

TO DARKEN HAIR APPLY SAGE TEA

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old-time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not beautiful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and, after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

This preparation is a delightful toilet requisite and is not intended for the cure, mitigation or prevention of disease.

IF KIDNEYS ACT BAD TAKE SALTS

Says Backache is a sign you have been eating too much meat, which forms uric acid.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and laggard. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about 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 and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

HAVE ROSY CHEEKS AND FEEL FRESH AS A DAISY—TRY THIS!

Says glass of hot water with phosphate before breakfast washes out poisons.

To see the tinge of healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact to feel your best, day in and day out, just try inside-bathing every morning for one week.

Before breakfast each day, drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the spur fermentations, gases and acidity and gives one a splendid appetite for breakfast.

A quarter pound of limestone phosphate will cost very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the blood and internal organs. Those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges, also those whose skin is sallow and complexion pallid, are assured that one week of inside-bathing will have them both looking and feeling better in every way.



SCHOOL NOTES.

There will be in the near future a good basket ball team among the girls of the high school. The players hope to challenge teams from nearby towns. Miss Logan, who teaches in the fourth grade, is the efficient coach. She undertook this from the love of it and because of her interest in outdoor sports, and the pupils appreciate her interest in their pleasure.

At recess one pupil remarked that Mary Louise Dargan in her large coat reminded her of Bonaparte. Another girl who no doubt, is very willowy, unfeeling commented, "I don't see any bony part to Mary Louise."

Ostriches All.

Mary Greene, to a crowd of girls: "Do you all know Lieutenant—? Well, he is shot full of bullets. He has over one hundred in him, and is still living and in good spirits."

Lydia Owen: "Well, if he can live full of bullets, it looks to me like we ought to live on cornbread."

Miss Lynch: "Dickens did not like Americans or their ways. He thought their manners were crude. On his last tour of America, however, they gave him great honor. Many stood before the ticket windows all night to be sure of securing a ticket to his recitals." (This last statement in a very feeling tone with the expectation of the class being overwhelmed)

LeRoy Cox: "I don't blame Dickens for his poor opinion. I'd think they were crazy too for standing up all night for that."

Miss Helen Eakin spent Thanksgiving with her parents in Greenwood.

The Benefits of War.

The horrors and losses in war seem to outweigh by far the benefits, but upon close consideration we find much good which comes as a direct result of this war. Wilson in his fourteen terms included one which provides for a permanent league of nations who shall band themselves together to uphold the other thirteen terms and to uphold international law and to act as a board of arbitration in all future disputes among nations. The existence of this league will make it very difficult and dangerous for any nation to go to war without the consent of the league and that consent is supposed not to be given unless such nation has a just cause to fight. This will naturally make wars few and far between. Germany and her allies, as well as America and her allies, have acceded to this clause making about fifteen nations which have signed it. The number includes the largest nations of the world.

America before the war had a large foreign trade, but was almost wholly dependent on the merchant fleets of others nations to carry her goods abroad and to bring foreign goods to her shores. During the war America has built an immense fleet of merchant ships and has trained men to man them. After the war we may expect a great increase in our trade with foreign nations.

America during the war took control of the railways because they failed to be equal to the task of handling the immense traffic which resulted from the war. This result brought about a unification of all the railways, better pay for railroad men, more prompt handling of freight, and has generally benefited the whole system. In a few years we may expect to have the very best system in the world, the most efficient and the best paid.

Military training has often been urged as benefiting the health of young men by making them take exercise, live in the open, and keep regular hours. This cannot be disputed. Even those who do not get the training have the example of others before them, and in that way learn something of the rules of health. They are warned to take care of themselves. The trained men are helped mentally and learn to submit to discipline—a thing which every successful man must learn.

The Allied nations having fought shoulder to shoulder will naturally be more friendly toward one another for many years to come; and within

our own country the stern duty of fighting out the war to a finish has done much to put out inefficient politicians in the government and to put better men in. The good example of these men will help to teach our voters to continue electing trained men instead of ordinary politicians, to government positions. The result will come about that our country will be much better governed in the future than in the past.

War is deplorable and in many ways retards progress for generations; but even out of its confusion and distress one is able to see in this, as in many former wars, some benefits.

Lois Ferguson.

Nina Bauknight cites as an element of good the birth of good literature, thus:

There are many beautiful poems and stories written while wars are being carried on. One which grew out of the present war and which has been published in a leading magazine, is as follows:

"Over the Ocean, under the sky;
Here on the field I lie.
Somewhere above are the stars,
I know;
Somewhere the mountains' cooling snow,
And the green corn growing row on row.

I look to the sky, but it all shows red—
Dark as the blood that my breast has bled.
I catch at my throat, and gasp, and choke—
There is no air—only stench and smoke,
And wounds that sicken, and drip, and soak.

