

Keeping Yourself Well

THE FIRST STEP

Usually the first indication of a lowering of health is found in the bowels and liver. Something goes wrong—we eat too much, or work too hard—and the bowel action weakens or the liver is sluggish. That heavy feeling on arising in the morning, dryness of the throat, with bad taste, a slight headache, dull eyes—all show that food has fermented in the intestines, and that the body is manufacturing poisons instead of good blood.

Clear it all out. Give the stomach and bowels a fresh start. Encourage the liver to go to work. Manalin does all of this, without griping or weakening. It's the ideal laxative and liver tonic, because it follows Nature's plan, without discomfort, inflammation or forming a habit. Constipation may be overcome with its use.



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.

THE CLINCHFIELD ROUTE CAROLINA, CLINCHFIELD & OHIO RAILWAY AND

Carolina, Clinchfield & Ohio Railway of South Carolina

Effective Aug. 22, 1916.

Eastern Standard Time

Southbound	Pass.	Pass.
	p m	a m
Lv Elkhorn City	*2:10	
Lv Dante, Va	3:33	8:30
Lv St. Paul, Va	3:55	8:52
Lv Speers Ferry, Va	5:15	10:17
Ar Johnson City	6:43	11:40
Lv Johnson City,	6:50	11:45
		p m
Ar Erwin	*7:40	*12:25
Erwin		12:35
Lv Kona, N C		2:04
Lv Altapass		2:45
Lv Mt Mitchell		2:51
Lv Marion		3:55
Bostic		4:57
Ar Spartanburg, S C		*6:05
Northbound		a m
Lv Spartanburg		*11:00
		p m
Lv Bostic, N C		12:07
Lv Marion		1:05
Lv Mt Mitchell		1:59
Lv Altapass		2:20
Lv Kona		3:03
Ar Erwin	a m	4:30
Lv Erwin	*8:15	4:35
Ar Johnson City	8:52	5:12
Lv Johnson City	8:55	5:15
Lv Speers Ferry	10:35	7:02
		p m
Lv St. Paul	12:17	8:35
Lv Dante	12:38	*9:00
Ar Elkhorn City	*2:00	

*--Daily.
Patrons are requested to apply to nearest agent for definite information or to CHAS. T. MANDEL, Gen'l Pass. Agt. Johnson City, Tenn.

Great Possibilities in Honey Production.

Washington, D. C., Dec. 7.—

There are great commercial possibilities in honey production in North Carolina, it is stated in a bulletin issued by the Department of Agriculture. The report, prepared by E. G. Carr, who recently made a survey of the bee keeping industry in the state, shows that the full possibilities of the industry are not being realized and a number of specific recommendations to owners of bee hives for improvement of methods and production.

The pollen and nectar producing flowers of North Carolina are abundant, the bulletin points out, and the increased plantings of clover will still further add to the sources of honey. The honey when properly produced, is of high grade and the local market for the product is good. Many more bees, it is believed, profitably could be kept in the state. Among the needs of the industry listed in the bulletin are better hives, better stock, more careful winter protection, and, in general, the adoption of modern methods.

Bee-keepers, the bulletin says, should recognize more generally that good profits can be gotten from bees if they are properly managed. A realization of this, Mr. Carr says, can best be given to bee-keepers through extension workers and such work is now being done co-operatively by the Department of Agriculture and the North Carolina A. and M. college.

Danger Signal

If the fire bell should ring would you run and stop it or go and help to put out the fire? It is much the same way with a cough. A cough is a danger signal as much as a fire bell. You should not more try to suppress it than to stop a fire bell when it is ringing. But should cure the disease that causes the coughing. This can nearly always be done by taking Chamberlain's Cough Remedy. Many have used it with the most beneficial results. It is especially valuable for the persistent cough that so often follows a bad cold or an attack of the grip. Mrs. Thomas Beeching, Andrews, Ind., writes: "During the winter my husband takes cold easily and coughs and coughs. Chamberlain's Cough Remedy is the best medicine for breaking up these attacks and you cannot get him to take any other." Obtainable everywhere.

Good, Sensible Talk.

A person who will not pay his grocery bill or any other account, though he attend church regularly and sing with the lungs of an archangel, cannot have any more religion than an infidel Turk. Persons who expect to pass entirely through life by beating merchants out of their due will have rocky sailing once they shuffle off this mortal soil. Honesty is not only the right policy, but it is the basis of right living.—Hickory Record.

Stop That Cough

A hacking cough weakens the whole system, drains your energy and gets worse if neglected; your throat is raw, your chest aches and you feel sore all over. Relieve that cold at once with Dr. King's New Discovery. The soothing pine balsams heal the irritated membranes, and the antiseptic and laxative qualities kill the germs and break up your cold. Don't let a cold linger. Get Dr. King's New Discovery to-day at your Druggist, 50c.

Raised 25,000 Bushels Wheat.

Newton, Dec. 6—Robert Brady of Wilbur, State of Washington, is in the county visiting relatives spending some time with his brother, Dr. W. G. Brady, at Maiden. Mr. Brady says that one of his brothers in Washington State raised 25,000 bushels of wheat this year, and wheat out there is selling at \$1.50 a bushel.

Nervous Women

When the nervousness is caused by constipation, as is often the case, you will get quick relief by taking Chamberlain's Tablets. These tablets also improve the digestion. Obtainable everywhere.

