

Like a Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor Says Nuxated Iron is Greatest of all Strength Builders—Often Increases the strength and endurance of delicate, nervous folks 200 per cent in two weeks time.

New York, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 2 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he had filled him with renewed life. At 30 he was in bad health, at 46 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more or less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak and pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired, next take two five grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old form of reduced iron, iron acetate or iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it will prove worse than useless. Many an athlete or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. Sauer, M. D.

Note.—Nuxated Iron recommended above by Dr. Sauer is not a patent medicine, nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution, if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Hickory Drug Co. and all other druggists.

Good Roads Convention

(Continued from page 1)

county road commission consisting of three members who shall have complete charge of road construction within the county. Mr. Joy advanced as a reason for his substitute that it would solve two problems—township road maintenance, which would be one of the greatest stumbling blocks to the movement if it were not provided for, and a small commission to have charge of the county construction.

Mr. Colin Yoder said Mr. Joy must be a mind-reader, inasmuch as the resolution offered by him had been floating around in his head ever since the mass meeting had been called. He seconded the motion, and hoped the convention would adopt the substitute. Judge Mebane accepted Mr. Joy's substitute, which was briefly discussed and finally unanimously passed.

Chairman Self was instructed to appoint a committee of one from each township to carry out the wishes of the convention, after which the meeting adjourned.

It is generally understood that Mr. W. S. Falls, on the part of the State Highway Commission, is preparing a bill to be presented to the general assembly. This bill will probably be of such character as will enable any county to submit to its voters a plan of road construction and maintenance that is best adapted to its needs. Secretary Joy telegraphed to Mr. Falls, requesting him to send a draft of the proposed bill to the Chamber of Commerce, so that the committee can use that as a foundation on which to carry out its constructions.

AGRICULTURE IN ENGLAND STRESSED

(By Associated Press.)

London, Feb. 7.—Agriculture statistics for 1916 relating to England and Wales have just been issued by the board of agriculture. They show why, apart from the growing difficulty of obtaining supplies from overseas, special attention is devoted to increasing home production of certain food staples, more particularly wheat, potatoes and pigs.

The area under wheat in 1916 amounted to 1,912,208 acres, being 257,962 acres, or about 12 per cent less than in the previous year. The area under potatoes last year was 427,946 acres, 35,451 acres below that of 1915. The total number of pigs raised in 1916 was 2,167,941, a decline of 252,086, or nearly ten and a half per cent, as compared with the preceding year.

On the other hand the total number of cattle returned last year was 6,215,781, the largest number recorded since returns were collected and showing an increase of 151,627 over the total of 1915. English people are the greatest consumers of mutton in the world and it is satisfactory to note that the total number last year was 17,251,123, an increase of 428,546 as compared with the preceding year. The total number of horses on agricultural holdings was 1,559,566, an increase of five and a half per cent.

The total area of land in England and Wales is 37,137,594 acres. Of this 11,051,101 were returned as arable land, 16,022,983 acres as permanent grass, and 3,816,083 acres as mountain and heath land used for grazing last year. These figures indicate an increase of 85,394 acres of arable land and a decrease of 64,410 in permanent grass, while rough grazings increased by 51,377 acres. The total area returned as heath fell in 1916 was 421,886 acres, or 112,247 acres in excess of 1915.

Gettin' Away With It.
An amusing incident happened the other day while Decatur county's contribution to the centennial parade in Indianapolis was on its way to the capital city. Their float was a miniature of the famous courthouse tower at Greensburg, with the maple tree growing on it. Roy C. Kanouse, its designer and builder, left Greensburg on a truck at 3:30 a. m. with the tower. Now Greensburg has been infested with petty burglar and their activities are known even outside the county and just as day was breaking and the men were entering Shelby county they passed two farmers on the road when one was heard to remark "Looka there, by gosh, them fellers hez stole the Greensburg courthouse tower en air gettin' away with it, too."—Indianapolis News.

Horse Holds His Own Well.
"The horse is doomed. If the people keep on buying automobiles, the horse will soon become a rare animal, seen only in zoological gardens and museums." We have heard some such prediction a thousand times. What is the fact? Reports of the department of commerce show that in the last 15 years the number of horses in the United States, far from decreasing, has increased over 50 per cent. In 1915 it was estimated there were more than 21,000,000 horses in the country, valued at \$2,000,000,000. Manifestly, the horse is not so easily crowded out as some of us thought. Notwithstanding the fact that racing is less popular and automobiles multiply beyond all count, the horse more than holds his own.

Plenty of Privacy Then.
"Is there such a place in this world as an ideal summer resort?"
"Oh, yes," replied the cynical person who hates the society of his fellow man.
"Name it."
"Almost any summer resort in mid-winter."

Club Has Unusual Rules.
Unusual rules have been adopted by the Thimble Bee club of 20 members, of Florence, Pa. Any member who is a musician and does not bring her favorite instrument or song to the meeting is to be fined. All must have their fancy work, the membership of the organization being limited to young women.

Growth of Esperanto.
The literature of Esperanto has increased from 29 books in 1880 to 2,500 in 1914, and during the last three or four years six full-length original novels have been published in the language.

WANTED—POSITION AS STENOGRAPHER by young lady who has completed this course. Willing to start on small salary. Address P. O. box 397. 2 7 6t pd

Blankets! Blankets!!
A few pairs good wool blankets left for \$4.50 and \$5.00 per pair. Phone in your order.
Shuford Furniture Store.

Are You a Woman?
Take Gardol!
The Women's Tonic
FOR SALE AT ALL DRUGGISTS

ANOTHER CHANCE GIVEN POOL ROOMS

Hickory's three pool rooms are to remain open, but only upon the understanding that the next serious complaint will result in having them closed good and tight. The only reason the licenses were not revoked was the uncertainty of council that this could be done, and it was not desired to provoke litigation that might go to the supreme court and then be decided against the city.

