

# A HINT TO MOTHERS OF GROWING CHILDREN

A Mild Laxative at Regular Intervals Will Prevent Constipation.

A vital point upon which all schools of medicine seem to agree is that normal regularity of the bowels is an essential to good health. The importance of this is impressed particularly on mothers of growing children.

A very valuable remedy that should be kept in every home for use as occasion arises is Dr. Caldwell's Syrup Pepsin, a compound of simple laxative herbs that has been prescribed by Dr. W. B. Caldwell, of Monticello, Ill., for more than twenty-five years, and which can now be obtained in any well stocked drug store for fifty cents a bottle.

In a recent letter to Dr. Caldwell, Mrs. H. C. Turner, 844 Main St., Buffalo, N. Y., says, "I bought a bottle of Dr. Caldwell's Syrup Pepsin for my baby, Roland Lee Turner, and find it works just like you said it would. It is fine for the stomach and bowels."

A bottle of Dr. Caldwell's Syrup Pepsin should be in every home. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Ill.



ROLAND LEE TURNER

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## Professional Cards

**Dr. J. Gillespie Reid**  
DENTIST

Will answer calls at any hour of the night.

Rooms 3, 4 and 5

First National Bank Building  
Marion, N. C.

**Dr. Alfred W. Dula**  
EYE SPECIALIST

TO SEE BETTER  
See Dula

16 Years Experience

The Best Equipment Obtainable.

Glasses Fitted Exclusively  
Martin Block, LENOIR, N. C.

If you got it from DULA, It's All Right!

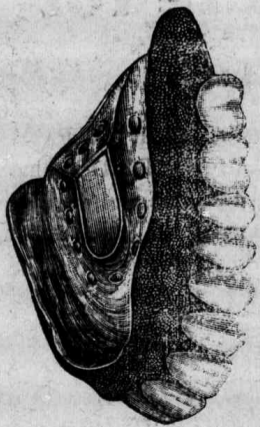
**W. A. Sweeney**  
Plumber.

Marion, N. C.

Five years' experience in the business. Satisfaction guaranteed.

Your work solicited  
Phone 194.

Forty Years Experience in  
DENTISTRY



MY WORK SPEAKS FOR ITSELF.  
Plate Work a Specialty.

Dr. R. J. BURGIN, Dentist,  
Marion, N. C.

Told Her How.

Former Mistress—I would like to give you a good recommendation, Eliza, but my conscience compels me to state that you never got the meals ready at the proper time. I wonder how I can put it in a nice sort of way. Eliza—You might say that I got the meals the same as I got me pay.—London Telegraph.

## Building More Ships.

London, May 4.—According to the returns of Lloyds register there were 424 merchant vessels of 1,432,435 tons under construction in the United Kingdom on April 1. This is about 60,000 tons more than was under construction during the previous quarter, but 160,000 less than the tonnage building twelve months ago.

### A Symbol of Health.

The Pythagorians of Ancient Greece ate simple food, practiced temperance and purity. As a badge they used the five pointed star which they regarded as a symbol of health. A red five pointed star appears on each package of Chamberlain's Tablets, and still fulfils its ancient mission as a symbol of health. If you are troubled with indigestion, biliousness or constipation, get a package of these tablets from your druggist. You will be surprised at the quick relief which they afford. Obtainable everywhere.

Announcement has been made in Spencer that the shops of the Southern railway will hereafter work full time, six days and eight hours. For more than a year the shops, and especially the locomotive department, had been working short time, some months only three days a week.

### Keep Your Skin Clear and Healthy

There is only one way to have a clear, healthy complexion and that is to keep the bowels active and regular. Dr. King's New Life Pills will make your complexion healthy and clear, move the bowels gently, stimulate the liver, cleanse the system and purify the blood. A splendid spring medicine. 25c. at your Druggist.

Giving way before the progress of the times, the little house formerly used as a law office in Asheville by Gov. Zebulon B. Vance, has been removed from its location. It will probably be given a permanent resting place on Buncombe county court house lawn.

### "Chamberlain's Tablets Have Done Wonders for Me."

"I have been a sufferer from stomach trouble for a number of years, and although I have used a great number of remedies recommended for this complaint, Chamberlain's Tablets is the first medicine that has given me positive and lasting relief," writes Mrs. Anna Kadin, Spencerport, N. Y. "Chamberlain's Tablets have done wonders for me and I value them very highly." Obtainable everywhere.

According to reports from Alexandria, Egypt, 400,000 persons in Jerusalem are now receiving daily rations from the American Relief Fund.

