

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *W. H. Stearns*

To Cure High Blood Pressure.
Without going into details, I will give a safe and sure remedy for high blood pressure. You can surely get results if you will carry out these instructions to the letter. For the first two days absolutely nothing to eat but grapefruit juice and lemon juice and put the juice of a half lemon in the glass. Drink a whole glass of this every one or two hours during the day. Drink very little water.

Then for a week eat nothing but fruit, either cooked or raw or both. Continue to drink the grapefruit and lemon juice as stated above during the day, drinking very little water.

Keep the bowels open with fountain syringe, but use no salts or medicine of any kind. Drink no milk nor use any salt or pepper or butter.

If your head aches and you cannot sleep, put your feet in a tub of hot water for 30 minutes before going to bed. Diet after the first week.

For breakfast eat nothing but fruits changing from one kind to another so as not to tire of any one variety. For your noon meal eat spinach, turnip greens, mustard greens, beets, lettuce, and celery. Of course I do not mean for you to eat all of these at one meal, but one or two of them freely. You may have some young string or snap beans, peas, some corn bread or whole-wheat bread. About twice a week have one baked potato, but no butter. At this meal you may have a raw salad made of either fruits or vegetables or both. Have raw salad twice every day. Do not overeat but be reasonable.

For your supper have the same as for your dinner, except you may add a small helping of baked fresh meat or fish about two days a week. Masticate every mouthful thoroughly. Once every day, just before retiring, sponge the body all over with warm water and rub the skin till it is all aglow. Now forget your disease and give nature a chance and you will soon be well. Be very careful to avoid everything that appears to be excess.

Sleep with your windows wide open and get 8 or 9 hours of sleep every night.

To sum it all up in a few words: Eat as stated above, being sure not to overeat; sleep eight or nine hours in every 24; be of happy, cheerful frame of mind. Expect to get well. Do not eat sweets except honey. Use no vinegar or white flour products. Keep your feet warm, your bowels open and your head cool. For the first week use the fountain syringe every night, then three times a week. Simple, isn't it? Yes, and it will save lives by the thousands.—Dr. J. E. Gault, in Christian Advocate.

—An ironing board used as a bridge between two buildings, one of which was afire, saved the lives of two women in New York City. One of the women, an aged paralytic, had to be carried by a policeman.

REMEMBER THAT WHEN IT comes to Roofing we can save you money over any catalogue house. SAMUEL DAVIS, Clarksville, Va.

HAND NOT THAT OF PHAROAH DAUGHTER

Mummy Given Illinois School Held Not To Be Genuine Thousands Of Years Old.

(Chicago Tribune)
Mummies may not be what they seem. For instance the supposed mummies right hand of the Pharaoh's daughter who rescued Moses from the bulrushes has recently been willed to an Illinois college. Now comes word from the Oriental Institute at the University of Chicago that the name of this particular daughter of the Pharaohs is unknown to history.

The Egyptians did not consider her act important enough to record," says Dr. T. George Allen, secretary of the institute, "and the Hebrew records are not sufficient to identify her. There is no unanimity even as to which Pharaoh was the Pharaoh of the oppression."

The donor of the mummy hand was a woman 90 years old, who gave her prize to Bradley Polytechnic Institute at Peoria, Ill., in the firm conviction that it was indeed one that had fondled the great Hebrew lawgiver.

This incident recalls here "Cleopatra's mummy," which was extensively shown in Europe and the United States a few years ago.

"When the exhibitors got to Chicago they went broke," related Dr. F. C. Cole, assistant curator of the department of anthropology at the Field Museum of Natural History. "The mummy consequently went into storage."

"With an associate I went to the warehouse and unwrapped it. Cleopatra's mummy turned out to be the wrapped skeleton, not the mummy, of a man."

How Codfish Are Tagged.

The United States Fisheries Bureau is catching codfish and releasing them with numbered aluminum tags attached to their tails. The object in view being to gain some definite knowledge about their migrations and the rate at which they grow.

When a tagged codfish is caught again anywhere the fisherman will be expected to send the tag to Washington or to one of the bureau's stations with a memorandum stating the locality, etc. Then the number can be looked up and it will be known how far and in what direction the fish has meanwhile traveled. Also how much it has gained in size and weight during the interval.

The North Atlantic Ocean is after all only a large pond. In places there are shallows called "banks"—as, for instance, off the coast of Newfoundland—where, because the water is not very deep, the bottom is rich in molluscan, crustacean and other forms of marine life. Fishes flock to these banks to feed and there the fishermen gather great harvests. But the fishing may be overdone. On this account the halibut have almost disappeared from certain banks and fears are entertained for the maintenance of the codfish supply. Hence it is that during the last few years the Fisheries Bureau has been hatching codfish eggs by the hundreds of millions and planting the young "fry."

How much good this has done nobody knows. But it is manifest that in trying to help the preservation of any species of fish every bit of information that can be gained regarding its life history is of value. Whence the usefulness of tagging the codfish.

WORLD WONDERS OF CHINA

An American traveler recently returned from China, writes:

The dikes of China have a total bulk beyond that of the combined railroad embankments of the entire world.

The total length of China's canals would be sufficient to cross the United States forty times from east to west and also sixty times from north to south.

The number of boats in China exceeds the number of boats in all the rest of the world.

The labor cost of constructing the Great Wall on the north of China proper equals that of building all the United States canals and railroads, according to General U. S. Grant.

There is coal enough in the province in Shansi, in north China, to supply the world for 20,000 years, and vast iron deposits close by.

