

### A WARNING TO MANY.

#### Some Interesting Facts About Kidney Troubles.

Few people realize to what extent their health depends upon the condition of the kidneys.

The physician in nearly all cases of serious illness, makes a chemical analysis of the patient's urine. He knows that unless the kidneys are doing their work properly, the other organs cannot readily be brought back to health and strength.

When the kidneys are neglected or abused in any way, serious results are sure to follow. According to health statistics, Bright's disease which is really an advanced form of kidney trouble, caused nearly ten thousand deaths in 1913 in the State of New York alone. Therefore, it behooves us to pay more attention to the health of these most important organs.

An ideal herbal compound that has had remarkable success as a kidney remedy is Dr. Kilmer's Swamp-Root, the great Kidney, Liver and Bladder Remedy.

The mild and healing influence of this preparation, in most cases, is soon realized, according to sworn statements and verified testimony of those who have used the remedy.

If you feel that your kidneys require attention, and wish a sample bottle, write to Dr. Kilmer & Co., Binghamton, N. Y. Mention this paper, enclose ten cents and they will gladly forward it to you by parcel post.

Swamp-Root is sold by every druggist in bottles of two sizes—50c. and \$1.00.—Adv.

#### Vesuvius Active Since May, 1913.

Naples, Italy, Nov. 8.—The latest eruption of Mount Vesuvius, which began in May, 1913, and has been constantly growing, now has reached an acute stage.

The crater, 1,000 feet deep, gradually is transforming itself through the opening of new fissures. During the night of October 31 a lava stream reached a height of 300 feet. In addition a large volume of smoke and ashes and cinders were expelled. Deep rumblings accompany the discharges.

#### OCONEE SCHOOL EXHIBIT AT THE STATE FAIR.

The most significant and instructive feature of the South Carolina State Fair of 1914 was the educational exhibit, the first in the history of the fair. The initiative for this exhibit came from the South Carolina School Improvement Association, of which Miss Mary Eva Hite is the efficient president, and it was held under the auspices of the association. The association contributed to the display a model school house, equipped with single desks, blackboard, maps, globes, history and reading charts, teacher's desk and chair, a convection heater, a sanitary water fountain, chalk and noiseless erasers, a cloak room and a reading room—in the latter, two neat cases of library books and a reading table. This model and the five booths where the work of the schools of Dorchester, Laurens, Kershaw, Oconee and Newberry counties was displayed, and where the conditions under which this work was done and the ends toward which these counties are striving was explained by the County Supervisors of Education in charge of the exhibits, were literally charged with lessons for the throngs of visitors. They interpreted to the eye and to the mind the sources, aims and strength of the educational forward movement that is now in full swing from the ocean to the mountains.

#### Oconee's Exhibit.

In the Oconee both the Oconee County School Supervisor, Miss Annie McMahan, had an attractive and creditable display of school work that told its own story of progress in buildings, methods, interest and educational and community results. The Oconee exhibit was unique among the school exhibits at the fair, and all the more creditable in that it came entirely from the rural schools of the county. It contained excellent specimens of map drawing, color work in connection with reading, language and history, cut paper work, basketry and simple wood work. Some fine Dutch scenes in water colors from one of the schools were splendidly done. Exhibits of

photographs of old buildings and of new buildings which have replaced them told of a movement for better buildings in the county. Booklets, made, illustrated and written up by pupils, dealing with various subjects of the school course, told of correlation in Oconee also. An especially fine feature of the exhibit was a piece of Indian w-aving, most attractive in color and design.

But most striking of all were the displays of the extension sewing and cooking classes, the work of the Homekeepers' Clubs organized in connection with the schools. Most of this sewing had been done during the summer vacation by organizations of school girls, who met at various times to exchange ideas, always bringing their sewing with them and emphasizing the useful phases of the art. The cooking, on the other hand, represented the work of the winter cooking clubs, also a give-and-take affair, with emphasis on the close following of recipes and the keeping of exact records of procedure. The cooking exhibit included candies, cakes, biscuits, and a fine turkey "done" to the right brown. From this and other cooking exhibits visitors to the fair were constantly offering to buy something, a spontaneous testimony to the appetizing appearance of the viands on display.

