



## The Origin of Royster Fertilizers.

Mr. Royster believed that success awaited the Manufacturer of Fertilizers who would place quality above other considerations. This was Mr. Royster's idea Twenty-seven years ago and this is his idea to-day; the result has been that it requires Eight Factories to supply the demand for Royster Fertilizers.

F. S. ROYSTER GUANO COMPANY.

FACTORIES AND SALES OFFICES.  
NORFOLK, VA. TARBORO, N. C. COLUMBIA, S. C. SPARTANBURG, S. C.  
MACON, GA. COLUMBUS, GA. MONTGOMERY, ALA. BALTIMORE, MD.

In Order to serve you better we will soon go into new office quarters on Main Street.

Oxford Water & Electric Co.

## Several Things

There are several things to be considered in selecting your bank.

- 1st Strength—financial strength.
- 2nd The care which the bank is managed.
- 3rd The courtesy and spirit of accommodation displayed by the officers and employees.
- 4th The banking experience of its officers.
- 5th The ability of the bank to properly and promptly handle all your business.

To those wishing desirable banking relations, we offer our services as an old established, permanent, conservative and accommodating bank, promising courteous treatment and careful attention to all business entrusted to our care.

The  
**National Bank of Granville.**

E. T. WHITE, President. H. G. COOPER, Vice-President. W. T. YANCEY, Cashier.

### WHY HESITATE?

An Offer That Involves No Risk For Those Who Accepts It.

We are so positive our remedy will completely relieve constipation no matter how chronic it may be, that we offer to furnish free of all cost if it fails.

Constipation is caused by weakness of the nerves and muscles of the large intestines or descending colon. To except a cure you must those organs and restore them to therefore tone up and strengthen healthier activity.

We want you to try Rexall Orderlies on our guarantee. They are eaten like candy, and are particularly ideal for children. They act directly on the nerves and muscles of the bowels. They have a neutral action on the other organs or glands. They do not purge or cause any inconvenience whatever. They will positively overcome chronic or habitual constipation and the myriads of associate or dependent chronic ailments. Try sizes, 10c. and 25 cents. Sold only at our store. The Rexall Store, J. G. Hall's.

### KILL THE GERMS.

That's the Only Way to Cure Dandruff, and Parisian Sage is the Only Killer.

Parisian Sage soaks into the scalp, and when it reaches the roots of the hair it not only kills every dandruff germ, but it supplies the hair with just the right kind of nourishment to put vigor and strength into it and make it grow.

Parisian Sage is the most delightful hair dressing in the world and is not sticky or greasy. Use it one week and you will never give it up.

Parisian Sage is guaranteed by J. G. Hall to stop falling hair; to cure dandruff; keep hair from fading; to stop itching of the scalp, or oney back. Price 50 cents a large bottle. The girl with the Auburn hair is on every bottle.

For LaGrippe Coughs and Stuffy Colds.

Take Foley's Honey and Tar. It gives quick relief and expels the cold from your system. It contains no opiates, is safe and sure.—Sold by all druggists.

START 1911 RIGHT—Have all your horse shoeing and buggy repairing done at CALLIS SHOP.

### THE SMALL POX SITUATION.

Mayor Brummitt Makes Statement Contradicting Reports About Granville County.

From News and Observer.

Mayor D. G. Brummitt, of Oxford, while in the city Tuesday, had the following to say about the small pox reports:

"The statement made in your yesterday's correspondence from Durham to the effect that Granville county has contributed one hundred and fifty cases to the small-pox scare is far from being a correct one. At present there are only four cases of small pox in our county. Two of these are at Oxford, one at Creed moor and one near Lyons. All of these cases have been traced back to Durham and this accounts for the quarantine against that town and county.

"In so far as our town is concerned the situation is well in hand. Our first case appeared just a week ago in the person of a negro from Durham. The other is that of a negro woman hotel keeper. Our town health officer, Dr. G. S. Watkins, is looking after the cases and all suspects. The first step taken by our board of town commissioners was to direct the health officer to enforce the State law, Revisal section 4451, requiring the vaccination of all children attending the public schools. At this time, every child, both white and black, in the public schools of Oxford has been vaccinated. So far as I know there has been no opposition whatever among our people to the enforcement of this State law. In fact, a large number of our people are heartily in favor of compulsory vaccination, and this will be required if it becomes necessary. At the present time, a large number of our adults have been vaccinated and I do not think that there will be much, if any, opposition to compulsory vaccination if it becomes necessary.

"As to the cases in the county outside of Oxford, they are being carefully looked after by the county superintendent of health, Dr. S. D. Booth. Both he and Dr. Watkins are capable and efficient physicians, have the confidence of the people and may be depended upon to properly safeguard the health of our people. I look for a speedy and effective stamping out of the disease in our town and county.

### PURE RICH BLOOD.

J. G. Hall Sells a Prescription that Means Vigor, Vim, Vitality.

Because MI-O-NA causes the blood to get better and more nourishment it is at all times a valuable tonic. It puts vigor into the muscles, clears up the improperly nourished brain and makes strong nerves that will stand the severest test.

