

ACTUAL STARVATION

Facts About Indigestion and Its Relief That Should Interest You

Although Indigestion and Dyspepsia are so prevalent, most people do not thoroughly understand their cause and cure. There is no reason why most people should not eat anything they desire—if they will only chew it carefully and thoroughly. Many actually starve themselves into sickness through fear of eating every good-looking, good-smelling, and good-tasting food, because it does not agree with them.

The best thing to do is to fit yourself to digest any good food.

We believe we can relieve Dyspepsia. We are so confident of this fact that we guarantee and promise to supply the medicine free of all cost to every one who will use it, who is not perfectly satisfied with the results which it produces. We exact no promises, and put no one under any obligation whatever. Surely, nothing could be fairer. We are located right here and our reputation should be sufficient assurance of the genuineness of our offer.

We want every one troubled with Indigestion or Dyspepsia in any form to come to our store and buy a box of Rexall Dyspepsia Tablets. Take them home and give them a reasonable trial, according to directions. Then, if not satisfied, come to us and get your money back. They are very pleasant to take; they aid to soothe the irritable stomach, to strengthen and invigorate the digestive organs, and to promote a healthy and natural bowel action, thus leading to perfect and healthy digestion and assimilation.

A 25c. package of Rexall Dyspepsia Tablets furnishes 15 days' treatment. In ordinary case, this is sufficient to produce a cure. In more chronic cases, a longer treatment, of course, is necessary, and depends upon the severity of the trouble. For such cases, we have two larger sizes which sell for 50c. and \$1.00. Remember, you can obtain Rexall Remedies in this community only at our store—The Rexall Store. J. W. Streetman.

The December crop report of the department of agriculture shows the acreage of winter wheat sown this fall is 32,213,000 compared with 32,648,000 acres for the 1911 crop and 31,656,000 acres for the 1910 crop.

What's the news of McDowell? The Progress, for \$1.00 per year, tells it all. Subscribe.

For Sale—A Planing Mill and Outfit

Take notice that the undersigned will, under and by virtue of the power and authority given him in a certain instrument executed by Blackburn & Lall, on the 2nd day of June, 1911, which may be found of record in Deed Book No. 45, page 248, McDowell County Deed Records, offer for sale to the highest bidder for cash at the place hereinafter named, on

Monday, the 15th day of January, 1912, at the hours hereinafter stated, the following described property:

First, At the court house door in Marion, between 10 a. m. and 2 o'clock p. m., on the said date: That certain lot of land lying and being in Marion township, McDowell county, North Carolina, beginning on the east corner of a tract of land described in a deed to G. Lall, made by J. L. Morgan and R. H. Bennett, and running thence with the main line of the Southern Railway westerly 15 poles passing the office building now on said lot; thence southeasterly to a stake in the old Solomon line; thence to the beginning. These lines to be run so as to include an acre of land and all buildings of said partnership; the second corner to be as stated and the second line to be placed in said hollow, so as to include an acre. Together with all buildings and such machinery and fixtures as may be attached to such buildings.

Second, At the mill site near Marion, between 12 o'clock m. and 2 o'clock p. m., on the said date, all the stock, lumber, goods, appliances, tools, and all other personal property belonging to the said partnership conveyed to the undersigned by the said instrument.

It being the purpose of the undersigned to sell and dispose of the lot, buildings, all machinery and all the property of the partnership of Blackburn & Lall connected with and a part of the planing mill which was run by said partnership near Marion, and the plant itself.

This the 9th day of December, 1911.
J. L. MORGAN, Assignee.
Pless & Winborne, Attorneys.

The Demonstrator's Work.

Asheville Gazette News.

Those engaged in the farm demonstration work hold in reverence the memory of Dr. Seaman A. Knapp, founder of the work, and one of the great philanthropists, in a high sense of the word, of this age. His life work was a benediction to all the people of the United States, but these agents come in closer touch with it and their understanding of it is clearer, their enthusiasm greater, in consequence. Here are the things he instructed them to encourage and help farmers do; the ideals kept constantly in mind by these men, in a task which they regard as a sacred trust:

1. Restore fertility to worn-out lands.
2. Clean up and straighten out fields and have clean fence rows and good fences.
3. Paint and whitewash all buildings and out-buildings, also give tools and machinery a coat of paint.
4. Encourage every farmer to have a wood, iron, or cement cistern for family use, and where practicable, a system of home water works. It does not cost much and adds greatly to comfort and convenience.
5. Insist on every farmer producing on his farm all food required for people and teams that work farms. (Garden both winter and summer, fruits, nuts, etc.)
6. Every farmer (owner or tenant) should have pasture for milk cows and work stock, also pastures for several pigs.
7. Each farm should have some good poultry, and all necessary conveniences for caring for it.
8. Urge the importance of better and stronger teams. Show advantage of raising one or more colts every year.
9. Show the advantage and necessity for better implements to save time and labor.
10. Impress on the farmer the advantages of deeper plowing, more thorough cultivation and the necessity of cover crops, also the plowing under of green manure crops to restore worn soils.

