

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

What He Wanted to Know. "Where do you intend to spend the summer?"

"I'm going to find some nice quiet place in the country, where you are not required to dress elaborately, where the food is simple and wholesome and abundant and the expense moderate."

"What I wanted to know is where you are going. I don't care anything about your pleasant dreams."

STOP ITCHING INSTANTLY

With Cuticura Soap and Ointment. Nothing Better. Trial Free.

Bathe the affected part with Cuticura Soap and apply the Ointment. For eczemas, rashes, irritations, pimples, dandruff and sore hands Cuticura Soap and Ointment are supreme. Nothing better, cleaner or purer than these super-creamy emollients at any price. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Getting Rid of Them. First Alpine Tourist—"I say, Will, are you asleep?" Second Alpine Tourist—"Asleep? No, I should think not! Hang it, how they bite!" First Tourist—"Try my dodge. Light your pipe, and blow a cloud under the clothes! They let go directly. There's a lot perched on the foothair of my bed now—coughing like mad!"

NOW TELLING THE NEIGHBORS

To Follow Her Example, When in Need of a Medicine, and They Have Profited by Her Advice.

Asheville, N. C.—Mrs. W. H. Rhoades, of R. F. D. No. 4, of this place, writes: "For five years after my marriage, I didn't have very good health. Every three months I suffered for several days... I had terrible pains in my abdomen and back. I tried various remedies and medicines, which gave me no relief.

"Seeing the testimonials in the Almanac, I thought I would try Cardui. After taking the first one or two bottles, I began to feel better. I took it off and on for about four years. I improved all the time after I began to take Cardui."

"Cardui and Black-Draught both are fine medicines and I always advise my sick neighbors to take them and they have been improved or cured by following my advice. I would also advise all suffering women to take Cardui, for it brought about a permanent cure for me, and I always have it in the house. I am well and strong and have had good health in that respect since using that medicine."

Many ladies, who once suffered terrible pains, now do so no more, or at least are relieved of many of their troubles as a result of taking Cardui, the woman's tonic.

Try it. For sale by all druggists. If an honest man is the noblest work of God, it might be well to keep an eye on the self-made man.

Don't count your chickens before they are big enough to bluff the cat.

M'CORMICK COUNTY PASSES COURT TEST

FORTY-FIFTH COUNTY TAKES PORTION OF EDGEFIELD, ABBEVILLE AND GREENWOOD.

DISPATCHES FROM COLUMBIA

Doings and Happenings That Mark the Progress of South Carolina People, Gathered Around the State Capitol.

Columbia.

The election providing for the establishment of McCormick county was declared by an en banc session of the supreme court to have been legally held. There are now 45 counties in South Carolina, the new unit having been recognized by an act of the legislature. The decision by the court means that all constitutional requirements have been met for the creation of the new county. The en banc session of the supreme court was attended by a large number of advocates of the new county. The new unit will be made up from parts of Edgefield, Abbeville and Greenwood counties.

The new county movement has been carried after a fight extending over a period of 20 years. Citizens of the new county are making arrangements for a celebration at McCormick. They are extending an invitation to Gov. Manning to attend the celebration. The governor was forced to decline because of other engagements.

This election was held last year. An appeal was taken to the state board of canvassers and the election was declared to have been legally held. Then the case was carried on to the supreme court. After hearing the arguments and giving the matter much consideration the five justices of the supreme court failed to agree and the circuit judges of the state were called to their assistance.

The majority opinion was written by Associate Justice Hydrick and was concurred in by the Associate Justice Fraser and Circuit Judges Prince, Shipp, Sease, Rice, Gowman, Mauldin, Smith and Pearfroy. The dissenting opinion was written by Chief Justice Gary and concurred in by Judge Devore. A separate dissenting opinion was written by Associate Justice Gage and Circuit Judges Wilson and Frank B. Gary. Another dissenting opinion was written by Judges Ernest Moore.

The McCormick county advocates were represented at the hearing by R. H. Felch of the Columbia bar. William N. Graydon and J. B. Park represented the petitioners.

The case was that of T. A. Robinson and others against R. M. McCown and other members of the state board of canvassers.

In 1905 an election was held and carried by a majority of four to one in favor of McCormick county, but the opponents won out in the courts because the required area was lacking. At another election in 1914 the new county agitators won by a vote of six to one, but for the second time it was set aside by the courts. The last in 1915 won out by a big majority.

McCormick, the county seat of the new county, is located on the Charleston & Western Carolina railway, 43 miles above Augusta and 25 miles from Abbeville, Greenwood and Edgefield.

Board of Charities to Investigate.

The state board of charities and corrections is perfecting its organization to carry out the provisions of the act of the last general assembly under which it is required "to examine into the financial condition of all persons, their parents, guardians or other persons liable in law for the support and maintenance of such persons, who hold or apply for beneficiary scholarships or obtain or apply for free tuition in any of the state institutions for higher education in this state."

