

AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 173 pounds I went to 115 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127½ pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."—Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Incidental Embellishment.
"Remember," said the man who takes life seriously, "that riches have wings."
"Well," replied Mr. Dustin Stax, "the fact that a fried chicken has wings doesn't prevent me from enjoying it."

To Drive Out Malaria And Build Up The System
Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Production of copper in the United States is more than 25 times what it was in 1880.

Wright's Indian Vegetable Pills have stood the test of time. Test them yours—if now. Send for sample to 572 Pearl street, N. Y.—Adv.

There are 98 wire factories in the United States.

Thousands Tell It

Why daily along with backache and kidney or bladder troubles? Thousands tell you how to find relief. Here's a case to guide you. And it's only one of thousands. Forty thousand American people are publicly praising Doan's Kidney Pills. Surely it is worth the while of any one who has a bad back, who feels tired, nervous and run-down, who endures distressing urinary disorders, to give Doan's Kidney Pills a trial.

A North Carolina Case

Mrs. W. A. Morley, "Dory Picture Tells Story"
63 Penland Ave., Asheville, N. C. says: "I was in bad shape with kidney trouble. I had dizzy headaches along with nervous spells and my kidneys didn't act as they should. I also suffered severely from backache and could hardly straighten up after stooping. When I saw Doan's Kidney Pills advertised, I got some and they rid me of all the trouble."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try

CARTER'S LITTLE LIVER PILLS
Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cures Constipation, Biliousness, Sick Headache and indigestion, as millions know.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature *Brentwood*

Every Woman Wants

Paxtine
ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 25c. all druggists, or ordered by mail, The Paxton Toilet Company, Boston, Mass.

RHEUMATISM

is completely washed out of the system by ten gals. (three weeks) of the celebrated Shivar Mineral Water, costing only two dollars. Tastes fine; positively guaranteed by money back, on return of the two loaned carboys, should you report "no benefit." Mention your express office. Address:

Shivar Spring, Box 42, Shelton, S. C.

LATE NORTH CAROLINA MARKET QUOTATIONS

Western Newspaper Union News Service

Prices Paid by Merchants for Farm Products in the Markets of North Carolina as Reported to the Division of Markets for the Week Ending Saturday, Sept. 23, 1916.

Asheville.
Corn, \$1.07 bu; oats, 58c bu; Irish potatoes, \$3 bbl; sweet potatoes, 90c bu; apples \$1.20-\$1.50 bbl.
Western butter, 35c lb; N. C. butter, 26-37c lb; eggs, 31c doz; spring chickens, 16c lb; hens, 15c lb.

Charlotte.
Corn, \$1.05 bu; oats, 60c bu; Irish potatoes, \$3.50 bbl; sweet potatoes, 75 cents bu.
N. C. butter, 35c lb; eggs, 30c doz; spring chickens, 20c lb; hens, 15-17c lb.

Cotton, middling, 15½c; cotton seed, 65c bu.

Durham.
Corn, \$1 bu; oats, 58c bu; Irish potatoes, \$4 bbl; sweet potatoes, 75c bu; apples, \$4 bbl.

Western butter, 35c lb; N. C. butter, 35c lb; eggs, 27c doz; spring chickens, 20c lb; hens, 10c lb.

Cotton, middling, 15½c.

Fayetteville.
Corn, \$1.05 bu; oats, 58c bu; sweet potatoes, 75c bu.
Western butter, 35c lb; N. C. butter, 35c lb; eggs, 30c doz; spring chickens, 15c lb; hens, 10c lb.

Cotton, middling, 15½c; cotton seed, 75c bu; lbs. of meal for ton of seed, 2000.

Goldboro.
Corn, 90c bu; sweet potatoes, 75c bu.
Eggs, 35c doz; spring chickens, 20c lb; hens, 17½c lb.

Cotton, middling, 15½c; cotton seed, 80c bu.

Greensboro.
Corn, \$1 bu; oats, 58c bu; Irish potatoes, \$4 bbl; sweet potatoes, 50c bu; apples, \$2.75 bbl.

N. C. butter, 35c lb; eggs, 30c doz; spring chickens, 18c lb; hens, 14c lb.

Cotton, middling, 15½c.

Hamlet.
Corn, \$1.10 bu; oats, 65c bu; sweet potatoes, 75c bu.
Eggs, 30c doz; spring chickens, 18c lb; hens, 15c lb.

Cotton, middling, 15c; cotton seed, 65c bu.

Lumberton.
Corn, \$1.10 bu; sweet potatoes, 60c bu.
Western butter, 35c lb; N. C. butter, 35c lb; eggs, 30c doz.

Cotton, middling, 15½c; cotton seed, 75c bu; lbs. of meal for ton of seed, 2500.

Maxton.
Corn, \$1.10 bu; oats, 58c bu; sweet potatoes, 75c bu.

Western butter, 40c lb; N. C. butter, 40c lb; eggs, 25c doz; spring chickens, 21c lb; hens, 12c lb.

Cotton, middling, 15½c; cotton seed, 75c bu; lbs. of meal for ton of seed, 2500.

