

Pains Were Terrific

Read how Mrs. Albert Gregory, of R. F. D. No. 1, Bluford, Ill., got rid of her ills. "During . . . I was awfully weak . . . My pains were terrific. I thought I would die. The bearing-down pains were actually so severe I could not stand the pressure of my hands on the lower part of my stomach . . . simply felt as if life was for but a short time. My husband was worried. . . One evening, while reading the Birthday Almanac, he came across a case similar to mine, and went straight for some Cardui for me to try.

TAKE

CARDUI

The Woman's Tonic

"I took it faithfully and the results were immediate," adds Mrs. Gregory. "I continued to get better, all my ills left me, and I went through . . . with no further trouble. My baby was fat and strong, and myself—thank God—am once more hale and hearty, can walk miles, do my work, though 44 years old, feel like a new person. All I owe to Cardui." For many years Cardui has been found helpful in building up the system when run down by disorders peculiar to women.

Take Cardui

Professional Cards

DR. ALFRED W. DULA
EYE SPECIALIST
TO SEE BETTER SEE DULA
18 Year's Experience
The Best Equipment Obtainable.
Glasses Fitted Exclusively
HOME OFFICE: LENOIR, N. C.
If you get from DULA 15¢ All Right WATCH PAPER FOR DATES.
LENSES GROUND & DUPLICATED
LENOIR and CHARLOTTE, N. C.



See Dr. Johnson
THE EYE SPECIALIST

If you have Bad vision, Headache, Spots before the eyes, Red and inflamed eyes or any other eye trouble, I have had twenty years experience and I know my business. The examination is free.
Hours from 9 till 12 a. m., from 2 to 6 p. m.

EXECUTOR'S NOTICE.

Having qualified as executor of the last Will and Testament of Bertha H. Mathis Willis, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the estate of the said deceased to exhibit them to the undersigned on or before the 18th day of July, 1922, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 17th day of July, 1922.

T. W. WILLIS, Executor of the Last Will and Testament of Bertha H. Mathis Willis; deceased.

The Progress will keep you posted as to McDowell county news better than any other means.

DAIRY HINTS

CONTESTS IMPROVE QUALITY

Demonstrations in South Carolina Have Done Much to Promote Dairy Industry.

(Prepared by the United States Department of Agriculture.)

County and state butter contests, a feature of South Carolina extension work for women last year, accomplished much in the way of improving the dairy industry there. South Carolina is not a dairy state. It uses annually about \$14,000,000 worth of dairy products shipped in from other states. Some of this importation is due to the fact that while there is a large amount of farm butter produced within the state, no steady demand for it has been developed. For the purpose of creating an interest in this farm-made butter, and to teach the women to make a better product, contests which were open to home-demonstration club members were started during 1921 in 11 counties.

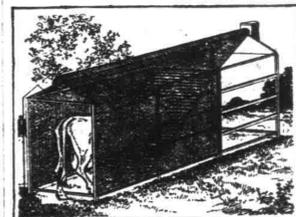
Butter demonstrations were given in all the women's clubs, and all interested persons were invited to a demonstration by the state specialist at the county seat. Three hundred and sixty women and girls enrolled for the contests, and of these 120 sent butter for every judging. Without exception there was a great improvement in the packages brought to market and the quality of the butter sold, as the women learned to what extent the butter is affected by the temperature used for ripening and churning, the care and cleanliness in handling, and the feeds for the cow.

"Contest butter" sold very readily at the various club markets, and those who did not enter the contest were obliged to make improvement in the quality of what they offered for sale or lose the market for their butter. Extension workers report to the United States Department of Agriculture that the butter produced in all parts of the state has been perceptibly improved as a result of these contests.

TRAP KEEPS COW CONTENTED

Kansas Farmer Designs Odd Contraption to Keep Flies From Milk Producers.

Along with keeping his hired help contented the farmer must also keep his cows "contented," if they are to give their maximum production of milk. A Kansas farmer, who believes that bovine contentment depends largely upon keeping the animals



A Special Flytrap, the invention of a Kansas farmer, brushes flies from cows and imprisons them in a trap at the top of the contrivance.

free of flies, has invented an odd fly-trap for that particular purpose. The cow enters and walks through the cage, and the flies are brushed off by brushes that protrude from each side. The flies, or most of them, in their attempt to escape, are caught in a specially designed trap on the top of the inclosure.—Popular Mechanics Magazine.

DESTROYING LARVAE OF FLY

Caution Must Be Used in Applying Chemicals to Manure Piles to Conserve Value.

There are many ways of combating the fly nuisance. On farms, the manure piles are probably the chief sources of fly infection. The use of chemicals in destroying the larvae of the fly in manure piles is one of the important ways of keeping this insect under subjection. However, one must be cautious inasmuch as a too liberal use of some of the chemicals will destroy the fertilizing value of the manure.

FACTORS IN DAIRY FARMING

Of Great Importance That Barns and Utensils Be Clean to Add to Creamery Check.

