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Why Prince Albert meets men's tastes all over the world!

The patented process makes Prince Albert so good in a pipe or rolled into a cigarette *that its popularity is now universal!* It satisfies *all* smoke desires! This patented process, which also removes bite and parch, is controlled by us. No other tobacco can be like

PRINCE ALBERT

the national joy smoke

Listen:

It's easy to change the shape and color of unsalable brands to imitate the Prince Albert red tin, but it is impossible to imitate the flavor of Prince Albert tobacco! The patented process protects that!

Men who have stowed away gentle old jimmy pipes for years, have brought them back to the tune of Prince Albert! *Get yours out, for your confidence never will be abused!* We tell you Prince Albert will set pipe free the tenderest tongue!

And smoked in a makin's cigarette, Prince Albert is so refreshing and delightful that it gives you a new idea of cigarette happiness. Any way you fire-up Prince Albert, it will win you quick as a flash—it's so good and so friendly!

R. J. REYNOLDS TOBACCO CO., Winston-Salem, N. C.

Prince Albert can be bought everywhere tobacco is sold—in tippy red bags, 5c; tidy red tins, 10c; handsome pound and half-pound tin humidors and in that classy pound crystal-glass humidor with sponge-moistener top that keeps the tobacco in such fine condition!

Winter Health—Timely Suggestions by a Recognized Authority.

"Too much food, particularly meets for dinner and supper, not enough exercise, too much hot air and not enough fresh air, too much of the wrong kind of clothing and not enough bathing," are the chief factors in producing much of our winter ill health, according to Dr. Alvah H. Doty of New York. Doctor Doty claims that breakfast should be the best and most important meal. The old notion that a little fruit, a roll and a cup of coffee are sufficient is all wrong. The average person, and especially the sedentary worker, should avoid heavy dinners, particularly meat dinners and late dinners. Excess food overworks the digestive organs, which become exhausted in an effort to assimilate it.

Walking is one of the best exercises known. It combines exercise, fresh air and change of scenery, besides frequently having other health virtues, according to Doctor Doty. A walk from three to five miles is recommended.

The cumbersome old tub bath is rapidly giving way to the shower bath, and cold baths the shock of which is too great, are giving way to the saner, warm shower, concluding with about a half minute of a cold shower to furnish a good reaction.

Clothing, both underwear and outerwear, should match the weather instead of the style. Wool is the best for winter wear although 25 per cent of cotton added improves the wearing qualities greatly.

Living and working room temperatures of 65 degrees to 68 degrees are preferable to 70 degrees to 80 degrees, and fresh air is better than dry, overheated air.

Keeping the feet dry on wet, slushy days by means of rubbers, or a change of shoes and stockings is another strong recommendation.

Sciatica's Piercing Pain

To kill the nerve pains of Sciatica you can always depend on Sloan's Liniment. It penetrates to the seat of pain and brings ease as soon as it is applied. A great comfort too with Sloan's is that no rubbing is required. Sloan's Liniment is invaluable for stopping muscular or nerve pain of any kind. Try it at once if you suffer with Rheumatism, Lumbago, Sore Throat, Pain in Chest, Sprains, Bruises, etc. It is excellent for Neuralgia and Headache. 25c. at all Druggists.

Secretary Garrison Has Resigned from Cabinet.

Washington, Feb. 10.—Secretary Garrison resigned today because President Wilson would not "irrevocably" support the continental army plan, and because he opposes the administration's program of setting a definite time for Philippine independence.

President Wilson accepted the resignation but has not selected a successor. The president himself probably will take personal charge of the administration's national defense plans in congress.

Assistant Secretary Breckenridge also resigned as a mark of loyalty to his chief, whose views he shares. The president accepted his resignation. Both take effect immediately. Major General Scott, chief of staff of the army, automatically becomes secretary of war ad interim.

The Best Recommendation.

The strongest recommendation any article may receive is the recommendations of those who have used it that makes Chamberlain's Cough Remedy so popular. Mrs. Amanda Gierhart, Waynesfield, Ohio, writes, "Chamberlain's Cough Remedy has been used in my family off and on for twenty years and it has never failed to cure a cough or cold." Obtainable everywhere.

Take advantage of our splendid club offer—The Progress and three magazines, with McCall pattern free, for only \$1.35

BE OPTIMISTIC

Here's Good News for Marion Residents.

Have you a pain in the small of the back? Headaches, dizziness, nervous spells? Are you languid, irritable and weak? Annoyed by urinary disorders? Don't despair—profit by Marion experiences.

