

Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious—merry, bright, alert—a good, clear skin and a natural rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anaemic-looking men, women and girls, with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning, before breakfast a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys, and ten yards of bowels the previous day's indigestible waste, sour, fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance, awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.—Adv.

MOTHER! YOUR CHILD IS CROSS, FEVERISH, FROM CONSTIPATION

If Tongue is Coated, Breath Bad,
Stomach Sour, Clean Liver
and Bowels.

Give "California Syrup of Figs" at once—a teaspoonful today often saves a sick child tomorrow.

If your little one is out-of-sorts, half-sick, isn't resting, eating and acting naturally—look, Mother! see if tongue is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad, or has stomach-ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

Mothers can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's liver and bowels and sweeten the stomach and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs"; then see that it is made by the "California Syrup Company."—Adv

LEMON JUICE IS FRECKLE REMOVER

Girls! Make This Cheap Beauty Lotion to Clear and Whiten Your Skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well; and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief From Head-Colds. It's Splendid.

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone.

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 relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly.—Adv.

FEW FOLKS HAVE GRAY HAIR NOW

Druggist Says Ladies Are Using
Recipe of Sage Tea and
Sulphur.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is attractive, use only this old-time recipe.

Nowadays we get this famous mixture improved by the addition of other ingredients by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur Compound is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite to impart color and a youthful appearance to the hair. It is not intended for the cure, mitigation or prevention of disease.—Adv.

SALTS IS FINE FOR KIDNEYS, QUIT MEAT

Flush the Kidneys, at Once When
Back Hurts or Bladder
Bothers.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well known authority. Meat forns uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleep-

lessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.—Adv.

YOU'RE BILIOUS! LET "CASCARETS" LIVEN LIVER AND BOWELS

Don't Stay Headachy, Constipated,
Sick, With Breath Bad and
Stomach Sour.

Get a 10-cent box now. You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous, and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passage every few days with salts, cathartic pills or cartor oil?

Cascarets work while you sleep; cleanse the stomach, remove the sour, undigested, fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated waste matter and poison in the bowels.

A Cascaret to-night will straighten you out by morning—a 10-cent box from any drug store will keep your stomach sweet, liver and bowels regular, and head clear for months. Don't forget the children. They love Cascarets because they taste good—never gripe or sicken.—Adv.

MONTEREY.

Monterey, Dec. 15.—The Misses Sutherland and brother, Mr. Arthur of Monterey, and Messrs Alvin McClain and Bennie Napier of Flatwoods, attended the dance at the home of Mr. and Mrs. Will Hill of Nation, Thursday night.

Corporal R. C. Price left Friday for Camp Jackson, Columbia, much to the regret of his many friends, but we hope for him much success and a happy return.

Mr. and Mrs. J. F. Clinkscales spent a few days this week in Atlantic, and attended the meeting of Billy Sunday.

Mr. and Mrs. John C. Gilliam have moved to Calhoun Falls. We

wish them much success in their new home.

Messrs. Marshall Clinkscales and J. A. Nance attended the moving picture show in Abbeville Thursday night.

Mr. Gordon Sutherland of Calhoun Falls, passed through here en route to Abbeville Saturday on business.

The box party held at Monterey school house Wednesday night was quite a success. A large crowd attended and a nice sum was collected.

Miss Maude Taylor passed through here en route to Flatwoods to visit her sister, Mrs. John Ellis.

Mr. J. A. Nance spent the weekend with his grandparents, Mr. and Mrs. F. W. R. Nance.

Mrs. W. A. McClain spent Tuesday with Mrs. W. C. Lanier.

Mr. J. A. Nance, Jr., has a position with Haddon-Wilson Co., of Abbeville. We hope for him much success.

YOUR LAD AND MY LAD

Down toward the deep blue water,
marching to throb of drum,
From city street and country lane
the lines of khaki come;
The rumbling guns, the sturdy tread
are full of grim appeal,
While rays of western sunshine,
flash back from burnished steel.
With eager eyes and cheeks aflame
the serried ranks advance;
And your dear lad, and my dear
lad, are on their way to France.
A sob clings choking in the throat,
as file on file sweep by,
Between those cheering multitudes,
to where the great ships lie;
The batteries halt the columns
wheel, to clear-toned bugle call,
With shoulders squared and faces
front they stand, a khaki wall.
Tears shine on every watcher's
cheek, love speaks in every glance
For your dear lad, and my dear lad,
are on their way to France.
Before them, through a mist of
years, in soldier buff or blue,
Brace comrades from a thousand
fields watch now in proud review;
The same old Flag, the same old

CITY GARAGE

Automobile Repairing and Vulcanizing.
Plumbing and Steam Heating.

On and after January 1, 1918, I will put
my business on a Cash Basis.

Gasoline for cash.

Repair work cash.

Plumbing cash.

This does not mean Thirty Days Time but
cash on delivery

Your wants will be given the greatest care
and attention and we guarantee our work.

G. A. Harrison,

Manager

Phone 58.

Abbeville, S. C.

COME

and buy your Dry Goods
Clothing and Shoes here. As
we have a full and complete
line to select from. Men and
Boys Suits.

Men Suits Price from \$10.00 to
\$20.00

Boys Suits sizes from 3 to 20 years
Price \$2.50 to - \$10.00

Men and Boys Mackinaw \$5.00 to
\$8.00

Shoes for Ladies' Men and Children
Ladies' Shoes Price from \$2.50 to
\$5.00

Men Shoes Price from \$2.50 to
\$4.00

Beacon Shoes for Men \$4.50 to
\$6.50

D. POLIAKOFF

Abbeville, S. C.

Faith—the Freedom of the World
Spells Duty in those flapping folds
above long ranks unfurled.
Strong are the hearts which bear
along Democracy's advance,
As your dear lad, and my dear lad,
go on their way to France.
The world rings out; a million feet
tramp forward on the road,
Along that path of sacrifice o'er
which their fathers strode.
With eager eyes and cheeks aflame
with cheers on smiling lips,
These fighting men of '17 move o'
ward to their ships.
Nor even love may hold them back
or halt that stern advance,
As your dear lad, and my dear lad,
go on their way to France.
—Randall Parish, Chicago Tribune

Just Arrived

Nice line of New Clocks at
Kirkwood's

Now is the time 8-day Clocks, Alarm Clocks, Chime
Clocks, Xmas Cards of the Davis quality, Watches,
Rings, Stick Pins, Cuff Buttons, Lavallieres, Thimbles,
Fountain Pens, Vanity Boxes, Toilet Sets, Manicure
Sets, Sewing Sets, Umbrellas, Cameos, Bracelets,
Serving Trays, Vases, Cut Glass, Chains and Charms,
Emblems, Rings, nice leather Pocket Books for ladies
and gentlemen.

Come early and avoid the rush.

Yours for business,

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