

## PERMANENT RELIEF FOR CHRONIC CONSTIPATION

Knowledge and Practice of Correct Daily Habit the Great Essential.

Constipation is a condition affecting all classes of all people and can be permanently relieved only by acquiring habits of regularity.

The most natural time for the eliminative process is in the morning when both the muscular and nervous systems are relaxed by sleep and rest. When relief does not come readily, it is an excellent plan to take a mild laxative at bedtime. Cathartics and purgatives, that by the violence of their quick action shock and disturb the system, should not be employed.

An effective laxative remedy that is very dependable, and which does not gripe or otherwise disturb the organs involved, is found in a combination of simple laxative herbs known as Dr. Caldwell's Syrup Pepsin that can be bought at the drug store for fifty cents a bottle.

Mrs. C. C. Allen, 215 Foam St., New Monterey, Calif., wrote to Dr. Caldwell that she "found Dr. Caldwell's Syrup Pepsin just what was needed for constipation and distress of the stomach



MRS. C. C. ALLEN

after eating. It should be in every household."

Get a bottle of Dr. Caldwell's Syrup Pepsin and keep it in the house to use when occasion arises. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Ill.

## UGH! CALOMEL MAKES YOU SICK. DON'T STAY BILIOUS, CONSTIPATED

"Dodson's Liver Tone" Will Clean Your Sluggish Liver Better Than Calomel and Can Not Salivate.

Calomel makes you sick; you lose a day's work. Calomel is quicksilver and it salivates; calomel injures your liver.

If you are bilious; feel lazy, sluggish and all knocked out, if your bowels are constipated and your head aches or stomach is sour, just take a spoonful of harmless Dodson's Liver Tone instead of using sickening, salivating calomel. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and bowels regular. You will feel like working. You'll be cheerful; full of energy, vigor and ambition.

Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal guarantee that it will clean your sluggish liver better than nasty calomel; it won't make you sick and you can eat anything you want without being salivated. Your druggist guarantees that each spoonful will start your liver, clean your bowels and straighten you up by morning or you get your money back. Children gladly take Dodson's Liver Tone because it is pleasant tasting and doesn't gripe or cramp or make them sick.

I am selling millions of bottles of Dodson's Liver Tone to people who have found that this pleasant, vegetable, liver medicine takes the place of dangerous calomel. Buy one bottle on my sound, reliable guarantee. Ask your druggist about me.

**Mothers!** Your cares in comforting 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

## Build Up Your Town, Build Up Your Home

Don't forget that this is a community of home makers and home keepers and that one of YOUR MOST IMPORTANT DUTIES is to keep it so.

You can aid materially by doing your shopping and marketing with the advertisers in this paper.

### ROAD BUILDING IS OBJECT

Three Counties Plan to Combine Efforts of Bankers and School Children in Co-Operative Work.

Durham. — Durham, Granville and Johnston counties have become identified with an idea that has as its ultimate purpose the co-operation of the banker and the school children of the rural districts for the common end of road-building and the improvement of transportation routes. Essay-writing on topics of highway construction, suggestions for road beautification, and methods of securing better country roads are among the creative subjects that will elicit original compositions from pupils of rural schools. The city banker will encourage the movement by offering a starter in a bank account for the best production in the respective schools. Thus the rural pupils will become informed on topics of a practical nature and the city banker will emerge from his counting-shelves to enlist in co-operative effort in behalf of the countryside. D. H. Winslow, national highway engineer, presents the idea in an appealing fashion to Durham bankers.

### New Courses at A. & M.

West Raleigh.—A number of new courses will be offered next year in the animal husbandry division of the A. & M. College. Among these will be course in scientific and practical production of stock, including beef cattle, sheep, horses, mules, and swine. Another new course will be devoted in part to the management of livestock farms, and in part to butchering, curing, and care of meats on the farm. A new course will be given also in farm and creamery butter making and creamery management; while, in view of the present development of the cheese industry in the western counties of the state, a new course will be offered in cheese making which will be of particular interest and value.

Mr. T. C. Reed, at present dairy instructor in the agricultural college of the University of Missouri, has been elected associate professor of dairy husbandry at the A. & M. College. Mr. Reed was reared on a dairy farm, and has received admirable training in dairy science. He is a B. S. and A. M. graduate of the University of Missouri, and has taught in the agricultural division of that university for several years. Professor Reed's coming will make the animal industry division of the A. & M. College one of the strongest in the South.

