

Overnight Relief for Constipation

THE mild, pleasant-tasting combination of simple laxative herbs with pepsin that is known as Dr. Caldwell's Syrup Pepsin, taken just before bedtime, will afford grateful relief next morning, without griping or other discomfort.

Dr. Caldwell's Syrup Pepsin

The Perfect Laxative

SOLD BY DRUGGISTS EVERYWHERE
50 cts. (Two Sizes) \$1.00

A trial bottle can be obtained, free of charge, by writing to Dr. W. B. Caldwell, 457 Washington St., Monticello, Illinois

POTATOES CHEAPEST FOOD YOU CAN BUY

FOOD ADMINISTRATION APPEALS TO PEOPLE TO CONSUME SURPLUS AND AVOID WASTE

Columbia, S. C.—In a letter sent out by William Elliott, Food Administrator for South Carolina, to the retail grocers throughout the State, attention is called to the big surplus in Irish potatoes, and the retailers are urged to push their sales. The appeal is made by the Food Administration to the people of the State that they eat more potatoes and consume the big surplus during the next few weeks in order that a tremendous waste may be avoided.

There are in South Carolina at the present time 10,000 bags of potatoes in the hands of the wholesalers and 10,000 bags in the hands of the retailers. It is estimated by the Federal Food Administration that the surplus this year over normal times is 110,000,000 bushels. The new crop will be coming in in a few weeks to add to this surplus.

"It would be a crying shame in this time of food shortage for this surplus in potatoes to go to waste," says Mr. Elliott in his letter to the retailers. Farmers were last year urged to plant big potato crops in order to relieve the food situation, and did so patriotically, and at present prices, says Mr. Elliott, Irish potatoes are not only the most plentiful food, but they are the cheapest food that consumers can buy.

Wholesalers at different points in the State are selling potatoes at from one dollar to two dollars a bag less than they cost them.

WHOLE TEXAS COUNTY QUILTS EATING WHEAT

Will Use No More Wheat Flour Until After Next Harvest in Grimes County, Texas.

Columbia.—The Food Administration has received advice and assurance from the citizens of Grimes county, Texas, that no wheat flour will be used by them until the next harvest. In Grimes county every day will be a wheatless day until the next crop comes in.

In the same fine spirit of patriotism which the citizens of this Texas county refrain from eating wheat bread in order that the American soldiers of the Allies and the people of war-stricken Europe may be fed, they have turned over to the government at least one car of wheat flour and will deliver others now in transit. These cars are being diverted to an Atlantic port for immediate shipment to the Allies.

The food situation is still far from being satisfactory. The most urgent need now in Europe is for wheat. News dispatches received from Italy, indicating that a powerful offensive is about to be begun by the Austrians who have received great quantities of supplies from Russia, says that the Italians are in desperate need of food, and that only about one-third of the Italian army of 3,000,000 men is being maintained on the battle line, the official explanation being that there is insufficient food to provide for the remainder.

HOW A RURAL SCHOOL IS FIGHTING THE KAISER

Whole Community Awakened to War Consciousness by the Bethes Rural School.

Columbia.—How effectively a rural school can fight the Kaiser and make its influence felt throughout a community, awakening the people to a war consciousness and to a sense of their responsibility in the present crisis, has been strikingly demonstrated by the Bethes school in Aiken county, reports of which have been received by the Food Administration.

Food production and conservation have been so impressed upon the people of the Bethes community, through the medium of the school—the children carrying the gospel home to their parents—and the night school, which is attended by many adults, that in response to the crying need of the allied world for food, sixty-one acres have been sown in wheat this spring as against only ten acres last year.

This is only one of the several achievements of Bethes school in war work. Bethes is a two-teacher school, five miles west of Wagoner. The young women who preside over the school are Misses Mary Eva Hite and Mary Burke; and they have, in addition to their regular duties, devoted time, effort and careful thought to helping the people of the community to do their utmost in helping win the war.

A plot of land adjoining the school ground has been secured for a War Service Garden, which is given as much attention as any other part of the school work. A Junior Red Cross organization has been perfected with a membership of thirty-three—all school children. All community work was directed to Red Cross work last fall at the beginning of the school term, and practically every home in the community has turned in some of the two hundred and sixty-eight articles that have been finished.

If there is in the State another rural school that can give a more practical example of the fighting spirit, the Food Administration would be glad to hear of its achievement.

BUY A LIBERTY BOND!

NEWBERRY TO LOSE PRESIDENT

Dr. J. Henry Harms to Go to Lutheran Church in Philadelphia.

Newberry, April 17.—Rev. J. Henry Harms, D. D., for the past ten years president of Newberry College, to-day tendered his resignation as head of the institution to accept pastorate of the Church of the Holy Communion, Philadelphia, which is regarded as the leading Lutheran church in the United States. This pastorate became famous during the incumbency of Rev. Joseph A. Seiss, he being prominent as one of the foremost Lutheran leaders of America.