Good clean barns, clean milking practices, and clean dairy utensils are three essential factors in dairy farming, whether for the man who is making it his sole business, or the farmer who uses five to ten cows to add the creamery check to his income for the month, along with other farming work.

Silo Increases Profits.

Business farmers and experiment stations have found that a silo not only increases the yearly profits of the farm, but eliminates many uncertainties of live stock raising.

Feed Calves Separately.

Feed the calves up so they can be fed separately.

Cows Standing Highest.

The cows that stand highest in testing association records are fed grain regularly to supplement pastures.

WONDERS OF AMERICA

By T. T. MAXEY

© Western Newspaper Union.

THE THOUSAND ISLANDS

THE River St. Lawrence "As grand as the Rhine", was discovered by a French explorer in 1535. In 1615, Champlain explored the upper reaches of this majestic stream and discovered these islands.

The origin of the name is evident to the beholder. Below Lake Ontario for a distance of some forty miles the river broadens to a width ranging from four to seven miles. Here begins this world-famous archipelago. These islands—sometimes in a string like links in a chain—again in just pell-mell confusion, appear to block the channel. Apparently there are a thousand of them. Some authorities assert there are as many as 1,700.

Composed mainly of rock or granite, their surfaces are not high. "Some are no larger than to provide a foundation for a house—the largest contains about 10,000 acres. Many are privately owned and here man and his money have created castles which look as wondrous as fairy tales sound.

The Thousand Islands were the scene of some hot conflicts between nations—Indian wars (when this region was known as Manatona—Garden of the Great Spirit), contests between the French and the English and battles of Revolutionary fame.

To this generation, however, they are more prominently known for their singularly picturesque beauty and unquestioned charm.

WAY TO AVOID LEAKY TEATS

Good Plan to Apply Colloidal After Each Milking—This Closes Up the Opening.

The only way to prevent leaky teats is to smear colloidal on the end of the teat after each milking. This closes up the opening and before the next milking it must be removed. This is bothersome, but may be used to good advantage where the cow loses a quantity of milk.

INDIVIDUALITY IS ESSENTIAL

In Selecting Cow It Is Important to See That Strain Is of Large Producers.

Breed is of less importance in selecting the cow than is individuality, for in every breed there are good individuals and poor individuals. It is important, not only that the breed, but the strain or family represented be noted for large and economical production.

Provide Supplemental Feed.

If concentrated feeds are not provided to supplement the pasture, the cow must either reduce her production or draw on reserve materials from her body.

Grain Is Essential.

The feeding of grain to dairy cows on pasture is essential to sustained high production.

Give Plenty of Water.

Give the calves plenty of clean water to drink.

WHAT AMERICA NEEDS.

St. Paul Crescent.
What this country needs is not a new birth of freedom but the old-fashioned \$2 lower berth.

What this country needs isn't more liberty but less people who take liberties with our liberty.

What this country needs is not a job for every man but a real man for every job.

What this country needs isn't to get more taxes from the people but for the people to get more from the taxes.

What this country needs is not more miles of territory but more miles to the gallon.

What this country needs is more tractors and less detractors.

What this country needs isn't more young men making speed but more young men planting spuds.

What this country needs is more paint on the old place and less paint on the young face.

What this country needs isn't a lower rate of interest on money but a higher interest in work.

Mitchell College

For Girls and Young Women

Thoroughly Christian, Non-Sectarian, High Grade, Moderate in Cost.

The Literary Department offers Collegiate (3 years); College Preparatory (4 years); Grammar Grades (4-7).

Superior advantages in Piano, Voice, Organ, Violin, Expression, Home Economics, Teacher Training and Secretarial.

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Write for catalog and particulars. W. F. HOLLINGSWORTH, Pres. STATESVILLE, N. C.

Subscribe for the Marion Progress

ANNOUNCEMENT

To the Voters of McDowell County: I do hereby announce myself as an independent candidate for the office of the Clerk of Superior Court of McDowell County. I am moved to make this independent race for the reason that I am convinced I was not treated fairly in the Democratic primary meetings. My friends have urged me to do this that justice may be done. I ask all my friends to give me their hearty support and I will be elected, and when elected I will serve the public with the utmost courtesy. Yours for votes, W. McD. BURGIN.

ADMINISTRATRIX NOTICE

Having qualified as administratrix of Emmett A. Thomas, deceased, late of McDowell county, notice is hereby given to all persons having claims against said estate that they are required to file same with the undersigned on or before the 10th day of August, 1922, or this notice will be pleaded in bar thereof. All persons indebted to the said estate are required to make immediate payment to the undersigned.

MRS. BEULAH THOMAS, Administratrix E. A. Thomas, dec'd.

ADMINISTRATOR'S NOTICE.

Having qualified as administrator of Mrs. Jane Hogan, deceased, late of McDowell County, notice is hereby given to all persons holding claims against her estate to present the same to the undersigned at his residence at Nealsville, N. C., on or before the 14th day of July, 1922, or this notice will be pleaded in bar thereof. All persons indebted to said estate will please make payment to the undersigned at once.

