You [illegible] and all knocked out. Your head is dull, your tongue is coated; breath bad; stomach sour and bowels constipated. But don't take salivating calomel. It makes you sick; [illegible]

Calomel is mercury or quicksilver, which causes necrosis of the bones. Calomel smashes into your bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping. [illegible]

If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced, just take a spoonful of harmless Dodson's Liver Tone tonight. Your druggist or dealer sells [illegible]

[illegible] ter than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine. Your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working; you'll be cheerful; full of vigor and ambition.

Dodson's Liver Tone is entirely vegetable, therefore harmless and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you [illegible] almost [illegible]

TOMBSTONES C. G. Page

Subscribe for The Herald to-day

Backache

Yager's Liniment is excellent for any kind of pain or congestion. It quickly relieves backache and rheumatic pains, and is a splendid remedy for Neuralgia, Sciatica, chest pains, sprains, strains, swellings and enlargements.

Keep a bottle in your home for emergencies—you never can tell when you will require something of the sort.

35c Per Bottle AT ALL DEALERS

Each bottle contains more than the usual 50 cent bottle of liniment.

YAGER'S LINIMENT
RELIEVES PAIN

GILBERT BROS. & CO.
BALTIMORE, MD.

CABBAGE PLANTS

Early Jersey and Charleston Wakefield Succession and Flat Dutch. Satisfaction Guaranteed. By express: 500, $1.00; 1,000, $1.50; 5,000, at $1.25; 10,000 up at $1.00. P. O. B. HERE. Delivered Parcel Post 100, 25c; 1,000, $1.75.

D. F. JAMISON, SUMMERVILLE, S. C.

OUR BOYS IN FRANCE AND HOME PROTECTION

"The men on the firing line represent the pick of our American youth. One in four of our boys at home was sick, rejected because of physical deficiency. Many times the kidneys were to blame.

If we wish to prevent old age coming on too soon, or if we want to increase our chances for a long life, Dr. Pierce of the Surgical Institute, Buffalo, N. Y., says that you should drink plenty of water daily between meals. Then procure at your nearest drug store Anuric (double strength). This An-u-ric drives the uric acid out and cures backache and rheumatism.

If we wish to keep our kidneys in the best condition a diet of milk and vegetables, with only little meat once a day, is the most suitable. Drink plenty of pure water, take Anuric three times a day for a month.

Step into the drug store and ask for Anuric (50 cents a package) or send Dr. Pierce 10c for trial pkg. Anuric, many times more potent than lithia, often eliminates uric acid as hot water melts sugar. A short trial will convince you.

A SOUTH CAROLINA WOMAN

New Brookland, S. C.—"I had a hurting under my right shoulder blade also a very severe cough with pain in my right side. My husband had four different doctors for me and none of them did me any good. Some said I had consumption and others said I would have to have an operation. I was down—unable to sit up from the first of April to about the latter part of September—and was nothing but a live skeleton. Finally I took Dr. Pierce's Golden Medical Discovery and also the Pleasant Pellets. When I had taken one bottle of the 'Discovery' I could sit up for an hour at a time and when I had taken three bottles I could do my cooking and tend to the children. I took fourteen bottles in succession and was then in good health. Weighed 167 pounds."—MRS. W. DORN, New Brookland, S. C.

Dr. Pierce's Pleasant Pellets are the original little Liver Pills. One for a laxative—three for a cathartic.—Adv.

Write now for our Price Lists and Market Reports on

FURS AND HIDES

We are the Largest and Leading Buyers of *All Kinds of Hides and Furs* in these sections.

For nearly sixty years we have given thousands of Fur and Hide shippers entire satisfaction.

WE CHARGE NO COMMISSION

FRESH · CRISP · WHOLESOME · DELICIOUS

THE MACHINERY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MADE THEM THE

STANDARD of EXCELLENCE

Your Dealer has them, or if not he should. Ask him or write us giving his name.

CHATTANOOGA BAKERY

Lookout Biscuit

Kings Mountain Herald Temperance Notes

(Edited at the Publication Office of the Woman's Christian Temperance Union.)

SHOULD ALCOHOL BE USED?

