

Comparative Digestibility of Food

Made with different Baking Powders

From a Series of Elaborate Chemical Tests:

An equal quantity of bread (biscuit) was made with each of three different kinds of baking powder—cream of tartar, phosphate, and alum—and submitted separately to the action of the digestive fluid, each for the same length of time.

The relative percentage of the food digested is shown as follows:

Bread made with Royal Cream of Tartar Powder: **100 Per Cent. Digested**

Bread made with phosphate powder: **68 1/2 Per Cent. Digested**

Bread made with alum powder: **67 1/2 Per Cent. Digested**

These tests, which are absolutely reliable and unprejudiced, make plain a fact of great importance to everyone: Food raised with Royal, a cream of tartar Baking Powder, is shown to be entirely digestible, while the alum and phosphate powders are found to largely retard the digestion of the food made from them.

Undigested food is not only wasted food, but it is the source of very many bodily ailments.

Family Quarrel in Board of Agriculture.

Raleigh Dispatch. The Joint Committee on Agriculture voted this afternoon to report favorably the Roberts bill for protection of forests through township and district wardens to be paid \$10 a year and 20 cents an hour when actually fighting fire, the bill carrying an appropriation of \$20,000 and making it possible for this State to share the benefits of federal aid.

The committee heard the family quarrel of the Department of Agriculture concerning the conflict between the Board of Commissioners as to the appointive power. A pending bill would head off divisions appointed by the Commissioner with the advice and consent of the Board and other appointment by the Commissioners. Messrs. W. J. Shuford, W. R. Scott and other members of the Board urged that the entire appointive power be given to the Board with the Commissioner having merely voice with other members. There was spirited discussion and a subcommittee, consisting of Senators McLeod and Brown and Representative White and Williams of Martin, was named to investigate and recommend.

The Home Merchants' Opportunity.

Albermarle Enterprise. Our home merchants who are alert and awake to their opportunities will become active competitors of the distant mail order house. In the near future, merchandising through the mail is to become a feature of trade and since the home man has advantage of all other houses outside the zone of operation in the matter of rates, the active merchant will be able to hold his trade. He should go after the mail order business himself, and encourage his customers to send their orders to him by mail. The local newspaper is the best medium for bringing dealer and buyer together and the man who fails to realize this right in the beginning will wake up a few months hence to find that the other man is working while he was asleep. Rest assured that the mail order houses will establish convenient agencies everywhere and the best way to forestall this is for our local stores to get ready to handle trade within their zones.

IN HICKORY.

The Evidence Is Supplied by Local Testimony.

If the reader wants stronger proof than the following statement and experience of a resident of Hickory, what can it be?

Mrs. L. S. Sherrill, 1346 Twelfth Ave., Hickory, N. C., says: "Doan's Kidney Pills permanently cured my boy of kidney complaint. I am glad to recommend them. The child could not control the passages of the kidney secretions and this caused great annoyance. Although we tried everything, nothing did any good until we procured Doan's Kidney Pills at Moser & Lutz's Drug Store. They greatly strengthened his kidneys."

Mrs. Sherrill is only one of many Hickory people who have gratefully endorsed Doan's Kidney Pills. If your back aches—if your kidneys bother you, don't simply ask for a kidney remedy—ask distinctly for Doan's Kidney Pills, the same that Mrs. Sherrill had—the remedy backed by home testimony. 50c all stores. Foster-Milburn Co., Props., Buffalo, N. Y. "When Your Back is Lame—Remember the Name."

State News.

Robert W. Sherrill, of the southeastern end of Catawba county died recently, aged 47, leaving a wife and the following family: John, Weddington and Legal Sherrill and Mrs. Pink Gabriel, Mrs. Sidney Harwell and Miss Onie Sherrill.

Mr. R. E. Patton, 69 years, died in Burke recently.

Dr. W. A. Leslie is the new president of the Burke county Poultry Association.

Miss Geneva Triplett died in Lenoir last week.

AN ABLE DEMOCRATIC PRESIDENT

May cure the Nation's ills, but if you want to scatter a cold, rub on GOWANS, King of Externals, the preparation considered by those who have used it a household remedy. For Croup, Pneumonia, Colds, GOWANS helps. It reduces inflammation in a short while. Keep a bottle in the home—be prepared.

