

AN OLD-TIME NURSE CURED

Of Catarrh of the Stomach by Peruna
MRS. SELENA TANNER,
 Athens, Ohio.

This Cure Dates From October 3, 1899.

- Oct. 3, 1899 —"Catarrh of the stomach. Was nearly starved. After taking Peruna I have a good appetite."
- Sept. 11, 1904 —"I can assure you that I am still a friend of Peruna. My health is still good."
- April 23, 1906 —"Yes, I am still a friend of Peruna. Will be as long as I live. I keep it in the house all the time."
- Dec. 18, 1907 —"I recommend Peruna so often that they call me the Peruna doctor. Peruna recommends itself when once tried."
- Dec. 27, 1908 —"I still tell everybody I can that Peruna is the best medicine in the world."
- Aug. 15, 1909 —"Peruna saved my life years ago. I still take it when I have a cold."
- Jan. 4, 1910 —"I was threatened with pneumonia. Peruna saved me."
- May 17, 1912 —"I am glad to do anything I can for Peruna."
- May 6, 1914 —"I have always been a nurse. Peruna has helped me in my work more than all other medicines."
- Mar. 22, 1915 —"I have divided my bottle of Peruna with people many times. It always helps."

The above quotations give a vague glimpse of the correspondence we have had with Mrs. Tanner since 1899. Our files, which cover twenty-five years, include many similar correspondents.

A Sunny Disposition
 in the morning
 follows the use of
Rexall
 Orderlies
 the night before

The laxative tablet
 with the pleasant taste

In neat tins
 10¢ 25¢ 50¢



We have the exclusive selling rights for this great laxative.

Trial size, 10 cents.

J. W. STREETMAN
 THE REXALL STORE



Mothers! Your cares in comforting the aches and pains of the family from youth to old age, are lessened when you use this old and trust-worthy remedy—

Sloan's Liniment

Bruises—Rheumatism—Neuralgia

Mothers: "Keep a bottle in your home"

Price 25c., 50c. and \$1.00

Mortgage Deeds, Warranty Deeds
 and Chattel Mortgage blanks for sale
 at The Progress office.

Winter Egg Production.

(From the Office of Poultry Investigations and Pathology.)

The secret of success in winter egg production is briefly told in the following words: Keep the fowls healthy, contented, and comfortable by common sense care, wholesome feed and modern open-air quarters.

The top, both sides and back of the house must be tight. Under these conditions there will not be drafts on the birds to cause colds and make them liable to attacks of roup. Have the house so located that the water readily drains off and have about ten or twelve inches coarse gravel or cinders in the bottom so that the floor is dry at all times. Have the house face the south and have an opening three feet wide and as long as the house. Have straw on the floor in which such grain as corn, wheat and oats is thrown so that the birds must scratch for it. See that they have green feed. If they have no patch of rye, oats or rape to run on, hang up a cabbage head, or a turnip, on a nail close to the floor to give them exercise in picking at it and at the same time provide their green feed. Give about one pint grain feed to each dozen birds each morning and the same amount in the evening. Just before going to roost allow them to have a hot bran mash made by cooking some vegetable as turnips and mixing this with bran, using boiling water and mix until the mash is of a rather dry consistency yet thoroughly moist. If the nights grow cold hang a burlap curtain over the open front at night and remove it in the morning. Have the perches on a level in the rear of the building over a platform to catch the droppings, and clean the droppings off once a week and scatter on the farm. Extension Circular No. 6 gives the methods of constructing the portable poultry house and its equipment.

Fortify Against Grip Epidemic.

"Fight grip and pneumonia now," says the State Board of Health in a warning recently issued in anticipation of the great grip and pneumonia epidemic that is headed this way and that has already gained a foothold in the Eastern part of the State, if all reports are true. The Board offers several points of advice as a means of warding off this contagious and serious disease, which is probably the worst epidemic of its kind the country has ever known.

"Keep up physical resistance as the best safeguard," says the Board, "by breathing fresh air day and night, exercising daily in the open air, and by avoiding over-eating and undue exposure to the weather. Avoid overheated and ill ventilated rooms, offices and halls and positively refuse to be sneezed at or coughed on by any one. By all means avoid constipation. Keep up the daily morning sponge bath, bathing at least the throat, chest, arms and shoulders. Drink plenty of water but avoid alcoholics. Don't closely associate with people having coughs and colds."