Men who feel that their vitality is slipping away; that the vim and energy that they formerly put into all their work is lacking; that ambitions impulses and clever ideas do not come as they used to—are the kind of men that need MI-O-NA.

Besides being peerless remedy for indigestion MI-O-NA is a most pronounced tonic.

If you have that blue, discontented feeling through the day and pass restless nights, trying unsuccessfully to get a refreshing sleep, take a month's treatment of MI-O-NA stomach tablets, and bring the sunshine into your life.

MI-O-NA costs but 50 cents at J. G. Hall's and druggists everywhere. Guaranteed to cure indigestion and immediately relieve all stomach misery, or money back.

Readers of the Ledger should bear in mind that nothing will set the stomach right so quickly as MI-O-NA tablets. Take two after a hearty meal, and you need have no fear of stomach distress.

A free trial treatment of MI-O-NA stomach tablets will be sent to any address free on request, address J. G. Hall's Mi-o-na, Buffalo, New York.

### SLEEPING PORCH FAD.

Houses Are Now Being Built With These Healthful Adjuncts—Good Things to Fight Consumption With.

The advanced age in which we live brings with it new ideas and advanced modes of living. The modern house must now be equipped with sleeping porches. This is the fad—the health preserver. Outdoor sleeping is now recommended for many things.

General Clarence R. Edwards, Chief of the Bureau of Insular Affairs, was one of the first men to popularize sleeping rooms in Washington, but their use is now quite general. Secretary Dickinson sleeps on a porch partially enclosed, and is one of the most earnest advocates of sleeping out of doors.

Colorado Springs, Colo., probably has more sleeping porches in proportion to its population than any other city in the world. Many families have such a porch for every member of the household, and the first thing an architect designs when commissioned to build a home in that city is the sleeping porches.

In California screened and curtained sleeping porches are to be seen on all the newer houses. Kansas has also fallen into line and Wichita claims the distinction of having the only 3-story sleeping porch in the world.

### Operation Thought Inevitable.

Ferris, Tex.—In a letter from this place, Mary Kilman says: "I was confined to my bed for three months, with womanly troubles, and during this time suffered untold agony. The doctor said an operation was inevitable. I tried Cardui. Now I am well, and able to do a great part of my work." Thousands of ladies have testified to the benefit obtained from Cardui, the woman's tonic. It prevents unnecessary womanly pains and builds up womanly strength. It is a true tonic. Try it. It will help you.

## THE HUMAN BLOOD

People Talk Great Deal About it But Very Ignorant Nevertheless.

If You Want Good, Pure Rich Red Blood, Sleeping With Open Windows Will Help You Get It—Grown Man Carries About Twelve Pounds Around With Him.

Mrs. Hutt, in N.C. Bulletin.

Possibly there is no one part of the human body so often spoken of as the blood, nor is there any one part so little understood by the general public. We hear "her blood is thin," or "he is too full-blooded," or "she had blood-poisoning," or "there is bad blood between them," without ever realizing what it really means any more than if we said the sky is blue.

When I say to the mothers "If you sleep with your windows open it will help you to have good red blood," how many pause to consider for a moment that is the connection between blood and air.

A Grown Man's Blood. The blood is a red, opaque, salty fluid. It composed about 7-12 per cent of the weight of the body; thus a grown man weighing 150 pounds has about 6 quarts of blood that weighs about twelve pounds.

Just as the body is one, yet is composed of different substances, flesh, bone, blood etc., so blood is made up of three things. The first is the liquid part called plasma. This is a clear pale yellow fluid.

### The Corpuscles.

Then, like fish moving in a river, the red objects. These are the red corpuscles and they look something like tiny little pie pans thickened at the edges. Their important work in life is to carry the oxygen to all parts of the body. If we are looking for lessons there are two right here. One is that every one of God's creations has its work to do; and second, that He sometimes entrusts His most important work to the smallest and most inconspicuous workers.

White corpuscles form a third substance in the blood. These look like little clear drops of apple jelly. The doctors were many hundred of years in finding their reason for existence. They thought they must be the dead red corpuscles. Our Creator, however, knew, as we could not, what was their use. We did not yet realize that there was such an enemy to the human body as a germ. He knew and made provision for it. Deep down within the hollow of the bones is a safe birth-place for these white corpuscles. There they are protected, little affected by the thousand ills or disturbances of the flesh. They emerge from their safe abode ready for their own great life-work—that of defending the body from disease, and this is how they do it:

### What They Do For Germs.

When a disease germ enters the body these white corpuscles, which do not confine themselves at all to the plasma, but wander where they will through the tissues of the body approach the germ and one of them attempts to surround and digest it. Meanwhile the germ is growing and it is a question as to which is the stronger, the corpuscles or the germ. If the germ is stronger and there are enough of them, disease will take place; if the white corpuscle be stronger, the body will never know how near it came to contagion.

From all this it will be seen that when we take medicine "for our blood" we do not make more blood but increase the number of corpuscles in the amount which we already have.

What was said of an egg ought to be said of the blood. It is:

"Nature's treasure house, where—in lies, Locked by angels' alchemy, Milk and hair and blood and bone."