Holiday Rates via Southern.

On account of the Xmas and New Year holidays, the Southern Railway will sell tickets at greatly reduced rates from all points on its line. Dates of sale December 15-16-17-20-21-22-23-24-25-30-31st and Jan'y. 1st, with final return limit January 8th, 1912.

For further information apply to your nearest agent, or to the undersigned.

R. H. DEBUTTS.

Traveling Passenger agent,
Charlotte, N. C.

SIGNALS OF DISTRESS

Marion People Should Know How to Read and Heed Them.

Sick kidneys give many signals of distress.

The secretions are dark, contain a sediment,

Passages are frequent, scanty, painful.

Backache is constant day and night, Headaches and dizzy spells are frequent.

The weakened kidneys need quick help.

Don't delay! Use a special kidney remedy.

Doan's Kidney Pills are for sick kidneys, backache and urinary disorders.

T. G. Lytle, farmer, Old Fort, N. C., says: "I have used Doan's Kidney Pills and I consider them a reliable remedy as they have always given me prompt relief from backache and made me feel better in every way. I have often recommended this remedy to other kidney sufferers."

For sale by all dealers. Price 50 cents.

Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

Most Successful Year.

What the Baptists are doing in this State is shown in the report made at the State convention in Winston-Salem and indicates a splendid year's work:

"The year proves to have been one of the most successful in the history of the denomination comprising 1,100 ministers and 1,700 superintendents of Sunday schools. There are 1,950 churches and 230,322 members, a gain of 45 in the number of churches and 9,500 in the membership.

"There have been 12,950 baptisms reported already and there were really not less than 13,500, exceeding by 500 and more the highest record of any previous year.

"In the Sunday school work the denomination has advanced from 1,809 schools with an enrollment of 166,636 shown for last year, to 1,851 schools this year and 173,600 pupils, with numbers of schools yet to be heard from.

"More than 100 new Sunday schools have been organized through Secretary Middleton's office, with a net gain, however, of only 40 in the total schools. There were 30 fewer branch schools reported this year than last, numbers of omissions being due to oversight it is believed. There are upwards of 500 Sunday schools in the State that have larger memberships than the churches that control them, and if all could be brought to this ratio the enrollment could advance by upwards of 60,000.

"Secretary Middleton says this is an ideal new record before the general Sunday school workers. The financial side of the report shows upwards of \$150,000 raised during the year for missions, ministerial education, orphanage and ministerial relief, the showing for the year being the best in the history of the denomination."

(Prickly Ash, Poke Root and Potassium)

P. P. P.

P. P. P.

Its beneficial effects are usually felt very quickly

Stubborn cases yield to P. P. P. when other medicines are useless

Good results are lasting—it cures you to stay cured

Makes rich, red, pure blood—cleanses the entire system—clears the brain—strengthens digestion and nerves.

A positive specific for **Blood Poison** and skin diseases.

Drives out **Rheumatism** and **Stops the Pains**; ends **Malaria**; is a wonderful tonic and body-builder. Thousands endorse it.

F. V. LIPPMAN, SAVANNAH, GA.

For Sale by J. W. Streetman.

BE READY For The Winter Of Life Have Money In Our Bank



Copyright 1909, by C. E. Zimmerman Co.—No. 49

It is not as easy to get a foothold in business or to own real estate as it was a generation or two ago. The easiest and surest way to be prepared for the winter of life is to put money in the bank. Money in the bank goes a long way towards insuring a happy Christmas and it always enables Santa Claus to visit your home. You can see examples every year at this time of unhappy families who have no bank account. Start your bank account at once and you will always be prepared for this event in the future.

The First National Bank

Capital, \$50,000.00 Surplus, \$15,000.00 Deposits, \$300,000.00

OFFICERS:

W. A. CONLEY, President B. B. PRICE, Vice-Pres.
GEO. I. WHITE, Cashier J. E. NEAL, Asst. Cashier

MARION, N. C.

Big Bargain Sale CONTINUES

We are very much gratified with the success of our Big Bargain Sale, and as a means of showing our appreciation of the patronage of the people of McDowell and other counties, we are going to continue all the Big Bargain Reductions until Saturday night before Xmas,

Dec. 23rd, 1911.

We are going to add hundreds of other special reductions as we continue the sale.

Special Notice

We are going to put on sale \$800.00 (eight hundred dollars) worth of Special Xmas goods. We have a big line, something to please and suit everybody. Don't wait until all the choice goods are sold.

Come Everybody, bring your neighbor and get a share of the feast of good things.

Listen!! No false pretence. No reductions claimed that are not really made. All dress goods at a lower price than you have ever purchased them before. 50c silks for 39c, \$1.25 and \$1.50 silks now going at the wonderful low price of only 89 and 98c per yard. Our 50c wollen goods are now selling as low as 33c per yard. Now is the time to get your Scarfs, Toques, Shawls, etc. Come everybody to the Big Bargain Sale and supply your every need.

Our Motto: Buy Here and Save Money. Money Saved is Money Made.

Marion Bargain House