

How To Pay Your Income Tax.
(Bureau of Internal Revenue.)
Pay your income tax, if possible, by check, money order, or draft. This is the urgent request of the Bureau of Internal Revenue.

More than 6,000,000 persons this year will pay an income tax. The total to be collected under the war revenue act of October 3, 1917, in individual income majority of these payments will be small amounts. If paid as requested it will avoid the necessity for the issuance of a receipt, and save much time and labor.

Taxes paid to deputies who are visiting every county in the United States to assist taxpayers in making out their returns are sent to the collector of internal revenue of the district in which the taxes are collected. Checks, money orders, or drafts can be handled without difficulty. Cash has to be sent by registered mail or by insured express.

In the conduct of the war Uncle Sam is beset with many difficulties. You can render one of his innumerable tasks less difficult by paying your income tax promptly, and by check, money order or draft.

Would Hang 10,000

"We will not be a strickly free people until 10,000 German propagandists in this State have been hanged to telegraph poles and shot full of holes." Howard Heinz, Federal food administrator for Pennsylvania declared at a conference of food officials in Philadelphia. Mr Heinz has just returned from a State wide speaking tour. He reported that the activities of the German agents had been making serious inroads on food conservation.

LEMONS BRING OUT THE HIDDEN BEAUTY

Make this lotion for very little cost and just see for yourself.

An attractive skin wins admiration. In social life and in business the girl or woman whose face and hands show evidence of constant care enjoys a tremendous advantage over those who do not realize the value of a healthy skin and a spotless complexion.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smootheners and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin.

At a box supper in the South Mountain section of Burke county, Saturday night, Deputy Sheriff Chapman of Hildebran was attacked by a number of men, cut in the neck and seriously injured. It is said that the destruction of a still had something to do with the attack. Five men have been arrested and placed under bond to answer for the attack on the officers.

Dwarf Wood's Seeds. Essex Rape

Is one of the quickest-growing green forage and grazing crops for cattle, sheep, hogs and poultry. Is hardy and can be sown as early in the spring as weather will permit. Costs less to seed per acre and will give quicker green forage than any other crop. Also valuable for soil improvement.

WOOD'S DESCRIPTIVE CATALOG for 1918 gives full information and also tells about all other

SEEDS for the Farm and Garden

Write for Catalog and prices of any seeds required.

T. W. WOOD & SONS, SEEDSMEN, Richmond, Va.

VALUABLE RECIPES.

Demonstrated by Mrs. J. D. Brooks
Chairman of Home Economics Department, of Oxford Woman's Club.

Rye Bread.

- 2 cups rye flour.
- 2 cups corn meal.
- 3/4 cup molasses.
- 1/2 cup brown sugar.
- 1 cup raisins.
- 2 cups buttermilk.
- 1 teaspoonful baking powder.
- 1 teaspoonful soda.
- 1 egg.

Mix together in a bowl, rye flour, corn meal, sugar, baking powder, and raisins. Stir soda into molasses, add the buttermilk which has been mixed with beaten egg. Beat into the ingredients. Turn into 2 greased coffee cans, filling each about one-half full. Steam three hours after which run into ovens for fifteen minutes to dry out.

Soy Bean Meal Loaf.

- 1 cup soy bean meal.
- 1 cup corn meal.
- 1 1/2 cup graham flour.
- 3/4 cup molasses.
- 2 1/2 cups buttermilk.
- 3/4 cup raisins.
- 3/4 cup nuts.
- 2 teaspoons salt.
- 2 teaspoons soda.

Mix bean meal, corn meal, graham flour, salt, nuts and raisins in a bowl, stir soda into molasses, add buttermilk and beat into dry ingredients, turn into greased pan, and bake in slow oven one hour.

Cottage Cheese.

Stir into 1 qt. warm skimmed milk, one junket tablet dissolved in a little cold water, let stand until it coagulates, cut into squares, and put in cheese cloth bag to drip until the curd may be kned like dough. Add 1/4 teaspoon salt.

Nut Bread.

- 1 1/2 cups graham flour.
 - 1 1/2 cups white flour.
 - 3/4 to 1 cup sugar.
 - 2 eggs.
 - 1 cup milk.
 - 1 cup chopped pecans.
 - 4 slightly rounding teaspoons baking powder.
- Beat eggs, add sugar, beat till light, add milk and flour alternately. Sift in baking powder with last of flour. Stir in sweetmeats. Pour in greased pan and let stand 20 minutes. Bake in slow oven 1 hour.

Whole Wheat or Graham Bread.

- 1 1/2 cups luke warm milk, whey or rice water, 3 tablespoons of brown sugar, 1 1/4 teaspoons salt, 3 cups whole wheat or graham flour, 1/2 yeast cake, 1 egg.

If milk is used, scald it together with the sugar and salt. When luke warm, add the yeast, mixing it first with a little of the liquid. Add the flour, then the egg, and let it double its volume. Beat it thoroughly, put into a pan and let it rise in a pan of standard size, it should come nearly to the top.

Mayonnaise Dressing With Corn Starch.

- 1/2 cup corn starch.
- 1 1/4 cups water.
- 1 lemon.
- 1 pint can wesson oil.
- 2 egg yolks.
- 1teaspoon salt.
- Vinegar, paprica and cayenne pepper to taste.

