## **OXFORD PUBLIC LEDGER TUESDAY, SEPTEMBER 27, 1921**

### SAYS HE WAS READY

TO GIVE UP FIGHT Heartbarker's Stomach Was So Weak

He Couldn't Digest Chicken Broth. "A short time ago my stomach was in such a weak condition I couldn't even eat chicken broth without having indigestion, and today I can eat anything I want, including sauerkraut," said J. H. Heartbarger, 114 keeps Healthy. McCormick Street, Clifton Forge, Va.

"The remarkable change in my condition is due to Tanlac and nothing else. It is certainly marvelous that medicine should do what it has done for me. Ever since I had the | course. I know! flu my stomach was not only upset. but I was so nervous and shaky I couldn't get much sleep. My body ached all over and I could feel myself going down hill every day.

"I was about ready to give up the fight, but, lucky for me, I got hold of Tanlac. It not only put me on my feet but I just feel fine. I eat, sleep, and work better than I have in years, and I am convinced that there is no use for anybody to give up as long of them, we do not find happiness at as they can get Tanlac."

Tanlac is sold in Oxford by The Lyon Drug Co. and all leading druggists everywhere.

#### Chronic Catarri.

very susceptible to colds and a suc- tor. cession of colds causes chronic catarrh and a loathsome disease with ly your feet, to become chilled by getwhich it is estimated that ninety- ting wet, by exposing yourself to a five per cent of our adult population draft when overheated, by going inare afflicted. If you would avoid sufficiently clad in cold weather, or chronic catarrh you must avoid colds by lying on cold, damp ground. American fence and Barb wire and or having contracted a cold get rid of it as quickly as possible. Cham- never sleep in a "stuffy" room or berlain's Cough Remedy is highly re- 'tent. commended as a cure for colds and, can be depended upon.

# (By Herman J. Stitch)

How To Live Forever.

TWO MINUTES OF OPTIMISM

Of course, nobody can live forever: but at Plattsburg they showed us how to live as long as any man can the golden rule to business. It is live who takes good care of himself, who maintains in a sound condition to the very last his mental and physical faculties, who, in other words,

The Plattsburg Idea is a manbuilding institution. Not only that. it aims to produce a nation of enduring, strong, virile men and women. That ultimately it will do this, no man can doubt who has survived the

Here is the best the medical fraternity of Plattsburg (which means the best in the world) has to give you. If you follow it as conscentiously as you should it is guaranteed to endow you with health, wealth, joy and wisdom--and the knack of living forever! Gifts precious indeéd!

1. Consequences are pitiless. They are hard to think of, especially when we are young; but unless we do think the end of the road.

2. It is better and cheaper to keep well than to get well. Avoid persons who have infectious diseases. This includes anybody suffering from a cold.

Our manner of living makes us 5. If you feel sick go to the doc-

4. Never allow your body, especial-

5. Breathe deeply of fresh air and

6. Cleanliness is a requisite to good health. Keep your body and your clothing clean. Air your bedding frequently.

7. Keep your teeth clean. At least brush them every night. Have them examined by a dentist at least

Talk and Practice. (Statesville Landmark) Wholesale grocers, in annual meeting at Greensboro, discussed business ethics and the application of natural to say the rule is the proper standard of all business conduct, but too often the talk and practice are made his first stage appearance. wide apart. It is encouraging to note, however, the discussion of the subject in a meeting of business when his boyhood home was an Engmen. Belief in the rule-which is lish workhouse-poorhouse we would nothing more than common fairness and justice-constantly expressed may lead to general practice. That is not impossible, even if it is not so probable.

JUST UNLOADED A BIG CAR OF American fence and Barb wire and nails, and price 25 per cent lower than in August. We guarantee the bottom has been reached in fence. SAMUEL DAVIS, the man who pays the freight.



#### Charlie Chaplin Goes Home.

Charley Chaplin, his mustache shaved off, is on his way to his olu home town, London, after an absence of 9 years. He will doubtless visit the music halls where his father and mother years ago were poorly paid performers, and possibly the tiny theater where Charley, at the age of 4, singing the Coster ballad, "Jack Jones." Charlie can remember call it. Now, 33 years old, his for-

tune is somewhere in the millions. Hard work has had as much to do with it as genius, for genius seldom gets out of a poorhouse once it lands there-Capper's Weekly.