Marion people know Doan's Kidney Pills—have used them—recommend them.

Here's a Marion resident's statement: D. R. Geer, prop. of flour mill, and notion store, Main St., Marion, says: "I was troubled a lot with pains in my back, brought on by heavy lifting. I have used Doan's Kidney Pills for this trouble and they have always relieved me."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Geer had. Foster-Milburn Co., Props., Buffalo, N. Y.



What Splendid Light the RAYO Gives!

ITS glow is so soft and bright that you can read all evening without tiring your eyes. The

Rayo Lamp

is the most popular kerosene lamp ever made.

- because it gives a clear, powerful, mellow light
- because it is easy to clean and light
- because it is durable, good looking and economical

Use Aladdin Security Oil or Diamond White Oil to obtain best results in Oil Stoves, Lamps and Heaters.

The Rayo is only one of our many products that bring comfort and economy to the farm.

- Matchless Liquid Gloss
- Standard Hand Separator Oil
- Parowax
- Eureka Harness Oil
- Mica Axle Grease

If your dealer does not carry these, write to our nearest station.

STANDARD OIL COMPANY (New Jersey) BALTIMORE
Washington, D. C. Norfolk, Va. Richmond, Va. Charlotte, N. C. Charleston, W. Va. Charleston, S. C.

CHICHESTER'S PILLS
THE DIAMOND BRAND
Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS for 25 years known as Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE

Renew your subscription, please.

Signs of Spring.

Says the Elkin Tribune: "Tuesday night about 9 o'clock a large drove of wild geese passed over the town going in a northeasterly direction. It is claimed by the weather prognosticators that when the wild geese begin to move north that is a sure sign that winter has broke and that spring is not far distant."

Attention is also called to the fact that the doves are calling, another sign of spring, and the groundhog didn't see his shadow. If the signs are right the time for making garden and going fishing is nigh at hand.—Statesville Landmark.

A POSITIVE STATEMENT BY A BIG BUSINESS MAN

"Neglect of Apparently Unimportant Conditions Wrecks Many a Healthy Growing Business"



W. S. ELKIN, JR.

a prominent druggist of Atlanta, Ga., is authority for the above positive statement. In explaining this statement he asked two questions and offered one suggestion.

If a growing healthy business turns and begins to run down hill, what is the condition of the owner's health? Almost always, unusually bad.

What was the first cause of his poor health? Constipation. This constipation could have been avoided by taking Rexall Orderies occasionally. They are a pleasant candy tablet laxative which can be used by men, women or children with the best results.

We have the exclusive selling rights for this great laxative. Trial size, 10 cents.

J. W. STREETMAN THE REXALL STORE

What?
are you not going to join our **Christmas Banking Club** and have money next Christmas? It costs nothing to join.

YOU CAN JOIN BY DEPOSITING 5 CENTS, OR 2 CENTS FOR THE FIRST WEEK. INCREASE YOUR DEPOSIT EACH WEEK 5 OR 2 CENTS.

NEXT CHRISTMAS—

2-CENT CLUB PAYS	\$23.52
5-CENT CLUB PAYS	58.80

WE ADD 4 PER CENT INTEREST.

ALL THAT IS NECESSARY IS TO MAKE THE WEEKLY PAYMENTS FROM JANUARY 15 UP TO DATE, AND YOU WILL HAVE AN EVEN START WITH THE REST.

COME IN—WE WILL TELL YOU ALL ABOUT IT.

MERCHANTS & FARMERS BANK
MARION, NORTH CAROLINA.

Administrator's Notice.

Having qualified as administrator of J. W. Grayson, deceased, all creditors are hereby notified to present their claims to the undersigned on or before the 15th day of January, 1917, or this notice will be pleaded in bar of the same. All persons indebted to the estate of the said J. W. Grayson will please make immediate settlement. This 12th day of January, 1916.

A. W. GRAYSON,
Administrator of Estate of J. W. Grayson, dec'd.

Bring in or phone your news items to The Progress office.

NOTICE.

This is to certify that E. M. Crawford has filed location in my office for 350 acres of land in North Cove township, McDowell county, on the waters of Three Mile creek adjoining the lands of Jess Hollifield, A. S. Thompson and the old John Washburn grant and others, beginning at A. S. Thompson's northeast corner in Jess Hollifield's line and running south 58 west with A. S. Thompson's line 76 poles to a stake in John Washburn's old line, then various courses and distances for complement so as to include all vacant land between these parties.

Entered Feb. 2, 1916. No. 14104. C. A. DALE, E. T.

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