

**ENGLAND**  
**NO ALUM**  
**IN FOOD**

and strictly prohibits  
the sale of alum  
baking powder—  
So does France  
So does Germany

The sale of alum foods  
has been made illegal in Washington and the District of Columbia,  
and alum baking powders are everywhere recognized as  
injurious. To protect yourself against alum,  
when ordering baking powder,

Say plainly—

**ROYAL BAKING  
POWDER**

and be very sure you get Royal.  
Royal is the only Baking Powder made from Royal Grape  
Cream of Tartar. It adds to the digestibility and whole-  
some-ness of the food.

TRADE MARK



This trade mark will be found  
on every bag of genuine

**ROYSER FERTILIZERS**

It is our guarantee of superiority and a  
protection against fraud by imitation.

For twenty-three years Royster brands  
have led all others in North Carolina.

**F. S. Royster Guano Company**  
NORFOLK, VIRGINIA



**S.S.S. FOR  
BAD BLOOD**

The most important part of the human system is the blood. Every muscle, nerve, tissue, bone and sinew is dependent on this vital fluid for nourishment and strength necessary to maintain them in health and enable each to perform the different duties nature requires. Even the heart, the very "engine" of life, receives its vigor and motive power from the blood. Since so much is dependent on this vital fluid it can very readily be seen how necessary it is to have it pure and uncontaminated if we would enjoy the blessing of good health. Bad blood is responsible for most of the ailments of mankind; when from any cause it becomes infected with impurities, humors or poisons, disease in some form is sure to follow. Muddy, sallow complexion, eruptions, pimples, etc., show that the blood is infected with unhealthy humors which have changed it from a pure, fresh stream to a sour, acrid fluid, which forces out its impurities through the pores and glands of the skin. A very common evidence of bad blood is sores or ulcers, which break out on the flesh, often from a very insignificant bruise or even scratch or abrasion. If the blood was pure and healthy the place would heal at once, but being loaded with impurities, which are discharged into the wound, irritation and inflammation are set up and the sore continues. Bad blood is also responsible for Anaemia, Boils, Malaria, etc.; the weak, polluted circulation cannot furnish the nourishment and strength required to sustain the body, and a general run-down condition of health results. S. S. S. is nature's blood purifier and tonic; made entirely of healing, cleansing roots and herbs. It goes down into the circulation and removes every particle of impurity, humor or poison that may be there, restores lost vitality, and steadily tones up the entire system. It adds to the blood the healthful properties it is in need of, and in every way assists in the cure of disease. S. S. S. neutralizes any excess of acid in the blood, making it fresh and pure, and permanently cures Eczema, Acne, Tetter, and all other skin diseases and eruptions. S. S. S. cures Rheumatism, Catarrh, Sores and Ulcers, Malaria, and all other diseases or disorders arising from bad blood. Book on the blood and any medical advice desired free to all who write.

Your S. S. S., in my opinion, is as good a medicine as can be had; it simply cannot be improved upon as a remedy to purify and enrich the blood and to invigorate and tone up the system. This spring my blood was bad and I was run down in health, and having seen your medicine highly advertised I commenced its use. Today my blood is in fine condition and my general health is of the best. Am filling position as fireman for a large concern here, and if it was not in good physical condition it would be impossible for me to fill the place. Your S. S. S. has been of great service to me and I do not hesitate to give it the credit it deserves.  
WM. F. VANDYKE.  
815 Fifth Street, Beaver Falls, Penn.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

**KILL THE COUGHS  
AND CURE THE BRONCHES**

New Discovery  
FOR  
Sorest and most distressing  
THROAT and BRONCHITIS

**Kodol**

for children

You naturally would prefer to treat yourself at home, for any form of female trouble, wouldn't you? Well, it can be done. No reason why you should not be able to relieve or cure your suffering, as thousands of other women have done, by proper use of the Cardui Home Treatment. Begin by taking

**Home Treatment**

**Wine of Cardui**

the well-known female tonic. For sale at all drug stores.

Dr. Macleod, of Archibald, I. T., writes: "My wife had suffered for years from female trouble. On her recommendation she used the Cardui Home Treatment, and now she hardly suffers at all." Sold by druggists.