Monroe.
Corn, \$1.10 bu; oats, 60c bu; Irish potatoes, \$3.75 bbl; sweet potatoes, 75c bu; apples, \$3.50 bbl.

N. C. butter 31c lb; eggs, 26c doz; spring chickens, 18c lb; hens, 11c lb.

Cotton, middling, 15.85c; cotton seed, 74c bu.

Newton.
Corn, \$1.05 bu; oats, 65c bu; Irish potatoes, \$3.60 bbl; sweet potatoes, 55c bu; apples, \$1.50 bbl.

Eggs, 26c doz; spring chickens, 15c lb; hens, 11c lb.

Cotton, middling, 15½c; cotton seed, 60c bu; lbs. of meal for ton of seed, 2000.

Raleigh.
Corn, \$1.02; oats, 56½c bu; Irish potatoes, \$3.75 bu; sweet potatoes, 50c bu; apples, \$3.50-\$4.00 bbl.

Western butter, 38c lb; N. C. butter, 33c lb; eggs, 27c doz; spring chickens, 18c lb; hens, 14c lb.

Cotton, middling, 15c; cotton seed, 65c bu.

HOME TOWN HELPS

BAD HOUSING CAUSES MISERY

New York Tenement Expert Describes Evil Conditions—Living in Small Place Best After All.

The three great scourges of mankind, disease, poverty and crime, are largely due to bad housing, according to John J. Murphy, New York's tenement house commissioner, whose official task it is to study and remedy as far as possible improper housing conditions in New York city. Mr. Murphy, who is the only tenement house commissioner in the United States, recently had published an article on housing conditions, based on his investigations in large centers of population, in which he said:

"There can be no question that the three great scourges of mankind, disease, poverty and crime, are in a large measure due to bad housing, in its broadest sense. Intemperance in many of its most repugnant forms may be traced to the fact that so many citizens are obliged to live in homes in which they can take neither pride nor comfort and which make the saloon seem desirable by contrast.

"Bad housing is especially detrimental in its consequences to the children reared under its influence. In many cases the evil influences of environment can never be eradicated. The need for the erection of institutions for the blind and hospitals for the child victims of tuberculosis, spinal meningitis and other diseases of like character is greatly intensified by bad home conditions. The employee living in a house inadequately lighted and ventilated is unable to perform his task with proper energy and intelligence. Women compelled to live in such houses develop tendencies to irritability, which frequently lead to family disruption.

"Bad housing tends to increase the tax burdens of a community by requiring larger expenditures for remedial service, which might otherwise be eliminated. The lack of proper cleanliness and decency in the exterior and interior of houses tends to reduce the self-respect of the occupants. Note how eagerly the family which has even slightly improved its financial standing seeks buildings with more attractive exteriors and better decorated rooms. It will also be found that as families descend in the social scale one of the pangs most keenly felt is the necessity for the occupancy of quarters in buildings whose general appearance indicates that they are occupied by the miserably poor."

WATCH THE PAINTER AT WORK

Poor Economy in Using Shoddy Material and Cheap Labor Where Looks of Home Are Concerned.

In no branch of the building game is poor material and workmanship so common as in exterior painting, says a writer in Popular Mechanics Magazine. The architect's specifications for painting generally set forth that the painting contractor must provide all the materials of every description, including ladders, scaffolding, ropes, brushes, etc., for the proper performance of the work in a substantial and workmanlike manner; all the materials to be of the best of their respective kinds, and all woodwork to be thoroughly cleaned before being painted; all nail holes, joints, cracks and defects in materials to be filled with putty; all jointed work to be sanded smooth before applying the second coat.

The specifications then itemize what work is to be done, and how, as follows: All outside woodwork to be given a certain number of coats of good white lead and linseed oil paint, mixed to correspond with the color selected by the owner on outside blinds or shutters, exterior of sash, window screens, door screens, outside doors, tin and galvanized ironwork, ironwork, roofs and cement work.

The homebuilder should know whether his specifications are rightly drawn and whether they are being followed by the painting contractor. Undoubtedly the best way of knowing if the work is being rightly done, is to know how to do it.

Wordless Traffic Signs.

Unlettered road signs are being used to regulate motor-car traffic on the driveways of a Fargo, N. D., park. Although they do not give a motorist a single word of instruction or warning, they have served their purposes efficiently. At best, road signs detract more or less from the appearance of a parkway or boulevard, especially when they are literally signboards. While those used in Fargo are only a small improvement in this respect, they hold a good suggestion. One of these signs was recently erected to direct traffic into a new artery branching from an old and much-traveled one. It consists of a white post, at the top of which are two arms, the right one pointing in the direction to be pursued, while the other hangs down. Although this means a reversal of the accustomed direction of travel, from the beginning motorists turned in to the new road without hesitation. —Popular Mechanics Magazine.

Calomel

Every druggist here, yes! your everybody's druggist has noticed a drop off in the sale of calomel. They all have the same reason. Dodson's Liver Tone is taking the place.