Dissolve corn starch in 1/2 cup of cold water, add 1 cup boiling water, cook until thick and smooth, stir in egg yolks while hot. Let cool, add lemon juice and oil alternately and other seasoning.

TAKE "CASCARETS" IF HEADACHY, BILIOUS, AND CONSTIPATED.

Best for liver and bowels, bad breath, bad colds, sour stomach.

Get a 10-cent box. Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to a torpid liver; delayed, fermenting food in the bowels, or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

North Carolina's subscription to the second Liberty loan, announced by the Treasury Department, was \$27,531,200.

The Unsinkable Ship.

The former Austrian steamer Lucia, which has been honeycombed with compartments designed to make her unsinkable, has arrived at an Atlantic port to undergo tests to determine her ability to stand up under torpedo attack. The special interior construction of the ship, a 5,000 ton vessel, was installed under the auspices of the naval consulting board and should the vessel prove her ability to remain afloat after being torpedoed, efforts will be made to have many other vessels, particularly army transports similarly equipped.

Agitator Arrested.

Dr. William J. Robinson, who for months past has been one of the most active of the peace-at-any-price advocates, and who has recently caused to be published a document in which he urges that the United States enter an immediate peace with Germany, which country, he maintains, is victorious and can never be defeated by the allies, has been arrested at his home in New

York by agents of the Department of Justice and placed under \$5,000 bond for a hearing.

—Returns show 5,148,068 motor-car registrations in the United States during 1917.

THIN, FRAIL PEOPLE SHOULD TAKE TANLAC

THOUSANDS REPORT ASTONISHING GAIN IN WEIGHT IN REMARKABLY SHORT TIME.

One of the most noteworthy features in connection with the introduction of Tanlac, and the one that stands out more prominently than any other perhaps, is the very large number of well-known men and women from all parts of the south who have recently reported an astonishing and rapid increase in weight as a result of its use. When so many well-known people of unquestioned integrity make statement after statement, each corroborating the other, the truth of such statements can no longer be doubted.

One of the most remarkable cases on record is that of Mrs. Cahries, Peden, of Huntsville, Ala. Mrs. Peden, according to her own signed statement, gained twenty-seven (27) pounds in only a few weeks' time, and her case has created widespread interest over the entire country. She is reported to have received over eight hundred (800) letters regarding her statements since its publication.

Another remarkable case was that of Mrs. O. C. Cason, of Acworth, Ga., who according to her statement was recently brought in an automobile to Atlanta, propped up on pillows, to visit her sister, with no hope of ever returning home alive. Mrs. Cason at that time only weighed 60 pounds, and after taking Tanlac six weeks was on her feet again and weighed 95 pounds—a gain of 35 pounds.

Mrs. Wilhelmina Joiner, wife of a well-known engineer for the M. D. & S. R. R., whose address is 115 Third street, Macon, Ga., recently said: "I have finished my third bottle of Tanlac and have gained 35 pounds." She

further stated that she had suffered nearly two years with nervous indigestion, and that Tanlac has entirely relieved her of the trouble.

Prof. Elmer Morris, a teacher in the public schools of Stewart county, Tennessee, recently said that, after suffering over a year with serious stomach trouble, during which time he was treated by doctors and went to Dawson Springs, Ky., without getting any relief, he took three bottles of Tanlac, gained 20 pounds and was entirely well. Prof. Morris' address is R. F. D. No. 1, Dover Tenn.

Dr. J. T. Edwards, a well-known physician of Fayetteville, Ga., recently wrote of the remarkable recovery of T. M. McGough, of that place. Dr. Edwards stated that Mr. McGough, who was one of his patients, has not only been relieved of serious stomach trouble by Tanlac, but he had gained 17 pounds on the medicine.

One of the most remarkable endorsements ever given was that of Mrs. G. W. Williams, of Gadsden, Ala. Mrs. Williams stated that she had suffered with serious kidney and stomach trouble nearly 15 years, and that her condition became such that it was necessary for her physicians to call three times a day. Finally she was told that there was no hope for her recovery, and, thinking that she would die, she had her children, who were residing in other cities, summoned to her bedside. Her daughter, Mrs. R. C. Nelson, of Atlanta, arrived and begged her mother to take Tanlac, which she did. She was soon on the road to recovery. Her own words were: "Tanlac has made me almost as well as I ever felt in my life. I went from 90 pounds to 138—a gain of 48 pounds. I'm doing most all my own housework now, milk the cow and churn the milk." For sale in Oxford by F. F. LYON.

Brace Up
TWO FINE
Cough Syrups
Nyal's Compound
Laxative Pine Balm
Mentholated Nyal's
Compound Cherry
Cough Syrup.
FRANK F. LYON
DRUGGIST
College St., Oxford, N. C.

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ELECTRICITY
SAME PRICE AND SERVICE.
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GUANO For TOBACCO!
Our sales on FISH BRAND show a big increase each year. In a few years this guano has pushed itself in the front ranks of the best sellers.
WHY?
It has the right ingredients and manufactured in the most modern way.
The farmer who uses it once uses it again; and he tells his neighbors about it.
Haul it now while you can get it.
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