

STOMACH TROUBLE

Mr. Marion Holcomb, of Nancy, Ky., says: "For quite a long while I suffered with stomach trouble. I would have pains and a heavy feeling after my meals, a most disagreeable taste in my mouth. If I ate anything with butter, oil or grease, I would spit it up. I began to have regular sick headache. I had used pills and tablets, but after a course of these, I would be constipated. It just seemed to tear my stomach all up. I found they were no good at all for my trouble. I heard

THE DEDFORD'S

BLACK-DRAUGHT

recommended very highly, so began to use it. It cured me. I keep it in the house all the time. It is the best liver medicine made. I do not have sick headache or stomach trouble any more." Black-Draught acts on the jaded liver and helps it to do its important work of throwing out waste materials and poisons from the system. This medicine should be in every household for use in time of need. Get a package today. If you feel sluggish, take a dose tonight. You will feel fresh tomorrow. Price 25c a package. All druggists.

ONE CENT A DOSE

(173)

AMERICANS ASKED TO LIMIT USE OF SUGAR

Must Use No More Than Two Pounds Per Person a Month if the Present Meagre Allied Sugar Ration Is Maintained.

Stocks Will Be Short Until Beginning of New Year—Ration May Be Enlarged Then.

Two pounds of sugar a month—half a pound a week—that is the sugar ration the U. S. Food Administration has asked every American to observe until January 1, 1919, in order to make sure there shall be enough for our Army and Navy, for the Allied armies and for the civilians of those nations.

By New Year's the world sugar situation will be relieved somewhat by the new crop. Cuban sugar of this year's crop will be arriving in this country.

Every available sugar source will be drawn on by the Food Administration during the next winter months to maintain sufficient stocks here to keep up our national sugar supply. During October the first American beet sugar will arrive in the markets. By the middle of November some of our Louisiana cane crop will be available. All of this sugar and more may be needed to keep this nation supplied on a reduced ration and to safeguard the Allied sugar ration from still further

reduction. In Europe the present ration is already reduced to a minimum.

Our Situation.

The situation which the United States faces in its efforts to maintain a fair distribution of sugar to the Allied world is as follows:

Sugar supplies throughout the country, in homes, stores, factories and bakeries are at a low ebb. We must make increased sugar shipments to the Allies.

Production of American beet and Louisiana cane crops have been disappointing.

Porto Rico crops have been curtailed.

Immense sugar stocks in Java cannot be reached on account of the shipping shortage; ships are needed for troop movements and munitions.

Army and Navy sugar requirements have increased as well as those from the Allies.

Most industries using sugar have had their allotment reduced by one-half; some will receive no sugar.

Households should make every effort to preserve the fruit crop without sugar, or with small amounts of sugar. Later, when the sugar supply is larger, the canned fruit may be sweetened as it is used.

NEW CERTIFICATES TO BE REQUIRED

Farmers Purchasing Flour Without Cereal Substitutes Must Present Corn Miller's Statement—New Food Administration Rulings.

Raleigh.—State Food Administrator Henry A. Page has abolished the old form of pledge or certificates upon which farmers have been able to secure wheat flour without cereal substitutes and merchants have been forbidden to sell wheat flour except in combination with cereal substitutes or upon presentation by the purchaser of a miller's certificate showing that the prospective purchaser has had ground and has in his possession corn meal or other cereal substitutes. The old form was subject to some abuses, it frequently happening the individuals who had not produced cereal substitutes were able to purchase flour without such substitutes.

Effective September 1, retailers and other dealers are forbidden to sell wheat flour to farmers or other consumers except:

(1) In combination with an equal quantity of corn meal, corn flour, grits, dry hominy, oat meal, rice flour, buckwheat flour, potato flour, or other cereal substitutes allowed for this purpose, or

(2) Upon the presentation of a properly executed miller's certificate showing the possession of corn meal or other cereal substitutes in any amount equivalent to the quantity of flour to be purchased. Copy of certificate form can be secured from the Food Administration, Raleigh, N. C.

(3) Jobbers, wholesalers and millers are forbidden to sell wheat flour, to retailers except (a) in connection with equal quantities of cereal substitutes; (b) upon satisfying themselves by sworn statement or otherwise that the retailer has purchased the required cereal substitutes from other sources, or (c) upon presentation by the retailer of corn millers' certificates for the quantity of wheat flour purchased.

The Food Administration will not have the new corn millers' certificates printed, but will secure bids from a number of printing houses, and will refer millers to the printing house making the lowest bid. The form of the certificate will be furnished to corn millers or others desiring them.

