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"I suffered a long time, before I tried Cardui," says Mrs. Lillie Pruitt, 130 "K" St., Anderson, S. C.
"I was badly run-down in health. My nerves went to pieces, and I had to go to bed."
"I got so bad off, I could not bear to have anybody walk across the floor of my room. The least little thing upset me. Sometimes I became hysterical. I had bad pains in my back and sides, and my head and limbs would take spells of aching, which almost set me wild."
"One day I saw where a woman, who had a trouble like my own, had been relieved by Cardui. I decided at once to try it. It began to help me from the very first. I took Cardui regularly, for several months, and my improvement was so remarkable my family and friends were delighted."
Try Cardui for your troubles.

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LARGE NUMBER HEAR SPINDALE BAND CONCERT

Fine Program Given in Open Air Concert On Plaza Here Friday

Several hundred people gathered on the square Friday evening at 8 o'clock to hear the open air concert given by the Spindale Band.
Mr. D. C. Cole, the director of the Band, had arranged an excellent program consisting of a dozen or more numbers, which pleased all of those gathered to hear the concert.
Dr. A. C. Duncan gave a short welcome address to the Band at the close of the program, in which he expressed the deep appreciation of the people of Forest City to the Spindale Band for the concert.
Following the concert the members of the band were served drinks at the Peoples' Drug Store.

DOING GREAT WORK AT SOUTH MT. INSTITUTE

Miss Beatrice Cobb, after a visit to South Mountain Institute, writes as follows in the Morganton News-Herald:

I had planned to have in this weeks' paper an illustrated article about the South Mountain Institute, Miss Hull's struggling little mountain school just across the Burke line in Rutherford county, but, to tell the truth about the matter, all week I have labored under such depression, when the thought of the place came into my mind, that I haven't been able yet to bring myself to the point where I could begin to tell the story. For fear I shall be misunderstood, let me hasten to say that this state of mind is in no sense a reflection on the school or a discount of the wonderful work that is being done there by a consecrated woman and her associates. However, I am speaking only the truth when I say that a visit to the school furnishes both inspiration and heart-break. It is inspiring to see cultured, educated women willing to give up everything else in life, even the commonest comforts, and devote themselves to "the glad service" of little children; it is heart-breaking that their labor is so handicapped by a lack of buildings and equipment, to say nothing of maintenance. In comparison with what this group of women have undertaken to do, in spite of all the discouragements which offer themselves and in the face of seemingly unsurmountable obstacles, a mission assignment in a foreign field might appear an easy task. In fact it is mission work in the highest sense and a contemplation of the undertaking and its possibilities makes one wonder why we do not in our missionary efforts begin "first at Jerusalem" sweep first around our own doorsteps before venturing into other fields.

Here in the mountains of Burke, McDowell, Cleveland and Rutherford counties—the South Mountain section—is a wonderful missionary opportunity. Miss Hull with few resources—with little more than a vision of the possibilities and an unbounded faith in God and the results of prayer—undertook an apparently impossible task and is demonstrating that the impossible can be done. She is showing that prayer can accomplish many more things than "this world dreams of."

The South Mountain Institute is more than a school; it is a combination of home, orphanage and school. Mr. H. L. Millner, to whom I am obligated for the trip there last Thursday, said that when a child could not be placed in any other school Miss Hull seemed always able to manage somehow to make room for one more, and very rarely has one turned away. The average number cared for is fifty.

D. S. WILKINS HAS FIRST BOLL OF OPEN COTTON

The first open boll of cotton reported this year in the county was that of D. S. Wilkins, who lives in the southern part of Forest City. Mr. Wilkins exhibited his boll of cotton at The Courier office Friday noon. The boll was picked Thursday, August 30, in a field of eight acres near the house. He states that there were several other open bolls of cotton in the same field.

If there is any pig in a man's nature it is sure to crop out when he travels.

SAYS LAKE LURE DAM SAFE WITH RECONSTRUCTION

Reconstruction of the high dam at Lake Lure, a dirt wing of which was damaged by the recent flood, is well underway and the structure now is regarded as being absolutely safe, it was stated by C. A. Mees, of Charlotte, engineer, who directed operations at the dam, near Chimney Rock, during the hours of danger and uncertainty soon after the middle of August.

Rebuilding the dirt wall is only a "matter of routine construction," said Mr. Mees. Owners of the dam decided to build a masonry wall to replace a foundation of rock which partly crumbled under the pressure of the flood waters and then to rebuild the dirt wall which connects the side of the mountain and the end of the concrete part of the dam. Since the dam withstood the pressure of the August flood, Mr. Mees said the question of its stability probably will not be raised again, for when the dirt wall is rebuilt it will be stronger than it was originally.

ABRUZZI RYE MAKES BEST WINTER COVER

Raleigh, N. C., Sept. 3.—Abruzzi rye is the best of the small grains to use as a winter cover crop and when hairy vetch is sown with it, the combination makes an excellent soil improving crop to plow under the following spring.

"A good winter cover crop must make sufficient growth in the fall and winter to prevent erosion and leaching and must also make an early growth in spring to be ready for plowing under in time for the land to be prepared for cotton, corn or

other cash crops," says P. H. Kime, plant breeder at State College. "Abruzzi rye fulfills these requirements. It is the best small grain to use for the purpose. It will make more growth during the fall than will wheat, oats or barley; it is more cold resistant; will furnish winter grazing and will make much larger growth in spring for turning under by March 15 or April first than any other small grain."

Mr. Kime says that Rosen rye should never be used in this State as cover crop, even when it might be seeded early. Common rye makes good growth but does not do so well as the Abruzzi.

Hairy vetch is recommended for planting with the Abruzzi rye. Mr. Kime recommends one and one-half bushels of the rye to 15 pounds of vetch seed. Seeding should be done in September or early October as this will permit the crop to make sufficient fall growth. Abruzzi rye will not freeze out very badly when seeded as late as the early part of December but in that case little spring growth will be made. It is best, he states, to plant the crop early so that the winter grazing may be secured and the crop be ready to turn under in spring. In any case, the Abruzzi variety will be found cheaper than Rosen rye if the seed costs three times as much per bushel.

Farmers in Burke County have become interested in the Guernsey breed of dairy cattle and have commissioned their county agent to buy some cows for them.

Lots of people make a specialty of pouring ice water on enthusiasm.

Never judge a man's greatness by the opinion his neighbor has of him.

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