

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 3/4 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.

Notes From Gunpowder.

This article was crowded out of last week's issue.

Gunpowder, May 13th.—Sunday was a red-letter day for St. Matthews church, it being the occasion of the dedication of the new church building. The dedicatory sermon was preached Sunday morning at 11 o'clock by the Rev. A. R. Beck of Dallas, N. C. Mr. Beck preached an excellent sermon, which was very appropriate and applicable, and which was enjoyed by all present.

After this service, there was an intermission of nearly two hours, which was spent in devouring the bountiful dinner which had been prepared, and the mingling of old friends and acquaintances; for there were many present on this occasion who had not been in this country for years.

At a little past 2 o'clock, installation sermon was preached by the Rev. J. D. Mauney, of the St. Andrews St. Stevens and Mt. Olive pastorate, Hickory, N. C. This sermon was a splendid effort, outlining the scope and mission of the pastor.

Immediately following this, was the address to the congregation, by Rev. A. R. Beck, in which he made the duty and work of the membership of the church very plain.

At 3 o'clock, President R. L. Fritz, of Lenoir college, delivered an address on Christian Education. This was an address, full of thought and meaning. He laid large emphasis on the proper and correct training of the child in the home. He also emphasized the importance of employing only christian teachers in our public schools. It was a timely and very sane address, and we cannot begin to tell of its merits in this short article.

Taken all in all, this was a most enjoyable and profitable occasion. It was a spiritual as well as a temporal feast. It really impressed one as being a great union meeting; there was such an air of friendliness and fellow feeling. A large crowd was present.

The Sunday School at Rocky Mount was delighted to have Prof. N. M. Cordell, of Hickory with them on the first Sunday, to assist in the singing program. Prof. Cordell is a good singer and musician, and always pleases where he goes.

Miss Katie Smith, accompanied by the family physician, Dr. B. G. Flowers, went to Dr. Long's hospital Statesville, Tuesday for an operation. She has been in poor health for several months and it is not positively known what the trouble is. We hope the operation will be successful, and that she may soon return home.

The farmers are about done planting corn and cotton. We have had some very cold nights; in fact, there was frost Sunday morning, but not enough to hurt.

The wheat crop is looking very promising, but the oat crop outlook is bad.

Cole Blease Advertising Himself Again.

Gov. Cole L. Blease of South Carolina has refused to honor the requisition of Governor Craig for M. B. Smith of Cheraw, who is wanted in Wadesboro on three indictments in connection with insurance deals. Blease at first announced his intention to honor the requisition, since Smith is not one of his friends, but the Cheraw man employed George R. Rembert of Columbia, Gov. Blease's floor leader in the lower branch of the South Carolina legislature and this caused the governor to change his mind.

Official Route to Confederate Reunion, at Chattanooga, Tenn. May 27-29th 1914, VIA SEABOARD AIR LINE RY.

The Mecklenburg Camp Confederate Veterans of Charlotte, N. C. have selected the Seaboard as the Official route to the reunion at Chattanooga, Tenn. for North Carolina, and they will leave Charlotte on May 26th Monday night at 8 P. M. in two Pullman cars, arriving at Chattanooga, Tenn. Tuesday 27th noon, in plenty of time for the opening of the reunion. The rate for the round trip from Charlotte is only \$7.75 and correspondingly low rates from all other points, the tickets are good until midnight June 5th, without any extension, but you can have same extended by depositing at Chattanooga, and paying 50cts, made good until June 25th 1913, inc. these tickets are good to stop over at any point by notice to the conductor, the Pullman berths will be not over \$1.75 per berth, and perhaps less; two can occupy a berth if desired at the same cost, berths should be engaged as early as possible by writing to the undersigned.