In the meantime City Attorney Jos L. Murphy will indict the pool room managers under the criminal law and carry the matter to the highest court, he informed council Tuesday night. Mr. Murphy believes the law is ample to cover the offenses of gambling alleged to have been committed in the three places and he will make a test case of the law.

It was freely admitted at the meeting that the case against the managers was not as strong as it could have been, for the simple reason that men who talked freely in private were loath to swear in public against the places. Nobody doubts that the pool rooms are evil places, but evidence was wanting at the time of hearing, it was thought, to make the case against them conclusive. Another complaint will result in action. Mr. Rector was advised to employ a new manager, as most complaints have been made against his place.

Mr. Charles Witherspoon was present Tuesday night and told the board, after the pool room managers had been informed that they would get another chance, that all the rooms were gambling places and gave it as his opinion that a pool room would not make expenses if it was honestly run. He said there would be more gambling than ever and told how working men, with their week's wages, would be fleeced by the sharps that hung-out there.

Council decided to agree to a reference of the Horsford creek bridge matter, the county commissioners having authorized County Attorney R. H. Shuford to agree to this also. Mr. G. H. Geitner, chairman of the Hickory township road commission, was before the board and said this would be the simplest and least costly proceeding. The bridge is just inside the city limits, but was built on a new road, and the city's bridge abandoned.

The board discussed sewerage building, water works construction and ordered bills paid.

Neglected Colds Grow Worse
A cough that racks and irritates the throat may lead to a serious chronic cough if neglected. The healing pine balsams in Dr. Bell's Pine Tar Honey—Nature's Own Remedy—will soothe the irritation, breathing will be easier, and the antiseptic properties will kill the germ which retarded healing. Have it handy for croup, sore throat and chronic bronchial affections. Get a bottle today. Pleasant to take. At all druggists, 25c.

Gained Religion Rapidly.
A little five-year-old East Wintrop, Me., lad went to Sunday school with his sister, some older, and was much impressed with what he heard and saw. He talked considerably about his visit and his remarks were very interesting, he deciding that someone lived in heaven who could do any and all things.

It was soon after that the lad's mother had occasion to call him to her, and he, boylike, replied in the "just-a-minute" manner, remarking that it was going to rain and he wanted to catch some of the rainwater. The lady soon repeated the summons and tiptoed along to see what he was doing, to find him just completing the setting of his dishes and to hear him say in childlike innocence: "All right, Dedus; let 'er rain!"—Kennebec Journal.

YOU NEVER CAN TELL. by F. R. Paul



WHALE STEAK EATEN AT COAST BANQUET

Many people have heard of a "whale of a dinner" or other "whales"; but how many have ever eaten any whale steak. A Long Beach, Cal., special to the Los Angeles Times says:

Capt John D. Loop of the good ship Camiguin killed another whale today, and the high cost of living in Long Beach went down another notch. Six tons of whale tenderloin, a delicacy which has leaped into popularity here in the past few weeks, was carved from the carcass of the giant leviathan and placed on the markets of Long Beach and Los Angeles at a nominal price.

So cheap and so popular have become whale steaks here that the high cost of meat has been dealt a severe blow by the advent of the sea-food.

Although the public was somewhat backward about eating whale at first, the local markets sell close to a ton a day of the meat at present while Los Angeles dealers are calling for more with each killing.

In addition to the six tons of tenderloin, the whale shot by Capt. Loop today yielded 10 tons of blubber that will be reduced to a lubricating oil of high grade.

Captain Loop sighted his quarry at an early hour this morning off Hart's point, and pursued the big fish for nearly half a day before he could

maneuver to within striking distance. It was three hours after the first bomb exploded in the side of the leviathan before the sea monster gave up. The fight and chase took place in the channel 15 miles southeast of Long Beach.

The whale, a California gray, was lazily riding the swells when first seen by the crew of the whaler Camiguin. On the approach of the launch, however, it started off down the coast with a speed calculated to indicate that it had a certain destination in view.

The leviathan slowed up a little, however, off Huntington Beach, and the Camiguin trailing close behind, let go with her forward gun. This again spurred the whale into activity. The bombs had found its mark, however, and it was not long before Capt. Loop had all hands pumping bombs and harpoons into the monster from all parts of his well-equipped hunting-craft.

After the gray finally succumbed to its numerous wounds, it was pulled onto a barge in tow of the Camiguin for that purpose. Eight men had sliced off several tons of choice steaks by the time the Camiguin brought up to port.

With a view of economizing in paper printing, a number of British railway companies have decided to discontinue the practice of sending out a copy of their annual report to every stockholder.

Efforts are being made to increase the tobacco industry in Ireland, which has soil that is said to be suitable for almost all varieties of leaf.

RECORD WANTS

ROOM COTTAGE FOR RENT. Close in. Phone 64. 1 19 t

FOR RENT—HOUSE WITH 5 rooms, light and bath. Apply to J. S. Setzer and Son Store. 1 27 1 wk

WANTED—A RELIABLE HUSTLING party to sell cemetery work for us in this section. Old established company. Good proposition to right man. Write for particulars. Mecklenburg Marble and Granite Co., Charlotte, N. C. 1 30 once wk 3 wks

FOR RENT—NICE FURNISHED rooms with bath and lights. One block from square. Apply Record. 2 5 t

LOST—AUTO DRIVING GLOVES on Union square. Reward. Return to Moretz-Whitener Co. 2 6 3t

FOR SALE—LOT ON TWELFTH avenue and Twelfth street. Less than three blocks from Union Square. Will make most any terms you want. Mrs. Maud S. Clark. 1 3 3t

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