

## The Long Cane Irish

Prove To Be Pure Scotch
"Still more striking is this: A mall North Carolina town in tha Scots Country useas thought to be a Shoe-heel. This was thought to be a
corruption of 'Lochiel'-the name of corruption of 'Lochiel'-the name of
the famous Highland chief-pro the famous Highland chief-pro-


Everyone should drink hot water
with phosphate in It, before breakfast.
$\rightarrow$ feel as fine as the proverbia fladie, we must keep the ainer, washer
clean, almost every morning, pre
vent its spongelike pores from clog ng with indigestible material, sour
and poisonous toxins, says a noted physician:
If you get headaches; it's your liver If you catch cold easily, it's your liver
If you wake up with a bad taste, furred
tongue, nasty tongue, nasty breath or stomach be
comes rancid, it's your liver. Sallow
 all denote liver uncleanliness. You
liver is the most important, also th liver is the most important, also the
must abused and neglected organ of
the body. Few know its function oo how to release the dammed-up bod,
waste, bile and toxing. Most folk:
esort to violent calomel. whic waste, to violent calomel, which
resort to
dangerous, salivating chemical whi dangerous, salivating chemical whics
cano only be used occasionally becausf
ancumulates in the tisy it accumulates in the tissues, zalsc
ttacks the bones.? ntacks the bones.
ivery man and woman, sick o: well, should drink each morning be
iore breakfast $a$ g gass of hot watel mith a teaspoonful of limestone phos
phate in it, to wash from the liver anic sowels the previous day's indigestibd
material, the poisons sour bile and toxins; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food_intc
he stomach.
Limestone phosphate does not re Limestone phosphate does not re-
strict the diet 1 ike calomel, because it can not salivate, for it it is harmecess and can not salivate, for it is harmless and
you can eat anything afterwards. It
is inexpensive and almost tasteless, and is inexpensive and almost, tasteless, and
any pharmacist will sell jou a quarter
 stone phosphate cleans, stimulates and
treshens the liver, keeping you feeling freshens the liver, keeping
fit day in and day_out.
HAD LOST HOPE OF GETTING WELL
fealth Better Than for Ten Meritone Enough Meritone Enough
"I had stomach trouble for ten years and had just about given up all hopes of ever getting any better when I heard about Meritone and tarted taking it, said Mrs. H. T. Haynes, of 713 A
Chattanooga, Tenn.

 | afterward. |  |
| :--- | :--- |
| "Noise doesn't bother me now and | serious |
| isn't? |  |

THE BEST PEOPLE FROM EVERY WHERE WILL BE HERE FOR THE

## Automotive Show

and

## Merchants Trade Week

COLUMBIA

March 22 to 27
Biggest Auto Show and Fashion ${ }^{`}$ Exhibit ever held in the South. Eighty-one different makes of passenger automobiles to be exhibited; splendid exhibit of trucks. Largest tent auditorium ever used in this State. Biggest social event of the season. Five fashion models from New. York featuring the new sytles in Gowns, Mininery, Footwear, etc., staged ll Spring openings Mr. Daniel A. Reed. All spring openings of Columbia Merchants will be held during the week.
PARADES-MUSIC-DANCES
For further information write Secretary Columbia Auto Association or Secretary Columbia Chamber of Commerce.

