

MONTEREY.

Monterey, June 18.—Mr. and Mrs. T. G. Sutherland and two little children, Melvin and Macie, were the week-end guest of Mr. and Mrs. J. A. Sutherland.

Miss Louise Cunningham is visiting relatives in Charleston.

Mrs. O. M. Lanier is spending this week in Rock Hill the guest of her sister.

Messrs. Erskine Bell and Alvin McClain spent Sunday with Mr. Arthur Sutherland.

Mrs. C. H. Burkett and son, Mr. James, were shopping in the city Saturday.

Mr. T. B. Ammons returned home from Chester Hospital Sunday. We are glad to say she is much improved.

Mr. J. A. Sutherland and son, Arthur, and Messrs. Palmer and Erskine Bell were business visitors to the city Saturday afternoon.

Mr. Alvin McClain passed through this vicinity enroute to the Burro to see his best girl.

Mr. J. M. Bell and Miss Willie Lanier were visitors to the city Monday.

Misses Meta and Ila Miers of Calhoun Falls, were the guests of the Misses Sutherland Saturday and Sunday.

Mrs. J. H. Clinkscapes and Miss Sara and J. F., were in the city on last Saturday.

Mr. and Mrs. Campbell of the Nation, passed through here enroute to Calhoun Falls to see Mr. and Mrs. Colea Campbell.

Mr. John Hughes was in the city Saturday.

Mr. and Mrs. J. L. Sutherland spent Sunday in Flatwoods with Mr. and Mrs. N. B. Napier.

COLD SPRING NEWS.

Mr. Arthur Newell has returned from Charleston, where he has been for sometime.

Misses Addie Bowen, Ruby Mann and Ione Stevenson spent Saturday night with Miss Dessie King.

Miss Mattie Uldrick is spending a few days with relatives near Due West.

Mr. and Mrs. Fred Smith and children and Mr. and Mrs. Jasper Smith spent Sunday with Mr. and Mrs. J. E. McCombs and family.

Mr. W. L. Dawson spent Sunday with Mr. W. B. Uldrick.

Mr. and Mrs. J. K. Carwile spent Sunday with home people.

Mr. Claude Uldrick spent Saturday night with Mr. William Uldrick.

Mr. and Mrs. Otis Smith and children spent Saturday night and Sunday with D. E. Newell and family.

Mr. W. B. Uldrick is sick at this writing, but hope will soon be well again.

Miss Sara Uldrick is spending a few days with her grandmother, Mrs. Mattie Bowen.

Outlook Was Dark For Many Months

AUGUSTA WOMAN SAYS LIFE WAS JUST DAYS OF TORTURE.

"I've always believed in 'passing a good thing along,' and that is just why I want to tell everybody what Tanlac has done for me," said Mrs. J. M. Mayos, wife of a well known wood and coal dealer, residing at 1719 Twelfth St., Augusta, Ga., some time ago.

"For 14 long miserable months I suffered with disordered kidneys, severe headaches and other serious complications, until my life was just one day of torture after another," she continued. "My appetite failed me entirely and my food seemed to poison my system. My extreme nervousness made it impossible for me to sleep and I was dragged down by one trouble after another until I thought every day would be my last and I was told that an operation would be the only hope for my life. I refused to allow the operation, however, and, after reading what Tanlac had done for a friend of mine, I tried it as a last resort.

"Honestly, I believe Tanlac is the best medicine in the world, for

right after taking the first few doses I began to improve and I have picked up in weight until I am now 15 pounds heavier than when I started taking the medicine. I have not had a headache since I began using it and my kidneys have entirely stopped troubling me. I am relieved of all that dreadful suffering and am in better condition than I have been for the past 14 months."

Tanlac, the master medicine, is sold exclusively by P. B. Speed, Abbeville; A. S. Cade, Bordeaux; J. T. Black, Calhoun Falls; J. H. Bell & Sons, Due West; Cooley & Speer, Lowndesville; R. M. Fuller & Co., McCormick; J. W. Morrah & Son, Mount Carmel; Covin & LeRoy, Wilmington. Price, \$1 per bottle straight.—Adv.

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.

TAKE SALTS TO FLUSH KIDNEYS

Eat less meat if you feel Backachy or Bladder troubles you—Salts is fine for Kidneys.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.

Littleton College

Has just closed one of the most successful years in its history. The 37th annual session will begin Sept. 25th.

Write for new illustrated catalogue, also and QUICKLY for particulars concerning our special offer to a few girls who cannot pay our catalogue rate. Address J. M. Rhodes, Littleton, N. C. 6-11-Oct. 1

ELECTION OF TRUSTEES.

The annual meeting of the citizens of Abbeville School District will be held in the Court House at 7:15, Tuesday evening, June 25. At this meeting one trustee is to be elected for one year; one (1) for two

years, and three (3) for three years.

The trustees whose terms expire are, Messrs. T. V. Howie, Wm. Barnwell, J. D. Kerr and C. A. Haigler.

J. S. MORSE,

6-14-2t. 14-21. Sec. of Board.

PLACE ALL FREIGHT ON CASH BASIS

McAdoo Issues Orders to Agents—New Rule Goes Into Effect on July 1st.

All freight charges must be paid in cash beginning July 1st. Local agents have received the following orders signed by Director General McAdoo:

Tickets shall be sold only for cash in advance of service. Baggage charges are subject to the same rule as tickets, except, C. O. D. baggage and storage charges which must be paid in cash before delivery.

