (16)
C.
Walker Overcash (2)
R. G.
Williams (2) Justin
L. G.

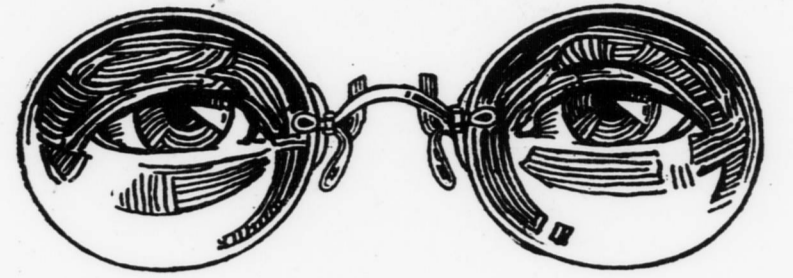
Subs: Spindale, Clay (6) for Grose; Elliott for Sherrill, Yelton for Williams.

On Saturday evening Spindale lost to Lenoir at Lenoir by a score of 31-24. With Sherrill out of the line-up and playing a game on a difficult court the Spindale cagers showed an exceptionally high class of basketball, even though they lost by seven points.

Line-up and summary:
Spindale (24) Pos. Lenoir (31)
Grose (9) Mitchell (9)
R. F.
Berry (10) Hendrick (11)
L. F.
Elliott Leeper (2)
C.
Williams (3) Overcash (4)
R. F.
Walker Shores (5)
L. F.
Substitute: Spindale, Yelton (2) for Elliott. Lenoir: Justin for Hendrick.

TO NEW ORLEANS

Dr. W. A. Ayers, pastor of the First Baptist church, left Monday to attend the annual meeting of the Board of Trustees of the Baptist Bible Institute, which will be held this week in that city. Dr. Ayers is a member of the Board of trustees.



Dr. D. M. Morrison, Optometrist OF SHELBY

Will be in Forest City every Thursday from 8 to 9 a. m. and 2 to 3 p. m. Office back of Dr. Duncan. Telephone 29.

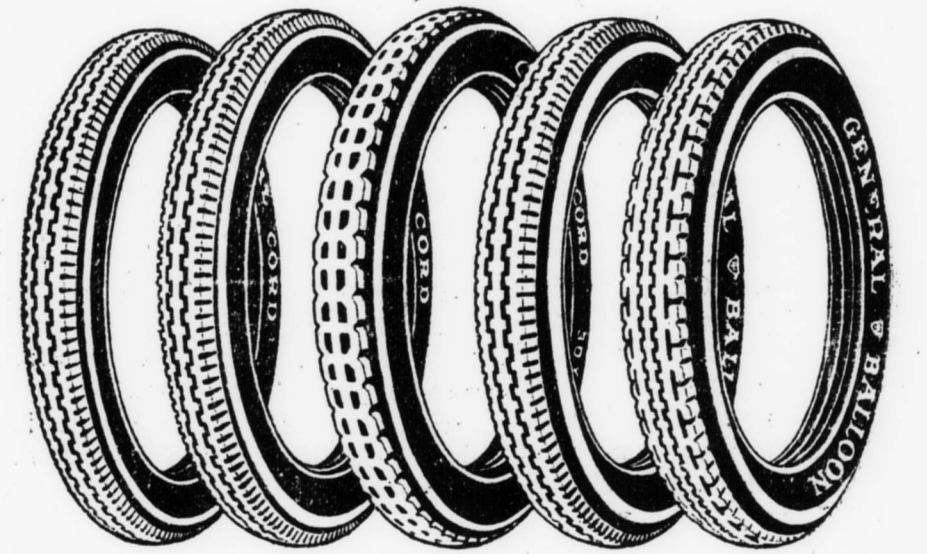


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Five different styles and types of Generals to select from for your Ford or Chevrolet.

Forest City Motor Co. Forest City, N. C.

There's no economy in buying twice to go the distance one General Tire will take you.

TRY OUR CLASSIFIED COLUMN FOR RESULTS

MONTHLY PAINS?



Try Dr. Miles' Anti-Pain Pills. In successful use for over thirty years.

25¢ at your Druggist

For Headache, Monthly Pains, Neuralgia, Toothache, Backache, and pains caused by Rheumatism and Neuritis.

We will be glad to send you samples for 2c in stamps. Dr. Miles Medical Co., Elkhart, Ind.