

Each Year More Mothers Treat Colds Externally

The Dangers of "Dosing" Colds Now Avoided by Use of Modern Vaporizing Ointment

When Vicks VapoRub was introduced, mothers especially were quick to appreciate it, because it is just rubbed on and cannot upset children's delicate stomachs, as "dosing" is so apt to do. Today, the whole trend of modern medicine is away from needless "dosing."

As more and more mothers adopted this modern external treatment, the fame of Vicks spread until today it is the standby for colds—adults as well as childrens—in over 60 countries.

Just rubbed on throat and chest, Vicks acts through the skin like a plaster, and at the same time its medicated vapors, released by the body heat, are inhaled direct to the inflamed air-passages, loosening the phlegm and easing the difficult breathing.

Ever-increasing demand for this better method of treating colds is shown in the familiar Vicks slogan. Made famous when Vicks reached "17 Million Jars Used Yearly"—later raised to "21 Million"—there are now "Over 26 Million Jars Used Yearly."



Makes Life Sweeter

Too much to eat—too rich a diet—too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid. Take a spoonful of this pleasant preparation, and the system is soon sweetened.

Phillips is always ready to relieve distress from over-eating; to check all acidity; or neutralize nicotine. Remember this for your own comfort; for the sake of those around you. Endorsed by physicians, but they always say Phillips. Don't buy something else and expect the same results!

PHILLIPS Milk of Magnesia



WHAT DR. CALDWELL LEARNED IN 47 YEARS PRACTICE

A physician watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time. Of next importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation, known as Dr. Caldwell's Syrup Pepsin, is a mild vegetable compound. It can not harm the system and is not habit forming. Syrup Pepsin is pleasant-tasting, and youngsters love it.

Dr. Caldwell did not approve of drastic physics and purges. He did not believe they were good for anybody's system. In a practice of 47 years he never saw any reason for their use when Syrup Pepsin will empty the bowels just as promptly.

Do not let a day go by without a bowel movement. Do not sit and hope, but go to the nearest druggist and get one of the generous bottles of Dr. Caldwell's Syrup Pepsin, or write "Syrup Pepsin," Dept. EB, Monticello, Illinois, for free trial bottle.



RED BAR COAL COMPANY MARION, N. C.

AID FOR VETERANS IS RED CROSS PLEDGE

Service and Ex-Service Men Are Helped in All Problems.

Service to World War veterans in hospital, for able-bodied veterans, and for dependent families of both called for expenditures of \$738,000 by the American Red Cross during the year just ended. In addition, Red Cross Chapters spent \$1,963,000 in veteran relief, and also for men still in service.

Although eleven years have passed since the Armistice, there remain 25,500 disabled and sick veterans of the World War in hospitals, and the peak of the number who will require hospitalization is not expected by Veterans Bureau authorities to be reached until 1947. For these men, the Red Cross must continue its service of providing recreation and comforts, according to James L. Fieser, vice chairman of the Red Cross.

"Under its Charter from Congress, the Red Cross is required to maintain service for veterans of wars and for the men still in the service," Mr. Fieser said. "The funds for this work come from the annual roll call membership fees. In addition to the sum spent in maintaining contact with the veterans, the Red Cross expended \$308,000 in its service to the men still in the regular Army, Navy and Marine Corps. The society and a majority of its 3,500 chapters handle claims for these men for insurance, compensation and other benefits they are entitled to under the law, and also where necessary arranges to provide for dependents of the men."

"Red Cross workers are maintained in forty-eight Veterans Bureau Hospitals, as well as in all regular Army and Navy hospitals, whose duty it is to supervise recreational facilities for the patients, and to provide small comforts. In the Army and Navy Hospitals, the workers also do social service for the patients. These tasks also are performed at all Army Posts and Navy Ports by Red Cross workers, and in addition Red Cross representatives to handle claims are established at the majority of Veterans Bureau regional offices."

Mr. Fieser urged that all citizens enroll in the Roll Call, from Armistice Day to Thanksgiving Day, November 11 to 28, in order to aid in supporting this work.