"Calomel is dangerous and people know it while Dodson's Liver Tone is safe and gives better results," said a prominent local druggist. Dodson's Liver Tone is personally guaranteed by every druggist. A large family-sized bottle costs only 50 cents and if you find it doesn't take the place of dangerous, salivating calomel you have only to ask for your money back.

Dodson's Liver Tone is a pleasant-tasting, purely vegetable remedy, harmless to both children and adults. Take a spoonful at night and wake up feeling fine, no sick headache, biliousness, ague,

Harbinger of Autumn.

"You are as merry as a cricket this morning."

"Yes," replied the cheerful suburbanite. "When I issued forth from my dwelling I saw something on a vacant lot that convinced me this terrible summer is about ended."

"What did you see?"

"A billboard carrying an advertisement of fall overcoats."

Dr. Peery's "DEAD SHOT" is an effective medicine for Worms or Tapeworm in adults or children. One dose is sufficient and no supplemental purge necessary.—Adv.

Constant Reader.

"Bliggins is a pessimist, isn't he?"

"Yes. He's so fond of bad news that he goes down cellar every morning to read the gas and electric meters."

No Fun in That.

"Why did you break the engagement?"

"Well, my fiancée got to imitating one of these movie queens. She thought it was cute to shoot me a swift kiss under the ear."

MOTHER'S JOY SALVE

for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists. GOOSE GREASE COMPANY, MFRS., Greensboro, N. C.—Adv.

The Usual Way.

Browning—I understand you were at the races yesterday?

Greening—Yes, but I happened to pick one before he was ripe.

HOW TO MAKE COFFEE

By the greatest coffee merchants in the world

With pictures of three wives and what their husbands say of their coffee

There has been a great deal written and said about making coffee, and wherever you go, each woman thinks her way is best. Yet we all know how much coffee varies; good one meal—bad the next—often so bad you simply can't drink it.

Don't be discouraged if you are not getting coffee as fine as you would like to have. Don't be satisfied to drink coffee which is "just me-

dium." A million other women make coffee their husbands brag about, and it is so easy for you to do it.

Instead of coffee which you only put up with because you can't get the kind you would like to have, you can get coffee which every member of your family will enjoy, coffee which every visitor will praise, coffee which you yourself couldn't do without.



Mrs. Jones boils her coffee

How to make Boiled Coffee: The way most people make coffee. Be sure that the pot is clean. Have your coffee ground medium fine, just the size Arbuckle's Ground coffee is. Allow one heaping tablespoonful to each cup of water, with one extra spoonful of coffee for the pot. Put the coffee into the pot, add cold water. Let boil until it is just the strength you like. Settle with a dash of cold water.

Percolator coffee—the surest method: Use a medium fine ground coffee for percolators, (just the size Arbuckle's Ground coffee is). Allow a tablespoonful to each cup of coffee and one extra; let the water percolate up through the coffee until it is just the right strength. Making coffee this way, you can have it just as mild or strong as you like, and you can rely on its being good every time.



Mrs. Green never uses anything but a percolator

The Drip Method, the simplest way: Have your coffee ground very fine, almost to a powder. Use only half a tablespoonful to a cup, with an extra spoonful for the pot. (This method requires only half as much coffee as used for other methods.) Put the coffee in a piece of clean

cheese cloth; pour boiling water through it slowly—through once only. Be sure to have water boiling. This does not make as strong coffee as boiling—if you want it stronger, don't make it this way—increasing the amount of coffee won't make it any stronger.

To get these results, the coffee itself must be right and must always be the same

Things you should watch out for



Mrs. Smith makes drip coffee

The coffee itself: There are hundreds of varieties of coffee grown. The coffee itself must be put up by men who know coffee! Arbuckle's Coffee is. It is put up by Arbuckle Bros., the greatest coffee merchants in the world. They can give you the value in coffee which no one else can afford to give.

Clean and fresh: No matter how good coffee itself is, if it isn't well taken care of, it makes a poor drink. Arbuckle's Coffee is put up in sealed, dust-proof packages, carefully wrapped to protect it from moisture, dirt, store odors. It arrives in your kitchen strong, full of flavor.

Always the same: Arbuckle's Coffee today is the biggest selling coffee in the United States. Did you ever stop to think what this means? To think how good a coffee must be to be the biggest seller in the United States! From the moment it was put on the market, it was a success. Today, it is used in over a million homes in the United States.

Beautiful Gifts: We share our profits with you by giving you useful and beautiful premiums for signatures saved from Arbuckle's Coffee. We buy premiums for over a million users of Arbuckle's Coffee. Making in such large quantities makes it possible for us to give the greatest premium values ever seen. In every package of Arbuckle's Coffee there is a circular showing our premiums. Be sure to get it and see how quickly and easily you can get what you want, all without any cost.

Get Arbuckle's Coffee from your grocer today, either the Whole Bean or the New Ground.

Arbuckle Bros., 712-1 Water Street, New York



All their wives use Arbuckle's—start to use it yourself—give your husband a chance to brag!