The resignation of Dr. Harms becomes effective at the close of the present session in June, at which time he will leave for Philadelphia to enter upon his new duties. Dr. Harms, although still a young man, is regarded as one of the South's leading educators and ministers. The decade of his presidency of Newberry College has been marked with much progress and success. The endowment of the college has been greatly increased during his incumbency, and during this period the institution has been stronger numerically than at any other time in its 60 years' history.

Dr. Harms is one of the strongest ministers of the Lutheran denomination to-day, and his elevation to the pastorate of that denomination's leading church in America is a matter of much congratulation among his many friends throughout the State and South. No action has been taken by the board of trustees on Dr. Harms' resignation nor is there any intimation as to who his probable successor will be.

Prof. Wade Semple, of the department of chemistry and biology, also tendered his resignation, early in March, the resignation to become effective in June. Prof. Semple probably will enter the Federal service.

Ask Your Grocer For CHEEK-NEAL'S COFFEES Best By Every Test

Alleged German Agent Shot.

Miami, Fla., April 17.—A man who was said to have been known here as Robert Clapp, alleged German agent, was shot and killed in a fight with naval intelligence officers late yesterday. According to naval officers Clapp came here from Oklahoma City and had been under surveillance since his arrival several months ago.

When the officers went to his room to search it Clapp is said to have resisted them and had drawn a revolver and opened fire when one of the officers shot him.

Some maps and drawings, the officers said, were found in the room.

For Indigestion, Constipation or Bloating

Just try one 50-cent bottle of LAX-FOS WITH PEPSIN. A Liquid Digestive Laxative pleasant to take. Made and recommended to the public by Paris Medicine Co., manufacturers of Laxative Bromo Quinine and Grove's Tasteless Chill Tonic.

Service for Gardeners.

London, March 18.—Many clergymen in English towns now hold a special morning service on Sunday for men who spend their Sundays in their vegetable gardens. The service lasts only 15 minutes, is held at 9 a. m. and the workers are specifically invited to come in their working clothes.

Two Flying Men Killed.

Houston, Texas, April 16.—Lieut. R. J. Wynnerton and Cadet E. B. Jones were killed in an airplane fall at Ellington Field late to-day.

The Quinine That Does Not Affect the Head Because of its tonic and laxative effect, LAXATIVE BROMO QUININE is better than ordinary Quinine and does not cause nervousness or ringing in head. Remember the full name and look for the signature of E. W. GROVE, 20c.

The ash left on burning tobacco is considerable and the mineral matter of the tobacco leaf frequently amounts to as much as a fifth part of its weight. Thus a ton of tobacco leaf would yield four hundredweights of ash, which represents valuable mineral constituents withdrawn from the soil.

Roofing, - Repairing

Kurpees Paints and Oil.
Gutter and Repair Work
D. E. GOOD,
TINNER, - WALHALLA, S. C.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Dr. J. C. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

Buy a Liberty Bond!
The Galician oil fields are especially rich in paraffine.

Health About Gone

Many thousands of women suffering from womanly trouble, have been benefited by the use of Cardui, the woman's tonic, according to letters we receive, similar to this one from Mrs. Z. V. Spell, of Hayne, N. C. "I could not stand on my feet, and just suffered terribly," she says. "As my suffering was so great, and he had tried other remedies, Dr. ... had us get Cardui. . . I began improving, and it cured me. I know, and my doctor knows, what Cardui did for me, for my nerves and health were about gone."

TAKE CARDUI

The Woman's Tonic

She writes further: "I am in splendid health . . . can do my work. I feel I owe it to Cardui, for I was in dreadful condition." If you are nervous, run-down and weak, or suffer from headache, backache, etc., every month, try Cardui. Thousands of women praise this medicine for the good it has done them, and many physicians who have used Cardui successfully with their women patients, endorse this medicine. Think what it means to be in splendid health, like Mrs. Spell. Give Cardui a trial.

All Druggists

Catarrh is a Real Enemy and Requires Vigorous Treatment

Do Not Neglect It. Throw these makeshift remedies to the winds, and get on the right track. Go to your drug store to-day, get a bottle of S. S. S., and commence a treatment that has been praised by sufferers for nearly half a century. S. S. S. gets right at the source of Catarrh, and forces from the blood the germs which cause the disease. You can obtain special medical advice regarding your own case without charge by writing to Medical Director, 22 Swift Laboratory, Atlanta, Ga.

He Who Delivers the Goods

IS ENTITLED TO THE GREATEST HONOR!

A preparation that gives results, delivers the goods, restores your health, deserves your consideration, and is what you want.

L-RHEUMO

cures Rheumatism and Gout. That's why those who suffer from Rheumatism want L-Rheumo. You should get a bottle when you feel that first pain.