NEW CROPS IN FLOODED STATES BRING PROSPERITY

The introduction of new habits of planting, following the Mississippi Valley flood of 1927, has brought added prosperity to farmers in many of the Mississippi Delta counties, according to Red Cross officials.

Almost every cabin has a fine vegetable garden, whereas cotton formerly grew right to the doorstep, the Red Cross states. The home demonstration and agricultural agents have followed up the project inaugurated by the Red Cross, immediately after the flood of 1927, with very gratifying success. There is a large acreage in corn, whereas formerly cotton was the one crop. Alfalfa has gained a firm foothold, and the growing of this crop is bringing good financial returns from the three or four cuttings each year. Live stock also is showing improvement due to these new crops.

Everything considered, the Delta sections which escaped a backwater problem in the Spring of 1929 are in a prosperous condition, as a result of the follow-up and rehabilitation by the American Red Cross.

RED CROSS HONOR FLAG GOES TO NEW HAMPSHIRE

The honor flag, given annually to the State which enrolls the greatest percentage of its population as member of the American Red Cross, went this year to New Hampshire. The decision was so close between New Hampshire and Vermont that it hung in the balance for a time. California ranked third in the honor list and Connecticut fourth.

A final tabulation of figures of the 1928 Roll Call showed a nationwide membership of 4,127,946. The banner rests with New Hampshire, where it is hung in the State House, until the 1929 Roll Call—held between Armistice Day and Thanksgiving Day—is completed and new figures available for the 1929 winner.

FIVE RED CROSS CAMPS HOUSE FLOOD REFUGEES

A total of 27,791 persons were maintained by the American Red Cross in camps or in their own homes in the three States of Alabama, Georgia and Florida, following the disastrous floods of early last Spring. Five camps were organized, of which four were in Alabama and one in Florida. Small temporary camps were set up in various places in addition to these, but the persons not sheltered in the five main camps soon were able to return home or to friends and relatives.

Red Cross nurses were at all five camps, assisting the State health authorities in care of the sick and in inoculating against epidemics.

LABOR HEAD URGES SUPPORT OF RED CROSS

"Invariably it is the masses of the people which suffer most when disasters occur," stated William Green, president of the American Federation of Labor, recently.

"Because they suffer most and because of their helplessness, the ministrations of the Red Cross organization take on added significance and importance. No doubt many lives among these particular groups are saved through the prompt service which this organization gives."

"Because the American Federation of Labor appreciates this fact, we have supplemented the appeal of the American Red Cross at each Roll Call period for memberships from the great mass of working men and women and their families."

"The continued service of the American Federation of Labor in this most humane and unselfish work will be most cheerfully rendered."

Mr. Green is a member of the Board of Incorporators of the American Red Cross.

Eight hundred bushels of corn on 12 acres is the yield secured by W. M. Woodson of Alexander in Buncombe county after improving his soil by plowing under clover.

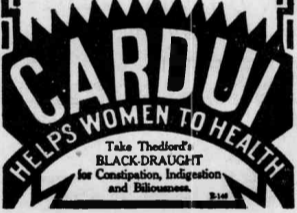
Shop with home merchants.

SPELLS OF BACKACHE

"I HAVE used Cardui at intervals for sixteen years, when I suffered from weakness, and it always helped me," says Mrs. J. W. Jinnright, R. F. D. 2, Troy, Ala.


"Mostly I was afflicted with bad spells of backache. At times I felt as if my back would break. I would drag one foot after the other, in a helpless sort of a way, and once I got down in bed. My husband urged me to take Cardui, and I soon found what a fine medicine it really was."

"When my second child was little, I was in very bad health. I did not pick up as I should have. I was weak and sickly. I do not believe that I would have come through, but for Cardui."



Take Theodor's BLACK-DRAUGHT for Constipation, Indigestion and Biliousness.

Camels are for knowing smokers!



It's just too bad if any smoker because of misinformation denies himself or herself the pleasure of CAMELS.

