

Take full advantage in playing upon the ignorance of the people, is that medicines when put together in certain mysterious quantities undergo some marvelous change which will enable them to produce miraculous effects. Really there are no secrets in medicine. The medical world has full knowledge of all the medicines used by the manufacturers of patent medicines.

That there is nothing mysterious about these compounds is clearly shown by their chemical and microscopic analyses. For instance, one of the compounds, which is advertised to make animals digest their food better and to cure a large variety of diseases, was made up of 99 per cent wheat bran. Another largely advertised remedy for horses, which is used externally as a counter-irritant or blister, is made up largely of turpentine. And with preparations for the human family the same general humbuggery obtains.

**People Get Well in Spite of the Patent Medicine; Not Because of It.**

There is no manner of doubt about the whole patent medicine business being essentially a swindle. In some few cases the manufacturers may really think they are putting a medicine on the market that will do good, as it will be used, but generally they either know, or have had ample opportunity to know, better. In ninety-nine cases out of every hundred the sole controlling and actuating motive of the manufacturers and sellers of patent medicines is the making of money. They may not know and certainly do not care what harm they do.

They have been able to continue the swindle because of the lack of knowledge of medical science among their patrons. A large majority of the cases that appear to respond to the use of patent medicines would get well without any treatment—probably a larger number than do get well with this patent medicine treatment. Undoubtedly many of them now get well in spite of the treatment.

People get well after taking Dr. Fakir's "Wonderful Discovery," and foolishly think they got well because of it, and give glaring testimonials to this effect. Similarly, sick women may get well after reading this paragraph, but it will not be because of reading it. Keep these things in mind.

**Nature is Always Trying to Heal You; Drugs May Hinder.**

Unquestionably if the user of a medicine does not know what is the matter with him, or if knowing does not know the appropriate remedy, he had better let that something which is within every living thing and which tends to heal itself, have full opportunity rather than antagonize it by taking some medicine which will be hurtful if not needed.

The recuperative powers of our own bodies are our greatest aid in disease, therefore, let us not lessen the full effect of these recuperative powers by taking medicines which weaken or antagonize them. Leave all medicines alone unless prescribed by one who not only knows diseases but also remedies.

Who has had the best opportunity to learn of diseases and remedies? Is it the man who, perhaps, has never had medical training, who has never seen you and knows nothing of your case—the patent medicine swindler? or is it the man who has had many years of training and study of medical science and has thoroughly examined your case—the well-known local physician?

If you are not sick enough to go to the doctor, you are not sick enough to need medicine.

**The Fletcher Method of Eating.**

**T**HE FLETCHER method of eating never means mal-nutrition, nor food poisoning. Bad breath, flatulence, drowsiness in the day-time, wakefulness at night, that tired feeling, all mean food poisoning. Resort to drugs for relief, and continue to gulp, guzzle and bolt, turning to the doctor now and then in time of trouble, and the water supply gets infected by the sewage and the doctors call it Nervous Prostration, Bright's Disease, Inflammatory Rheumatism, or Neuritis, and the undertaker begins to take a personal interest in you.

Very, very few deaths are natural. Men die because a part gives out, and unlike an Oliver plow or a McCormick reaper, you can't replace the part.

Taste is the test. But to taste you have to masticate. It takes a little time, but it saves temper later.

Fletcher's figures are safe, conservative and the fruit of long study, careful observation and patient experiment. The excellence of Horace Fletcher's philosophy is so apparent that no one can argue it down, and any one can prove it for himself. No apparatus is required, and no special preparation or environment demanded. Your first patient is yourself, and the results do not have to be ascertained by interrogation, inference or assumption.

Please bear in mind that the greatest dietetic sinners are not the poor and ignorant, but the so-called educated class. We all realize the dangers from strong drink, but strong meat that sets up its ferment after you eat it, is quite as bad as the product of the grain that is fermented first and swallowed afterwards.—Elbert Hubbard.