The Yangse Kiang, having its outlet on the same parallel of latitude as Charleston, S. C., pours, when high, a million and a half tons of water a minute into the Yellow Sea.

The great cause of the famine east of Pekin and north of the delta of the Yellow River is a westerly gale that may blow night and day for four whole months without ceasing.

The fertility of China is due to the loess constituting the soil of the Great Plain for Pekin down to the Yang-tse Kiang basin. This loess is a yellow soil. Loess has self-sufficiency of fertility beyond any other known soil.

The loess can be powdered in the hands, but is firm enough for entire communities to carve out apartments in which they live comfortably. Cliffs of loess occur.

A single mile of loess soil in Shantung province will support 3,072 people, 276 donkeys, 256 cattle and 511 pigs—an average of twelve individuals, one donkey, the cow and two pigs all on a single farm of two and a half acres.

Mutual Assistance.

A customer entered the small-town barber shop.

"How soon can you cut my hair?" he asked of the proprietor, who was seated in an easy chair, perusing the pages of a novel.

"Bill," said the barber, addressing his errand boy, "run over and tell the editor if he's done editin' the paper I'd like my scissors."—Edinburgh Scotsman.

—A mountain of calcium phosphate, or lime, 25 miles long by 10 miles wide, is located 20 miles north of Las Cruces, New Mexico. The lime oozes out of the earth like the waters of a boiling spring and when the sun is shining brightly one cannot look on its glaring whiteness without wearing smoked glasses.

Keep Well and Be Happy.

If you would be happy you must keep your bowels regular. One or two of Chamberlain's Tablets taken immediately after supper will cause a gentle movement of the bowels on the following morning. Try it.

ITCH!

Money back without question if HUNT'S GUARANTEED SKIN DISEASE REMEDIES (Hunt's Salve and Soap), fail in the treatment of Itch, Eczema, Ringworm, Tetter or other itching skin diseases. Try this treatment at our risk.

J. G. HALL, Druggist

—Unfolding an American flag containing the ashes of his father at an altitude of 3,000 feet over Long Island Sound, a New York aviator disposed of the remains of his parent in accordance with that parent's wish, as expressed just prior to his death.

—Tarring and feathering were made legal penalties by Richard I. who ordained that "a robber who shall be convicted of theft shall have his head cropped and boiling pitch shall be poured thereon, and the feathers of a pillow shall be shaken out on him, so that he may be known, and at the first land at which the ship shall touch he shall be set on shore."

Lest You Forget.

Let us remind you that Chamberlain's Tablets not only cause a gentle movement of the bowels but improve the appetite and strengthen the digestion.

GALVANIZED ROOFING AND SHINGLES IS MY SPECIALTY.

SAMUEL DAVIS.

—Teasel growing is a thriving industry in Skaneateles, New York. The teasel is a plant producing a ball of porcupine-like quills, which are an indispensable element in the manufacture of broadcloth, felts, and woolen goods of the finer grades. The teasels are ranged on a shaft against which the finer quality of fabrics are run. The points are very little and as fine as the finest needle. The points scrape the cloth, giving it its nap or woolly surface.

—A hobo farm near Rockwall, Texas, it is said, consists of about 600 acres of the best black land in that part of the country, on which only hoboos without money are permitted to work. They get three meals a day, a place to sleep and the regular wages. Two brothers operate the farm and it is said they are making a success of it.

WE HAVE GOT MORE BUGGIES and surries and harness than we can store and we ask you to see us or write us, and we will assure you that we can save you money. SAMUEL DAVIS, the man who leads them down.

IS DOUBTING THOMAS NO LONGER

"All medicines and doctors for stomach trouble proved worthless in my case. Everybody recommended something else and nothing helped, so I became a doubting Thomas as to any cure. While in St. Louis a party praised Mayr's Wonderful Remedy so highly that I bought a bottle and I am now a doubting Thomas no longer." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. Sold in Oxford by J. N. Pittman and all leading druggists.

NOW IS THE TIME FOR WOOD sawing and feed cutters, and we have the engines and cutters here at prices you can't beat. Hercules and Blizard and all we ask is a chance to show you. SAMUEL DAVIS, Clarksville, Va.

WRIGLEY'S P-K'S

"AFTER EVERY MEAL"



The new sugar coated chewing gum which everybody likes—you will, too.

A delicious peppermint flavored sugar jacket around peppermint flavored chewing gum that will aid your appetite and digestion, polish your teeth and moisten your throat.

THE FLAVOR LASTS

ONE BRAND - ONE QUALITY - One Size Package

All our skill, facilities, and lifelong knowledge of the finest tobaccos are concentrated on this one cigarette—CAMEL.

Into this ONE BRAND, we put the utmost quality. Nothing is too good for Camels. They are as good as it's possible to make a cigarette.

Camel QUALITY is always maintained at the same high, exclusive standard. You can always depend on the same mellow-mild refreshing smoothness—the taste and rich flavor of choicest tobaccos—and entire freedom from cigaretty aftertaste.

And remember this! Camels come in one size package only—20 cigarettes—just the right size to make the greatest saving in production and packing. This saving goes straight into Camel Quality. That's one reason why you can get Camel Quality at so moderate a price.

Here's another. We put no useless frills on the Camel package. No "extra wrappers!" Nothing just for show!

Such things do not improve the smoke any more than premiums or coupons. And their added cost must go onto the price or come out of the quality.

One thing, and only one, is responsible for Camels great and growing popularity—that is CAMEL QUALITY.



R. J. REYNOLDS TOBACCO CO., Winston-Salem, N. C.

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