This verifies our statement: Having recommended Gowans for sore throat, colds, croup, and all cases where there is congestion of inflammation and have never heard of a dissatisfied customer.

Washington and Early, Druggists, Manchester, Va. All Druggists and Guaranteed. Three sizes, \$1.00, 50 and 25 cents. GOWAN MEDICAL COMPANY, Concord, N. C.

WOMAN SICK FOURTEEN YEARS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Elkhart, Ind.:—"I suffered for fourteen years from organic inflammation, female weakness, pain and irregularities. The pains in my sides were increased by walking or standing on my feet and I had such awful bearing down feelings, was depressed in spirits and became thin and pale with dull, heavy eyes. I had six doctors from whom I received only temporary relief. I decided to give Lydia E. Pinkham's Vegetable Compound a fair trial and also the Sanative Wash. I have now used the remedies for four months and cannot express my thanks for what they have done for me.

"If these lines will be of any benefit you have my permission to publish them."—Mrs. SADIE WILLIAMS, 455 James Street, Elkhart, Indiana.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Explanation by Dr. R. Wood Brown, To the Editor of the Democrat:

Every who appears publically either in person or in print, invites criticism; consequently the criticisms on my article on the C. & N. W. R. R. are in order but they should be directed against the proper persons. I made a special trip to Chester to write up the C. & N. W. R. R. and when I entered the headquarters of that road I did know any more about the origin of the C. & N. W. than a feathered biped knows about paleontology.

Mr. W. M. Vandever, the elderly locomotive engineer probably knows what he writes for it is fair to presume that a man who has pulled so many trains can tell whether he is running over a broad, a narrow gauge or a mono-rail. Webster gives "the broad gauge as six feet in United States and seven feet in England, the standard gauge at four feet eight and one half inches, and any gauge less than standard is called narrow gauge and it may vary from two feet to three feet six inches."

All the data for my article was obtained from the officials of the C. & N. W. at Chester: except that about the employees in Hickory. And all errors are not of my making. Mr. Vandever says he would like to "learn" me old railroad. I should be pleased to meet him as ancient history is always interesting.

It does not make any difference whether the C. & N. W. started as a broad or narrow gauge. It is a rattling good road and runs through a fertile country and for its length it carries as many people and as much freight as any railroad in the United States and its officers are urbanity personified, as I learned while in Chester.

Speaking of Chester, S. C. I was told how the first Court House was located. "To satisfy the citizens, three gentlemen were appointed to locate the site. They could not agree, but decided they'd take a jug of whiskey down to the present location of the union depot, and after emptying the jug the chap who could walk the furthest up the hill should locate the Court House. One chap managed to walk to the top before he dropped and there was located Chester's first Court House, it has been torn down and upon its site has been erected a beautiful monument to the Confederate Dead." Dr. R. Wood Brown.

MRS. WM. ARCHER

Tells Mothers What To Do For Delicate Children.

"My fourteen-year-old daughter was very thin and delicate. She had a bad cough so that I became very much alarmed about her health. She was nervous and did not sleep well, had very little appetite and doctors did not help her. Having heard so much about Vinol, I decided to give it a trial. It has helped her wonderfully. She can sleep all night now without coughing once; in fact, her cough is gone. Her appetite is greatly improved and she has gained in weight. Vinol is a wonderful medicine, and I will always keep it in the house. I wish every mother knew what Vinol will do for delicate children." Mrs. Wm. Archer, 223 Broadway, Long Branch, N. J.

This delicious cod liver and iron preparation without oil is a wonderful body-builder and strength-creator for both young and old. We promise to give back your money in every such case where Vinol does not benefit. This shows our faith in Vinol. Moser & Lutz, Druggist Hickory N. C.

Ford Automobiles

A DISTINCTIVE feature of the Ford car—and a marked advantage to the buyer, is the fact that it is built of Vanadium steel—a steel that is recognized the world over as not alone the toughest, strongest, best, but the most expensive steel known to the world of steel making. We have no hesitancy in stating that Ford Model T, constructed as it is of Vanadium steel, is the strongest and most durable car in the world.

Model T Touring Car, \$647.00; Model T Runabout, \$572.00; F. O. B. Hickory fully equipped.