In an opinion recently rendered in regard to the class of scholarships to which act applies, C. N. Shipp, as assistant attorney general, said that "the act applies only to those scholarships the consideration for which is the statement of the applicant or other legal representative of his or her financial inability to pay." Consequently, the board will examine into the financial standing of applicants for this class of scholarships only and the financial standing of persons legally liable for the support of such applicants. This class, however, embraces a large majority of the scholarships which are given by the state institutions for higher education.

Governor Saves Tolbert's Life.

Gov. Manning commuted the sentence of death imposed upon A. C. Tolbert of Greenwood to a life term in the state penitentiary. Tolbert was convicted on the charge of killing his wife. He said: "This action is based on the recommendation of the board of pardons and the report of Dr. Sandy of the State Hospital for the Insane, who made a thorough examination into the mental condition of Tolbert." Those reports convinced the governor of Tolbert's mental irresponsibility.

Bankers To Aid Pig Clubs.

Pig clubs will be organized in 40 South Carolina counties, according to L. L. Baker, of Bishopville, state agent for the boys' agricultural club work. "Pigs and Prosperity" will be the slogan of the new organization. Mr. Baker has the assurance of many bankers that liberal support will be given to the pig clubs and money can be secured at a very low rate of interest.

Pig clubs were organized last year in several of the counties and the members made a fine success of their work. There were 245 boys enrolled in these clubs. Eighty-eight of the members reported on their work at the end of the year to Mr. Baker. The boys raised and fattened 89 hogs. The value of the single hogs in the beginning of the contest was \$322.11. The cost of raising the hogs was \$420.46. The hogs at the end of the year were valued at \$1,242.70. The 89 members of the clubs therefore made a total profit of \$521.13. Five sows were used for breeding. The number of pigs raised was 28. The cost of growing the sows and pigs was \$25.08. The value of the sows and pigs at the time of reporting was \$190. The profit was \$108 making the total profit for all members \$629.55.

"The banks of the state," said Mr. Baker, "are co-operating with us in a most substantial manner. They are offering to lend money, and otherwise help boys in the respective communities in the purchasing or securing of pure bred pigs by taking their notes for the payment of same, allowing the boys ample time to realize from their pigs or their progeny."

Cotton in Warehouses Insured.

John L. McLaurin state warehouse commissioner, said:

"I am constantly in receipt of letters from managers of the state warehouses and from banks which are holders of state warehouse receipts, informing me that they are hearing rumors that the insurance on state cotton has been canceled and asking me for a statement in regard to the matter.

"I desire to state that every warehouse in the state system is fully and safely covered to the market value of the cotton and that the rumors which are flying around to the contrary are absolutely untrue. I feel absolutely secure at this time with regard to this insurance.

"If by any chance this insurance should be endangered, I would immediately make the fact known and the holders of cotton and the banks lending money on the receipts may feel absolutely safe, unless they should hear directly from me to the contrary. As a matter of fact, I feel better at this time with regard to state warehouse insurance than at any time since the big insurance companies determined to punish South Carolina."

Plans for Teachers' Cottages.

Two weeks ago when it was announced that a Lumber Manufacturers' Association had decided to sponsor a campaign for the building of a teacher's cottage for every rural school in the State of South Carolina, it was announced that the association was figuring on how it might make its offer to assist in this work practical.

A way has been found to give practical assistance for this social service campaign. In the decision of the association to provide plans free for the building of such a teacher's cottage wherever the school authorities decide to provide in this manner for the comfort of the rural teacher. In order to prevent unauthorized persons taking advantage of this offer the association will insist that the request for plans be formally filed by the school superintendent of the county where such a teacher's cottage is projected.

Borrows Money at Low Rate.

The state's finance committee, meeting recently, borrowed \$700,000 from the Palmetto National Bank of Columbia at 2 per cent interest. This is the lowest rate ever secured on the annual loan for current expenses of the state government. Six bids were received. The loan was authorized by an act of the legislature. The finance board is composed of the governor, the comptroller general and the state treasurer.

The Citizens' Building and Loan association of Greer has filed notice with the secretary of state of an increase in capital stock from \$50,000 to \$150,000.

A commission has been issued to the Carolina Farms company of Anderson with a capital of \$25,000.

The Marlboro Seed Farm has been commissioned with a capital of \$15,000.

The Bostwick Agency company of Columbia has been commissioned with a capital of \$5,000 to do a general accident and health insurance business.

The secretary of state has issued a commission to the Public Service corporation of Saluda, with a capital of \$25,000.

The Hulet corporation of Charleston has filed notice of a decrease in capital from \$100,000 to \$5,000.