Finally, the exhibit contained some good pieces of work sent in by pupils whose teachers had done nothing to secure them. These pupils had seen county exhibits and had been stimulated to contribute some piece of school work to the display at the fair. This, in connection with the displays from the Homekeepers' Club, may suggest as the lesson of the Oconee exhibit how far and to what useful ends the influence of the school may affect individuals and communities in rural districts. Homekeepers' work is possible for every rural school.

#### Four Lessons Taught.

Four predominant lessons stand out above all the lessons these beautiful exhibits had to teach the South Carolina public. The first is that, though the power that moves the lever which raises the school community from each lower to each higher plane is the expert county supervision of teachers and schools, the fulcrum is the native boy and girl enthusiasm for doing things, and the lever itself is the aroused interest of the children in the work of the schools—interest awakened by the broad and intelligent appeal of these experts, either through the capable teacher, or falling the teacher, directly to this native enthusiasm. In each booth the trained supervisor had the same story to tell of the beginnings of school improvement: "Arouse the children thoroughly, and the community is bound to awaken." And each exhibit spoke eloquently of how and to what extent children have been aroused, and of how, through these communities, have been lifted and may be lifted to a just appreciation of the blessing a good modern school brings to a people.

The second predominant lesson is that the sure way to awaken the boy and girl interest in school is to connect what is done by the pupils inside the school with what is done by old and young outside the school. The demonstration of educational progress made by all the exhibits was the fruit of skillful correlation of manual work, drawing, cooking, sewing, and the study of life with the old educational "three R's."

The third lesson is that the school does not have to wait for equipment to make a start along the various industrial lines, if only it supplies the right stimulus.

The fourth is that there is a vast store of talent in neglected boys and girls only waiting to be developed, and that their only hope lies in catching the spirit of the school.

Finally, these four lessons are but parts of the one great lesson. The expert supervisor has made good in every county in which she has had a chance, and expert supervision is the pressing necessity of South Carolina education. A Teacher.

#### Charleston, S. C. President Hite Appreciative.

Columbia, Nov. 4.—Miss Annie McMahan, Richland, S. C.—My Dear Miss McMahan: Allow me to thank you for your contribution to our State Fair exhibit. Without your co-operation the exhibit would have been incomplete. I wish it were possible for me to know each school, each teacher and even each pupil who contributed to this display, in order that I might thank them personally for their help.

The co-operation given in this undertaking makes me know that there exists in each of the five counties represented a fine school spirit. Our exhibit was purely educational and inspirational. Had it been otherwise, prizes or awards of some sort would have played an important part. The beautiful co-operation given, even with a knowledge that there would be no remuneration for the effort, is unusual and fine.

Many fine comments have been made on the display of the School Improvement Association by people who are fully competent to judge. Though an exhibit of this kind represents much time and physical strength, yet I feel that we should be satisfied and feel fully repaid. The fair management has already extended an invitation to us to place another exhibit at their next show. If such is possible I believe it would be fully worth while to do so.

Please accept my sincerest thanks, and extend my appreciation to each individual and community who helped to make our exhibit a success. Most sincerely yours,

Mary Eva Hite, Pres. S. C. School Imp. Association, State Superintendent Comm'ns. Columbia, Nov. 3.—Supt. Thos. A. Smith, Walhalla, S. C.—Dear Mr. Smith: The Oconee school improvement exhibit was in every way representative of the fine work and progress of your county. I congratulate the County Superintendent, the county board, the trustees, teachers and pupils on their success, and upon the

contribution to the public school work of the State. The splendid work of Miss McMahan deserves the continued hearty support of every school agency in the county.

Wishing you a most successful year, I am, yours respectfully, J. E. Swearingen, State Supt. of Education.

#### Don't Delay Treating Your Cough.

A slight cough often becomes serious, lungs get congested, bronchial tubes fill with mucus. Your vitality is reduced. You need Dr. Bell's Pine-Tar-Honey. It soothes your irritated air passages, loosens mucus and makes your system resist colds. Give the baby and children Dr. Bell's Pine-Tar-Honey. It's guaranteed to help them. Only 25c. at your druggist.—Adv.