L-RHEUMO is a real, venating, eliminant, laxative. Its use brings success. Don't listen to druggists who offer you something else. You know the reason. Guaranteed. Price, one dollar. For sale by

BELL'S DRUG STORE, Walhalla, Central Drug Co., Central, S. C. Or write Chapman-Alexander Laboratories, Greenville, S. C.

- PROFESSIONAL CARDS.
- C. L. DEAN, Surveyor and Civil Engineer, R. F. D. No. 3, CENTRAL, S. C.
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- R. T. JAYNES, Attorney-at-Law, Walhalla, South Carolina. Bell Phone No. 20. Practice in State and Federal Courts.
- J. P. Carey, J. W. Shelor, Pickens, S. C. W. C. Hughes, CAREY, SHELOR & HUGHES, Attorneys and Counselors, Walhalla, South Carolina. Practice in State and Federal Courts.

OUR BOYS IN THE CAMPS.

A Cross Nurses and Y. M. C. A. Workers Prove Great Help.

Camp Jackson, Columbia, 24th Company, 156th D. B., April 15.—After Keowee's border. Pleasant weather, about 70 degrees.

One month after I returned from nearly two years in the Union, and they were my friends that I have met here.

One month after I returned from nearly two years in the Union, and they were my friends that I have met here. The nurses and Y. M. C. A. workers have been a great help to us. They have given us food, clothing, and other necessities. They have also given us moral support and comfort. We are all well and happy.

Hard for us who have been in the service, and our wives and sisters. It is our duty to protect our country, and we are proud to do so.

Very truly,
Strother J. . .

HERE'S A WAY TO SAVE DOCTOR FEELS.

Physicians Give Free Advice, Which Parents May Profit.

It's a matter of general interest to know how one's physical condition can be got into shape to best advantage. Especially is this true of the children. They have become victims of a variety of ailments, and many of these ailments are due to indigestion and lack of proper food. Spring come with its sun, its fresh vegetables and all its invigorating, but the children in no condition to receive nature's gifts.

Charles H. Fletcher has recently received hundreds of letters from prominent physicians who have the same opinion for Castoria that Dr. McCann has. Not only do these physicians say that Castoria in their own families, but they also say that they have used it for their own children.

WOMEN IN ACTIVE WORK.

Make Fine Record in Auto Truck Transportation Service.

(Atlanta Constitution, 18th.) Nine automobile trucks, each manned by a woman in the uniform of the motor corps of the National League for Woman's Service, each a member of the Red Cross, were spotted from the city of Atlanta, Georgia, and mud and rain, rolled into the city about 1 o'clock Friday afternoon, and turned on Peachtree toward the Reo Atlanta factory.

The trucks were laden with government supplies from Cincinnati and Louisville and had been driven over arduous and questionable roads to save railroad cars for the war purposes of the United States. Starting at Flint, Mich., six Atlanta women, two New York women and one woman from Detroit, all members of the motor corps of the league, had guided the cars skillfully to their destination. Capt. K. T. Eyck Harrington, of Atlanta, commissioned by Governor Dorsey, of Georgia, was in command.

Triumph for Women.

In many respects the arrival of the trucks was epochal. It was an indication of the feasibility of operating automobiles under government control rather than by rail. It was another proof of the possibilities that lie in the transportation of government supplies by automobile trucks. It was the first time any organized force other than the regular army had been allowed to transport government supplies. And it was a triumph in the world of women.

The drivers, without exception, were thoroughly well acquainted with the roads they drove and the trip was made without a serious mishap, with only two punctures and with some creditable achievements in the line of tire and gasoline saving.

They had been forced over the mountains of Tennessee by a long detour to escape floods in the Tennessee river bottoms. They were assisted by men at any stage of the trip, having attended to every adjustment necessary in their several cars. And this notwithstanding the fact that a man employed of the Reo company, owner of the trucks, went along with them to provide for the emergency that never came.

Whenever You Need a General Tonic Take Grove's.

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 60 cents.

Russian Fleet Escaped Huns.

Washington, April 18.—All the important units of the Russian Baltic fleet escaped when the Germans occupied Helmsingfors, official dispatches received here to-day say. Most of the Russian naval craft has been withdrawn, probably to the naval base at Kronstadt or Viborg.

First of all it is a vegetable preparation which assimilates the food and soothes the stomach and bowels. After taking comes sleeping, and Castoria looks out for that too. It always feverishness and prevents loss of sleep, and this absolutely without the use of opium, morphine or other baneful narcotic. Medical journals are reluctant to discuss proprietary medicines. Hall's Journal of Health, however, says: "Our duty is to expose danger and record the means for advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge Castoria is a remedy which produces composure and health by regulating the system, not by stupefying it, and our readers are entitled to the information."—Adv.