

Constipation Makes Baby Uncomfortable

When its tender little organs are bound up with a congestion of stomach waste in the bowels, baby is a mighty uncomfortable morsel of humanity, and reflects its discomfort in its disposition. If mother will just give it a tiny dose of a mild laxative, such as Dr. Caldwell's Syrup Pepsin, the congestion will quickly loosen and be expelled, and her child be normal and happy once more.

BERLIN CALLS LUXBURG.

Asks Argentine to Secure Minister Safe Passage.

Amsterdam, Sept. 14.—Dr. von Kuehlmann, the German foreign minister, has requested the Argentine legation at Berlin, to communicate a request to Count Luxburg, the German foreign minister in Argentina to come to Berlin in order personally to report, according to advices received from Berlin.

The Argentine Government also has been asked to secure safe passage for Count Luxburg.

Check a cough or cold in the lungs before it develops a serious case. BALLARD'S HOREHOUND SYRUP is an effective remedy for all soreness or congestion in the lungs or air passages. Price 25c, 50c and \$1 per bottle. Sold by all dealers in medicine.—Adv.

On Fuel Staff.

Washington, Sept. 14.—With the approval of President Wilson, Dr. H. A. Garfield, the fuel administrator, today appointed Rembrandt Peale, of New York, and John P. White to the staff of the fuel administration.

WOMAN CURES HORSE COLIC.

The men were away as usual. The horse was bad. A lone woman could not "drench" in the old way. She called up a neighbor and her men were away—but: "We have Farris Colic Remedy that you drop on the horse's tongue," says Mrs. Neighbor. So she came over and dropped Farris Colic Remedy on the horse's tongue and the horse was well when the men came home. Moral: Get Farris Colic Remedy so the women can cure horse colic. We sell it at 50 cents a bottle on the Money Back Plan.

LANCASTER MERCANTILE CO.

ARMED AMERICAN STEAMSHIP SUNK

The Wilmore Submarine—All Members of Crew Saved.

London Sept. 14.—The American ship Wilmore was sunk by a German submarine on September 12, according to an announcement made today by the admiralty. All the members of the crew of the vessel have not been received.

Coal and Oil Cargo.

New York, Sept. 14.—The Wilmore was a steamship of 5,339 tons gross register, built in 1914 at Quincy, Mass., and was formerly known as the Atlantic.

She sailed under command of Capt. James Brewer from Philadelphia on August 26, with a cargo of coal locomotives and crude oil for a French port. Her owner was the Berwind-White Coal Company, of New York. The Wilmore was armed.

To Cure a Cold in One Day.

Take LAXATIVE BROMO QUININE. It stops the Cough and Headache and works off the Cold. Druggists refund money if it fails to cure. E. W. GROVE'S signature on each box.

Be the First.

Many a quarrel would come to a speedy ending if both sides were not afraid of being the first to make advances. Instead of being unwilling to take the first step, you should be glad of the chance. Some of you perhaps, are a little inclined to be envious of the one who is a born leader, who is the first in so many things, but there is no greater honor than to be the first to end a misunderstanding, the first to say, "I'm sorry."—Exchange.



For sale by Lancaster Mercantile Co., Lancaster, S. C.; Lancaster Drug Co., Lancaster, S. C., and all good dealers.

FACTS ABOUT BREAD

White bread was introduced into London by Hugh Paddington nearly a hundred years ago. Japanese bread is shaped somewhat like a stick of bamboo, being sold in strings.

Scandinavian bread is disk shaped, with a hole at the center for packing on poles.

Whole-wheat bread contains the whole grain of wheat—kernel, germ and bran.

The bread of the Balkans is made in chains and is sold according to length.

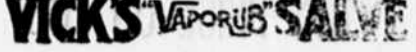
In the districts of France the peasants make their bread from acorns.

The sun-dried bread of Central Asia is made from flour and raisin sirup.

In Finland bread is frequently made from pine bark and moss.