### Whooping Cough.

One of the most successful preparations in use for this disease is Chamberlain's Cough Remedy. S. W. McClinton, Blandon Springs, Ala., writes, "Our baby had whooping cough as bad as most any baby could have it. I gave him Chamberlain's Cough Remedy and it soon got him well." Obtainable everywhere.

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.

## NORTH CAROLINA NEWS BRIEFS.

The lighthouse tender Holly, one of the largest ships in the service, will be loaned by the Lighthouse Bureau for an excursion to be tendered the Elks of the state at the annual convention to be held at Washington this month.

Arrangements are being made by the chairmen of the various committees for the annual meeting of the North Carolina Good Roads Association, which will be held at Wilmington June 21 to 23, and which, it is expected, will be largely attended.

The speech of Senator Simmons at Raleigh will be printed as a public document.

From blood poisoning, caused by a pin scratch, Mrs. Samuel Steele, of Fayetteville, 78 years, died a few days ago.

A movement is on foot at Monroe to build a memorial for Ney McNeely in the shape of a public library. The movement has not yet attained definite shape, but the Woman's Club is back of it, which insures the citizens of Monroe and surrounding community that an attempt will at least be made towards the realization of the project.

### Influence of College Men.

As educated men filter through the community reforms are obtained that twenty years ago seemed millennial. The separation of local from state sources of revenue, the separation of local from national elections, the treatment of a franchise as valuable property, the discriminating between ordinary industry and natural monopoly, the practice of scientific charity and penology, the concentration of responsibility in government—these and a score of other good things which once seemed as far above popular comprehension as four dimensional space have come to pass, thanks chiefly to the radiations from the classrooms.—Century Magazine.

### The Dutch Waterstaat.

The supreme defense of Holland must be the "water line" through the heart of it from the Zuyder Zee to the Scheldt, created by opening the sluices. Holland has a department of state, with a cabinet minister at the head of it, for her "waterstaat," an untranslatable word, which means practically the state of all waters from the field drain in the polders to the Rhine at winter level. They are all linked up in one scheme in an office at The Hague.—London Chronicle.

### Rheumatic Pain Stopped

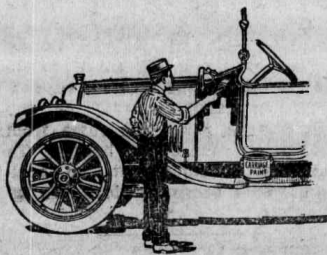
The drawing of muscles, the soreness, stiffness and agonizing pain of Rheumatism quickly yield to Sloan's Liniment. It stimulates circulation to the painful part. Just apply as directed to the sore spots. In a short time the pain gives way to a tingling sensation of comfort and warmth. Here's proof—"I have had wonderful relief since I used your Liniment on my knee. To think one application gave me relief. Sorry I haven't space to tell you the history. Thanking you for what your remedy has done for me."—James S. Ferguson, Philada, Pa. Sloan's Liniment kills pain. 25c. at Druggists.

### Gathering Dates.

Dates grow at the top of such tall, slender trees that in order to gather them men have to swing themselves up the trunk by degrees by means of a rope, one end of which they fasten around their bodies, while they loop the other end so that it will catch on to the notches in the trunk of the tree.—London Telegraph.

### Avoid Spring Colds

Sudden changes, high winds, shifting seasons cause colds and grippe, and these spring colds are annoying and dangerous and are likely to turn into a chronic summer cough. In such cases take a treatment of Dr. King's New Discovery, a pleasant Laxative Tar Syrup. It soothes the cough, checks the cold and helps break up an attack of grippe. Its already prepared, no mixing or fussing. Just ask your druggist for a bottle of Dr. King's New Discovery. Tested and tried for over 40 years.



DAVIS' CARRIAGE PAINTS

are colors ground in tough, elastic Coach Varnish and one coat will make your faded automobile or carriage look like new. They are easy to apply and dry with a strong, high gloss-clinging Enamel finish. Made for wear and tear.

Ask Your Dealer or Write Us.

THE H. B. DAVIS COMPANY,  
Baltimore, Md.

# SINCE TAKING PERUNA

I can say my  
bowels are much  
more regular.

My heart is  
stronger.

My appetite is  
much better.

My throat is  
much better.



Mrs. William H. Hinchliffe, 20 Myrtle St., Beverly, Mass., writes: "I have taken four bottles of Peruna, and I can say that it has done me a great deal of good for catarrh of the head and throat. I recommend Peruna to all sufferers with catarrh. I do not think I ever felt much better. I am really surprised at the work I can do. I do not think too much praise can be said for Peruna."