Every retailer is required to make an inventory of his supply of flour and cereal substitutes on hand September 1, such inventory to be held subject to examination by Food Administration Inspectors.

Every retailer is required to keep an accurate record of all purchases of flour and cereal substitutes delivered to him after September 1, the same to be subject to examination and inspection by the Food Administration Inspectors and County Food Administrators.

WE BUY OLD FALSE TEETH

We pay from \$2.00 to \$35.00 per set (broken or not). We also pay actual value for Diamonds, old Gold, Silver and all fine work. Send at once by parcel post and receive cash by return mail.

MAZER'S TOOTH SPECIALTY
Dept. X 2007 So. 5th St. Philadelphia Pa.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, it is cured by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Medicine, manufactured by P. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy; it is taken internally and acts thru the blood on the mucous surfaces of the system. One hundred dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials.

CALOMEL SALIVATES AND MAKES YOU SICK Acts Like Dynamite on A Sluggish Liver.

and you lose a day's work

There's no reason why a person should take sickening, salivating calomel when he buys a large bottle of Dodson's Liver Tonic—a perfect substitute for calomel.

It is a pleasant, vegetable liquid which will start your liver just as surely as calomel, but it doesn't make you sick and can not salivate.

Children and grown folks can take Dodson's Liver Tonic, because it is perfectly harmless.

Calomel is a dangerous drug. It is mercury and attacks your bones. Take a dose of nasty calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day's work. Take a spoonful of Dodson's Liver Tonic instead and you will wake up feeling great. No more biliousness, constipation, sluggishness, headache, coated tongue or sour stomach. Your druggist says if you don't find Dodson's Liver Tonic acts better than horrible calomel.

On Sundays the American business man is cultivating the lost art of walking.

Rasping Coughs eased with

DR. KING'S NEW Discovery for Coughs & Colds

That wretching, torturous tearing at the throat and lungs give away to ease and comfort through the prompt use of Dr. King's New Discovery—the standard cough and cold remedy for 50 years. Keep it on hand and use freely. It goes right to the root of a cold—brings up the phlegm and eases the raw, feverish membranes. Containing balsams, it cools and soothes the sore parts. Just the thing for baby's croup. The kiddie likes it. Your druggist sells it.

Dizzy? Bilious? Constipated?
Dr. King's new Life Pills cause a healthy flow of bile and rid your Stomach and Bowels of waste and fermenting body poisons. They are a Tonic to your Stomach and Liver and tone the general system. First dose relieves. Get a bottle today. All druggists.

LUZIANNE coffee

Luzianne and Corn Pone —Yum-Yum!



WHEN you see your mammy, Honey, bringin' in the coffee and the pone, you can tell before you taste it that the coffee's Luzianne—sure-nuf—by the whiffs a-streaming, steaming in the air.

It's the coffee—Luzianne—you remember and you hanker after it until you get another cup.

Luzianne Coffee (your grocer has it) comes put up in tins. Try it tomorrow morning for breakfast. If it isn't all you expect, you can get your money back.

Luzianne for aroma, fragrance and snap. Try it



WRIGLEY'S



We will win this war— Nothing else really matters until we do!



The Flavor Lasts



Forward!

With no thought of bursting shrapnel and poisonous gases into which they plunge—with every muscle tense, with every faculty of mind alert, with one thought only—TO FIGHT AND WIN.

That is the way our men are going into battle. When the shrill whistle sounds the advance, out they go—their whole heart in the task before them. No power on earth can hold them back.

Forward!

The same sharp challenge to battle is sounding for us. We must answer in the same proud way—the way of our fighting men—the American way. We must lend the way they fight.

We must show the war-maddened Hun a united American people moving forward shoulder to shoulder, irresistibly, to Victory.

Our task is to supply the money, the ships, the guns, the shells that we must have to win. It is a tremendous task. We must do it as our fighting men do theirs—with the indomitable spirit of Victory.

We must work, and save, and lend with one thought only—TO FIGHT AND WIN.

Get into the fight—with your whole heart. Buy Bonds—to the utmost!

This Space Contributed by **Swift & Company**

Sell Your Tobacco

AT

Enfield Warehouse

Enfield, N. C.

TOBACCO

The place when it comes to selling Tobacco. Averaging daily around 40c a pound. Try us with your next load. Satisfaction Guaranteed.

SALES

P. E. POWELL Mgr.

THE MOTTO. "HOME OF HIGH ATTRIBUTES"

A. M. Atkinson, Dist. Mgr. J. R. Powers, office man.