When Croup Comes Treat Externally

The old method of dosing delicate little stomachs with nauseous drugs is wrong and harmful. Try the external treatment—Vick's "Vapo-O-Rub" Salve. Just rub a little over the throat and chest. The vapors, released by the body heat, loosen the choking phlegm and ease the difficult breathing. A bedtime application insures sound sleep. 25c, 50c, or \$1.00.



TEUTONS REPLY TO POPE

Regard Proposals Suitable Basis for Peace Negotiations.

Amsterdam, Sept. 14.—The reply of the Central powers to the peace note of Pope Benedict, says a Vienna Dispatch to the Tijds, begins by declaring that they regard the Papal proposals as a suitable basis for peace negotiations.

Regarding the exchange of occupied territories, arbitration, disarmament and similar proposals, declarations are made, the dispatch adds which testify to the idealism of the Central Powers and their sincere desire for a peace which will insure happiness to all nations.

Conciliatory declarations are also made respecting the settlement of the Balkan question, Poland and the restoration of Belgium, but emphasis is laid on the condition that Allied Powers must also give serious evidence of a desire for peace by a joint and benevolent discussion of the questions which now separate the nations. The reply, it is said, will be published as soon as the consent of the Papal nuncio at Vienna is obtained.

Swellings of the flesh caused by inflammation, cold, fractures of the bone, toothache, neuralgia or rheumatism can be relieved by applying BALLARD'S SNOW LINIMENT. It should be well rubbed in over the part affected. Its great healing and penetrating power eases the pain, reduces swelling and restores natural conditions. Price 25c, 50c and \$1.99 per bottle. Sold by all dealers in medicine.—Adv.

THE KAISER HAS A CHILL.

Goes to Potsdam to Frame Peace Reply. London, Sept. 11.—A dispatch to the Exchange Telegraph from Amsterdam says: "Emperor William returned to Potsdam to receive Dr. George Michaelis, the imperial chancellor, and Foreign Minister von Kuehlmann, when the final decision will be reached regarding the answer to the Pope's peace proposal and the status of Poland. "The Emperor is said to be suffering from a severe chill contracted on the Riga battlefields."

When the bowels feel uncomfortable and you miss the exhilarating feeling that always follows a copious morning operation, a dose of HERBINE will set you right in a couple of hours. If taken at bedtime you get its beneficial effect after breakfast next day. Price 50c. Sold by all dealers in medicines.—Adv.

Proud Man.

One is brought face to face with the stern facts of nature when a salesman at a Brooklyn department store while exhibiting a dehydrating machine says: "You are mostly water and if you were put in here you would soon look no better than that dried onion."—Brooklyn Eagle.

Take HERBINE for all disturbances in the bowels. It purifies the bowel channels, promotes regular movements and makes you feel bright, vigorous and cheerful. Price 50c. Sold by all dealers in medicine.—Adv.

First to Sleep in Bathtub.

The first man to sleep in a bathtub is believed to have been an early victim of a hotel proprietor whose house was "full up" and who blithely charged the haggard guest \$4 for the privilege. Hotel men promptly took to this scheme most kindly.

What is LAX-FOS

LAX-FOS IS AN IMPROVED CASCARA A Digestive Liquid Laxative, Cathartic and Liver Tonic. Contains Cascara Bark, Blue Flag Root, Rhubarb Root, Black Root, Mistletoe Root, Senna Leaves and Pepsin. Combines strength with palatable aromatic taste. Does not gripe. 50c

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SPARE TEARS FOR THE RICH

Should Anyone Have the Idea That Their Troubles Are Not Real, Let Them Read This.

Apropos of the food conservation drive, a dialogue overheard in one of the exclusive small shops on Fifth avenue, New York, is rather significant: Said the first woman anxiously: "I don't know what I shall do with my poor little Pekinese. He doesn't seem to be able to eat anything. I buy him the very finest cuts of beef and lamb and chicken, but he won't touch a thing."

"I had the same difficulty," replied her friend. "The hot weather was so terrible that my little darling completely lost his appetite, but I tried dipping his little biscuits in cream, and then he was able to take them." "Isn't it dreadful," said the first, "and with the prices of everything so high, too, and the government telling us to save food for the soldiers and for those poor people abroad. Do you know, just to feed my little dog alone costs me \$50 a month. His appetite is so delicate that he won't eat anything but the most expensive things."

