

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.

COMB SAGE TEA IN HAIR TO DARKEN IT

It's Grandmother's Recipe to Keep Her Locks Dark, Glossy, and Beautiful.

The old-time mixture of Sage Tea and Sulphur for darkening gray streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound" for about 10 cents a bottle. It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair, after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive. This ready-to-use preparation is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the Signature of *Wm. D. Little*

WHEN WILL I SAVE?

Spring has come, the years is 1-4 gone—and yet I have not joined the throng who put aside something each pay day.

Resolve: That I will begin the first pay day in April.

What Will I Save—I'll put aside not less than 25 per cent. of my income.

How Will I Save—I'll put my money each pay day in the Savings Club of

The Bank of Anderson The Strongest Bank in the County

WOMEN HELP TOWNS TO CLEAN AND PAINT UP

HAVE DONE MUCH TO MAKE NATIONAL CAMPAIGN FOR CIVIC BETTERMENT EVERYWHERE

TO BE WAGED HERE APRIL 17TH-22ND

And all People of City Urged to Do Their Part in Cleaning Up Anderson—Prizes Are Offered.

THE United States is entering upon an era of vastly improved living conditions, both physical and moral, due almost entirely to the efforts of women workers in the National "Clean Up and Paint Up" campaign, according to Allen W. Clark, chairman of the national campaign bureau, in St. Louis.

It is estimated that during 1915 more than a million women took part in the campaign for civic progress and human uplift which brightened the lives and homes of millions from Bangor, Me., to San Diego, Cal. "The growth and development of the national "Clean Up and Paint Up" campaign, has been in leaps and bounds since its inauguration," he said.

Individual women, women's clubs and women's organizations of all kinds for civic and moral improvement have joined forces in this great work which reaches into practically every phase of life. Letters have poured in by the thousand at the bureau headquarters from women inquiring how to start the work in their communities. Many of these indicated that the old-fashioned "parlor" variety of woman civic worker was dying a sure and natural death, and that serious-minded women were coming to realize more and more every day the big work that is before them.

Women Led the Way.

"I don't believe we realized the far-reaching extent of the work we had undertaken until the women showed us," said Mr. Clark. "The permanent feature of the "Clean Up and Paint Up" idea were what seemed to gain their immediate indorsement. Their old idea of a spring housecleaning, which I believe, originated in New England, seems to have been dropped entirely, and the women's organizations of the New England states are among the very hardest workers for an all-year-round policy."

It would be an impossible task to name in person even a small percentage of the women who have gone active and efficient work since the national bureau inaugurated its system in the spring of 1913. Some few of them, however, are such women as Mrs. Clarence Baxter of Kirksville, Mo., vice chairman of the civics department of the National Federation of Women's clubs; Mrs. E. T. Senseney, chairman of the pure food committee of the Consumers' league of St. Louis; Mrs. W. R. Chivvis, president of the Missouri Federation of Women's clubs; Mrs. Philip N. Moore of St. Louis, past president of the National Federation of Women's clubs, and Mrs. Thomas Sherwin, chairman of the department of streets and alleys of the Women's Municipal league of Boston.

Much Work This Year!

The work of the bureau as planned for this year will be more comprehensive in its scope than before. It will include everything that will beautify, improve sanitation and tend to the health of the community. Some of the things to be done are the cleaning of streets, alleys, front and back yards, cellars and stables, removal of ashes, carrying away of tin cans and all rubbish from vacant lots, burning or hauling away all garbage, filling in or doing away with breeding places of mosquitoes, flies or disease germs, the planting and trimming of trees and hedges, planting of flowers, and the liberal use of paint on everything that needs it.

In many instances last year the planning and superintending of the work has put entirely in the hands of some efficient women's organization in the city or town. The files at the national "Clean Up and Paint Up" campaign headquarters in St. Louis are full of records of just such cases.

