

Good Health Doubles the Value of Your Services

A half sick man is not worth half pay. A man or woman in poor health makes a poor leader, a poor sort of a parent.

The value of Peruna in the home can scarcely be estimated. It prevents many of the common ailments. It is an excellent remedy for coughs, colds, catarrh, grip, spring fever, tired-out feeling.

Sit down and think it over. See whether you can afford to go on half sick.

Some people prefer Peruna Tablets to the fluid Peruna.

President Speaks at a Jefferson Banquet.

Washington, April 13.—President Wilson, speaking at a Jefferson day banquet of Democrats from all parts of the country here tonight, prayed that the United States would not be drawn into a quarrel not of its own choosing, but asked if the people were ready to go in where the interests of America were coincident with the interests of humanity, and have the courage to withdraw when the interests of humanity had been conserved. He was interrupted by cheers and shouts of "yes."

During his address the President had mentioned the European war and the Mexican question, without intimating his plans in either of those problems.

NOT ENOUGH CHILDREN

ever receive the proper balance of food to sufficiently nourish both body and brain during the growing period when nature's demands are greater than in mature life. This is shown in so many pale faces, lean bodies, frequent colds, and lack of ambition.

For all such children we say with unmistakable earnestness: They need Scott's Emulsion, and need it now. It possesses in concentrated form the very food elements to enrich their blood. It changes weakness to strength; it makes them sturdy and strong. No alcohol.

Scott & Bowne, Bloomfield, N. J.

ANNOUNCEMENTS

For Treasurer.

I hereby announce myself as a candidate for the office of Treasurer of McDowell county, subject to the action of the Democratic primary. I promise, if nominated and elected, to serve the people to the best of my ability.

M. G. POTEAU.

I hereby offer myself as a candidate for the office of Treasurer of McDowell County, subject to the action of the Democratic party, with these reasons: First, the fact that we have never had a paying office in this end of the county; second, my faithful service to the party.

A. W. GILLIAM.

I hereby announce myself a candidate for Treasurer of McDowell County subject to the action of the Democratic primaries.

A. W. GRAYSON.

For Register of Deeds.

I hereby announce myself a candidate for re-election to the office of Register of Deeds of McDowell County subject to the action of the Democratic primaries.

R. L. C. GIBSON.

For Sheriff.

I hereby announce myself as a candidate for the office of Sheriff of McDowell County, subject to the action of the Democratic primary. If nominated and elected I promise to serve the people to the best of my ability.

J. R. LEDBETTER.

For the House.

I hereby announce myself a candidate for Representative from McDowell County in the lower house of the next General Assembly, subject to the action of the Democratic primaries.

MILES P. FLACK.

If you have a farm or real estate of any kind you wish to sell, an advertisement in The Progress will do the work for you.

Why the Scarcity of Paper.

From "The Progress of the World," in the American Review of Reviews for April.

A commodity even so indirectly related to the demands of war as paper is showing the prevailing tendencies to such a degree as seriously to embarrass publishers. The higher price of paper stock and the difficulty of obtaining it at all in England was a chief factor in the discontinuance in March of the London Daily Standard, after a career of 60 years, for a considerable portion of which it was the most important organ of the middle classes in England. In America the demand for paper has been increasing for six months as a result of general business activity. At the same time, supplies used in its manufacture have been decreased by war conditions, and in some cases have almost been shut off. The supply of old rags is affected by the cutting off of the importations from the European peasantry and by the demand for the making of gun-cotton. The chemicals used in bleaching the paper produced by sulphuric acid and alum are being devoured by the manufacturers of explosives, while importations of jute have fallen off until the price is doubled. An embargo has been placed on shipments of wood pulp from Norway and Sweden, while Canada stopped access to her vast resources some time ago. The newspaper publisher is, indeed, hard hit by war conditions in many other items of supplies besides the basic one of paper stock.

To Perpetuate the Memory of Indian Legend.

Newland, April 14.—The ladies of Newland, N. C., have organized a civic league to help in making the town beautiful, sanitary and attractive.

One of their first efforts will be to put a fountain in the public square. In connection with the civic league, the ladies have organized "The Estate Monument Association"; to purchase and present to the county a statue of an Indian maiden, to be placed over the fountain, in Memoriam, and to perpetuate the interesting and pathetic legend that has come down from the Indian folk lore through generations of the earlier settlers. Estate, a beautiful maiden, daughter of one of the chiefs of the Indian village, where Newland is now located, drowned herself for the love of a pale face in the waters of the little stream that flows through Newland, known for ever since as Estate river.

If you have a news item, personal or any item of local news of interest The Progress will appreciate your giving it in at any time. The small item is appreciated as much as the larger ones.

Rubbing Eases Pain

Rubbing sends the liniment tingling through the flesh and quickly stops pain. Demand a liniment that you can rub with. The best rubbing liniment is

MUSTANG LINIMENT

Good for the Ailments of Horses, Mules, Cattle, Etc.

Good for your own Aches, Pains, Rheumatism, Sprains, Cuts, Burns, Etc.

25c. 50c. \$1. At all Dealers.

TEST SEED CORN.

Necessary to Determine Viability of Seed in Advance of Planting Season. [Prepared by United States department of agriculture.]

Testing seed corn for germination, always a profitable farm practice, is an absolute necessity this year in many sections. In a number of districts the last corn crop from which seed for the coming planting will be taken was late in maturing or so moist when harvested as to call for special precautions. A high moisture content makes seed corn particularly susceptible to damage from freezing or heating. Farmers in the sections where corn failed to ripen normally who do not test their seed early enough to be able to replace their own bad seed with good seed secured from other sources will be taking an unnecessary risk. It is also especially important for holders of seed in such dis-



SPROUTED SEED CORN.

tricts to take unusual care during the remainder of the winter to protect it from freezing.