The Eagle Pitcher has been charged with being in favor of the use of alcoholic beverages," says Dr. W. A. Evans, former head of the health department of Chicago. "The charge cannot be disproved. Alcohol is for internal use rarely prescribed by practitioners generally, but prescribing by physicians except when such prescribing is done for the purpose of evading some law.

"Theoretically, alcohol is both a medicine and a food. So far as all practical purposes are concerned, it is neither a medicine nor a food. Discussing it as a medicine, alcohol belongs in a group in which there are [illegible] aconite, epinephrin and extracts of thyroid. These medicines are so powerful that they are but rarely used.

"Physicians know so little about the mechanism of the sympathetic nervous system, on which most of the effects of these remedies are exerted, that none of them is liable to be generally used within the next few years. In the meanwhile, the old-time uses of alcohol for medicinal purposes have either been discontinued or else they are condemned by the medical profession.

"Alcohol once was used for consumption. It is not used as a cure for this disease now. It once was used as a remedy for blood poisoning—septicaemia and pyemia. It now is known that its use lessens the chance of recovery from these diseases. It once was used as a cure for colds and bronchitis and as a preventive of pneumonia. It now is known that it makes colds worse and it increases the chance of pneumonia.

"It formerly was used as a cure for snake bite. It is not so used now. It decreases the bodily resistance to snake bite. The only good it ever did was to destroy the awful fear which sometimes shocks persons who have been bitten, and in that way indirectly contributed to cure.

"Alcohol formerly was used for shock on the theory that it was a stimulant. It is not a stimulant. It prevents fear and may in that way do good; otherwise it does harm. Its use in shock is being discontinued. Ammonia and coffee are taking its place.

"It is widely used for the discomforts of natural bodily functions. Physicians condemn its use for this purpose as being unscientific and harmful. There is a notion that gin is good for the kidneys. There is nothing worse for the kidneys than gin.

"Alcohol is disappearing from first-aid cabinets, physicians' satchels and hospitals. Within a few years it will disappear from that part of drug stores devoted to the filling of prescriptions."

WHY NOT PROHIBIT WATER?

A letter clipped from one of the New York morning papers has been sent us for publication. The writer urges that water should be prohibited as it causes the deaths of thousands of people by engendering typhoid and other diseases. This reasoning is typical of much that emanates from the liquor traffic. Water does not cause disease. It has never poisoned any man. It is only when some poison like typhoid pollutes the water that there is danger. The remedy is to prohibit or do away with the poison, not the water. And this, says Temperance, is precisely what modern sanitary science is trying to do. We no longer confine our efforts to the saving of the victims of typhoid, we seek to prohibit or destroy the cause. The efforts of temperance people to do away with alcohol as a beverage is perfectly logical because alcohol is a poisonous drug. If alcohol were as harmless as water only lunatics would advocate its prohibition.

BEER MUST GO.

In not one of the 26 dry states, nor in the District of Columbia, Alaska or Porto Rico, does the prohibition law exempt beer. Beer is not exempt in the army and navy prohibition regulations, nor in any territory under federal prohibition. In Oregon, Washington, Colorado and Arizona the brewers, with millions of dollars behind them, tried to force a beer amendment upon the people, and in every case were overwhelmingly defeated. These facts and the growing anti-beer sentiment throughout the country should convince the brewers and their backers that any attempt to put a beer and light wine exemption clause in the resolution now before congress for a prohibition amendment to the federal Constitution is doomed to failure. They would better save their money for the transforming of their breweries into food-producing factories.

THE EVILS OF ECHO.

A certain glen in Scotland had the reputation of having a splendid echo. An English gentleman visited the place and asked his guide about the echo.

"Just shout 'Two bottle of whisky,'" said the guide.

The gentleman did as requested, and after waiting for several minutes he turned to the Scot and said:

"But I do not hear any echo."

"Maybe no," chuckled the Scot, "but here's the lassie comin' wi' the whisky."—Temperance.

IN THE CABINET

[illegible] thrown through the wind shield into the lady's lap, his head [illegible] death. We [illegible]

ECONOMICAL DISHES.