In cases where the enforcement of this rule with respect to freight will retard prompt forwarding or delivery of the freight or the prompt release of equipment or station facilities, carriers will be permitted to extend credit for a period of not exceeding 48 hours after receipt of shipment of a consignment if it be prepaid or after delivery at destination if it be a collect consignment, provided the consignor, if it be a prepaid consignment, or consignee if it be collect, file surety bond either individual or corporate in an amount satisfactory to the treasurer of the carrier.

In case of any question as to the accuracy of charges, bills must be paid as rendered and claims presented for alleged errors. This will not prevent adjustments by agents of obvious errors.

Freight consigned "to order" or "order notify" shall be delivered only upon surrender to the agent of the carrier of the original bills of lading for such freight and the payment of the freight thereon herein provided. Provided, however, if such bill of lading be lost or delayed the freight may be delivered in advance of surrender of the bill of lading upon receipt by the carrier's agent of a certified check for an amount equal to 110 per cent of the invoice or upon receipt of a surety bond either individual or corporate, acceptable to the treasurer of the carrier in an amount of twice the amount of the invoice.

WOMEN WORKERS.

My dear Co-Workers of Abbeville: I know from your efficient chairman that the women of Abbeville are well organized and ready to launch the biggest and best campaign that they have ever undertaken. The work done in the Third Liberty Loan and Red Cross demonstrates the spirit of good fellowship and team work that is characteristic of the Abbeville women.

Every day as we read the casualty list in the War News from "Over There" we realize how big a part the women are playing in this world crisis. Our sisters in England and the other allied nations know the meaning of the word "sacrifice" in a way that is yet to come home to us. So many of our husbands, brothers and sons have already gone and a million more are shortly to be called. Sixteen and sixty are fighting side by side "Somewhere in France" and we women in the second line of defense must not only take the places of our men that have been called, but must also keep up their courage and morale. To do this we must respond to every call, whether it is War Savings Stamps, Liberty Loan or Red Cross. "Our Boys" must be fully equipped, armed and fed and we want them to know that we are backing them and doing our utmost for them at all times.

The war situation is most grave, more so than the majority of us realize and we must welcome campaign after campaign for the cause of victory and feel that it is our privilege and opportunity to be able to participate in them. Try to make every person you come in contact with visualize what "Our Boys" are daily facing and I am sure that every man, woman and child will catch the spirit, for we can only win this war when as a united people we "WILL" to "WIN" it.

I am ready at any and all times to assist you in every way I possi-

HALT THE HUN

Provide the boys with the things they need to make short work of him, Help the boys get guns, clothes, aircraft, food, munitions and the ships to get over with. These are the things they need, and the cost money---hunks of it.

June 28th

National War Saving Day

Make a pledge to buy War Savings Stamps

The more quicker our soldiers have all the things they need, the more quickly the ships will be bringing them victoriously back to us.

National War Savings Committee

THIS SPACE CONTRIBUTED FOR THE WINNING OF THE WAR BY

Columbia Candy Kitchen

Every Family a Fighting Family!

The day of talking patriotism has passed—the time has come to practice it.

Your Government has officially set FRIDAY, JUNE 28TH

National War Savings Day

On June 28th every American is asked to enlist in the great "army that stays at home." On that day every loyal American will "sign the pledge" to invest a definite amount in War Savings Stamps each month during 1918. Every American family will then be a fighting family.

W. S. S. Cost \$4.17 in June Worth \$5.00 Jan. 1, 1923

National War Savings Committee

This space contributed for the Winning of the War by

THE J. M. ANDERSON CO.

bly can.

With best wishes for the success, which I know will be yours, I am, Sincerely yours, Bertha T. Munsell, S. C. Chairman W. S. S. Com.

THRIFT AND ECONOMY.

Only one thing is now of real importance, and that is winning the war.

The nation's resources in manpower, money, transportation, food-stuffs, raw materials and fuel have already been subjected to heavy strains, and it is the clear duty of every citizen to guard against increasing this strain by a single wasteful act.

It is most creditable for every one—man and woman, boy and girl—to be economical in dress, food, and manner of living. Every evidence of self-denial on the part of all in a time like this is most com-

mendable.

This war is more than a conflict between armies. It is a contest in which every man, woman and child can and should render real assistance. Thrift and Economy are not only a patriotic privilege. They constitute a national duty.

A SCHOLARSHIP AT NAVAL ACADEMY

To Be Awarded by Senator B. R. Tillman for the June, 1919 Session.

Senator B. R. Tillman announces a competitive examination for a scholarship at the Naval Academy for the session beginning June, 1919. The examination will be held by the Civil Service Commission at Greenville, Greenwood, Columbia, Charleston and Rock Hill on October 19th, 1918, and is open to all bona fide residents of South

Carolina not under 16 nor over 20 years of age on the first of April, 1919. Those living temporarily out of the State can take the examination at nearest point if the request is made of the Senator for permission to do so. It is advisable for those expecting to take the examination to undergo a physical examination before doing so, as many fail at Annapolis on this account.

The young man making the highest average will be given the scholarship, the next three will be given alternate appointments. Those interested should write the Senator in Washington for full information and for samples of the examination of the past and begin now to study.

The Senator has never regarded these scholarships as "patronage" and only gives them to those who have won them in the examination.