Assistance in starting a campaign in any community in the United States will be given free of charge by the national bureau, Mr. Clark explained, upon receipt of a request from any woman or women's organization. Aid can also be secured from Mrs. Clarence Baxter, chairman of the Women's committee of the national bureau, or from any of the other civic leaders constituting the bureau's advisory committee.

Be Perpetually at It.

Mrs. Baxter and Mrs. Senseney are helping women's clubs everywhere to accomplish in their towns what was accomplished in St. Louis last year. The women's clubs conducted the entire campaign in St. Louis, Boston and many smaller cities last year and in thousands of other places they are aiding the men effectively. The "opening weeks" in many places will be only the beginning of perpetual "Clean Up and Paint Up" campaigns. "They will be of immense value," wrote Mrs. Baxter recently, "in arousing civic consciousness in practical sanitation and conservation and in actual busi-

ness activity in the community. Many people spend hundreds of dollars furnishing their homes and only an occasional dollar gets to admire them. A much smaller amount spent on a coat of paint for the exterior, a general cleaning up of the premises and a few flowers would give pleasure to thousands of passers-by and their friends as well."

Both of these women are in daily correspondence with leading club women, in several thousand women's clubs, in the effort to make the local "Clean Up and Paint Up" campaigns the foundation upon which to build and conduct various other community betterment activities in which serious-minded club women everywhere are so interested.

Newspapers Give Help.

Editors of newspapers from coast to coast have taken up this work of the women and are aiding them in both the news and editorial columns and most of them are unanimous in declaring that the chief value of the work is that it aims at permanent reform and continued effort.

Ministers are also aiding the women in their work by preaching appropriate sermons on civic cleanliness and kindred topics. The wife of one earnest, hard working clergyman in a southern town, in which the campaign was in progress, wrote in a letter to the national bureau that if more people were as sincere in their religion as she is in this "Clean Up and Paint Up" movement the world would be a much better place in which to live.

COMING AND GOING

Mr. Lewis Jacobs of New York City is in the city spending a few weeks with his daughter, Mrs. Leo Gelsberg.

Mr. Laurin Simpson of Iva was a business visitor yesterday.

Mr. W. C. Cobb, superintendent of the Ware Shoals Manufacturing company, and daughter, Misses Libba, Lola and Lila Cobb were among the visitors yesterday.

Mr. Abner Whallon of Iva spent yesterday in the city.

Mr. Will Mouchet of Iva spent yesterday in the city.

We have Strawberry and Vanilla Ice Cream today—Mono. Owl Drug Co.

Candidates Cards

FOR CONGRESS

I am a candidate for Congress from the Third Congressional District, subject to the rules of the Democratic Primary.

A. H. DAGNALL.

COUNTY TREASURER

I hereby announce myself a candidate for County Treasurer, subject to the rules of the democratic party.

J. H. CRAIG.

I hereby announce myself a candidate for County Treasurer, subject to the rules of the democratic party.

J. R. C. GRIFFIN.

SHERIFF

I hereby announce myself a candidate for the office of Sheriff for Anderson county, subject to the rules of the democratic party.

T. J. MARTIN.

I hereby announce myself a candidate for Sheriff of Anderson county, subject to the rules of the Democratic primary.

W. B. KING.

I hereby announce myself a candidate for the office of Sheriff of Anderson county subject to the rules of the Democratic primary.

W. O. S. MARRETT.

I hereby announce myself as a candidate for re-election to the office of Sheriff, subject to the rules of the Democratic party.

JOE M. H. ASHLEY.

FOR HOUSE OF REPRESENTATIVES

I hereby announce myself a candidate for the House of Representatives for Anderson county, subject to the rules of the democratic party.

W. W. SCOTT.

FOR CORONER

I hereby announce myself a candidate for the office of Coroner for Anderson county, subject to the rules of the democratic party. It has been my pleasure to serve you in this capacity four years—1908-12. I feel that I am capable, and I need the office.

J. ELVAS BEASLEY.

I hereby announce myself a candidate for reelection to the office of Coroner for Anderson county, subject to the rules of the democratic primary.