**GET READY TO TAKE A PRIZE NEXT FALL.**

**Premiums Offered by the North Carolina Board of Agriculture for the Women's Department of Farm Work.**

The North Carolina Department of Agriculture announces the following prizes at the State Fair next fall:

"Best display of articles for household, kitchen or pantry use, raised, cured or made by the family under the direction of the lady head of the house—the display to include as many as practicable of the following articles:

"Hams, bacon, corned beef, dried beef ham, corned beef or sheep tongue, lard (5 pounds), butter (2 pounds), cottage cheese; varieties of canned vegetables and fruits, pickles (sour and sweet), preserves, jellies, catsups and sauces, honey (1 gallon), honey in comb (3 pounds), vinegar (1 gallon), home-made sorghum (1 gallon), 2 pounds home-made molasses taffy, fresh fruits, cider (1 gallon); bread and pies; collection of garden seed, collection of herbs for seasoning or medicinal purposes, string of red pepper, fruit acids or juices, grape or blackberry wine, flavoring extracts or essences; bar soap, soft soap, toilet soap; home-made brooms (straw and corn), willow and split oak baskets; rag carpet, rug, shuck mat; center piece, sofa cushion, shirt waist, aprons (kitchen and dress), woven counterpane, quilt; chrysanthemums and other fall flowers; display of poultry and eggs, a pig; anything else for family use.

"First premium, \$25.00; second premium, \$10.00.

"Special premiums: Best pone plain corn bread, 50 cents; best corn bread with eggs and milk, \$1; best 2 pounds butter, \$1; best cottage cheese, \$1; best gallon lye hominy, \$1; best 2-story or family peach pie, \$1; best 3 bars laundry soap with directions, \$1; best 3 cakes toilet soap, \$1; best shuck mat, \$1; best rag carpet, \$2; best 3 home-made brooms, \$1; best 3 bottles fruit acid, with directions, \$1; best gallon sauerkraut, \$1; best patch on any clothing, \$1; best darned stockings, 50 cents."

Why not begin now to prepare for taking some of these prizes as well as some offered by your local fair association?

**Sow the Bulb Beds in Late-Blooming Annuals.**

Dear Aunt Mary: The unattractive appearance of the bulb beds during the long summer and fall has led me to seek a suitable disposition to make of them during this dormant period; and I think I have found it in the late-blooming, low-growing annuals.

I am aware that heavy growing flowers, such as scarlet sage and perennials of many kinds have nearly played havoc with the hyacinth bed, and that taking them up during the summer is equally as destructive to the bulbs. So my purpose is to plant the bulbs in rows eighteen inches apart, in very light soil, and just as the bulbs cease to bloom sow sweet alyssum, mignonette, or any other light-growing and suitable annual, between the rows. Most of these, like the farmer's legumes, make their best growth during the fall—need only to be worked lightly with a fork, and when the season is mild, last well into December.

They will soon cover the entire bed with a thick, almost impenetrable, mass of bloom, and so sweet that they will be a living and suitable symphony for the grand finale of the flower garden.

MRS. PAMELA C. READE.  
Person Co., N. C.

**Raising Roses From Cuttings.**

Dear Aunt Mary: We have had great success in raising roses from cuttings. This is the way we do it:

We prepare our yard for the cuttings by thoroughly spading it up to a depth of 12 to 15 inches, afterwards giving it a top dressing of well-rotted barnyard manure and sand; 3 parts manure, and 1 part sand. This is placed on the surface to a depth of 8 inches and thoroughly mixed with the soil. In summer we cover the surface with well-rotted straw or leaves. This we find very essential, as it enables the soil to retain moisture in winter.

We prune back about two-thirds of summer growth and mulch with well-rotted sawdust. This prevents any loss of cuttings and bushes by freezes. We have grown over 150 cuttings to rose bushes and have lost but eight cuttings and one rooted bush.

W. C. CROOK.  
Henderson Co., Tenn.

**A Generous Bequest.**

Porter Emerson Browne came into the office yesterday. Just as he was leaving he said: "Did you hear about that man who died the other day and left all he had to the orphanage?"

"No," some one answered. "How much did he leave?"

"Twelve children."  
Mr. Browne left, too.—Everybody's Magazine.

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