#### Mountain Rest Local News.

Mountain Rest, Nov. 7.—Special: Farmers in this section are very busy gathering their crops.

Mr. and Mrs. Thos. Smith, of West Union, visited at the home of J. K. Moore recently. Mr. and Mrs. J. J. Moore and family, of Clayton, Ga., were recent guests at the home of Rev. and Mrs. M. J. Moore.

Miss Frances Cobb is very ill at this writing. The friends of Edward Lee are glad to know that he is able to be out again.

James Phillips happened to a very bad accident one day last week. He fell from a ladder which he was using while gathering apples, and was seriously hurt.

Mrs. John Rhoetter, of Brasstown, spent several days recently with her daughter, Mrs. Amanda Wilbanks.

Miss Esther Cobb is improving at this writing. Mr. and Mrs. Moses Moore, of Walhalla, visited the home of Mr. and Mrs. E. W. Moore recently.

Services will be held at the home of Rev. and Mrs. M. J. Moore on Thanksgiving day, November 26th, at 10.30 a. m. The public is cordially invited to attend.

Miss Mae Wilbanks, while playing at school one day last week, fell and dislocated one of her arms, from which accident she has suffered great pain.

#### It Really Does Relieve Rheumatism.

Everybody who is afflicted with rheumatism in any form should by all means keep a bottle of Sloan's Liniment on hand. The minute you feel pain or soreness in a joint or muscle, bathe it with Sloan's Liniment. Do not rub it. Sloan's penetrates almost immediately right to the seat of pain, relieving the hot, tender, swollen feeling and making the part easy and comfortable. Get a bottle of Sloan's Liniment for 25 cents of any druggist and have it in the house—against colds, sore and swollen joints, rheumatism, neuralgia, sciatica and like ailments. Your money back if not satisfied, but it does give almost instant relief.—Adv.

The Georgia State sanitarium, at Milledgeville, will take no cotton next year. They consume some 60 bales in making mattresses, etc., for that institution, and although the working and picking of the cotton is done without cost, being done by the inmates, the officials say the present price will not pay the cost of making it. For this reason, they will not plant any more—at least none next year.

#### Colored Preacher Thankful.

Editor Keewee Courier: I wish, through The Courier, to extend thanks, both for myself and family, to the many friends, both white and colored, for the great aid extended to my afflicted son, Samuel McFall, during his five years of affliction, and who died on October 27th last at the age of 34 years. Funeral services were conducted and interment made at Flat Rock. He leaves, father, mother and two brothers, and all are deeply grateful for the many kindnesses bestowed.

George W. McFall, Walhalla, Nov. 10.

## COLDS

An up-to-date remedy for colds. That is what Peruna is. In successful use over 50 years.

Colds are caught in many ways: Illy ventilated rooms; rooms that have direct draughts; crowded rooms; damp houses; stuffy school rooms; offices illy heated.

A dose of Peruna at the right time, at the first symptom of cold, before the bones begin to ache, before the sore throat manifests itself, or the cough, or the discharge from the nose, just a dose or two of Peruna before these symptoms begin is generally sufficient. But after the cold is once established with the above symptoms prominent, a bottle of Peruna, or maybe two, will be necessary.

"For several years I have been troubled with colds at each change of season. I took Peruna and have not been troubled with the slightest cold this entire season." Mr. Harry Piche, 1928 Mosher St., Baltimore, Md.

"I give the children Peruna if they have a cold, and it always relieves them." Mrs. J. D. Hayes, 1937 Duval Hill Ave., Baltimore, Md.

"When I feel a cold coming on I take a little Peruna, and it does me good." Mr. Charles S. Many, 12 Water St., Lansing, N. Y.

"No family should ever be without Peruna, for it is an unfailing cure for colds." Mrs. M. F. Jones, Burning Springs, Ky.