Write today for a free copy of valuable 64-page illustrated book for women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

SEND US A LETTER

Subscribe for the Democrat

**C. M. GIBSON, Young's Island, S. C.**

By the HUNDREDS, THOUSANDS and MILLIONS of the above three favorite CABBAGE PLANTS EARLY HEADERS MONEY MAKERS

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

- Jury List.**
- The following jurors were drawn for the next term of Catawba Superior court, beginning February 3.
- Hickory township: F. A. Abernethy, J. H. Hatcher, M. E. Echard, L. C. Huffman, H. F. Huffman, P. C. Coonce, McCoy Moretz, W. J. Shuford, S. J. Cline, A. B. Hutton.
- Newton: W. E. Boyd, A. D. Hawn, W. D. Shell, E. L. Deal, B. S. Owens, M. A. McGinnis, S. L. Rhyne, T. C. Hunsicker, J. J. Thomas, D. L. Yoder.
- Caldwell: W. B. Setzer, A. F. Taylor, J. B. Whisenant.
- Mt. Creek: E. M. Harwell.
- Catawba: J. W. Lowrance, Wade A. Setzer, J. H. Coulter, C. A. Wilson, W. P. Abernethy, Jacob's Fork: J. E. Wilfong, W. P. Rhoney, J. M. Leonard.
- Bandy: John Johnson.
- Clines: Pinkney Yount.
- SECOND WEEK.
- Catawba: W. R. Burch, G. Z. Boggs.
- Newton: C. M. Tharbour, W. P. Eye, J. F. Smyre, E. S. Whisenant, N. Laney, P. J. Rader.
- Jacob's Fork: G. W. ... Tate Bott.
- Bandy: J. Cleveland Brittan, E. P. Johnson.
- Clines: Wm. ... Cline, Sidney ... Hickory: W. H. ... Caldwell: V. S. ... Mt. Creek: D. L. ...

**GRATEFUL MEN AND WOMEN PRAISE PE-RU-NA.**

**True Cause of Disease.**

In these days almost every ailment is supposed to be caused by disease germs. The medical profession as well as the people, seem to have gone mad over the germ theory of disease. The universal fear and dread of disease germs is becoming a very serious matter to the welfare and happiness of the people. Dr. Hartman has consistently contended through all the rise and spread of the germ theory, that most diseases are caused by climatic influences. For instance, catching cold is responsible for more than one-half of the ills to which human beings are subject.

**Danger of Neglected Colds.**

A person catches cold easily, thinks nothing about it, neglects it, when it finally becomes settled in some organ of the body, and chronic disease is the result. A few doses of Peruna in the beginning of the cold would have saved months of suffering, as well as great expense for treatment. Peruna is a reliable relief for cold. Almost everybody knows this. Instead of trying to dislodge or kill some imaginary germ, if Peruna was used at the proper time its tonic properties and anti-catarrah qualities would soon convince the patient that he has found the right remedy. A multitude of letters are received testifying to this fact. Keep Peruna in the house. Use it whenever cold or climatic affections assail, and sickness in the household will become greatly lessened, if not entirely prevented.

**Catarrh of the Stomach.**

Mr. Christian Hofmann, R. F. D. 1, Slatington, Pa., writes: "For many years I suffered with catarrah of the stomach. I was coughing day and night. After having tried three doctors and many remedies, one of your almanacs came to my hand; and I bought some Peruna. So far I have taken six bottles, and I have not suffered with catarrah this summer. I am cured and Peruna did it. I give Peruna to my children when they feel bad and you should see how healthy they are."

**Nose, Throat and Stomach.**

Mr. Delbert B. Craft, Lowell, Ind., writes: "For a long time I suffered with chronic catarrah of the nose, throat and stomach. I would continually take cold and my stomach was in bad condition. I truly suffered untold misery. I took various medicines and tried the treatment of several physicians, but I felt no better. A friend advised me to take Peruna. I wrote to Dr. Hartman, who prescribed treatment. As soon as I commenced to take Peruna I was surprised at the relief it gave me. I kept on taking it until I had taken thirteen bottles and was cured."