While complete testing for germination should take place shortly before the seed is planted, the specialists of the department believe that it will be simple forehandness for farmers who have any reason to be doubtful about the viability of their seed to make a preliminary germinating test with a few typical ears taken at random from the rack. If these preliminary tests show that the seed is good the owner then can continue his precautions to guard it from weather damage. If, however, this test with a few ears indicates that the seed is of low vitality the farmer should at once make further tests to satisfy himself as to whether his seed corn generally is good or bad.

If a farmer finds his seed is bad he should take steps at once to meet the difficulty. The purchase of seed should not be delayed till spring, especially when so much corn in various sections has been damaged. The farmer should secure his seed from well known sources, buy it upon a germinating guaranty basis and get his seed or typical samples early enough to make his own germinating tests. It is probable this year that many farmers who have not followed the wise practice of selecting enough special seed from good crops to last them in an emergency for two or three years will have to buy seed. In buying seed farmers should try to secure corn of varieties known to prosper in their section. The safest seed would be that carefully selected from good corn grown in the immediate neighborhood, but at any rate effort should be made to obtain seed grown in districts where climate, soil and farming conditions in general are similar to those at home.

If the farmer happens to have a stock of seed left over from the 1914 crop and doubts the seed saved from the older seed also and then use whichever shows the greater vitality. Seed corn if properly cared for will retain its vitality for several years. Many farmers, knowing this, always select an extra amount of seed from an unusually good harvest.

Three persons were killed, one perhaps fatally injured and two others seriously hurt as the result of an explosion of 14,000 kegs of powder at the NeMours plant of the Dupont Powder company, eight miles from Bluefield, W. Va., Wednesday. The plant was almost completely destroyed with a loss of about \$100,000.

A portable telephone, made of aluminum and weighing 2½ pounds, the invention of a Forest officer, R. B. Adams of Missoula, Montana, will be part of the regular equipment of patrolmen on the National Forests the coming field season. This instrument is regarded as a great improvement over the set formerly used, which weighed ten pounds.

Dressing Well Is Easy

ADLER'S Collegian Clothes make it possible for any man to look his best on a mighty small outlay. The makers of these clothes specialize on reasonably-priced suits and know where to get the right goods and how to put in the satisfying quality. Our new spring showing has a suit that's just your speed. Step in and see.

Suits and Overcoats \$15 to \$35

J. H. L. Miller Clothing Co.

Special Club Offer

The Progress and these three magazines one year for \$1.35.

"THE WOMAN'S GROUP" which consists of these three well-known magazines — all one full year. Value of magazines alone, \$1.10. Also any one McCall Pattern FREE

WOMAN'S WORLD
(Published Monthly—35c a Year)

40 big pages filled with good reading to interest women and men. Stirring Stories and Articles. Home Sewing, Cooking, Fancy Work, Children's page and many interesting departments.

A Whole Year's Reading for the Whole Family

MCCALL'S MAGAZINE
(100 Big Pages—Published Monthly—50c a Year)

The Fashion Authority of more women than any other magazine. A genuine help to housekeepers, with its many practical departments—Home Dressmaking, Household Discoveries, Cooking, etc.—that lighten housework and save money. Illustrates latest McCall Patterns, celebrated for style, fit, simplicity and economy. Also beautiful Embroidery and Delightful Stories, that make McCALL'S loved in more than one million, two hundred thousand homes.

Each subscriber for this "Home-Lovers' Bargain" may choose from her first copy of McCALL'S received, one of the celebrated McCall Dress Patterns, FREE (value, 35c), by sending a postal card request direct to The McCall Co., New York, giving Number and Size desired.

HOME LIFE
(Published Monthly—25c a Year)

24 big pages of ideal home reading. Lots of stories—clean, wholesome and inspiring—by noted authors; fine Editorials, Needlework, and special features to entertain all the family.

The Best Home Paper and 36 Magazines :::

FREE This unusual money-saving offer open to old and new subscribers Act Promptly—Write or Call at This Office—It's Too Good to Miss

NOTICE OF SALE!

By virtue of the power of sale contained in a certain mortgage deed executed on April 2, 1915, by A. B. Watson and wife Mary A. F. Watson of McDowell County, and State of North Carolina to L. A. CAUSBY of Burke County, and State of North Carolina, to the amount of \$200.00 with interest at six per cent to be paid on or before the second day of April, 1916, and default having been made, I will offer for sale to the highest bidder for cash at the court house door in Marion, McDowell County, North Carolina, during the legal hours for sale on the 1st day of May, 1916, the following described tract of land, to-wit:

Lying and being in Dysartsville township, McDowell County and described and defined as follows:

Beginning at a post oak, W. E. Watsons corner near M. F. Tate's and John Ballew's corner, and runs east 140 poles to the creek; thence down and with the creek to R. H. Bomar's line; thence west with Bomar's line to a stake, Bomar's and Watson's corner in John Ballew's

line; thence south with Ballews line 100 poles to the beginning, containing 50 acres more or less.

This the 3rd day of April, 1916.

L. A. CAUSBY, Mortgagee.

NOTICE.

State of North Carolina, County of McDowell.

To T. C. and Ed Nichols: You will take notice that on the second day of August, 1915, I purchased from the sheriff of said county, at a sale in the manner provided by law, for the delinquent taxes amounting to \$3.21 and cost, for the years 1911, 1912, 1913 and 1914, the following described real estate in said county and state to-wit: 44 acres of land in Montfords Cove Township listed as the property of T. C. and Ed. Nichols. You will further take notice that on the 2nd day of August, 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 April 7, 1916.

J. D. WILSON, Purchaser.