The Seaboard route goes via Atlanta and from there over the famous W. & A. Ry. called the Battle's Route, full of historic interest to all. A list of hotels and boarding houses can be seen at the "camp room" in the City Hall where you can get them and write for accommodations. Chattanooga is going to take splendid care of the veterans and none need feel that they will not be taken the very best care of. Make your reservations from Mr. James Ker Jr. now, write him at Charlotte, N. C.

Any information you may wish will be cheerfully given. James Ker Jr., T. P. A. will accompany the train through and see that the Veterans and their friends are given the very best care and attention, all are urged and invited to take this route and join the party, a good time is promised. For further information call on or address, James Ker, Jr., Traveling Passenger Agent, Seaboard Air Line Railway, Charlotte, N. C.

After a hearty meal, take Doan's Regulets and assist your stomach liver and bowels. Regulets are a mild laxative. 25c at all stores. (adv.)

For Weakness and Loss of Appetite
The Old Standard general strengthening tonic, GROVES' FASTEST-CURING TONIC, drives out Malaria and builds up the system. A true tonic and sure Agent. For adults and children, 50c.

For the Weak and Nervous.

Tired-out, weak, nervous men and women would feel ambitious, energetic, full of life and always have a good appetite, if they would do the sensible thing for health—take Electric Bitters. Nothing better for the stomach, liver or kidneys. Thousands say they owe their lives to this wonderful home remedy. Mrs. O. Rhineault, of Vestal Center, N. Y., says: "I regard Electric Bitters as one of the greatest of gifts, I can never forget what it has done for me." Get a bottle yourself and see what a difference it will make in your health. Only 50c and \$1.00. Recommended by C. M. Shuford, Moser & Lutz and Grimes Drug Store. adv.

PROFESSIONAL CARDS

DR. H. P. FLOWE
Veterinary Surgeon
Office at Thomason's Livery Stable
Phone 267.

DR. W. B. RAMSAY,
Dentist.
Office Over Postoffice.

R. P. DAKIN
CONTRACTOR and BUILDER
Fine Residence and Difficult Remodeling a Specialty,
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WILL G. KIRKMAN
Piano and Pipe Organ Tuner
CHARLOTTE, N. C.
Regular Visits to Hickory.

DR. J. J. HICKS
DENTIST
Will be in my office Fridays and Saturdays
Up Stairs in Club Bld'g., next door to Shuford Hardware Co.

Dr. K. A. Price,
PHYSICIAN.
Calls answered night and day.
Office at residence, 1430 11th Avenue.
PHONE No. 94.

Dr. J. C. BIDDIX
DENTIST
Office over Singing Sewing Machine Office.
HICKORY, N. C.

Dietz's Barber Shop
THE OLD RELIABLE
For First Class Haircutting and Shaving.

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ATTORNEY-AT-LAW
Honest service promised all who employ him to attend to their legal rights.
Will practice in all the courts of this State.

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Try us once and you will come again
D. F. CLINE, Proprietor

Mrs. D. M. Atkins
Trained Nurse
Will be glad to serve Physicians in adjacent towns and country as well as in Hickory
PHONE 80 HICKORY, N. C.

Tax Notice!

Hickory Township

I will be in Hickory on the following days to receive the tax list of the citizens of Hickory Township.
May 16, 17, 22, 23, 24, 27, 28, 29, 30 and 31.

Please meet me there and give me your lists. After these days you will have to come to my residence.
Respectfully,
L. C. HUFFMAN,
List Taker.

An Egg Within an Egg.

Mr. E. P. Smith has a hen that steps ahead of anything in the fowl line in this section. She presented him with an egg within an egg the other day. There was a perfectly formed egg within the outer egg, both being incased with separate shells.—Morganton Messenger.

Mistaken Diagnosis—Doctors Guess Wrong Again.

About five years ago I wrote you that I had been a terrible sufferer from kidney and bladder troubles, and that my physician informed me that my left kidney was in such condition that there was no hope for my recovery. I was advised to try your Swamp-Root as a last resort, and after taking four fifty-cent size bottles, I passed a gravel stone which weighed ten grains. I afterwards forwarded you this gravel stone. Have had no return of any trouble since that time and cannot say too much in favor of your wonderful preparation, Swamp-Root, which cures, after physicians fail.

