

HELPFUL HINTS ON HAIR HEALTH

Scalp and Hair Troubles Generally Caused by Carelessness.

Dandruff is a contagious disease caused by a microbe which also produces baldness. Never use a comb or brush belonging to some one else. No matter how cleanly the owner may be, these articles may be infected with microbes, which will infect your scalp. It is far easier to catch hair microbes than it is to get rid of them, and a single stroke of an infected comb or brush may well lead to baldness. Never try on anybody else's hat. Many a hat-band is a resting place for microbes.

If you happen to be troubled with dandruff, itching scalp, falling hair or baldness, we have a remedy which we believe will completely relieve these troubles. We are so sure of this that we offer it to you with the understanding that it will cost you nothing for the trial if it does not produce the results we claim. This remedy is called Rexall "93" Hair Tonic. We honestly believe it to be the most scientific remedy for scalp and hair troubles, and we know of nothing else that equals it for effectiveness, because of the results it has produced in thousands of cases.

Rexall "93" Hair Tonic is devised to banish dandruff, restore natural color when its loss has been brought about by disease, and make the hair naturally silky, soft and glossy. It does this because it stimulates the hair follicles, destroys the germ matter, and brings about a free, healthy circulation of blood, which nourishes the hair roots, causing them to tighten and grow new hair. We want everybody who has any trouble with hair or scalp to know that we think that Rexall "93" Hair Tonic is the best hair tonic and restorative in existence, and no one should scoff at or doubt this statement until they have put our claims to a fair test, with the understanding that they pay us nothing for the remedy if it does not give full and complete satisfaction in every particular. Two sizes, 50 cents and \$1.00. Remember, you can obtain Rexall Remedies in Marion only at our store—The Rexall Store. J. W. Streetman.

Bogus Cloth.

What is Paint? Some people think anything labelled "paint" is paint, but there's a difference, just as much as between one kind of cloth and another. Cloth nine-tenths cotton and one-tenth wool, is bogus cloth. Cloth all wool wears to the limit. Paint at a price between 75 cents and \$1.50 is like bogus cloth. The L. & M. Paint is all wool and wears to the limit. There's a reason.

Longman & Martinez, Manufacturers—The L. & M. Pure Paints, Varnishes and Paints for every purpose, for sale by J. D. Blanton, Marion, N. C.

Write postal for "MONEY SAVER PRICE LIST No. 60." Longman & Martinez, P. O. Box 1879, New York.

Notice!

Bring your fat Calves to Nebo, N. C. after November the first from 3 to 6 weeks old. Will pay 3c per pound on foot.

Will buy them all times during the week except Saturdays.

C. F. Smith

WORK OF HOOKWORM DISPENSARIES.

Selma Ellis, a Columbus County Boy, Takes New Lease on Life.

Selma Ellis, a Columbus County boy sixteen years old, who lives near Fair Bluff, was brought in to the State and County Dispensary July 25th on a stretcher. He was unable to sit up or walk. He had been in declining health for six years, unable to work or to go to school. He weighed only sixty pounds and had an enormous ulcer on his left leg.

A microscopic examination verified the belief that he was a victim of the severest type of hookworm infection. Treatment was begun by Dr. Pridgen, but as he had to move his hospital, Dr. C. W. Stiles, Scientific Secretary of the Hookworm Commission, was prevailed to complete the treatment at the Marine Hospital in Wilmington.

Selma made a splendid recovery, can walk or run, and is now at his home in good health. He gained 19 pounds, now weighing 79 pounds, and the quality of his blood has increased from 14% to 60% of normal. He is an enthusiastic worker in the hookworm crusade, but is only one of the thousands who are finding restored health and pleasure as a result of the campaign.

Seventeen of the eastern counties of the State have provided for these dispensaries.

The Idle Land.

Lenoir News.

In going about the country one must be forcibly impressed with the amount of land lying idle or uncultivated over this part of country. Most land holders are "land poor," that is, they have more than they pretend to profitably cultivate. Yet they hold it, pay taxes on it and frequently let it out to thriftless tenants who merely scratch it, not realizing enough to pay for the labor expended on it.

This is a serious drawback to our part of the country, and if persisted in will hold us back and keep away useful and desirable citizens. Many tracts of land in Caldwell county could be cut into two, four, six, or even eight or ten, smaller parcels and become the more valuable with each division. Small farms make near neighbors, bring good schools, better roads, more congenial and friendly communities and are better in every way. The progress of the times demands intensive cultivation and scientific farming, and wherever that is employed the soil becomes more productive and valuable. Many land owners in this county can afford to almost give away parcels of land in order to get good near neighbors and friends. Ten good live farmers living on and properly cultivating ten farms of 100 acres each are much better than one man trying to manage and cultivate a farm of 1000 acres. And the division may be carried much further, for twenty farmers make a richer and better community than ten.

Other sections of the South are realizing this important matter and are offering inducements to settlers to come to them. Will Western North Carolina not be wide enough awake to do like wise?

The farmer who lost his half-bushel measure was in more than a peck of trouble.

CHICHESTER'S PILLS

THE DIAMOND BRAND. Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Each one sealed with Blue Ribbon. Take as above. Part of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS, for 25 years known as Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE.

Necessity of Organic Matter in the Soil or Green Manuring.

We have now attempted to explain the phenomenon called "souring of the soil" and to point out a practicable remedy, namely; roll the green manuring crop; disc it a number of times in the opposite direction to the rolling while yet green and succulent in order to cut it into small bits; plow it under; disc it once or twice after plowing, depending on the amount of material on the land; with the disc set at a slight angle in order to pulverize and mix the cut-up vegetable matter with the whole soil stratum; and allow the land to settle a few weeks and receive one or more good rains.