E. C. SPOFFORTH, Administrator of the estate of Mrs. Jane Hogan, Deceased.

NOTICE!

North Carolina, McDowell County. In the Superior Court, September Term, 1922. C. B. Wells vs Eveleen Wells.

The defendant above named will take notice that an action entitled as above has been commenced in the Superior Court of McDowell County, North Carolina, to obtain an absolute divorce from the bonds of matrimony existing between the plaintiff and said defendant upon the statutory grounds; and that she is required to appear before the Clerk of the Superior Court in his office in the Court House in said county on or before the 21st day of August, 1922, and answer or demur to the complaint which will be filed in said office, or the plaintiff will apply to the court for the relief demanded in the said complaint.

This the 22nd day of July, 1922.

W. H. HAWKINS, Clerk of Superior Court. B. L. Lunsford, Attorney for Plaintiff.

NOTICE OF DISSOLUTION BRYSON - SNYDER - LACKEY, OLD FORT, N. C.

Notice is hereby given that the undersigned, J. Logan Lackey, has purchased the interest of Holmes Bryson and C. A. Snyder in the partnership of Bryson-Snyder-Lackey, of Old Fort, N. C., and is to receive all accounts due said firm and assumes all indebtedness of said firm, and said Holmes Bryson and C. A. Snyder are no longer connected with the firm. Business will hereafter be conducted under my name alone. This July 15th, 1922.

J. LOGAN LACKEY

NOTICE TO CONTRACTORS.

County Highway Construction. Sealed bids for the construction of approximately 9.2 miles of County Highway will be received by the Highway Commission for McDowell County, at the court house at Marion, N. C., until eleven o'clock a. m. on the 28th day of August, 1922, when they will be opened and read, and no bids will be received after the hour fixed.

The work will consist of approximately as follows:

30 acres clearing and grubbing.
40,000 Cu. Yds. common excavation.

2,000 Cu. Yds. Solid rock excavation.

800 Cu. Yds. drain ditches.
165 Cu. Yds. class "A" concrete.
220 Cu. Yds. class "B" concrete.
100 Cu. Yds. cement rubble masonry.

200 Cu. Yds. riprap.
1500 Lin. Ft. 15" Metal or Concrete Pipe.

750 Lin. Ft. 18" Metal or Concrete Pipe.

350 Lin. Ft. 24" Metal or Concrete Pipe.

170 Lin. Ft. 30" Metal or Concrete Pipe.

160 Lin. Ft. 36" Metal or Concrete Pipe.

8,000 lbs. reinforcing steel.

No bids will be considered unless accompanied by a corporate surety bond or by a properly certified check for \$3000.00.

A satisfactory security will be required for the complete fulfillment of the contract.

The right is reserved to reject any or all bids or to accept the proposal deemed best for the county.

By the order of the Highway Commission for McDowell County. This the 7th day of Aug., 1922. HUGH F. LITTLE, Chairman. J. L. Martin, County Engineer.

The Price of Knowledge

The subscription price of The Progress is \$1.50 per year. Therefore, it will cost you \$1.50 a year—

To know what your neighbors are doing. To let them know what you and yours are doing.

To know what our public officials are doing, and how they are performing the duties for which we pay them.

To know what our schools are doing, and how our young people are being guided and trained in the ways of knowledge.

To know what our farmers are doing, and what they are planting and harvesting.

To know what the churches are doing, and how they are conserving the morals of the community, and extending the doctrine of righteousness.

To know the state of health of the community, and of the weddings, and of the children who are born, and of the people who die and pass beyond.

To know of the public improvements that are made, and of those that should be made, and of the general condition of civic affairs.

To know of the political affairs of import to the community and its people.

And to know of the thousand and one other things that find their way into these columns in the run of a year.

Much knowledge may be gained by the expenditure of that \$1.50.

Better send it in today, brother, lest tomorrow you miss something that would have been worth many times its cost to you.

THE MARION PROGRESS

The Greensboro Daily News

is recognized as the state's best newspaper. It gives a news service unexcelled and its editorial page is always clean, broad and interesting. Independent in politics, it presents news and views from every angle.

On its rapidly growing subscription lists are the names of the state's best and most forward-looking citizens. Can you afford to be without this newspaper? Forward you trial subscription.

Six months, Daily and Sunday, \$4.50.

Six months, Daily without Sunday, \$3.50.

GREENSBORO DAILY NEWS,
GREENSBORO, N. C.



141 IMPROVEMENTS

Genuine Value in the New Buick

During this period of price adjustments on a number of motor cars, it is a significant fact that Buick is the only manufacturer placing on the market an absolutely new model, with 141 improved features, at reduced prices. This means the Buick offers the most value per dollar of any car on in its class—it remains the standard of comparison.

The popularity of the 1923 Buick is displayed by the tremendous demand everywhere for this new car. To avoid extra delay in delivery we suggest that you place your order immediately.

Marion Garage Co.

C. A. LAUGHRIDGE and C. W. DAVIS, Managers
MARION, N. C.

When better automobile are built, Buick will build them