Very truly yours,
F. H. HORNE,
Route 3, Box 30, Roseboro, N. C.
Personally appeared before me, this 31st day of July, 1909, F. H. Horne, who subscribed the above statement and made oath that the same is true in substance and in fact. JAMES M. HALL, Notary Public.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You.
Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention the Hickory Democrat. Regular fifty-cent and one-dollar size bottles for sale at all drug stores. (adv.)

Cures Old Sores, Bites Remedies Won't Cure
The worst cases, no matter of how long standing, are cured by the wonderful, old reliable Dr. Porter's Antiseptic Healing Oil. It relieves Pain and Heals at the same time. 25c, 50c, \$1.00.

"Just Existing"

Some men are satisfied just as long as a place to eat and sleep is provided.

But, the man who takes advantage of every opportunity to make an honest dollar and banks half of it, is the fellow to enjoy real happiness in the cloudy days ahead.

The First National Bank affords the best protection for your funds, as well as the easiest method of saving money.

Four per cent Interest paid on Savings Accounts, compounded quarterly.

Money to loan at all times.

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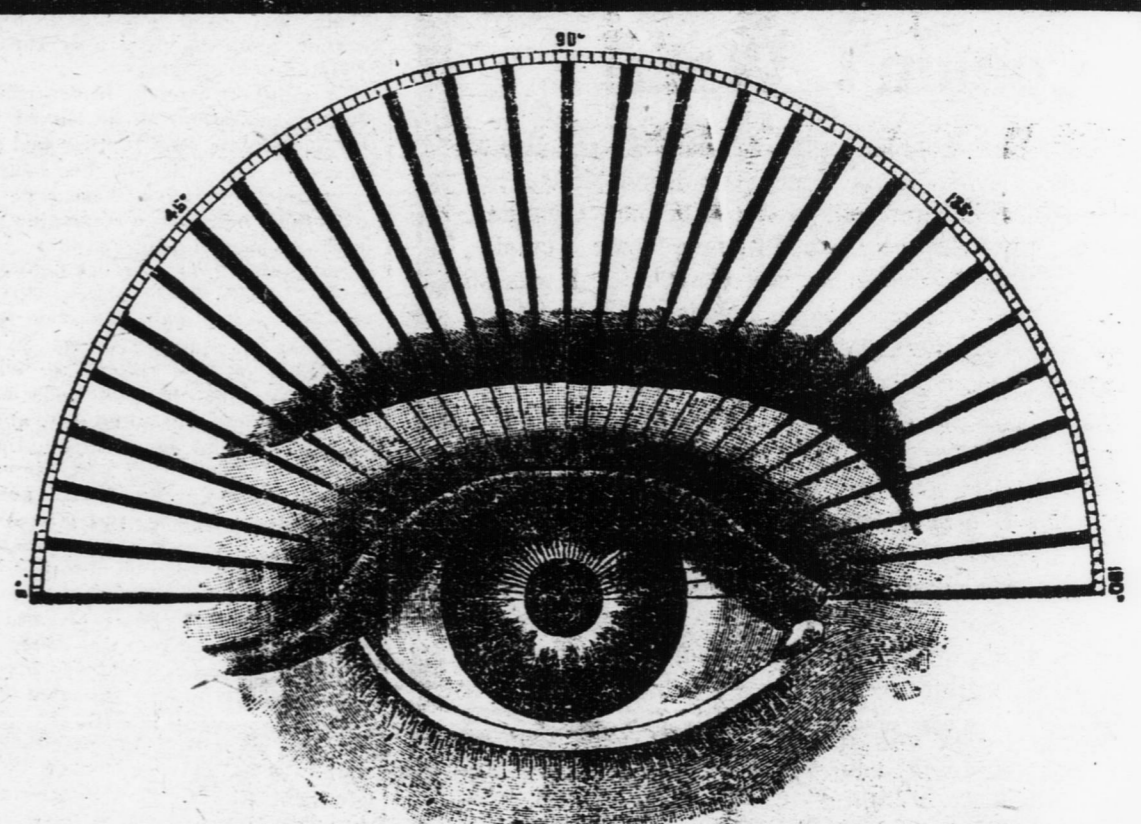
HICKORY, N. C.

