

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day becomes food for the millions of bacteria which infest the bowels.

From this mass of left-over waste, toxins and ptomain-like poisons are formed and sucked into the blood. Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver kidneys and bowels.

Would Shape It up Right. The Observer is minded to make public expression of its admiration for the courage of Senator Stone, of Missouri, in his stand on the question of preparedness. This Missouri statesman would not only have the nation properly equip itself against attack, but he would have it place itself in position to take the offensive. He wants a navy "powerful enough not only to defend our coasts, but strong enough to go out on the high seas, for there might come a time when offensive action would be required. A navy strong enough for offensive is a mighty guarantee against attack by other nations."

Senator Stone is chairman of the foreign relations committee and has been in position to get a proper line of knowledge on what the United States wants in the way of naval defense. The navy should be completely equipped or not at all. — Charlotte Observer.

Holiday Suggestions

While stocks are complete and you have ample time, drop in here and select your Xmas gifts. We suggest for this week:

Bracelet Watches, and Watcher for Ladies, Cents and Boys—Priced from \$2.50 to \$5.00.



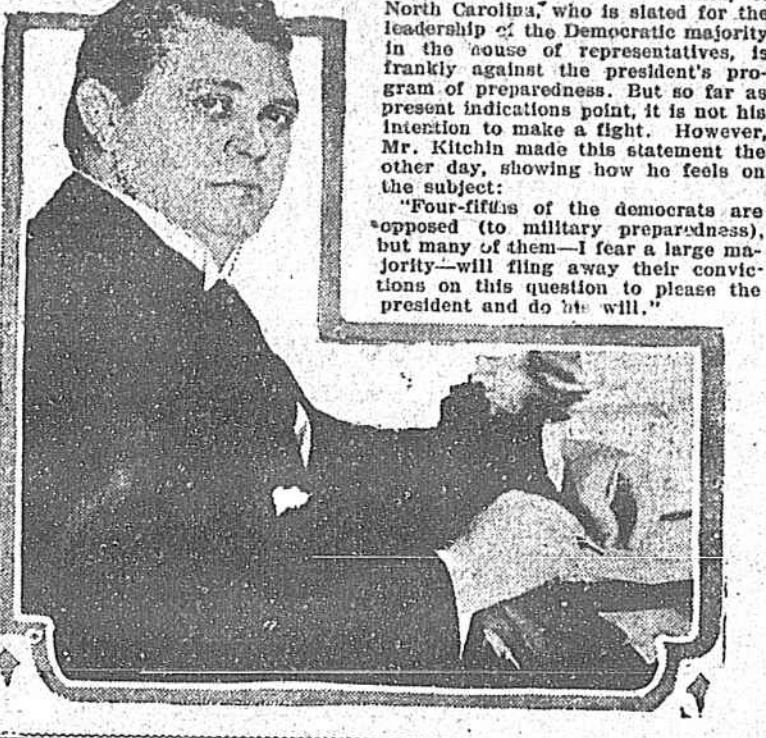
Keep your eye on our window from now till Xmas.

Young Men

Work, save, sleep, exercise, breathe deep, keep your mind and blood clean, respect others and yourself, be diligent in your business, which is the business of life, the business of good thinking, the business of appreciating time's value, the business of self criticism. Our Dime Pocket Savings Banks will help you to become more self-respecting, if you use it systematically.

Citizens National Bank

Democratic Leader Against President



TESTAMENTS BOUGHT FINES ARE REMITTED

Asheville, Nov. 25.—Two defendants who faced the judge at yesterday morning's session of police court on charges of assault were told by Judge J. Frazier Glenn that if they would shake hands in the presence of the court, he would consider that fact in imposing the fine. The men, who are employees of the Southern railway company, immediately complied with the suggestion made by the judge.

Spain Won't Enter. Madrid, Nov. 25.—In addressing parliament Premier Dato denied there is a possibility of Spain entering the war. He said the country was getting expressions of good will from all sides. He censured the Spaniards who circulated reports calculated to reflect upon the dignity of the nation.

STATE OF SOUTH CAROLINA, COUNTY OF ANDERSON. Court of Common Pleas. Simeon T. Harrison, in his own right and as administrator of the estate of Estelle Berry Harrison, deceased, Plaintiff,

vs. Joe Berry Acker, Cora Brown, Robert Williams and Annie Williams, Defendants. Pursuant to an order of sale granted by the court in the above entitled action, I will sell on Saturday in December next, 1915, in front of the court house, in the City of Anderson, S. C., during the usual hours of sale, at public auction, to the highest bidder, on the terms specified below, the following described real estate:

1. All that certain lot of land situated in the City of Anderson, county and State above named, containing one-fourth of an acre, more or less, bounded on the North by property of the estate of Jno. E. Peoples, deceased, on the East by Towers street, on the South by extension of River street, and on the West by lands of Andy Simpson, it being the same lot conveyed by A. P. Cater to Estelle Berry by deed dated Oct. 29, 1902, and recorded in R. M. C. office for Anderson county in Book BBBB, page 174.