Reprieve Granted Joe Grant.

Gov. Manning granted a reprieve to Joe Grant until Monday, May 15. The governor took this action in order that he might have time for a further investigation. He has referred the case to the trial judge and to the attorney general and the solicitor who prosecuted Grant. A large number of petitions have been received in the governor's office, requesting that the sentence of Grant be commuted to life imprisonment, the petitioners representing that the evidence was not sufficient to warrant the death sentence.

HOSPITABLE YORK PLANS FOR EDITORS

EVERY CITIZEN IN TOWN IS ENGAGED IN PREPARATIONS FOR MEETING.

CONVENES JUNE 12th TO 15th

Excursions, Automobile Trips, Receptions and Picnics Free to Members of Fourth Estate and Wives.

York—Famed for its hospitality since the days of the Revolutionary war, York bids fair to surpass all previous records in this entertainment this year tendered the members of the South Carolina press association. From the time that the tidings were received about two weeks ago, saying that the association had agreed to come here for its annual meeting, June 12-15, to the present, every man in town has been doing his very best in the way of preparing for the meeting. With the appointment of the committees for the various branches of the work, the local people have redoubled their efforts. The president of the Board of Trade has appointed committees on finance, reception, transportation, entertainment, etc., and every member of every committee is now hard at work.

Arrangements have been perfected with the Carolina & North-Western railway by which a special pullman train will be placed at the disposal of the press association for a trip from York to Edgemont, N. C., and return, and a special lunch will be served at the terminus of the railroad. The next day all members of the press association will be taken on an automobile trip to historic battlefield of Kings Mountain, which is in York county, and a community picnic will be enjoyed at All Healing Springs. A public reception, to which all the people of York and surrounding towns will be invited, will be one of the chief events of the editors' three days stay here. This will enable all the public to meet all the editors.

Every bit of entertainment offered by York is to be free of charge and no editor in the state is expected to spend one cent while he is in this city. Members of the local committee say that they propose to leave nothing undone that can be done looking to the comfort and entertainment of the visiting members of the Fourth Estate.

Advices from the executive committee of the association are to the effect that some of the best known magazine and newspaper men in the United States have been invited here to make addresses during the meeting of the association and indications are that at least two of the foremost ones will accept.

From now until June the cry among all newspaper men of South Carolina will be "On to York."

Vote Money For Library.

Greenville.—Citizens of Greenville voted for a special tax of \$4,000 a year for 50 years to be used in the maintenance of a county library. The plan is to have the county deed the site of the present record building situated across the street from the court house to the library association. Carnegie will be asked for \$40,000 with which to remodel or rebuild the Record building and the city will stand the maintenance expense. Rest rooms and other conveniences for visitors to the city will be incorporated in the library building.

Mutual Is Assured Fact.

Greenville.—The Greenville Mutual Fire Insurance company is now an assured fact. Eighty-two substantial citizens of Greenville have signed statements signifying a willingness to place with the mutual company \$1,000 insurance, on dwellings or brick buildings. The company will not insure contents, nor will it, for the present, write more than \$1,000 on any risk. This is the first mutual formed in Greenville since the beginning of the present fire insurance problem in this state.

Director of Public Health Named.

Spartanburg.—Dr. C. E. Lowe of the Rockefeller sanitary commission, New York, is to become director of public health of Spartanburg, according to an announcement made by Dr. J. H. Allen, president of the board of health, who had just had a conference with Mayor Floyd and Commissioner Hudson and received their approval of his recommendation of Dr. Lowe. Dr. Lowe is an authority and an experienced man in this work and those responsible for his selection believe the city is fortunate in securing his services.

Lewis W. Parker Dead.

Greenville.—Lewis W. Parker, organizer and former president of the Parker Cotton Mills company and formerly president of the American Cotton Manufacturers' association, died at his home on east Washington street in Greenville. Mr. Parker had been in failing health for some time. He was a figure of national prominence in the manufacturing world, rising rapidly after leaving the practice of law and entering the cotton mill field. He was affiliated with other great industries also.

CALOMEL SICKENS! IT SALIVATES! DON'T STAY BILIOUS, CONSTIPATED

I Guarantee "Dodson's Liver Tone" Will Give You the Best Liver and Bowel Cleansing You Ever Had—Don't Lose a Day's Work!

Calomel makes you sick; you lose a day's work. Calomel is quicksilver and it salivates; calomel injures your liver.

If you are bilious, feel lazy, sluggish and all knocked out, if your bowels are constipated and your head aches or stomach is sour, just take a spoonful of harmless Dodson's Liver Tone instead of using sickening, salivating calomel. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working. You'll be cheerful; full of vigor and ambition.