Capital and Surplus, \$250,000.00

J. D. ELLIOTT, President

K. C. MENZIES, Vice-Pres. and Cashier

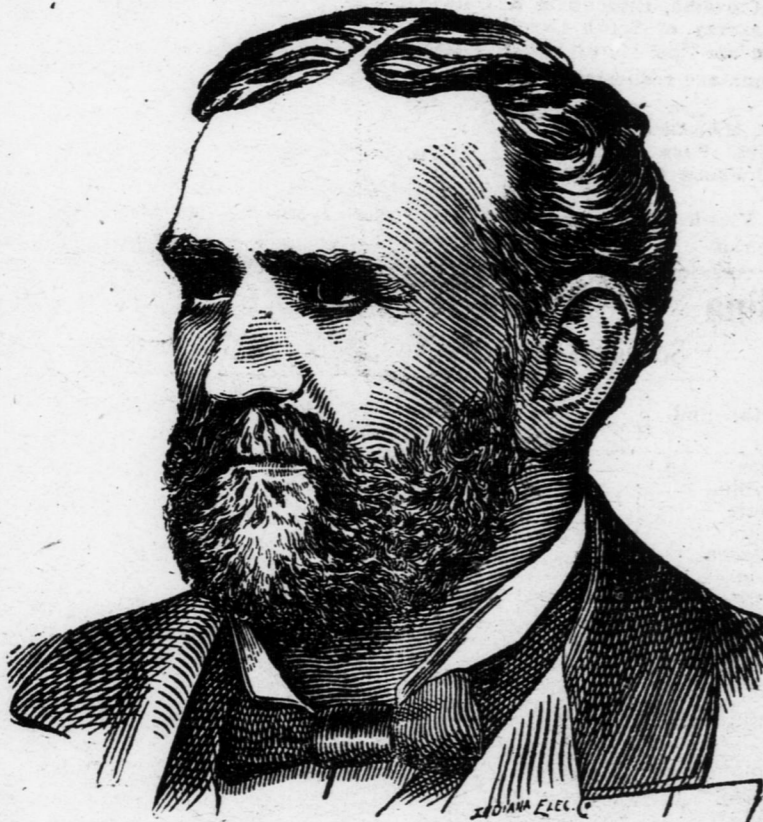
J. L. CILLEY, Assistant Cashier



Eyesight is priceless and delay is sometimes dangerous. If you lose your teeth you can get more but if you lose your eyes it will be a slow go. Therefore come in and have your eyes tested in the most up-to-date style. I correct errors of refraction both simple and complicated, such as Presbyopia, Hypermetropia, Myopia, Astigmatism, etc., and by the use of Covelles Ophthalmic Cabinet with electric lights I can fit the same by day or night. Yes, life is too short not to have the best eyesight possible. My ability is second to none so if your vision can be improved I can do it. No charge for test.

E. E. HIGHT, Expert Watchmaker and Registered Optometrist. Office: Singer Co., 1316 Union Square, Hickory, N. C.

Coming to Hickory Every Sunday



Doctor Peterson will be in Hickory every Sunday at the PARKER HOUSE, where he can be consulted by anyone who is sick. This gives working people, especially, a chance to consult this celebrated specialist free of charge.

His specials are: Rheumatism, Bright's Disease, Diabetes, Dyspepsia, Consumption and Nervous breakdown. Do not fail to consult him. He can cure the worst cases or all money paid him will be refunded.