These Cars Must go at Once!

I have on hand the following cars that must go at once. Three new 1913 model T Touring cars, price F. O. B. Hickory, \$647.00 each. One model T Touring, 1912 model, \$500.00. One Maxwell Runabout, \$250.00. One model T Ford, 4 passenger, \$265.00.

C. T. MORRISON

HICKORY, : : : NORTH CAROLINA

Don't You Believe It.

Some say that chronic constipation cannot be cured. Don't you believe it. Chamberlain's Tablets have cured others—why not you? Give them a trial. They cost only a quarter. For sale by all dealers.

There Are Others.

To the Editor of the Democrat:

We see where "Charity and Children" nick-named you "slab-sided." Now the eminent divine and manager of the State Baptist Orphanage ought not to indulge in that kind of folly. A bad example to set before his little folks. Besides, it is not true, Mr. Banks. I for one will stand up and defend you. Your corporosity takes the form of too much fullness in front. There are others of Hickory's most prominent citizens built like you.

Of all the stunts of scornful cranks, To call our Mr. Howard Banks "Shorty" or "Old Slab-Side!" It's neither dropsy, mush, or gout, It's just a bay window punches out, And that's a thing that you can't hide. The truth it hurts, because it's true; There's others here that's built like you—Taylor, Dasher, and Squire Sides, Dan Whitener, and J. D. Elliott, too, Are full below the belt like you, Alright, except in horse back rides. Squire Wolfe.

Beware of Ointments for Catarrh That Contain Mercury

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces, such articles should never be used except on prescriptions from reliable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no Mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c per bottle. Take Hall's Family Pills for constipation.

Are You Insured?

Suppose You Have A Fire To-Night? Today is the time to get a Policy on your dwelling, barn, store, saw mill and other property. A few dollars invested today may save you \$1,000 to-night. "Right as We Write it" Hickory Insurance & Realty Co. GENTS Hickory, N. C.

The Prescription

is far too valuable to trust to inexperienced, careless hands—on it depends your health—so have it compounded HERE where there is NO POSSIBILITY of substitution or of the use of stale or impure drugs and where exacting care is taken to COMPOUND PERFECTLY After your physician, trust to us—and you'll be safe.



MOSER & LUTZ, Druggists "ON THE CORNER."

VALUABLE FARM FOR SALE AT AUCTION

For division among the heirs of this part of the estate of B. S. A. Aderholt, deceased, we will sell at public auction on the premises, 1 1/4 miles south of Crouse Station in Gaston Co., the home tract, known as the John Aderholt place, Saturday, March 1st at 1 o'clock p. m.

The whole tract contains 123 9/10 acres. It has been subdivided into 4 tracts ranging from 23 3/4 acres to 39 acres which will be sold separately, and then as whole and the sale will be left open 20 days for final bids to be bettered, and if bettered as much as 10 per cent on the whole, it will be readvertised and sold the highest bid then made will be final.

This farm is well located 1 1/4 miles from S. A. L. Railroad and high school at Crouse Station. Churches convenient. Best watered farm in the country anywhere, each tract is divided has fine spring and branch, plenty of timber. Tracts Nos. 1 and 4 are nearly all timbered with fine oak and hickory timber; tracts Nos. 2 and 3 are nearly level free from rock, all the land is red subsoil and easily improved. It is considered the most ideal farm in this part of the country. If you are at all interested in farm lands be sure to attend this sale. Now is the time to buy real estate. It is growing higher each year. Remember the date, March 1st at 1 o'clock rain or shine. We offer terms that are in reach of all as follows: 1-3 cash on day of sale, 1-3 12 months, 1-3 two years with interest at 6 per cent from date payable semi-annually deferred payments secured by approved security and deed with held until paid in full.

Prospective purchasers will be shown over the land by Ed Reep who lives on the farm, or by M. L. or J. D. Rudisill who live on adjoining farms, and above parties will show plates of the land. For further information address the undersigned at Henry River, N. C.

D. W. Aderholt } Agents, M. R. Rudisill }

2-4-3t

Surprise Your Friends

For four weeks regularly use Dr. King's New Life Pills. They stimulate the liver, improve digestion, remove blood impurities, pimples and eruptions disappear from your face and body and you feel better. Begin at once. Buy at C. M. Shuford, Moser and Lutz, or Grimes Drug Stores.