J. G. HARDIN.

Camel CIGARETTES



give you such fine satisfaction through that mellow-mild-body, that flavor, that absence of bite, parch and any unpleasant cigarette after-taste, that your fondest cigarette desires are fulfilled, at last!

Camels are new to your taste because they are blended choice Turkish and choice Domestic tobaccos. They will not tire your taste, they are always most refreshing! Smokers do not look for or expect coupons or premiums with Camels because they realize the value is in the cigarettes which stand every test against any cigarette in the world at any price!



The stamp placed over end seals the package, which keeps out air, thereby preserving the quality of the blended tobaccos. By inserting the fingers as illustrated, the stamp easily breaks without tearing the tin foil, which folds back into its place.

Smoke Camels liberally without a comeback! You'll realize how delightful they are when you give them a thorough try-out! You'll prefer that Camel blend to either kind of tobacco smoked straight!

R. J. REYNOLDS TOBACCO CO. Winston-Salem, N. C.

Camels are sold everywhere in practically sealed packages, 20 for 10c or 10 packages (200 cigarettes) in a glassine paper-covered carton for \$1.00. We strongly recommend this carton for the home or office supply or when you travel.

Get your May Delineator now at Cox Stationery Co.

FAMILY CARES

This Information May Be of Value to Many a Mother in Anderson.

When there is added to the many cares inseparable from the rearing of children that affliction of weakness of the kidneys and auxiliary organs, the mother's lot is far from a happy one. This condition has often been corrected by the use of Doan's Kidney Pills. When relief comes the mother's burden will be lighter and her home happier.

Mrs. A. J. Freeman, 463 Crayton St., Anderson, says: "My son was troubled by weak kidneys and complained of pains in the small of his back. He couldn't control the kidney secretions. When I read about Doan's Kidney Pills, I got a box at Evans' Pharmacy, and they brought relief from the start. Three boxes in all were used and the results were so satisfactory that I gladly give this public statement."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Freeman recommends. Foster-Milburn Co., Props., Buffalo, N. Y.

ANDERSON CANDY LAND

Now ready for business.

- Try our
- Chocolates
- Bon Bons
- Marshmallows
- Caramels
- Nut Creams
- Cream Mints
- Peanut Butters

We manufacture every pound of Candy offered in our place, using only the highest grade materials.

We are well prepared to handle—and solicit—special orders of all kinds. Anything you want made to order on short notice.

Come by and let us show you a real candy store.

Anderson Candy Land NORTH MAIN

The Anderson County Mutual Fire Insurance Co.

J. J. SMITH, President and Treasurer J. J. MAJOR Vice President JOHN A. MAJOR, Secretary

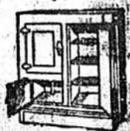
ANDERSON, S. C.

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When you put Pure Food into a McKee Refrigerator it stays pure.

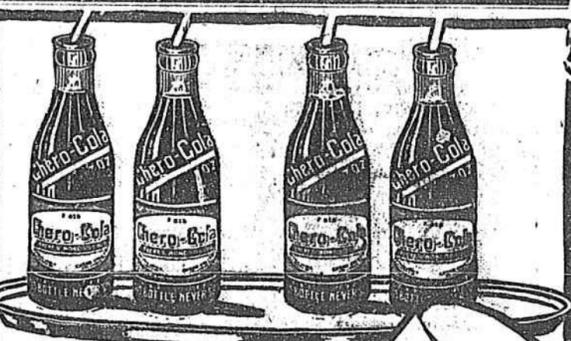
The possession of a McKEE REFRIGERATOR is a source of constant delight to the particular housewife.

You don't buy a refrigerator every day. It is to your interest to make your selection carefully.

A Style and Size to Suit Every Requirement At a Price to Suit Every Purse.

The Peoples New Furniture Co.

It's Easy To Pay The Peoples Way



Chero-Cola

is a universal favorite because it is

Pure Wholesome Refreshing

Sold only in labeled bottles

You will enjoy its uniform flavor, and the certainty of its cleanliness.