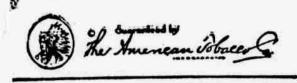
-A wireless-controlled automobile made several successful trips in tests at McCook Field.

IF ITS GALVANIZED V CRIMP, galvanized tin shingles, roll tin, rubber roofing, or any kind of Roofing, then you can always save by coming to see SAMUEL DAVIS, Clarksville, Va.





So now you can receive with each package a book of 24 leaves of MILL+the very finest cigarette paper in the world.

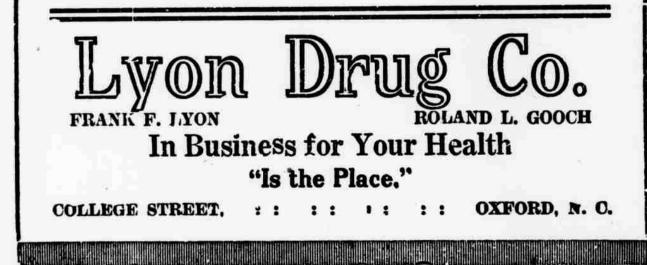


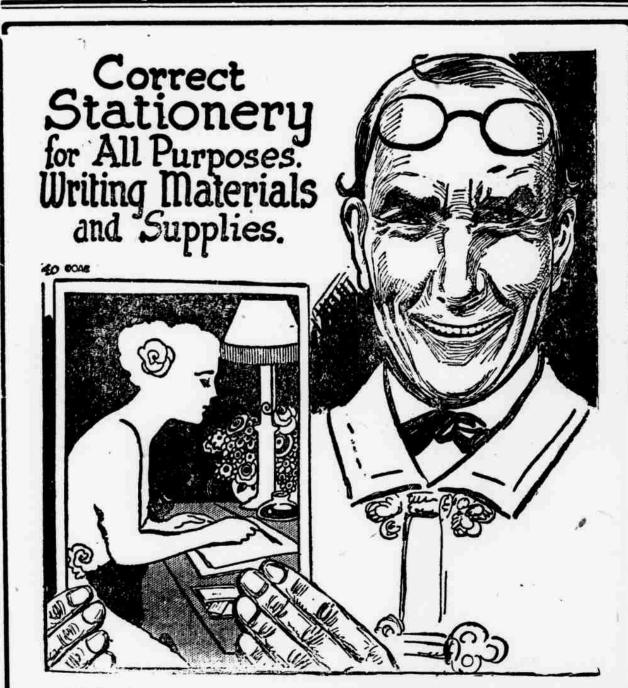
JUST UNLOADED A BIG CAR OF nails, and price 25 per cent lower than in August. We guarantee the bottom has been reached in fence. SAMUEL DAVIS, the man who pays the freight.

# WHY BE SICK?

A gerat deal of sickness in life is unnecessars and avoidable. Thousands of hours that are spent in sick beds should never have happened. Carelessness is one of the principal reasons for so much sickness.

Our Drug lines are complete and we fill prescriptions accurately and promptly. We're in good shape to give you the needed attention in all medicines to avoid a summer of sickness.





once a year. 8. Do not wear a beard and keep

your hair short.

9. Eat and drink in moderation and slowly. Eat at meal time. Do not eat in between meals. Do not eat uncooked food. And don't allow fflies to settle on your food. Drink plenty of water, but be sure it is good water. Don't drink water from an unknown source.

10. If your skin has been broken by a blister or wound keep the place covered to prevent infection.

11. Take plenty of sleep, at least eight hours every night. You should wake up "full of pep."

12. Take care of your feet. Keep them clean and dry. Keep the nails trimmed. See that your shoes and socks fit properly.

13. Be regular and temperate in all your habits.

14. Take recreation and exercise, a little every day. Don't overdo or cverstrain.

15. Stay serene. Don't brood or worry.

16. Don't be afraid to work hard and to study hard to realize some worthwhile ambition. Get into the habit of concentrating when traveling to and from work. You can in this way add perhaps two hours to your working day.

