



The Bell Telephone Builds Business

George W. Perkins says: "The first requisite for doing business is to be able to get at a customer. The more customers you can readily get at, the more business you can do."

As it is "the mind that does business" and "the telephone gives the mind wings," you can do more business by telephone than in any other way, because you can reach more customers. And you reach them in a personal voice-to-voice manner, that builds business.

Do You Make Full Use of the Telephone in Your Business?



SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY



TAKE SALTS FOR THE KIDNEYS IF YOUR BACK HURTS

We Should Drink Lots of Water and Eat Less Meat, Says Noted Authority on Kidney Disorders

Recommends a Spoonful of Jad Salts In Glass of Water Before Breakfast to Stimulate Kidneys and Eliminate the Uric Acid

Uric acid in meat excites the kidneys, they become overworked, get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy, the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from headache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before

breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure, makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

SIMPLE LESSONS IN SCIENCE

One, at Least, That May Be Learned in the Kitchen—Mistakes Made Cooking Vegetables.

One can learn many simple lessons in science in the kitchen. A loaf baked with only flour, water and salt will be so heavy that it can hardly be cut, but the addition of yeast produces the loaf as we know it. This is explained by the fact that when yeast is employed carbonic acid gas is produced, which gives rise to the sponginess essential in the structure of good bread. And the fact that the action of the yeast also produces alcohol has led to the story of how a baker, learning this fact, condensed the vapors from his oven until he had obtained a small bottle of spirit, which he triumphantly exhibited in his shop window. A neighboring rival deemed it necessary to devise a counterblast, and put up a notice stating that his bread was sold "with all the gin in it."

Some methods of cooking vegetables are denounced as "wicked." It is pointed out that the cook in this country chops her beans into small pieces, so that all the flavor and salts run out, leaving only the miserable, tasteless fiber. On the other hand, with beets, she takes care not to break the skin so that the color should not be lost. Similarly other vegetables should be kept whole, as they are in France, and not treated by methods which result in all that is volatile going up the chimney and all that is soluble going down the drains.

VIRTUE IN SHOEMAKERS' WAX

May Be Relied On to Draw Out Poison From Wound and Prevent Deadly Infection.

Have you ever heard of the medicinal qualities of shoemakers' wax? Long before the virtues of antiphlogistine and peroxide of hydrogen were extolled as healing and antiseptic agents, shoemakers' wax was relied upon in many an old-fashioned home. A bit of shoemakers' wax heated and applied over a bruise or abrasion will draw out any poison that may have entered the wound and prevent danger of that modern horror, infection, and its dangerous result, blood poison.

Keep a bit of this old-time safeguard in the house, and if somebody steps inadvertently on a rusty carpet tack, or runs a can opener into the fleshy part of the palm, wash out the wound and clap over it a bit of melted shoemakers' wax, binding a clean bandage over. Or, better still, cleanse the abrasion with peroxide if you have it in the house—as everybody should have—and then apply the heated wax. Infection gets in its deadly work before the danger is realized in most cases, and by the time a neglected cut or bruise has begun to look angry and the doctor summoned, he may not be able to prevent a long and annoying case of blood poison, if not an actually dangerous condition.

Treatment of Acute Pneumonia.

The open-air treatment of acute pneumonia is warmly advocated by physicians, who have had much experience with this disease. Persons suffering from pneumonia require an abundant supply of fresh, pure air—the imperfect aeration of the blood demands it. That there are fewer bacteria in the out-of-door air is another indication for the open-air treatment. Air in abundance, in motion, especially in the open, is an essential to the maintenance of health and a powerful aid in restoring health where it has been impaired. The case of acute pneumonia should be kept in the open both by day and by night. The cold out-of-door air lessens the duration of the fever, the patient breathes with less distress; sleeps better, and rarely is a sedative needed. The tongue is cleaner, appetite is better and convalescence is rapid. It is well known that cold is one of the most efficient agencies for the cure of disease, and statistics bear out the view that the open-air treatment of acute pneumonia is a rational procedure.

Pocket Shower Bath.

A Californian has invented a shower bath which a traveler can carry in his pocket. It is a nickel-plated brass tube with a cork, says the Indianapolis News. The tube is bent like a fish-hook and one end inserted in the cork through a hole in the center, with a round plate to keep it from slipping. The other end of the tube is flattened to make a narrow slit about half an inch long at the end. This slit causes the water to spray. The other end is fitted to any faucet in a bathtub or washbowl, and the force of the water causes a fine and sufficient spray to spout that gives a refreshing shower bath. The spray is not great or strong, but it is enough to be the means of great refreshment to the tired traveler. The cork is inserted in the faucet and, of course, can be made to fit any size aperture.

The Rich and Royal Man.

I am grown expensive and sophisticated. I can no longer live without elegance, but a country man shall be master of my revels. He who knows the most, he who knows what sweets and virtues are in the ground, the water, the plants, the heavens, and how to come at these enchantments—is the rich and royal man. Only as far as the masters of the world have called in nature to their aid can they reach the height in magnificence. This is the meaning of their hanging gardens, villas, garden houses, islands, parks and preserves.—Ralph Waldo Emerson.

New York and Newport Society Leader Dead



Mrs. Stuyvesant Fish.