There was a time not many years past, when we thought that since there is so much in the blood it would be an excellent thing for anemic persons to drink it to become strong. That was, however, a mistake. As soon drink the whole river to obtain the fish, or to expect the spoon which carries the food to the mouth to be of nutritive value.

The story of how the blood travels the body and what it does is one of the most interesting stories that could be read. It is sufficient to say here, however, that every time the heart beats, and it does so about seventy times a minute, it sends about half a tumbler full of blood out into the arteries through strong elastic tubes. Think of how much is sent out into the body in twenty-four hours!

### The Heart's Job.

The heart is divided into two parts, each part of which is endowed with strong muscles that relax and contract. One-half of the heart becomes relaxed and filled with bright red blood. Suddenly the heart contracts and spurts this stream of pure clean blood out into the arteries to be distributed to all parts of the body. There it gives up to skin or bone or muscle or brain or liver its supply of oxygen and food material and takes in instead worn-out dead cells and poisons. The blood that wnet bounding out so brightly comes quietly back to the heart, a dark, purplish stream. There the other side of the heart relaxes, receives it, contracts and pumps it to the lungs where the oxygen of the air, purified by God's free gift of sunshine is exchanged for the poison of the blood, carbon dioxide. Again the other side of the heart relaxes and the pure, health-giving blood fills it to be once more sent forth. It is as if your grocer's cart came to you ever so often filled with fine meat and bread and vegetables and went away laden with garbage to be by some miracle again suddenly changed into more fresh nourishing provisions for the next day's supply. When a mother understands this she is not going to say: "I don't want to put my baby out on the porch to sleep; she likes the dim, closed room better." She may like the dimness, but the closed room is certainly not better for the little growing body, and the eyes can be easily shaded.

### How's Your Complexion?

The young woman who wishes a bright clear complexion must have good, red blood. The better to obtain that, she should take vigorous exercise to make the heart send the blood coursing through her body, and great, deep breaths to put plenty of oxygen in it. If she does this there will be an indirect good accomplished, that is, her lungs will contain so few unused air cells that tuberculosis can not easily fasten its dreadful grip upon her.

In the blood is a substance that coagulates, as we all know, when it touches the air. That is the body's method of checking bleeding. When a man has little of this substance in the blood he is called a "bleeder" and sometimes loses large quantities of blood from very simple wounds. The thing to do, then, when a child comes in with a small cut, is to cleanse well the wound and let the blood form a hard surface and check its own flow. Above all things, do not use coliceweb or soot. They have clinging to them hundreds of germs, many of which may be harmful. These might be taken into the blood from the open wound, to appear again, perhaps weeks later in the form of some unexpected disease.

### Some Body Ills.

Malaria is a blood disease in that its evil effects are because of the destruction of the red corpuscles. Diphtheria owes a large proportion of its victories not to suffocation, but to the toxins which are produced by the germs and carried to the heart, kidneys or nervous system. Anti-toxin does not kill the germs, it destroys the poison and gives the defenders of the body time to work.

Pneumonia seldom kills by the air sacks of the lungs becoming so filled that the patient can not breathe; nearly always it is because the heart is overburdened by the toxins that have been carried from the germ-laden lungs by the blood.

Just as soon as boils appear many people will say: "Oh, my blood is out of order." Pimples, boils, carbuncles, and erysipelas are essentially skin disease and caused by pus-forming bacteria there. It is affected by the blood only in that an impoverished condition of the blood means few white corpuscles and other auxiliary substances to fight the germs.

Vaccination accomplishes its splendid results by leaving in the blood a substance that will kill any stray smallpox germs that might get into the body.

Hookworm, that disease whose ravages are felt in every county of North Carolina, is a blood, or rather, bloodless malady because thousands of parasites living on the blood of the victim so deplete the blood that a scanty supply is left.

### Three Good Rules.

Many more of our human ailments might be cited, but enough has been said to convince you of the importance of keeping in the veins a good supply of rich blood. The three main ways of accomplishing this purpose are: Eat enough good, well-prepared food, protect the body from too sudden changes of temperature, and it all times breathe in plenty of fresh air—fill the lungs with it—take deep breaths of it and at night let its cooling breezes blow where they will through the sleeping chamber. There is a saying that blood is thicker than water, and it certainly is, for it not only binds relative to relative, but it adds childhood on to the years of babyhood, womanhood to girlhood, and to womanhood an old age ripe with the memory of a well-rounded life.

### CHANCE FOR LEDGER READERS

Coupon Worth 25c. if Presented at J. G. Hall's Store.

In order to test the Ledger's great circulation and its superior advertising value, we have made arrangements with J. G. Hall the popular druggist, to offer one of his best selling medicines at half price to any one who will cut out the following coupon and present it at his store.

### COUPON.

This coupon entitles the holder

to one 50c package of Dr. Howard's specific for the cure of constipation and dyspepsia at half price 25c. I will refund the money to any dissatisfied customer.

### TWENTY-FIVE CENTS.

If you cannot call at his store, cut out the coupon and mail it with 25 cents, and a 50 cent box of the specific will be sent you by mail charges paid. Do not put it off. "One today is worth two tomorrow."