#### IN MEMORY OF MRS. MARTHA HILL CLARK.

Just a few months ago the summons, Which must come to all, Came with swiftness to our mother, And she went to meet the call; Bade farewell to husband, children, Who must face the world alone— Went to meet her loved ones In the blissful, happy home.

There we know that she is happy With the saved around the throne, Joining in the alleluias, Numbered with the Saviour's own; Yes, within the home of glory, Ever near the Saviour's side, She is holding sweet communion With the Christ once crucified.

We shall strive at last to meet her When our life on earth is done, Though the cross seems very heavy. By the struggle heav'n is won. Soon we'll join our dear one yonder On the everlasting shore; We'll be parted then, no, never, In that home forevermore.

—Children.

#### CROWDED OUT LAST WEEK.

#### RICHLAND.

Roger Coe is at home on a visit from Clinton College.

John Ballenger, of Clinton College, and three of his college friends visited his parents, Mr. and Mrs. J. J. Ballenger, the first of last week.

Miss Paris Dillard, of Seneca, spent last Tuesday with Miss Beulah Berry.

The managers of election had quite a busy time here last week. We felt sorry for them, as they happened to be a set that is not used to work, but we, being disbarred, could not help them any.

L. M. Berry made a business trip to Pickens one day last week.

Will Stribling, of Atlanta, is visiting relatives here.

Hon. E. E. Verner returned home one day last week from Columbia. Our Senator, with his gifted tongue, talks quite interestingly of the recent session of the Legislature, of the different things that were said and done for and against. It is our opinion that if they didn't please everybody, and maybe not half of them, that they did the very best they could under the circumstances, and much better than some of the rest of us could have done. The fact of the business is that the man that can please EVERYBODY hasn't arrived yet on this terrestrial ball; but we are looking for him every day, and sincerely hope that before we pass from this mortal sphere we shall have the pleasure of beholding what manner of man he is.

#### BOUNTY LAND.

Miss Sallie and Julia Davis visited at the home of their uncle, W. R. Davis, of the Corinth section, last week.

Mr. and Mrs. J. B. Shanklin and family, of Anderson, and Mr. and Mrs. D. S. Abbott and little son, D. S., Jr., of Seneca, spent yesterday at the Davis home.

Lester Adams left Sunday for Birmingham, Ala.

Mrs. A. C. Ballenger, who has been visiting recently in Elberton, Clayton and Walhalla, arrived in the community this morning, and will be a guest for a few days of her sister, Mrs. J. B. Pickett.

Miss Zola Holland visited friends at Clemson recently.

#### SENECA.

Mr. and Mrs. Townsend, of Anderson, spent the past week-end with the family of W. S. Hunter, making the trip in their handsome car.

Mr. and Mrs. Eugene Runion spent last Sunday in Greenville.

Mrs. W. P. Reid visited her sister, Mrs. J. E. Breazeale, in Anderson, last week.

Mr. and Mrs. John T. Todd and young son have been visiting their parents, Mr. and Mrs. J. W. Todd.

J. W. Stribling is at home for a few days nursing a sprained knee, which he sustained in the Georgia-Clemson foot ball game at Athens last Saturday.

#### UP TO WOMEN, SAYS GAINES.

Warns Mothers to Control the Dress of Their Daughters.

A dispatch from Kansas City, Mo., says:

Education is the crying need of the hour in respect to the whole sex question, according to Prof. Thomas W. Galloway, of James Millikin University, Decatur, Ill., who spoke before the International Congress here to-day. He said that education was the only preventive of unchastity for which law, reform movements against prostitutions, campaigns in a social disease and efforts to obtain living wages were merely palliatives.

Rev. Frank H. Gaines, president of Agnes Scott College, Decatur, Ga., placed the greatest responsibility for the regeneration of the human race on the shoulders of the women.

"Unquestionably, in the cause and effect of the social evil, woman is the great sufferer and she can do much to prevent it," he said. "She can do much as a member in instructing her daughter in social hygiene and in controlling the dress of her daughter.

"It is a wonder to me that mothers do not rise in rebellion against fashions that decree immodesty in dress. The theater, the dances, all should come under the control of women. Until women learn to take this responsibility we will not succeed in preventing social evils."