On account of the serious fatality that is following the trail of this great epidemic of grip and pneumonia, the Board especially emphasizes the importance of individual "preparedness" as the best mode of fortifying against it and staying off the epidemic. The high death rate that has followed it in other parts of the country is alarming and of serious consequence.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *W. D. Mitchell*

FINE HEALTHY CHILD CONVINCING EVIDENCE

Simple Inexpensive Remedy
 Checks Early Tendency
 to Constipation.



Wm. J. RICHARDSON, JR.

About the first thing impressed on the young Mother is the necessity for regularity in her baby, which brings up the question of the most desirable laxative for children's use.

Mrs. Jesse Richardson, Philpot, Ky., says she has used Dr. Caldwell's Syrup Pepsin for the past year and that there is no medicine in the world like it. She writes, "My little son, William, Jr., just loved it because it is so pleasant to take, and everybody talks about his being such a fine healthy boy."

Dr. Caldwell's Syrup Pepsin is a compound of simple laxative herbs, free from any opiate or narcotic drugs, and is the standard remedy for constipation in thousands of homes throughout the land. Drug Stores everywhere sell it for fifty cents a bottle. Get a bottle of this excellent remedy, and have it in the house. A trial bottle, free of charge.

can be obtained by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Ill.

Overland Automobile Given Away.

The Southern Woman's Magazine is giving away a five-passenger Model 83, \$750 Overland Touring Car, complete with all modern equipment including electric starter, lights, etc. This car is awarded together with 500 other desirable premiums. The publishers of the Southern Woman's Magazine claim this to be one of the most liberal offers they have yet made.

This is no 'catch penny' contest but a fair and legitimate offer. Car will be awarded June 1st. Full particulars may be had by addressing Southern Woman's Magazine, Nashville, Tenn. adv.

Notice of Sale

Whereas, by virtue of the power and authority contained in chapter two hundred and ninety one, section twenty-one, of the Private Laws of 1909, as amended by chapter one hundred and twenty-one of the Private Laws of 1915, the Board of Aldermen of the town of Marion enacted an ordinance requiring Mrs. M. M. Morris and husband, James Morris, to construct a concrete sidewalk abutting their property on Garden street in said town, and issued due notice thereof to the said Mrs. M. M. Morris and husband; and whereas, said parties failed to construct the said sidewalk within the time prescribed by the said Board of Aldermen; and whereas, the said Board of Aldermen caused said sidewalk to be constructed and made at a cost of \$29.76, one-half of which said cost is due and payable by the said Mrs. M. M. Morris and husband, James Morris; and whereas, the Secretary of the Board of Aldermen of said town has certified the said amount to the undersigned tax-collector, with instructions to collect the same as other taxes due the said town; and whereas, the said amount of \$14.88 has not been paid upon demand: Now, therefore, to satisfy the said amount together with costs of sale, the undersigned tax-collector will expose to public sale to the highest bidder for cash at the court-house door in Marion, North Carolina, on Monday, the 7th day of February, 1916, at 11 o'clock a. m., the following described real property, to-wit: All of that lot abutting Garden street on the east side, bounded on the north by Spring street, on the east by Harvey James, and on the south by J. W. Streetman, and being the lot on which the said Mrs. M. M. Morris and husband, James Morris, now reside. This 3rd day of January, A. D. 1916. H. H. TATE, Tax Collector.