"I know," said the other, with a sigh. "It's really dreadful. I don't see how we possibly can economize when everything costs so much."

HEROIC TREATMENT



Jimmy—Well, I might like to go back to school as well as Earle Evans does if you'd trained me as his mother trained him.

Mother—How was that? Jimmy—She licked him every day so he'd be glad to go back.

Improved Magnifying Glass.

The newest magnifying glass is typical of that class of inventions which, without embodying any new principle, combine several old ones so effectively as to produce new results. This magnifying glass has a lens for each eye, thus permitting a stereoscopic vision, superior to the flat field produced by a single lens. The twin lenses are fastened to the head so that both hands are free. On the forehead above the glasses a small flashlight with a reflector is fastened, making a miniature searchlight to play on the object in hand. In surgery, research and delicate mechanics the new glass promises to prove a great convenience.

War the Leveler.

One of the many results of the war in England is an agitation for the abolition of class distinctions on the railroads and a change to a system similar to that followed in the United States and Canada. It is urged that the new plan would be an economic measure in view of the shortage of coal, as at present the third-class coaches are nearly always overcrowded while the first-class coaches seldom carry more than a few persons. Commercial travelers, who suffer severely from the higher rates now charged on the railroads and from the abolition of the week end tickets, are active in the movement.

Sour Milk Griddlecakes.

One and one-fourth cupfuls of thick sour milk, two eggs (well beaten), salt, tablespoonful melted butter, one even teaspoonful soda sifted with one and a half cupfuls flour. Sift three times, add a little nutmeg, about one tablespoonful of molasses, or just enough so the cakes will cook nice and brown. Grease griddle with a piece of clear fat pork. Do not make batter too thick, as the tinner the batter the better the cakes. Try one and then you can tell if they are either too thick or too thin. These are fine if made right. They must be eaten at once.

When making pie crust or any kind of pastry put in a little lemon juice. This will kill the taste of lard and make the crust exceedingly light and flaky.

Didn't Get a Chance.

Edith—Did you tell the girls at the tea party that secret I confided to you and Molly? Dolly—No, Molly got there first.

Like a Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders. Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

New York, N. Y.—Not long ago a man came to me who nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 30 and as full of vigor, vim and vitality as a young man. In fact, a young man he really was notwithstanding his age. The secret he said was taking iron—Nuxated Iron had filled him with renewed life. At 30 he was in bad health; at 45 he was careworn and nearly all in. Now at 50, after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or run down, instead of doing themselves with habit-forming drugs, stimulants and alcoholic beverages I am convinced that in this way they could ward off disease, prevent it becoming organic in thousands of cases, and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their diseases was not the disease itself but a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the living tissue, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like a Nuxated Iron if you want it to do you any good. Otherwise it may prove worse than useless. Many an athlete or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. Sauer, M.D.

Lancaster Drug Co., Lancaster Pharmacy, J. F. Mackey Co., Midway Drug Store, Standard Drug Co.

Like the Seashore. "My dear," said Mr. Newedd as the sixteenth cook in a month came up the walk, "this reminds me so much of the seashore. I can sit at my own window and watch the breakers coming in." How He Had Changed. She—"Remember when he was a green country boy and you showed him the sights? What a crude interest he took!" He—"He's the same now except that he'd like to take the interest before it is accrued."—Judge.

SOUTHERN INDUSTRIAL INSTITUTE, Charlotte, N. C. For Young Men and Women. A Highclass School at very reasonable rates. A strong faculty. Advantages of City and Country. Running water, electric lights, steam heat. Opportunity given to students of helping to pay expenses by work. Write for Catalogue to Rev. J. A. Baldwin, Charlotte, N. C.

An Ambition and a Record THE needs of the South are identical with the needs of the Southern Railway; the growth and success of one means the upbuilding of the other. The Southern Railway asks no favors—no special privilege not accorded to others. To take its niche in the body politic of the South alongside of other great industries, with no more, but with equal liberties, equal rights and equal opportunities. "The Southern Serves the South."

Southern Railway System

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