



**Keeps Old Eyes Young
Keeps Young Eyes Strong**

The clear, mellow light of the Rayo Lamp makes the long evenings cheerful and pleasant. Its bright light is easy on the eyes—work is less tedious—play more enjoyable in Rayo light.

RAYO LAMPS

are artistic in design—an ornament to any room. You light them as you would a gas jet—you don't have to remove either chimney or shade. Easily kept clean. Designed to give the maximum of bright, flickerless light.

If your dealer doesn't have them, write to our nearest station.

The use of Aladdin Security Oil guarantees best results from lamps, stoves and heaters.

STANDARD OIL COMPANY
(New Jersey)
BALTIMORE, MD.
Washington, D. C. Charlotte, N. C.
Norfolk, Va. Charleston, W. Va.
Richmond, Va. Charleston, S. C.



Conservation of Meat.
The Women's Home Demonstration program for December is on meats. There are four things which must be conserved if we are to win this war: Wheat, meat, sugar and fats. It is impossible to raise beef and pork in the nations where battle lines are drawn against the enemy and shipping from other countries is greatly disturbed by submarine warfare. If we can save one ounce of meat per person per day, we can send the allies what they need.

Meat is essential to the diet because it is the main source of protein, which is necessary to the growth and repair of tissues. Meat should be considered as a growing food, and used only to supply material for the building up of the body. The amount of protein necessary to the body will depend upon the age and occupation of the members of the family. It is not necessary to measure exactly, meat by meat, the amounts of protein being eaten, but if there is a continual lack of nitrogen food—the important element found in protein foods—the body will become weakened and susceptible to disease. About three and one-half ounces of protein a day are required for the average man. Growing children need more protein in proportion to their size than adults, because they must increase the amount of their body tissues, as well as keep it in repair.

Beef, pork and mutton are the meats we are asked to conserve. In place of these meats we are asked to use to a large extent these substitutes: fish, milk, cheese, poultry and eggs, nuts, soy beans, peas, etc.

Salt and smoked as well as canned fish should be much more frequently used as they are an excellent source of protein food.

Milk is the best growing food and should constitute a large part of the diet of every child. A quart each day for every child under six is the ideal rule. Some children do not like to drink milk in large quantities. For these children milk custards and puddings, cocoa and cereals with milk should be substituted. There should be a greater number of milk cows in this state.

Cheese is a very satisfactory substitute for meat. There is an impression that it is indigestible. Extensive digestion experiments carried on by the Department of Agriculture have demonstrated that more than 95 per cent of protein of cheese is digested and 90 per cent of the energy is available. Cheese can be combined in

many palatable dishes. Directions for making cottage cheese will be sent on request.

It has become the patriotic duty of every one with available space to increase the meat supply of the world by raising poultry. An increase in the use of eggs and poultry would mean more meat released for shipment. Pure bred fowls will make a greater profit than mongrels, so just begin next spring to raise the pure bred poultry.

There are many native South Carolina nuts which we do not appreciate. These are splendid as foods, and should be more generally used to furnish protein to the diet. Peanuts contain three ounces of protein per pound. One pound of soy beans contains more tissue building food or protein than 10 pounds of round steak. They also surpass milk and eggs in nutritive value. Dried beans and cow peas contain three ounces of protein per pound.

Do not kill or order lamb or veal if these young animals are allowed to grow to maturity before being butchered, they will yield many more pounds of meats.

I have on hand several copies of the December club program, which contains recipes for using these meat substitutes and directions how to make a little meat go a long way—I shall be glad to give a copy to any one desiring one.

SOUR STOMACH.
Mi-o-na Puts the Stomach in Fine Shape in Five Minutes.

If your stomach is continually kicking up a disturbance; you feel bloated and distressed; if you belch gas and sour food into the mouth, then you need Mi-o-na Stomach Tablets.

Mi-o-na Stomach Tablets give instant relief, of course, but they do more; that cause fermentation of food and they drive out the poisonous gases thoroughly clean, rehydrate and strengthen the stomach so that it can readily digest food without artificial aid.

Mi-o-na stomach tablets are guaranteed to end indigestion, acute or chronic, or money back. This means that nervousness, dizziness and biliousness will disappear. Druggist everywhere and Laurens Drug Co., sell Mi-o-na.

Not in His Line.
Darwin went with his mamma to visit his aunt, who had three little girls. After a short time he came in and sat down by his mamma, who at once asked why he wasn't playing with his cousins, and he replied: "O, mamma, it is too much girl for me."

**JUST PLAIN IRON
BEST FOR BLOOD
AND COSTS LESS**

**Twelve Ounces Acid Iron Mineral
Costs About a Dollar and Goes
Farther--Is Stronger Too.**

Natural Iron, Highly Concentrated, is Best.

Instead of taking a pill or some prepared remedy which perhaps contains alcohol or a blasting cathartic you don't need, why not get a bottle of medicinal Acid Iron Mineral, a highly concentrated natural iron, testing over 10 degrees specific gravity.