Notice of Sale

Whereas, by virtue of the power and authority contained in chapter two hundred and ninety-one, section twenty-one, of the Private Laws of 1909, as amended by chapter one hundred and twenty-one of the Private Laws of 1915, the Board of Aldermen of the town of Marion enacted an ordinance, requiring C. W. Buchanan to construct a concrete sidewalk abutting his property on Main street in said town, and issued due notice thereof to the said C. W. Buchanan; and whereas, said C. W. Buchanan failed to construct the said sidewalk within the time prescribed by the said Board of Aldermen; and whereas, the said Board of Aldermen caused said sidewalk to be constructed and made at a cost of \$39.83, one-half of which said cost is due and payable by the said C. W. Buchanan; and whereas, the Secretary of the Board of Aldermen of said town has certified the said amount to the undersigned tax collector, with instructions to collect the same as other taxes due the said town; and whereas, the said amount of \$19.86 has not been paid upon demand: Now, therefore, to satisfy the said amount together with costs of sale, the undersigned tax-collector will expose to public sale to the highest bidder for cash at the court house door in Marion, North Carolina, on Monday, the 7th day of February, 1916, at 11 o'clock, a. m., the following described real property, to-wit: All of that lot abutting Main street on the west side, and bounded on the north by E. P. Foy, on the south by the estate of the late C. E. Decker, and being that lot on which the said C. W. Buchanan now resides. Terms of sale, cash. This 3rd day of January, A. D. 1916. H. H. TATE, Tax Collector.

Choosing Silver

Artistic designs, correct style, brilliant finish, combined with honest value, make

1847 ROGERS BROS.

silverware the choice of discriminating purchasers. This name-to-day stands for the heaviest grade of plate and exquisite beauty of patterns, assuring long years of service and satisfaction. Its remarkable durability has won it the popular title "Silver Plate that Wears."

Sold by leading dealers everywhere. Send for catalogue "CL," showing all patterns. International Silver Co., Successors to the Old Sheffield Plate Co., Meriden, Conn.

THE CLINCHFIELD ROUTE CAROLINA, CLINCHFIELD & OHIO RAILWAY

AND
 Carolina, Clinchfield & Ohio Railway
 of South Carolina

Effective August 9, 1915

Eastern Standard Time

		Southbound	
		No. 11	No. 3
		Daily	Daily
Dante	Dp	4:55 p m	8:30 a m
St. Paul	Dp	5:30 p m	8:52 a m
Speers Ferry	Dp	7:25 p m	10:17 a m
Johnson City	Dp	9:30 p m	11:45 a m
Erwin	Ar	10:30 p m	12:25 p m
Erwin	Dp	*5:00 a m	12:35 p m
Kona	Dp	7:18 a m	2:04 p m
Altapass	Dp	8:10 a m	2:45 p m
Marion	Dp	9:50 a m	3:55 p m
Bootic	Dp	11:33 a m	4:57 p m
Spartanburg	Ar	*1:30 a m	6:05 p m
		Northbound	
		* No. 12	No. 4
		Daily	
Spartanburg	Dp	*4:50 p m	11:00 a m
Bootic	Dp	6:09 p m	12:10 p m
Marion	Dp	7:05 p m	1:05 p m
Altapass	Dp	8:20 p m	2:20 p m
		Daily	
Kona	Dp	8:57 p m	3:03 p m
Erwin	Ar	*10:30 p m	4:30 p m
Erwin	Dp	7:45 a m	4:35 p m
Johnson City	Dp	8:30 a m	5:15 p m
Speers Ferry	Dp	10:35 a m	7:02 p m
St. Paul	Dp	12:17 p m	8:30 p m
Dante	Ar	12:40 p m	8:50 p m

* Daily except Sunday.
 Patrons are requested to apply to nearest agent for definite information or to

CHAS. T. MANDEL,
 Asst. Gen'l Pass. Agt.
 J. J. CAMPION
 Vice-Pres. & Traffic Mgr.
 Johnson City, Tenn.

NOTICE!

North Carolina, McDowell County.
 To W. M. Cowen Heirs: You will take notice that on the 3rd day of May, 1915, I purchased from the sheriff of said county, at a sale in the manner provided by law for the delinquent taxes amounting to \$40.75 and cost, for the year 1914, the following described real estate in said county and state, to-wit: Twenty acres of Muddy Creek bottom land in Dysartsville township, listed as the property of W. M. Cowen's heirs, under the Muddy Creek Drainage Act. You will further take notice that on the 3rd day of May, 1916, I will apply to the sheriff of said county for a deed for said real estate, unless redeemed before the above date expires. This January 4, 1916. J. A. GETTYS, Purchaser.

Contestants in the Booster Store contest may secure 2,000 votes for every dollar paid on subscription to The Progress. Get busy. Ask your friends for votes on renewal subscriptions.