Those who object to fluid medicines can now procure Peruna Tablets.

# CALOMEL DYNAMITES YOUR LIVER! MAKES YOU SICK AND SALIVATES

"Dodson's Liver Tone" Starts Your Liver  
Better Than Calomel and You Don't  
Lose a Day's Work

Live up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel because it makes you sick and you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping. Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver

Tone tonight. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

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; headache and dizziness gone; stomach will be sweet and bowels regular.

Dodson's Liver Tone is entirely vegetable, therefore harmless and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of Calomel is almost stopped entirely here.

## Notice

In the District Court of the United States for the Western District of North Carolina, at Statesville, No. 80. United States.

vs.  
G. A. Austin, Scott Cooper, et al.  
To G. A. Austin;

Scott Cooper and Savannah Cooper, his wife; Virginia P. Ervin, widow; Jessie P. Ervin, a minor; Annie Ervin, unmarried; John Yancey and Carrie M. Yancey, his wife; Kate Chapin and G. P. Chapin, her husband; C. M. Waycaster and Addie Waycaster, his wife; Lula Tuttle and R. M. Tuttle, her husband; Aubrey Motz and Kate Motz, his wife; Caleb C. Motz and Katherine Motz, his wife; John R. Carson and Eliza Carson, his wife; Chas Carson and Mary Carson his wife; Lura Myers Carson, divorced; Serrill Douglas and Emma Douglas, his wife; George Eaves Sr., widower; George Eaves Jr., and Helen Eaves, his wife; Merritt Eaves, unmarried; Maud Beard and Luther Beard, her husband; Ruth Eaves, unmarried; Mildred Eaves, a minor; Lynn Eaves, a minor; Kenneth M. Murchison and Orelie Murchison, his wife; Kessie Carter and Shirley Carter, her husband; Marie Hercamp and Charles Hercamp, her husband; Jennie Ellis and Frank Ellis, her husband; B. B. Freeman and wife, name unknown; Unknown heirs of B. B. Freeman; James Goodrum and wife, name unknown; Unknown heirs of James Goodrum; Morris Eaves, insane; Unknown heirs of Luola Sprunt; Unknown heirs of John Hawkins;

And all persons whomsoever owning or claiming to own any estate, lien or interest of any kind or character in and to the premises described in the petition in this proceeding.

You will take notice that an action entitled as above has been commenced in the District Court of the United States for the Western District of North Carolina, at Statesville, for the condemnation of certain tracts of real estate, the first situate, lying and being in Marion township of McDowell County, North Carolina, containing 66.57 acres, more or less, lying on the waters of Buck Creek, covered by Grant 16093, and now owned by G. A. Austin; and the second situate, lying and being in Old Fort Township of McDowell County, North Carolina, containing 11.50 acres, more or less, adjoining the lands of Hamp Bradley and others, covered by Grant 662, and now owned by Scott Cooper and Savannah Cooper, his wife, the same having been selected by the Secretary of Agriculture, with the approval of the National Forest Reservation Commission, and found necessary for the purpose of carrying out an Act of Congress of the United States approved March 1, 1911, being Chapter 188, page 961, Vol. 36, Stat. at Large, as amended by the Act of August 10, 1912 (37 Stat. 369, 300, ch. 284).

And the said non-resident defend-

ants above named, and all persons whomsoever owning or claiming to own any estate, lien or interest of any kind or character in and to the premises described in the petition, defendants named as aforesaid, will further take notice that they are required to appear in the District Court of the United States for the Western District of North Carolina at Statesville, on the 16th day of June, 1916, and answer or demur to the petition or complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said petition.

This notice issued by order of Court, directing that publication be made once a week for six successive weeks in The Marion Progress.

This 1st day of May, 1916.

J. M. MILLIKAN,

Clerk, District Court of the United States for the Western District of North Carolina.

By J. B. Gill, Deputy Clerk.

We Knock the Spots out of Things

Ladies' and Men's  
Garments

Cleaned and Dyed in a  
SUPERIOR MANNER

Send us your Garments and have  
them CLEANED CLEAN.

WORK CALLED FOR AND  
DELIVERED.

Beaux Monde,  
(Under new management.)

S. C. ROBERTS, Mgr.

Eagle Bldg. Main St

Living Without Work.

For an able bodied man or woman to live without work is an ignominy for whose reproof some form of pillory or stocks or ducking stool will have to be devised.

Such a one disgraces the mother who bore him, the father that bred him, and the social system that tolerates him.—Bouck White.