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.

Game Commission is Proposed.

The Audubon society, R. E. Parker, secretary, proposes that a game commission be organized with power to unify the game laws of the state, and take all needed steps to conserve the game supply, guarding particularly the birds which are known to be of much benefit to farmers because of their destruction of insect pests. The legislature will be asked to enact some laws along this line.

Neglected Colds Grow Worse

A cough that racks and irritates the throat may lead to a serious chronic cough, if neglected. The healing pine balsams in Dr. Bell's Pine Tar Honey—Nature's own remedy—will soothe and relieve the irritation, breathing will be easier, and the antiseptic properties will kill the germ which retarded healing. Have it handy for croup, sore throat and chronic bronchial affections. Get a bottle to-day. Pleasant to take. At all Druggists, 25c.

An Exception.

"Emerson says there is always a best way of doing everything."
"Is there? I wonder if he ever found a best way of wearing a pair of shoes that were about a size too small."—Chicago Herald.

A Consolation.

Well, Christmas time has come again
To find us all so poor
We've spent enough in buying gifts
To finance one world's tour.
But let's console our empty jeans
With these few words of cheer
Those Christmas joys and Christmas pains
Do come but once per year.

Lesson One.

"Do you know how to run an automobile?"

"Certainly," replied Mr. Chuggins.

"What's the first thing a man who has bought a machine ought to do?"

"Begin work on a set of New Year resolutions relating to economy, temperance and all the other meritorious forms of self-restraint."

Not That One.

"Are you going to Miss Oldgirl's mistletoe party?"

"No; not unless she promises to stand from under."

Illumination for the Washington Monument is the purpose of a bill that will be introduced by Representative Hood, of North Carolina. His plan is to have giant searchlights playing from the four "eyes" of the monument. One of these would throw a stream of light on the dome of the capitol.

Watts Cylinder Corn Sheller.

The best and most efficient power corn-sheller on the market.

Made in different sizes, to suit the requirements of both large and small corn growers.

Write for special circular and prices.

Remember, we are headquarters for the best in

Farm Implements and Farm Machinery.

The Olds Gasoline Engine, which we sell, is one of the best of power Engines.

Correspondence solicited.

The Implement Co.
1302 Main St., - Richmond, Va.

Notice of Summons.

North Carolina, In the Superior Court McDowell County } Before the Clerk
I. T. Avery and A. C. Avery, Jr., Administrators cum testamenta annexo of I. T. Avery, Sr., deceased.

vs
Heirs at law of Josiah Askew, deceased, names unknown; heirs at law of William Ainsworth, deceased, names unknown; heirs at law of James Ainsworth, deceased, names unknown; heirs at law of R. H. Chapman, deceased, names unknown; E. M. Henoyer, G. W. Denny, Zeb McGee, J. Q. Gilkey, W. K. M. Gilkey, F. F. Nicola, and others.

To Heirs at law of Josiah Askew, deceased, names unknown, heirs at law of William Ainsworth, deceased, names unknown, heirs at law of James Ainsworth, deceased, names unknown, E. M. Henoyer, and F. F. Nicola.

The defendants above named will take notice that a proceeding entitled as above has been instituted in the Superior Court of McDowell County, N. C., before the Clerk, for the purpose of setting up a lost deed from Josiah Askew to Waighstill Avery for an undivided half interest in and to a tract of land in North Cove, McDowell County, N. C., being grant No. 3746 to Josiah Askew and Waighstill Avery, recorded in Book No. 55 at page 20 of McDowell County Deed Records, to which reference is here made for certain description, and to have the boundary of said land surveyed and adjudicated as provided by Revised of 1905, section 328.

The said defendants will further take notice that they are required to appear before the undersigned, Clerk of Superior Court of said County, at the court house in Marion, N. C., on the 15th day of December, 1916, at 11 o'clock, a. m., and answer the petition or complaint, a copy of which will be deposited in the office of the Clerk of the Superior Court of said County within ten days from the date of this summons and notice, and said defendants will take notice that they fail to answer the said petition or complaint within that time, the plaintiffs will apply to the Court for the relief demanded in the complaint or petition.

Of this notice, said defendants will take due heed.

Witness my hand, this the 14th day of November, 1916.

THOS. MORRIS,

Clerk Superior Court of McDowell County, N. C.

The Hickory Record quotes Enloe Yoder as saying that the Catawba county sweet potato crop was about half what it was last year. The association of growers has housed the crop and is waiting for the high prices of spring before shipping any. The hickory paper says prices are expected to be high enough to enable the growers to make good the losses they had last year.

PERFECTION
SMOKELESS OIL HEATERS

It Isn't the Getting Up

It's the *dressing* in a room like an ice-box that sets your teeth on edge.

Your dressing room would be as warm as toast every morning if you had a Perfection Smokeless Oil Heater. It starts thawing out the chills the minute you strike a match—and you can carry it wherever you need heat—bathroom, breakfast room, or pantry.

Clean, durable, good-looking. Inexpensive to buy; costs less to run than any coal fire. Ask any one of the more than 2,000,000 users, or examine it at your department store, hardware or furniture dealer's.

Use Aladdin Security Oil—for best results

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Norfolk, Va. Charlotte, N. C. Charleston, S. C.