### Underwriters Elect Officers.

Raleigh.—The North Carolina Association of Life Underwriters met in Raleigh recently. Plans were made for active work during the present year. The association broadened its scope by adopting a new constitution and by-laws, under which the privilege of membership is extended to any agent in good standing who represents a legal reserve life insurance company. The membership was formerly limited to general agents and managers.

The following new officers were elected for the term of one year:

President, R. E. Peters, of Charlotte; first vice-president, S. W. Sparger, of Durham; second vice-president, A. W. Fetter, of Greensboro; secretary, E. W. Marshall, of Raleigh; treasurer, E. G. McGinnis, of Raleigh; and an executive committee composed of the following: J. P. Quarles, of Charlotte; W. F. Upshaw, of Raleigh; D. R. Henry, of Raleigh; D. M. Hodges, of Asheville; H. M. Humphries.

### Stock Rivers With Fish.

Washington.—H. L. Gibbs, commissioner of Fisheries, is here making arrangement for stocking streams of North Carolina and called at the Treasury Department. A hatchery has been established already on Chowan River. Hatcheries will also be established on the Cape Fear, Neuse and Trent. It has been announced by Representative Godwin that the Fish-hawk soon will go to the Cape Fear river.

### Wilmington Has Fire.

Wilmington.—At a partially insured loss of \$50,000 the Tidewater Power Company machine shop, two city and one suburban electric cars and much material burned. No one was injured.

### Colds Quickly Relieved

Many people cough and cough—from the beginning of Fall right through to Spring. Others get cold after cold. Take Dr. King's New Discovery and you will get almost immediate relief. It checks your cold, stops the racking, rasping, tissue-tearing cough, heals the inflammation, soothes the raw tubes. Easy to take, Antiseptic and Healing. Get a 50c. bottle of Dr. King's New Discovery and keep it in the house. "It is certainly a great medicine and I keep a bottle of it continually on hand" writes W. C. Jessiman, Franconia, N. H. Money back if not satisfied but it nearly always helps.

## Cotton Seed Hulls

Just received a car of Lintless Cotton Seed Hulls packed in new sacks. Make better feed and some less in price than hulls that have the lint cotton in them. My price is right in large or small lots.

## J. D. Blanton, Marion, N. C.

## Saved Girl's Life

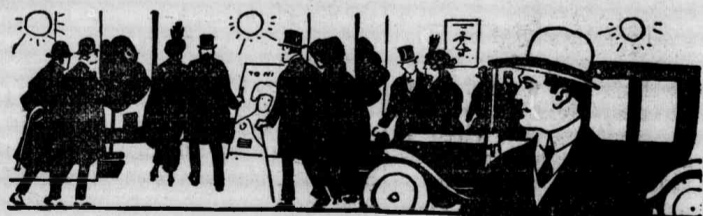
"I want to tell you what wonderful benefit I have received from the use of Thedford's Black-Draught," writes Mrs. Sylvania Woods, of Clifton Mills, Ky.

"It certainly has no equal for la grippe, bad colds, liver and stomach troubles. I firmly believe Black-Draught saved my little girl's life. When she had the measles, they went in on her, but one good dose of Thedford's Black-Draught made them break out, and she has had no more trouble. I shall never be without

## THEDFORD'S BLACK-DRAUGHT

in my home." For constipation, indigestion, headache, dizziness, malaria, chills and fever, biliousness, and all similar ailments, Thedford's Black-Draught has proved itself a safe, reliable, gentle and valuable remedy.

If you suffer from any of these complaints, try Black-Draught. It is a medicine of known merit. Seventy-five years of splendid success proves its value. Good for young and old. For sale everywhere. Price 25 cents.



## Don't Carry About a Great Roll of Money!

If you have made a few hundred dollars in a business deal or a lucky speculation DEPOSIT THEM IN A BANK AT ONCE.

The possession of a large amount of currency is a temptation to spend.

You Will Not Be So Ready to Draw a Check as You Will to Spend the Ready Cash

## THE FIRST NATIONAL BANK

Resources Over \$600,000.00

THE BANK THAT APPRECIATES YOUR BUSINESS