A half or one pound of seasoned hamburger makes a sufficient to season a dish of macaroni or rice, making a most substantial dish. Break up a cupful of macaroni in inch pieces and cover with boiling water well salted, to cook until tender. Put a layer of the cooked macaroni in a casserole of granite baking dish, add bits of the cooked hamburger, a little onion juice and celery salt, a little broth or butter and water, repeat until the macaroni is used. Place in the oven and bake for a half hour. Green peppers and tomatoes may be used for seasoning, if so desired.

Where chestnuts are plentiful they may make most dainty, nutritious, and at the same time, attractive dishes. Chestnuts contain carbohydrates which need cooking to make them more easily digested. Score the shell and drop them into a hot frying pan to blanch, when blanched remove the shell and thin brown skin and the nut is ready for various uses. Cooked until tender, mashed and seasoned with fat which it lacks, salted and peppered, it may be served as a vegetable with steak.

Chestnut Cakes.—Shell and blanch some good chestnuts, then cook in boiling salted water until tender. Rub them through a sieve and to every half cupful add the yolk of an egg, salt, white pepper, celery salt, and onion juice and Worcestershire sauce, to season highly. Make into neat cakes, brush with beaten egg, roll in fine crumbs, and fry in smoking hot fat. Serve as meat.

Mock Mashed Potatoes.—Cook a pound of chestnuts for a quarter of an hour, peel and skin them, and cook in a quart of milk until very soft. Add two tablespoonfuls of butter, one teaspoonful of sugar, and a teaspoonful of salt. Rub through a sieve and serve the same as mashed potatoes. This makes a nice vegetable to serve with chicken, and it has the additional advantage that it can be eaten by those to whom potatoes are denied.

Have you noticed that the women who have system in their work almost invariably appear to have the least to do?

FOR THE INVALID'S TRAY.

For the whimsical palate of an invalid a dainty is more acceptable, whatever it may be, if served in some unusual form. For the busy housewife who has but one pair of hands to perform all duties, time is a most valuable asset, and she has little for frills. However a few minutes spent in garnishing and arranging a dish will make all the difference between receiving and eating it with anticipation, or refusing it altogether. So many fetching things may be done with ordinary things in the home, for example, a whole set of dishes may be made from a few lemons. Cut the lemon that has a good projection for a spout into a cream pitcher, cut a ring of rind for the handle, scoop out the pulp and voila! a pitcher, not for cream, but for various jellies.

Cut a lemon the other way across, put on two little handles and have a sugar bowl, the half of a lemon a little smaller with one handle will be a cup. Pigs, using toothpicks for legs, may be made, eyes of black pins, delighting the heart of a child. With dates and figs, turtles, with peanuts various figures, even a whole man may be made by using toothpicks and cork.

Fruit Cream.—Beat the white of an egg, two tablespoonfuls of sugar, and half a glass of grape jelly until it is stiff enough to stand. Serve in sherbet cups with a bit of whipped cream on top.

Rice Cream.—Blend a tablespoonful of rice flour with cold milk, add it to a pint of scalding milk, a pinch of salt and three tablespoonfuls of sugar, cook until well done. Pour out into a pretty dish and serve with cream and more sugar if desired. An egg dropped into a ramekin with a tablespoonful of cream, set in the oven in water and baked just long enough to set the egg, is delicious when seasoned with a dash of salt and paprika.

In all homes there are some choice bits of china, glass and silver, which will be used to advantage on the invalid's tray. Colored foods, like jellies and gelatin desserts look well in glass.

Nellie Maxwell

Qualified for a Fight.

"It seems odd to me that Cole should have been the victor in the quarrel with his brother."

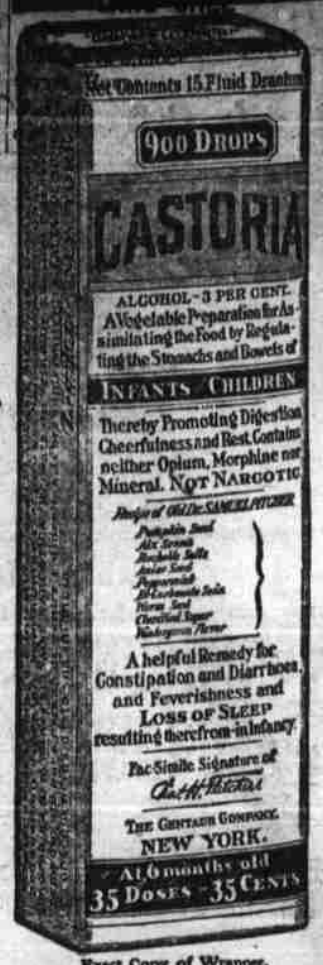
"Why so?"