2. All that certain lot of land situated in the City of Anderson, in the State and county aforesaid, and being on North side of Thomas street, and extending along said street for a distance of 52 feet; thence in a northerly direction for a distance of 101.2 feet; thence in a easterly direction for a distance of 51.8 feet; thence in a southerly direction for a distance of 103.1 feet to Thomas street, and being known as Lot No. 48 according to a plat made by DeCamp and Cunningham which is of record in the R. M. C. office for Anderson county in Book GGGG, page 208, and being the same lot that was conveyed by J. M. Evans to Estelle Berry by deed dated June 23, 1908, and recorded in R. M. C. office for Anderson county in Book JJJJ, page 595.

3. All that certain lot of land situated in the City of Anderson, in the State and county aforesaid, and being on New street, extending along said street for a distance of 51.8 feet; thence running in a southerly direction for a distance of 103.1 feet; thence in a westerly direction for a distance of 51.8 feet; thence in a northerly direction for a distance of 101.2 feet to a beginning corner, and bounded by lands of Esther Garrison and others, and being known on plat as Lot No. 13, and having such metes and distances as will appear by reference to the same which is recorded in R. M. C. office for Anderson county in Book GGGG, page 228, and being the same lot that was conveyed to Estelle Berry Harrison by J. M. Evans by deed dated Dec. 1, 1899, and recorded in the R. M. C. office for Anderson county in Book MMMM, page 48.

Terms of sale: Cash. Purchaser to pay extra for stamps and papers. W. F. Nicholson, Judge of Probate as Special Referee. November 17, 1915. 11-17-31-staw

GERMAN BUSINESS MEN ORDERED DEPORTED

Brings Discussion Japan's Treatment of German Civilians As Well As Prisoners.

Tokio, Nov. 25.—Japan's order of deportation against five German business men of Yokohama, which has already been carried out, has brought into discussion the entire question of the treatment of German civilians as well as German prisoners in Japan. The authorities make no statement in connection with the deportation beyond the declaration that the men were dismissed from the country because of conduct detrimental to the interests of Japan and her allies. Japanese newspapers, however, openly allege that four of the Germans, namely those connected with the firm of Otto, Reimers & Co., were dismissed because newspapers say they understood on good authority that a Japanese copper mine had actually been worked by the company and its products forwarded to Germany through the United States.

The deported Germans include Martin Pers, manager of Otto, Reimers & Co., H. Fokkes, K. Fischer and C. Heilmann. The fifth German dismissed was M. F. Bengen, manager of Bergmann & Co., at Yokohama. The investigations of the police covered several months and the evidence in each case is said to fill more than 500 written pages. The incident is regarded as showing that the authorities are constantly exercising a strict surveillance over the German civilians resident in Japan.

The Japan Gazette, published at Yokohama, prints a copy of an affidavit which was sworn to by Martin Pers last July at the American consulate at Yokohama. The affidavit declares that the copper business transacted by the firm of Otto, Reimers & Co., in Japan direct or through others in Japan since the outbreak of the war has not been done and is not done with Germany nor with Germany as the ultimate destination. It continues by saying that all the copper shipped by the firm to New York is sold in New York through its agent, E. F. Eaton, an American citizen, to various American refining establishments. The affidavit was sworn to before the George H. Seidmore who subscribed himself as consul general of the United States in charge of German interests at Yokohama.

Several cases of outbreaks among the German prisoners of war have led the Japanese press to declare that the authorities occurred at the camp at Kurume when a Japanese guard is said to have been assaulted by a German prisoner after he had warned the prisoner to be more careful about smoking and about throwing live ashes on the floor. The Jiji declares that the authorities should deal with Germany and its people in a manner different to that accorded to other nations. It expresses the opinion that a sharp watch should be kept over the German residents in Japan all of whom, it thinks, should have been expelled from the country long ago.