We shall now take up in succession and discuss the values of a number of humus forming materials, other than animal manures, and then point out methods of handling them in connection with different crops.

In a previous chapter we gave the average chemical analysis of a large number of samples of green rye in which we found this material to contain 10 lbs. of nitrogen, 5 lbs. of phosphate, and 14 lbs. of potash per ton. All of these constituents are taken from the soil by the roots, built into the tissues of the plant and given out again to a succeeding crop when the rye decays.

A crop of green rye weighing eight tons to the acre is easily grown on the average farm in North Carolina. This amount of green rye incorporated with the first ten inches of a ten acre field would furnish to the soil of this field, in a readily available form, 800 lbs. of nitrogen, 400 lbs. of phosphate and 1120 lbs. of potash.

This is as much nitrogen as would be furnished by 20 tons, of an 8-2-2 fertilizer or 100 loads of fresh cow manure. The phosphate in this amount of green stuff is equal to that contained in 2 1/2 tons of an 8-2-2 fertilizer or in 200 tons, or loads, of fresh horse manure. The potash contained in this material is equal to that found in 28 tons of an 8-2-2 fertilizer or in 150 tons of fresh horse manure. Sufficient rye to seed the ten acres will cost around \$10, whereas, it would cost \$75 to haul and spread the 150 tons of stable manure.

In the above we have mentioned merely the plant food constituents rendered available by the rye and have not taken into account the vast amount of humus for holding moisture and improving the texture of the soil. Be sure to sow quantities of rye this fall for plowing under next spring before planting. Next week we expect to discuss the use of wheat straw and green corn as manure.

J. L. BURGESS,
N. C. Dept. of Agriculture.

For sore throat there is positively no remedy that will relieve so quickly and cure permanently the most aggravated case, as Bloodine Rheumatic Liniment.—J. W. Streetman, special agent.

In France there has been invented a flourless bread making machine that transforms the whole wheat into dough.

Lame back is one of the most common forms of muscular rheumatism. A few applications of Chamberlain's Liniment will give relief. For sale by all dealers.

An electric meter has been invented for measuring the flow of steam in pipes.

CASTORIA

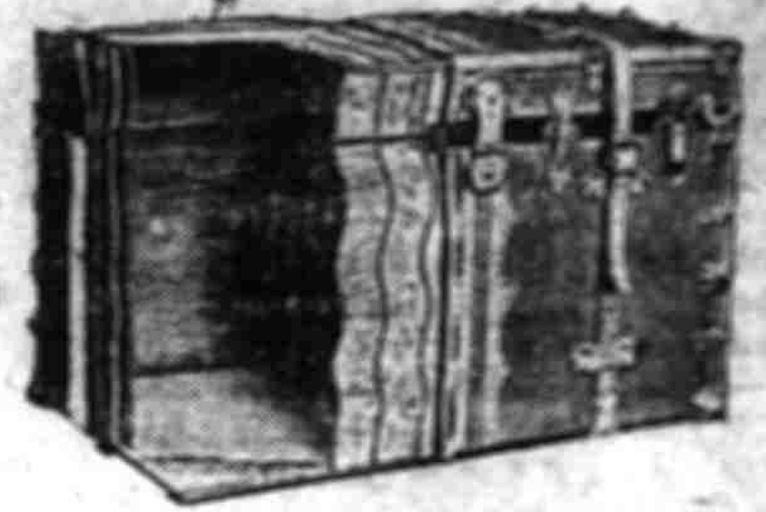
For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Atchison

Trunks and Traveling Bags

Complete line of Trunks from \$1.50 to \$10.50 the trunk.



Large assortment of Dress Suit Cases from \$1.00 to \$9.00 the case. By comparison you will find that my Trunks and Dress Suit Cases are good values for the price.

I solicit your patronage.

J. D. BLANTON

YOUR CHILDREN MIGHT NEED YOUR MONEY SOME DAY



PUT SOME IN THE BANK FOR THEM NOW IT WILL WORK FOR THEM IN THE BANK

Suppose you died today, would you leave behind helpless little children? You will not fear for the future of your family if you have money in our bank.

Make OUR Bank YOUR Bank.

We pay liberal interest consistent with safety 4 per cent.

The Merchants and Farmers Bank

Keep Your Money at Home.

LOOK US UP AT THE

Do not send it away to the Trusts for inferior goods.

Western N. C. Fair

Our Celebrated Complete Fertilizers

AT ASHEVILLE,

October 10, 11, 12, 13.

8-2-2 8-3-3 8-4-4 8-5-5 are manufactured in Asheville from blood, bones, and offal of the City Slaughter House, combined with High Grade Potash Salts, Nitrate of Soda, etc. We also sell Tankage, Acid Phosphate and all other fertilizer ingredients.

No worthless filler in our goods. Nothing in them just to fill up and make weight. Every pound contains full percentage of

PURE PLANT FOOD

which is guaranteed.

Asheville Packing Co., Asheville, N. C.

Leap's Prolific Wheat

The Most Prolific and Best of Milling Wheats

Yields reported from our customers from twenty-five to fifty-two bushels per acre. When grown side by side with other kinds this splendid beardless wheat yielded from five to eighteen bushels more per acre on same land and under same conditions as other standard wheats.

Wherever grown it is superseding all other kinds and it should be sown universally by wheat growers everywhere. Write for prices and "Wood's Crop Special" giving information about all Seasonable Seeds.

T. W. WOOD & SONS, Seedsmen, Richmond, Va.