The One Thing That Matters. When you come down to the very bedrock of affairs nothing matters to a nation excepting the health and number of its babies.

Bixby, N. C.—I know that Lee's Remedy is the best I ever tried. I think it a God-sent remedy in my home. I have been troubled with headache from a child, but Lee's Headache Remedy is the best of all. So will say to my headache sufferers, "Try this great remedy and be convinced."

MRS. T. C. ALLEN, Sold by all druggists.

The Way It Happened.

A lady's hat was set on fire one day last week in the city, apparently by a match thrown from the top of an omnibus, and completely destroyed. Some idea of the vastness of the structure may be gathered from a report to the effect that the fire raged for some time in the north end of her headgear before the lady was aware that anything was amiss.—Punch.

CASTORIA For Infants and Children.

The Kind You Have Always Bought Bears the Signature of *W. D. Hoagland*

In the Depths. "Years ago Dobson told me that he wanted to lead a life of obscurity." "Well, his dream has come true." "How so?" "He is now the husband of a famous woman."—Birmingham Age Herald.

LOCAL AND PERSONAL.

Mrs. McKethan, of Fayetteville, is visiting her brother, Mr. K. C. Menzies.

Mr. Luke P. Hahn has accepted a position with the Burke Drug Co. at Morganton.

Mr. C. T. Morrison, the Ford auto man, spent Friday in Charlotte on business.

Mr. H. F. Dietz, and son Clyde left Saturday for Bartou, Fla., to work for the Elliott Bldg. Co.

Mr. and Mrs. Frank Clinard, of Yadkin Valley, are in the city this week at the bedside of their son, Mr. Will Clinard, who has typhoid fever. His condition is about the same.

Dr. R. Wood Brown is the correspondent of the Charlotte Observer in this city, and will be glad to have items of news sent to him in care of the Hickory Democrat.

Mr. R. M. Pierpont, traveling freight and passenger agent of the Santa Fe, and Mr. E. R. Jennings, traveling passenger agent of the Missouri Pacific, were in the city last week. Mr. Jennings is a nephew of Mrs. M. E. Thornton. Both are delightful gentlemen, and are counting on their roads getting a big business from this section for the San Francisco exposition.

This Applies to Hickory, Too.

Charlotte Chronicle.

Under the present form of government in Charlotte neither the voter, the taxpayer nor the citizen is getting a square deal: The voter because he has little voice in the government and never knows what the man he votes for is going to stand for; the taxpayer because one-third or more of the taxes he pays is wasted through lack of co-operation and the absence of efficiency in many departments of the city government; the citizen because if he has a complaint he has no responsible person to appeal to. All of these things would be remedied under a commission form of government. The voter would be powerful at all times and inefficiency or ill conduct in office would be remedied by the removal of the offending official. The taxpayer would have the pleasure of receiving full value for his tax money in the form of streets, sidewalks, police and fire protection, proper sanitation, etc.

Are You A Cold Sufferer?

Take Dr. King's New Discovery. The Best Cough, Cold, Throat and Lung medicine made. Money refunded if it fails to cure you. Do not hesitate—take it at our risk. First dose helps. J. R. Wells, Floydada, Texas, writes, "Dr. King's New Discovery cured my terrible cough and cold I carried 15 pounds." Buy it at C. M. Shuford, Moser and Lutz, or Grimes Drug Stores.

Subscribe for the DEMOCRAT

A CHECK ACCOUNT IS PROFITABLE

A Bank Check Account helps in many ways. It does not only make it easier to handle your financial affairs but creates a desire to increase your balance from month to month. It strengthens your position in the business world, and fortifies you to meet the needs of business. Be modern in your methods. Pay your business and personal bills by check drawn on this bank.

Large and Small Accounts Solicited

Four Per Cent Interest Paid on Saving Accounts, Compounded Quarterly.

MONEY TO LOAN AT ALL TIMES

CAPITAL and SURPLUS \$250,000

FIRST NATIONAL BANK

J. D. ELLIOTT, President
K. C. MENZIES, Vice Pres. and Cashier
J. L. CILLEY, Assistant Cashier.