Ancient Porcelain Factory. The famous King Tei Cheng porcelain factory, which from the year 1396 furnished all the fine porcelain for the royal palaces of China, is to be reopened immediately, says the Popular Mechanics Magazine, and a grant of \$20,000 has already been made by the president of the republic for this purpose. This factory was partly destroyed during the revolution in which the republic was established and the various samples and patterns kept safe were divided among the leading revolutionists. While the making of porcelain has been one of the leading Chinese industries for generations, this factory is said to be the only place in which the ancient ways of making porcelain, with the beautiful ancient colors and designs, has been preserved. The factory will not only be employed in producing porcelain for the market, but will have a special department in which porcelain of the highest quality will be made for presentation to the rulers of other countries.

No Doubt, But—An investigating committee has officially advised Governor Whitman of New York that twenty million dollars could be saved the state and the public service improved by abolishing one thousand unnecessary and inefficient offices. The committee's guess is that New York will find it easier to continue to extract the twenty million dollars from the taxpayers of the commonwealth than to get rid of the one thousand inefficient and unnecessary officials. It carries more weight than that of patriotism. "The true, 'tis pity, and pity 'tis 'tis true"—Norfolk Virginian.

Another Town Taken. Berlin, Nov. 25.—It is officially announced that the Russian town of Berseniende south of Riga where severe fighting has been going on some time is definitely in German hands. The Russians announced that they captured it November 11.

Russia to Balkans? Copenhagen, Nov. 25.—A message received here from Berlin says large consignments of Japanese guns are being loaded at the Russian Black Sea port of Odessa. It is inferred from this that Russia expects to enter into the Balkan campaign.

Contempt of Court. Defendant (in a loud voice)—Justice! Justice! I demand justice! Judge—Silence! The defendant will please remember that he is in a court room.—Lynn State Truth.

Carnations For Thanksgiving For the low bowl, dozen 50c For the regular vase, per dozen 75c For fine display, per dozen \$1.00 Green given with all The Anderson Floral Co. 533 Marshall Ave. Phone 911 Florist Telegraph Delivery

NEW LOT OF HATS JUST ARRIVED Large and Small Shapes in Beaver and Velvets at any and all prices Big Values here in Millinery, Furs, Underwear and Ready-to-Wear M. S. NIMMONS South Main St. Next Door to C. A. Reed Music House.

HEAD STUFFED FROM CATARRH OR A COLD Says Cream Applied in Nostrils Opens Air Passages Right Up. Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; year cold or catarrh disappears. Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relieves cases instantly. It's just fine. Don't stay stuffed up with a cold or nasty catarrh.



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BANK OF BELTON Capital and Surplus \$180,000.00 Collections Given Prompt Attention Ellison A. Smyth, W. E. Greer, President, V. E. and Cashier. H. E. Campbell, Asst. Cashier.

Greatly Reduced Round Trip Fares VIA SOUTHERN RAILWAY In Connection With Blue Ridge Railway TO CHARLESTON, S. C. SOUTHERN COMMERCIAL CONGRESS December 13-17th, 1915. Anderson \$7.40 Belton 7.40 Honea Path 7.25 Donalds 6.95 Shoals Junction 6.95 Tickets on sale December 11, 12, 13, and 14th, with return limit December 22nd. Attend The Great Celebration. See U. S. Battleship "South Carolina" a squadron of the Atlantic Fleet; torpedo boats, submarines and destroyers. Christmas holiday excursion fares to all principal points, December 17, 18, 23, 24, and 25th with return limit January 10th, 1916. For complete information apply to ticket agents or W. H. Taber, TPA, Greenville, S. C. J. E. Anderson, Supl., Anderson, S. C.

GALOMEL IS MERCURY! IT SICKENS! ACTS ON LIVER LIKE DYNAMITE "Dodson's Liver Tonic" Starts Your Liver Better Than Galomel and Doesn't Salfate or Make You Sick. Here's my guarantee—Go to any drug store and get a 50 cent bottle of Dodson's Liver Tonic. Take a spoonful tonight and if it doesn't straighten you right up and make you feel fine and vigorous by morning I will go to go back to the store and get your money. Dodson's Liver Tonic is destroying the sale of calomel because it is real liver medicine; entirely vegetable; therefore it can not salivate or make you sick. I guarantee that one spoonful of Dodson's Liver Tonic will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is logging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tonic will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.

We are recommending our 10-1-0 and 10-2-0 and 10-2-1/2-0 for wheat and oats this fall when you sow it. This will give it stalk and grains in the head, and that it what you want in grain. If you will sow five acres in wheat and five in oats this fall, after preparing the land well and fertilizing it well with either of these goods, you will find it advantageous. The 10-2-1/2-0 is an especially fine goods for grain. Let us hear from you. Anderson Phosphate & Oil Co. Anderson, South Carolina.