#### TIRED, WEAK AND NERVOUS.

Why Are So Many Walhalla People in This Condition?

Feel tired out, irritable and depressed? Urine irregular; back weak and painful?

These are symptoms that suggest kidney trouble. When the kidneys call for help, Assist them with a tested kidney remedy.

Give them the help they need. No remedy more highly recommended than Doan's Kidney Pills. Endorsed by grateful people. Convincing testimony follows:

Mrs. W. A. Dodd, Seneca, S. C., says: "My back ached most of the time and I was subject to attacks of nervousness and dizziness. The kidney secretions also bothered me. I never felt refreshed when I got up in the morning. Seeing Doan's Kidney Pills advertised, I got a supply. They gave me great relief. I can say that Doan's Kidney Pills are just as represented."

Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Dodd had. Foster-Milburn Co., Props., Buffalo, N. Y.—Adv.

#### FINE CATTLE AT LAVONIA.

Franklin County Farmers Import a Car of Registered Breeds.

(Lavonia, Ga., Dispatch to Athens Banner.)

A solid car of 36 registered Hereford bulls and heifers was received at Lavonia Friday, which were purchased in Missouri for the two live stock associations of Franklin and Hart counties. These animals are of the best beef type that can be had in the country. Two representatives made the trip to the northwest to purchase them, and bought the best there was on the market. Every one in the lot was registered and almost all of them were sold when they were brought to Lavonia. Farmers of Hart county took about half of them and farmers of Franklin county will take the other half. This is perhaps the most expensive car of cattle ever shipped to this section of Georgia, the car costing perhaps more than \$5,000.

J. E. Conwell, an expert cattle raiser of near Lavonia, Hart county, made the trip as local representative, and also H. D. Cogdell, assistant live stock agent for the Southern railway. Mr. Cogdell was one of the moving spirits in organizing the live stock associations in Franklin and Hart counties. The people of this section of Georgia have become tired and sick of buying fertilizers to make cotton to buy corn to feed mules to plow cotton, and they are going to reverse the thing. The cattle brought to this section are the finest type of beef cattle known, and our farmers expect to improve their lands with barnyard manure and at the same time develop the cattle industry in this section.

#### Debt of United States.

The gross public debt of the United States at the close of business at the Treasury Department on October 31st was \$2,783,162,924, compared with \$2,890,262,119 on September 30th. The net debt October 31st was \$1,082,298,291.

## MRS. MABEN WAS MADE WELL

By Lydia E. Pinkham's Vegetable Compound and Wants Other Suffering Women To Know It.

Murfreesboro, Tenn. — "I have wanted to write to you for a long time to tell you what your wonderful remedies have done for me. I was a sufferer from female weakness and displacement and I would have such tired, worn out feelings, sick headaches and dizzy spells. Doctors did me no good so I tried the Lydia E. Pinkham Remedies—Vegetable Compound and Sanative Wash. I am now well and strong and can do all my own work. I owe it all to Lydia E. Pinkham's Vegetable Compound and want other suffering women to know about it."—Mrs. H. E. MABEN, 211 S. Spring, St., Murfreesboro, Tenn.



This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for nearly forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Why Lose Hope. No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



### Baby's Morning Dip

"GOODNESS KNOWS," says grandmother, "what we'd do without this Perfection Smokeless Oil Heater."

"If I'd only had one when you were a baby, you'd have been saved many a cold and croupy spell.

For warming cold corners and isolated upstairs rooms, and for countless special occasions when extra heat is wanted, you need

## PERFECTION SMOKELESS OIL HEATERS

The Perfection is light, portable, inexpensive to buy and to use, easy to clean and rewick. No kindling, no ashes. Burns kerosene—easy to handle and inexpensive. Smokeless and Odorless.

At all hardware and general stores. Look for the Triangle trademark.

### STANDARD OIL COMPANY

(NEW JERSEY) Washington, D. C. Norfolk, Va. Richmond, Va. Charlotte, N. C. Charleston, W. Va. Charleston, S. C. BALTIMORE