New smokers are not always in a position to have a real preference in cigarettes. But when they acquaint themselves with Camels they develop that sense of discrimination that leads to real smoking pleasure. Camels are made so carefully and of so good a blend of choicest cigarette tobaccos that even those with inexperienced smoking taste quickly recognize their superiority. They are for those who appreciate the taste of choice tobaccos, the fragrance of a perfect blend and the soothing mellowness of a really satisfying cigarette.

when they learn the difference they flock to **Camels**

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NOTICE OF SALE

The undersigned, Ballew Motor Company, will offer for sale to the highest bidder for cash at their garage, 438 E. Court street, in the town of Marion, North Carolina, on Monday, November 25th, 1929, at 10 o'clock a. m.

One 1927 Ford touring car Motor Number 14413206

The above car is the property of Grace Goode, and is sold under and by virtue of the power given in section 2435 of the Consolidated Statutes of North Carolina, for work and labor performed and for material furnished in repairing the same at the request of the owner thereof. The amount due is \$48.35 and has remained due and unpaid since August 22, 1929. This November 7th, 1929.

BALLEW MOTOR COMPANY.

LAND SALE UNDER MORTGAGE

Take notice that the undersigned mortgagee, under and by virtue of the power of sale contained in a certain mortgage deed executed by Ras Ray and wife, Dollie Ray, to E. J. Jenkins and wife, Ollie Jenkins, dated the 12th day of October, 1926 and recorded in Book 35 at page 226 of the McDowell County Deed Record, conveying the land therein and hereafter described for the purpose of securing certain indebtedness and default having been made in the payment of said indebtedness will offer for sale to the highest bidder for cash at the court house door in Marion, North Carolina, on the 30th day of November, 1929, during the legal hours of sale the said land described in said mortgage deed.

Description: Beginning at a Spanish Oak, P. F. Cannon corner,

and running with his line North 78 East 80 poles to a small Post Oak, J. H. Greenlee corner; thence with J. H. Greenlee line South 16 East 33 1-3 poles to a stake and pointers in Greenlee line; thence South 78 West with Joe Lewis line 80 poles to a stake in Broad Robbins line; thence with Broad Robbins line North 16 West 33 1-3 poles to the beginning, containing 16 2-3 acres more or less. This 28th day of October, 1929. E. J. JENKINS, Mortgagee.

FOR SALE—Mead Bicycle. Low cash price. Apply to Progress office.

Have you renewed your subscription? Notices have been sent out and we hope those receiving them will respond promptly.

BOYS, GIRLS, Get A Wagon or Doll FREE!

From The ASHEVILLE CITIZEN

Her Name Is "Flossie Flirt" Cut out this blank and have your friends who agree to help you sign their names and addresses on it.



Name of Person taking these orders
Address
The Asheville Citizen, Asheville, N. C. Phone

You are hereby authorized to deliver **The Asheville Citizen**, Daily and Sunday, for a period of **AT LEAST SIX MONTHS**, and thereafter until ordered discontinued, to me at the address shown below, for which I agree to pay carrier in advance at the rate of 20 cents per week if delivered by carrier, or if sent by mail to pay your office direct for year's subscription in advance, said payment to either accompany this order or to be made within seven days after first copy of paper is mailed. It is understood that the person taking this order will receive a **MAMA TALKING DOLL** or a **COASTER WAGON** as a prize for securing **FOUR** new subscribers. I certify that I **AM NOT NOW** a subscriber to **The Asheville Citizen**, and have not been one during the past thirty days. I further certify that this order does not replace any other subscription.

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NAME	ADDRESS	Paper to be sent by mail or carrier?
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WHEN YOU HAVE YOUR LIST COMPLETE MAIL IT TO THE CIRCULATION DEPARTMENT, THE ASHEVILLE CITIZEN, ASHEVILLE, N. C. PRIZES WILL BE DELIVERED AS SOON AS ORDERS HAVE BEEN VERIFIED.

Doll Received by 192.....

A Suggestion to Mother, Father, Aunts and Uncles

This is your opportunity to get a beautiful life size mama doll, 22 inches tall, for Christmas for the little daughter or niece or a Coaster Wagon for that son or nephew. We make delivery as soon as orders have been verified, or we will hold until Christmas if you wish. Start early.