Mrs. Stuyvesant Fish, who to a large extent succeeded to the society leadership of New York and Newport when Mrs. William Astor died several years ago, passed away suddenly at her country home at Garrison on the Hudson river Wednesday.

As a hostess Mrs. Fish's entertainments, both in New York and at Newport, are memorable for unlikeness and distinction. Of late years she had been less active than formerly, but such entertaining as she did was of its own individual character.

Mrs. Fish, whose maiden name was Marlon Graves Anthon, was a native of New York. She was married to Stuyvesant Fish, son of Hamilton Fish, secretary of state in President Grant's cabinet, on June 1, 1876. Three children were born to them, a daughter, who is now Mrs. Albert Z. Gray, and two sons, Stuyvesant Fish, Jr., who married Miss Mildred Dick, and Sidney Webster Fish.

Mrs. Fish first came into prominence as a prospective social leader with the erection of "Crossways," her beautiful Newport villa on Ocean drive. The villa is a colonial house crowning a hill and is one of the show places of the fashionable colony. It has been the scene of some of the most brilliant parties in Newport history. One of the most notable of these was the harvest ball given there in 1898. Upon another occasion Mrs. Fish gave a flower ball, at which all of her guests came costumed as different plants and flowers. Her most recent entertainment of this type was the Mother Goose ball at "Crossways" two years ago, at which all of the guests represented characters in fairy tales. The hostess herself was dressed as the Queen of the Fairies.

Novel Railroad Exhibit at San Francisco.

Four western railways have cooperated in building an interesting exhibit in the Transportation building at the Panama-Pacific exposition. It consists of a globe, approximately 50 feet in diameter, which on one face carries a large relief map of North America. Between the points representing San Francisco and St. Louis, miniature trains, which are produced by an ingenious electrical arrangement, fit across the map at frequent intervals. The trip is made in three minutes, and as a train passes through different cities along the line the names of the places are illuminated electrically. Surrounding the globe, and separated by arches leading to its interior, are figures symbolic of transportation, agriculture, recreation, and industries. On the inside of the globe are reproductions of many points of interest in the West, such as the Royal George, Denver, Salt Lake City, and other familiar places along the railroads. A picture of this exhibit is a feature of the June Popular Mechanics Magazine.

To Sleep Well in Summer.

Slight inflammation of the bronchial tubes causes a distressing cough and makes refreshing sleep impossible. Foley's Honey and Tar Compound covers raw, inflamed, irritated surfaces with a soothing, healing coating and stops that annoying tickling, relieving the racing, stringing cough. Take this splendid cough medicine with you on summer trips. It is good for coughs, colds, bronchial affections and for grippe coughs. Evans Pharmacy.

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We can supply you with Nancy Hall, Portorico and Providence Potato plants in any quantity at \$2.00 per 1,000. Good strong plants and easy to name.

We get plants every day

Very truly,
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FOLEY KIDNEY PILLS

FOR BACKACHE, KIDNEYS AND BLADDER



MEALS ARE NEVER LATE

WHEN you're behind with your work, with only a few minutes in which to get supper—then the handy NEW PERFECTION Oil Cookstove helps you to hurry.

It lights at the touch of a match, and cooks rapidly like a gas stove.

It regulates high or low, merely by raising or lowering the wick. It is easy to operate, easy to clean, easy to re-wick.

Sold in 1, 2, 3 and 4 burner sizes by hardware, furniture and department stores everywhere.

NEW PERFECTION OVENS bake better because a current of fresh hot air passes continually over and under the food—drying out the steam, and preventing soggy-ness. This is an exclusive NEW PERFECTION advantage.

Use Aladdin Security Oil or Diamond White Oil to obtain the best results in oil Stoves, Heaters and Lamps.



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We will give you as much choice beef steak and roast for your money as anybody in Anderson.

No extra charge for quick delivery, that is a part of our business. Extra choice cuts Steak and Roast..... 15c lb

We have cheaper cuts if you want them.

Fine Fresh Fish. Big Fat Dressed Hens.
Big Layout of Fresh Meats. All Pork Sausage.
Spare Ribs, 15c lb. Everything in Fresh Vegetables.

*Phone in your order early.

"Eventually, Why Not Now?"

W. A. POWER

212 South Main SAM HARPER, Mgr. Phone 132.
We are in the market for good Beef Cattle and Sheep.

Blue Ridge Railway Co., Announces Very Low Rates for the Following Occasion, From Anderson, S. C.

Birmingham, Ala. and Return
Account Sunday School Congress (Colored) June 9-14th \$12.45
Tickets on sale June 7, 8 and 9, limited to return June 17, 1915.

Nashville, Tenn. and Return
Account Peabody College Summer School June 17th-August 28th, 1915 \$12.70
Tickets on sale June 15, 16, 17, 18, 21, 26, July 22nd, 23rd, and 26th 1915, limited to return 15 days from date of sale.

Knoville, Tenn., and Return
Account Summer School of the South, University of Tennessee, June 22nd, July 30th, 1915 \$8.25
Tickets on sale June 20, 21, 22, 25, 27, July 2, 3, 10, and 17th, 1915. Tickets limited fifteen days from date of sale for returning.

JUNE

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