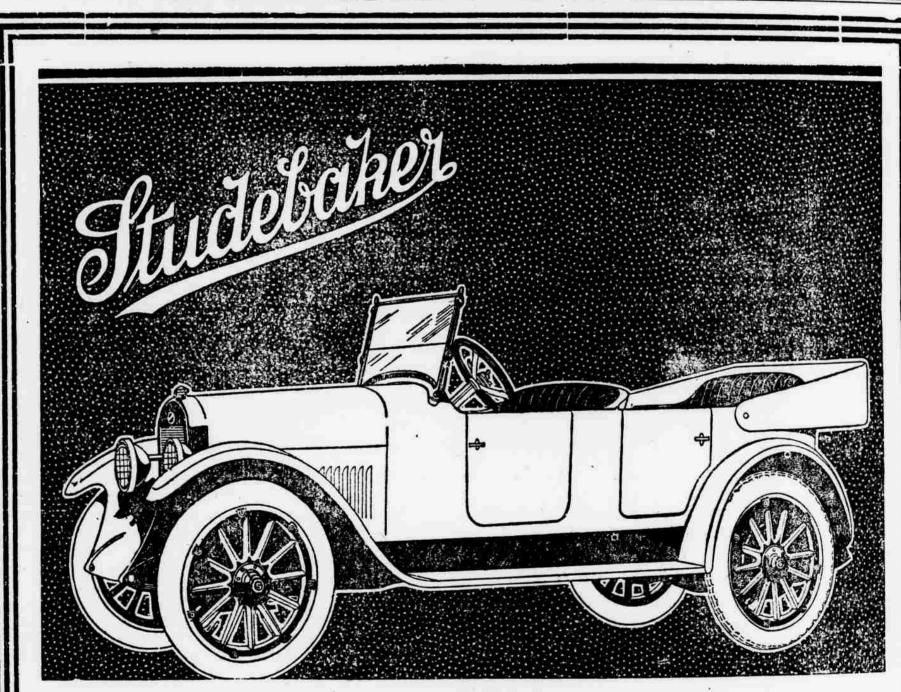
17. If you meet the right sort of girl, and she'll have you. marry her quickly if you can possibly afford it. 18. Our great President Roosevelt has said: "Men owe it to themscelves to lead clean lives. They owe it to their sweethearts and future wives and to the children who are to come after them. They owe it to the respect they feel for their mothers and sisters. And they owe it to the-Nation which they represent. Let them lead clean, self-respecting lives in the first place, because it is the straight, decent, self-respecting thing to do. Next, because it is the only way in which to give the square deal to the women of the right type, who. Heaven knows. need the square deal. And, finally, because they owe it to their country not to ruin their efficiency as soldiers or citizens.

DON'T YOU THINK ITS TIME YOU were considering that Cook stove or range; if you do, you can't afford to miss us, we sell Majectic. Enterprise and Excelsior ranges and stoves and we have got the price. SAMUEL DAVIS, Clarksville, Va.

Broken Lenses Duplicated. Second Floor, Geo. E. Perry Building Henderson, North Carolina

J. W. KNIGHT, THE

**OPTOMETRIST, 6 COLLEGE ST.** 



Fair Exhibit

By all means visit the Studebaker headquarters at the Fair and see the cars which have won the "Blue Ribbon" as the most successful automobiles in the country today. We have a car to meet your approval in the Light-Six, Special-Six or Big-Six. The fact that this is a Studebaker Year is clearly indicated in the wonderful record of producing and selling more automobiles during the first six months of 1921 than any other manufacturer in the country except one maker of a well known and very low priced car.

A STUDEBAKER YEAR!

Blalock Motor Co.

It is just as necessary that you have proper style in your stationery as it is in your dress; and proper stationery is the hallmark of good breeding.

We have the stationery you need for dainty invitations, regular correspondence or memo tablets. Also, pens, inks, pencils, erasers, mucilage-Oh, everything for writing at home or school.

J. N. PITTMAN We give you what you ASK for.



Doesn't hurt a bit! Drop a little Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irriWinner of "Blue Rib-

bon" for Popularity.

THIS IS