Your druggist or dealer sells you a 50-cent bottle of Dodson's Liver Tone

under my personal guarantee that it will clean your sluggish liver better than nasty calomel; it won't make you sick and you can eat anything you want without being salivated. Your druggist guarantees that each spoonful will start your liver, clean your bowels and straighten you up by morning or you can have your money back. Children gladly take Dodson's Liver Tone because it is pleasant tasting and doesn't gripe or cramp or make them sick.

I am selling millions of bottles of Dodson's Liver Tone to people who have found that this pleasant, vegetable, liver medicine takes the place of dangerous calomel. Buy one bottle on my sound, reliable guarantee. Ask your druggist or storekeeper about me.

Souvenirs. "Did your wife believe your story about being called away to Boston on business?"

"Well, she was inclined to doubt it at first, but when I produced the loaf of Boston brown bread and the can of baked beans I bought at the delicatessen store on my way home she believed every word I told her."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless 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. 50 cents.

Natural Effect. "What's that old duffer croaking about now?" "Says he has a frog in his throat."

Ridicule never kills unless the death is deserved.

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to health.

This prescription of Dr. Pierce's extracted from roots and herbs is a temperance remedy.

To get rid of irregularities, or catarrhal condition, to avoid pain at certain times, to overcome irritability and weakness, waste no time, but get Dr. Pierce's Favorite Prescription in liquid or tablet form this very day.

Gas in Photography. Photography by gaslight—not only the work of the camera itself, but the printing of the picture—has been given an interesting demonstration by the Photographers' Association of America.

George Graham Holloway of Terre Haute, Ind., has been using gaslight in his studio for two years and reports enthusiastically of its success. With it a photographer can work as well in a ground-floor room as anywhere else; he is not hindered by gloomy days or rainfall; he can take pictures at night, and the incandescent mantles give him a light that resembles sunshine more nearly than any other. It is not so sharp as electric light, which generally loses the soft shadows and falsifies color values.—Exchange.

RECIPE FOR DARKENING GRAY HAIR WITHOUT DYES.

Apply like a shampoo to your hair and scalp Q-Ban Hair Color Restorer. Do this every day for a week then three times a week. In a short time all your gray, faded, prematurely gray or gray streaked hair turns an even beautiful dark shade with not even a trace of gray showing. Q-Ban makes scalp and hair healthy, leaving all your hair fluffy, soft, thick and beautifully dark and lustrous. Q-Ban is not a dye, is harmless, and is sold on a money back guarantee by drug stores; big bottle 50c or sent prepaid by Q-Ban, Front St., Memphis, Tenn.—Adv.

A Secret. "Does anybody know how Van Geld made his money?" "Evidently not. Otherwise Van would probably be in jail."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Much happiness or misery lies within the circle of a wedding ring.

Envious. "Do your teeth ever ache?" asked little Walter as he watched his grandmother take her false teeth out. "Why, no, of course they don't, Walter," she replied. "Those are false teeth."

"I wish I had that kind," said the boy. "Then I could eat all the candy I wanted to."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Limited. Mrs. Mayer—I suppose you trust your husband implicitly? Mrs. Gyer—Yes—to a certain extent.

Reading maketh a full man—but they have another name for it in a dry town.

"ANURIC!" NEWEST IN CHEMISTRY

This is a recent discovery of Doctor Pierce, head of the Invalids' Hotel, Buffalo, N. Y. Experiments for several years proved that there is no other eliminator of uric acid comparable. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, "Anuric" acts quickly. In rheumatism of the joints, in gravel and gout, invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear. Send Dr. Pierce 10c for large trial package. Full treatment 50c. All druggists.

Keep Away. "Wot kind of a town is Hicksburg?" asked the first occupant of the box car. "Don't you never go there, Buddy," said the other. "The sheriff is a bug on gardenin', an' 'bout this time o' the year he makes all the prisoners git out an' spade up his back yard."

All Hard. "I can sell you this house on very easy payments." "That's interesting. I didn't know there was any such thing as easy payments."

The Lord loveth a cheerful giver—and so does every man, woman and child on earth.

ASK FOR AND GET SKINNER'S THE HIGHEST QUALITY EGG NOODLES

Save the trademark signature of Paul F. Skinner from all packages and exchange free for Oneida Community Silverware. Write today for free 36-page recipe book and full information.

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CALL FOR Lookout Biscuit STANDARD OF EXCELLENCE SOUTHERN MADE CHATTAHOOGA BAKERY CHATTAHOOGA, TENN.

KODAKS & SUPPLIES We also do highest class of finishing. Prices and Catalogue upon request. S. Galeski Optical Co., Richmond, Va.

SWEET POTATO PLANTS NANCY HALL and PORTO RICO YAMS now ready. 1,000 \$2.00, postpaid; 5,000 for \$7.50, express not paid. Prompt, safe delivery guaranteed. W. W. Morris, Ft. Green, Va.

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