A bottle of Acid Iron Mineral, costing a dollar contains twelve ounces of strong, highly concentrated, natural medicinal iron. So powerful, though harmless that a few drops in a glass of water makes a dose. It is cheaper and is a natural tonic one need never be ashamed of taking.

It is put up in six and twelve ounce bottles for individual and family use by the Ferrrodine Chemical Corp., and their trade mark, "A-1-M" on bottle and carton is your guarantee of strength and quality. It is never sold except in special bottles or containers, ranging in size from doctors' emergency kit, 2-ounce vial, to barrels which are sold to medicine manufacturers, half and one gallon bottles for physicians and hospitals.

Get a twelve ounce bottle, pour a few drops, say a half-teaspoonful, in a glass of water and note how quickly it gives you poisons from the blood, cleanses and tones you up, brings back the color and sparkle to cheeks and eyes, and banishes rheumatic complaints, and that tired, weary, no-good feeling.

You like it this way, too and its stronger, cheaper and better for you. Absolutely no alcohol or dope. It does not disturb the bowels and yet it speeds the appetite and aids digestion. Get a bottle from your druggist today.

CROSS HILL NEWS

Cross Hill, Dec. 24.—Everything and everybody is in a rush today for Christmas. The merchants have put on extra forces, expecting an increase even over the big business of last week. There has been a rush of trade for the past two months and for the past week it moved up considerably. People are paying up this year's accounts and many old debts, still having money for whatever supplies they can get for what ever supplies they can get. There seems to be more money in the country than anything else.

Our town is especially short on sugar, salt and kerosene oil, but as Walter Higgins used to say, we are learning to do without what we cannot get. Anyway, we are still living and eating some, and we intend to be happy in this the greatest season of the year. As

Hass Evans once said, we are so happy we are living, we are most dead.

Happy greetings to the Advertiser and all its readers with kind wishes for a happy new year.

Rev. S. H. Booth, the new Methodist minister, preached his initiative sermon at the Methodist church Sunday morning, making a very favorable impression on the large congregation which greeted him.

The local Masonic lodge, at its annual meeting elected the following officers for the ensuing year: J. A. Gattardo, W.M.; W. E. Crisp, S.W.; J. L. Carter, J.W.; W. P. Martin, Treas.; W. D. Hatchford, Sec.; T. M. Pinson, S.D.; J. C. Seawright, J.D.; J. R. Wells, Tyler. This organization continues to grow, having recently received several additions to membership.

The out-of-town teachers who arrived last week for the holidays are: Misses Mary Hill, of Abbeville; Josie Griffin, of Spartanburg and Janice Griffin, of Westminster.

The college student arriving are: Misses Caroline Matthews and Eleanor Dial, of Winthrop; Misses Louise Thompson and Vivian Nance, of G. W. C.; Messrs. Alex Brown, J. C. McGowan, Barrow Hill, of S. C. University; Frank Miller, of Davidson College.

The Cross Hill school closed Friday until January 7, 1918. Christmas exercises were rendered Friday morning and a play was given by the High School pupils Friday night. Every character did credit to the play thus making it a success in every way. "All on Account of Polly" was the title and proved to be quite interesting and entertaining.

The following teachers have gone to their homes for the vacation period: Miss Essie Davidson, to Clinton; Miss Lizzie Griffin, to Newberry; and Miss Rebecca Moore, to Greenwood.

LONG BRANCH NEWS

Mr. Royce Poole and Miss Mildred Holland called on Miss Sudie Keller last Tuesday night.

Miss Mary Etta Lynch visited her sister last Tuesday and Wednesday.

Miss Alice Todd, of Clinton, visited Miss Corrie Cunningham last week.

Mrs. Dutton and little son, of Clinton, were the guests of Mrs. W. J. Duvall Friday.

Miss Sudie Keller has gone to her home in Abbeville to spend the Christmas holidays.

Messrs. Joe Martin and Kirk Godfrey, of Clinton, spent the week-end with Mr. Lewis Cunningham.

Stomach Trouble and Constipation.
Those who are afflicted with stomach trouble and constipation should read the following: "I have never found anything so good for stomach trouble and constipation as Chamberlain's Tablets. I have used them off and on now for the past two years. They not only regulate the action of the bowels but stimulate the liver and keep one's body in a healthy condition," writes Mrs. Benjamin Hooper, Auburn, N. Y.

Why use ordinary cough remedies, when Boschee's German Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. 25 and 75

TO THE GOOD PEOPLE... of Laurens and Greenwood Counties

We take this method--as it would be impossible to meet you face to face--to thank you for your liberal patronage that you have given this store during 1917, making it the "Banner Year" in its history. We greatly thank you for this, and promise you, regardless of the high cost of merchandise, to sell you goods for the year, 1918, at all times for less money than our competitors.

Every department of the store will swing in line for 1918, and make it still greater. Again thanking you, one and all, and wishing you a happy and prosperous New Year, we beg to remain

Yours, to serve at all times,

The Ware Shoals Department Store.