**Mrs. Ellen Nagle, 414 4th St., Green Bay, Wis., writes:**

"I have often heard Peruna praised and it is more widely known here than other medicines, but I never knew what a splendid medicine it really was until a few weeks ago when I caught a bad cold which settled all over me. The doctor wanted to prescribe, but I told him I was going to try Peruna and sent for a bottle and tried it. I felt much better the next morning and within five days I had not a trace of any lameness or cough."

**Prince Jonah Kalaniano'ole, Dewey Hotel, Washington, D. C., Delegate to Congress from Hawaii, writes:**

"I can cheerfully recommend your Peruna as a very effective remedy for coughs, colds and catarrhal trouble."

**Mrs. Sue M. Morris, 2214 Patterson St., Nashville, Tenn., writes:**

"Last fall a severe attack of malarial fever laid me up for some months. My condition was serious for a time and the doctor who was attending me did not seem able to cope with the trouble. A neighbor advised me to let the doctor's prescription alone and try Peruna, extolling its virtues to the skies, and I am now ready to do the same, for in three days I was much better and in ten days I was able to be up and in two weeks every trace of malaria had left my system. I know use Peruna off and on when in need of a tonic and it braces me up wonderfully."

**The Doctors Gave Me Up.**

Mr. Lewis Kitchen, Hurlington, Ohio, writes: "I cannot thank you enough for the good your Peruna has done me. About six months ago I could not leave my bed, and the doctors gave me up saying that I had consumption and could not live. Then a friend recommended Peruna to me, and I commenced using it. When I started to use your Peruna I weighed 117 pounds, and now I weigh 172 pounds. I had been sick for ten years, and was so sick I could not turn over in bed when I began the use of Peruna. I think it is the greatest medicine of its time. I am now feeling well and hearty and would not be without Peruna."

**Mrs. H. A. S. Marsh, 2128 Reservoir St., Los Angeles, Cal., President Woman's Benevolent Association, writes:**

"I suffered with la grippe for seven weeks, and nothing I could do or take helped me until I tried Peruna. I felt at once that I had at last secured the right medicine and I kept steadily improving. Within three weeks I was fully restored, and I am glad that I gave that truly great remedy a trial. I will never be without it again."

**Used Pe-ru-na For Bronchitis.**

Mr. Franks Battle, Jr., First street, near Charlotte Ave., West Nashville, Tenn., writes: "I desire to say for the benefit of others that your Peruna has unquestionably cured me of chronic bronchitis. It is the greatest discovery of the age for throat and lungs. Peruna is not simply a palliative to relieve some of the distressing symptoms. It brings permanent relief."

**Hon. C. C. Brooks, Mayor of Sunbury, Ohio, also Attorney for Farmers' Bank and Sunbury Building and Loan Co., writes:**

"I have the utmost confidence in the virtue of Peruna. It is a great medicine. I have used it and I have known many of my friends who have obtained beneficial results from its use. I cannot praise Peruna too highly."

**Cystitis Entirely Relieved.**

Miss Mattie McArthur, care of Hospital, Medical Lake, Wash., writes: "I have not written to you for some time, but, Oh, I have given you many words of praise. I am so well. I had cystitis very badly and could not walk any distance without suffering intense pain, but I do not have a touch of my ailment now. I can never praise Peruna enough. I am telling every one how much good Peruna has done for me."

**Catarrah of Head and Throat.**

Mrs. William H. Hinchliffe, 20 Myrtle street, Beverly, Mass., writes: "I have taken four bottles of Peruna, and I can say that it has done me a great deal of good for catarrah of the head and throat. I recommend Peruna to all sufferers with catarrah. I do not think I ever felt much better. I am really surprised at the work I can do. I do not think too much praise can be said of Peruna."

**Mrs. Ellen Nagle**

**Mrs. S. M. Morris**

**Prince Jonah Kalaniano'ole**

**Mrs. Sue M. Morris**

**Mrs. H. A. S. Marsh**

**Hon. C. C. Brooks**

**Mrs. Mattie McArthur**

**Mrs. William H. Hinchliffe**

**KILL THE COUGH  
AND CURE THE BRONCHES**

WITH **Dr. King's  
New Discovery**

FOR COUGHS, COLDS,  
AND ALL THROAT AND LUNG AFFECTIONS.

GUARANTEED! IF NOT SURE,  
YOUR MONEY REFUNDED!

The old passage  
have to scorch  
room for...