"Because it was the brother who was distinctly the Abel-bodied man."

Wanted Protection.

He (wildly)—May I not, then, fall prostrate to the ground and weep at thy feet?

She (practically)—Yes, if you'll wait till I put on my galoshes.—Pearson's Weekly.



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CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher.*

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Cantonment Road Building.

A record-breaking piece of road-building recently was completed in connection with the army cantonment at Louisville, says an exchange, which continues:

"This is one of the few military establishments that have built permanent roads. In 63 working days the contractor completed 63,300 square yards of Trinidad asphaltic concrete highway laid on a concrete base, or about six miles of road 18 feet wide. A mile of the road was over a four-foot fill, and immediately upon its completion a traffic count showed that 4,000 vehicles passed over it within the first hour. Most of these vehicles were motor trucks and wagons carrying loads of from one to five tons. The record . . . is all the more remarkable in view of the fact that it was necessary to haul and crush all the stone used in the work."

GREEN'S AUGUST FLOWER

has been a household panacea all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming of up food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Defeat.

Two little girls were playing together. Said one little girl:

"My father owns all the houses in the world, and my mother has a million diamonds."

The other little girl eyed her thoughtfully.

"Well, I've got on a red dress," she said.

Complete silence on the part of the first little girl. There was nothing more to be said.

Easy to Rid Home of Rats and Mice

There is no need of suffering from the depredations of rats and mice now that Stearns' Paste is readily obtainable at nearly every store. A small box of this effective exterminator costs only 35 cents and is usually sufficient to completely rid the house, store or barn of rats and mice. The U. S. Government has bought thousands of pounds of Stearns' Paste for use in cities where rats and mice are plentiful. The Paste is also efficient in destroying cockroaches and waterbugs. Adv.

Knew It Was Coming.

Wife (reading letter)—Well, I declare! Here's Jim Brown that I used to know come back from the West with a fortune.

Hub—Well, go on! I'm waiting.

Wife—Waiting for what?

Hub—For you to throw up to me that you might have married him.

$100 Reward, $100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. $100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure.

Druggists 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Hawaii has two mountains each 14,000 feet high.

COUGHING

annoys others and hurts you. Relieves throat irritation and tickling, and rid of cough, cold and hoarseness by taking at once

PISO'S

Some Excuse.

Johnny was a typical boy, and full of excuses for any wrongdoing. One day he whistled aloud in school and his teacher asked how he happened to do it.

Johnny said: "I—I—didn't mean to. I had a little hair in my mouth and I wanted to push it out; I didn't know it was going to make any noise."

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Ad.

Italy's 1916 olive crop reached 1,290,200 tons.

Stop That Cold At Once

MILES CASCARA QUININE BROMIDE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c.

At Any Drug Store

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.00 a bottle delivered. Horse Book 9 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. $1 and $2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

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. For antiseptic cleansing and general uses. Druggists, 50c, postpaid, or prepaid by mail, The Paxton Toilet Co., Boston, Mass.

WINTERSMITH'S CHILL TONIC

Sold for 57 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic.

W. N. U., CHARLOTTE, NO. 47—1917.

An Iconoclast.

"Do you remember the famous Greek artist who painted grapes that were so natural the birds pecked at them?"

"Oh, yes, I've heard that yarn," replied the superior person. "But ornithology teaches us that certain of the smaller birds have very poor eyesight."

Those Whom You Need.

Friends are the people who go ahead and pave the road they know you'll be wanting to travel.

MURINE Granulated Eyelids, Sore Eyes, Eyes Inflamed by Sun, Wind and Dust quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. Murine Does Not Smart, Just Feels Good. At Your Druggist's or by Mail, 60c per Bottle. Murine Eye Remedy Co., Chicago.

YOUR EYES