I look again! There's a gleam of light—
Of something as clean as the snow,
and white,
It touches me on my breast and head—
I think it's an angel with bright wings spread
To bear me to heaven when I am dead;
I kiss the cross—and the Cross is Red.

On the whole, the opinion in the world of letters is that war causes a tremendous loss in the output and in the quality of literature. In spite of the inspiration given to a certain style and sentiment in writing during war time, it seems that the best things have been produced during prosperous, quiet times.

Lydia had spelled "second" on the board with a usurping vowel when the teacher asked sharply, "How do you spell second, Lydia?" Lydia with the most innocent and open-to-conviction tone in the world, said: "Well, you know, that was just what I was wondering myself."

While the high school pupils miss Mr. Plaxco, they welcome Miss Magill, who has returned to her classes after a period of illness. An automobile full of girls rode out to Miss Magill's home one day before her return. The pupils showed daily their interest in her recovery. There is no doubt that this solicitude was very real, but perhaps it was accelerated by the fact that Mr. Plaxco assigned somewhat longer lessons than are usually assigned.

SANTUC NEWS.

Santuc, Dec. 4.—Mrs. A. J. Morrison and children of Columbia, spent Thanksgiving with Mr. W. E. Morrison and family.

Miss Mary Kay spent from Friday until Sunday with Mr. and Mrs. C. C. Kay at Cold Springs.

Mr. and Mrs. James Haddon and baby spent Thanksgiving with Mr. and Mrs. Jesse Richey.

Mr. Henry Cochran and sister, Miss Maggie, spent Friday at Mr. M. B. Kay's.

Mr. Clarence Kay spent Monday night with his brother, W. F. Kay.

Misses Margaret and Sara Ables spent Sunday with Miss Lois Morrison.

Mrs. E. J. Botts spent Friday with Mr. Eugene Higgins of Long Cane.

—Buy W. S. S.—

LOWNDESVILLE NEWS.

Lowndesville, Dec. 5.—Dr. Kirkpatrick took Mr. S. B. Cook to Augusta last Monday, where he will enter a sanitarium for treatment. Mr. Cook has been ill for several months and it is hoped that he will be restored to his wonted health in a short time.

Mr. J. T. Daniel has returned from Atlanta, where he went to consult a nerve specialist. He is very much benefited by his trip.

Sergt. James L. Ellis, after a short visit to home-folks, has returned to Fort Oglethorpe, where he will remain until demobilized.

The latest report from the bedside of Mr. Olin Darricotte, who is ill of pneumonia at Camp Wadsworth, is very unfavorable.

Mr. Keys Harper, a member of the Senior class at Clemson, spent the week-end with home folks.

Mr. and Mrs. Allan Keyser of Pendleton, spent last Sabbath with Mr. W. W. Thompson and family.

Mr. Lewis Lawrence, who has been demobilized at Camp Gordon, was a visitor to friends in town for a short time.

Mrs. Powell of Central, has arrived to spend the winter with her granddaughter, Mrs. Ernest Allen.

Mr. E. J. Huckabee has gone to Atlanta to purchase stock for his stables. He had the misfortune to lose a fine horse from pneumonia a few days ago.

Mr. Max Below is moving to his old home in the Nation this week, and Mr. John Phillips is moving his family into the house vacated by Mr. Below.

Game warden Huckabee is having considerable trouble with both white and colored boys for hunting without license. Fines, amounting to a hundred dollars, were collected last Saturday. Parents, if they will permit their children to hunt, should force them to obey the game law.

Mrs. Theron Allen and her interesting family have been on a visit to her father, Mr. E. W. Harper.

Miss Virginia Latimer went to Augusta last Monday to see "Oh,

Baby" at the Grand.

Miss Treva Speer has resigned her position at the central office and Mr. R. W. Bonds has taken her place.

Mr. Jep Wilson has been in town for the past week, building concrete steps to the dwellings of Mr. D. L. Barnes and Dr. Kirkpatrick, which have added greatly to the looks of their residences.

Miss Treva Speer has resigned her glad to learn that she will remain in Lowndesville and not move to Georgia.

Miss Mattie Lee Harper, who has charge of the telephone office at Star, spent Thanksgiving with home folks.

Mrs. J. T. Latimer has received both by private letter and by newspapers a highly gratifying report of her nephew, Andrew Dorsey, Jr., of Atlanta, who is in France. This young soldier went over on General Pershing's boat, under his command and has been awarded two Croix de Guerre medals and twice cited for bravery in battle. This young Georgian is the son of Mrs. Alice Dorsey, who was reared at Lowndesville, but since her marriage, has lived in Atlanta.

The farmers are not putting their cotton on the market, but are holding

for better prices. The warehouse is full and the old Methodist church is being used to store cotton in.

As the epidemic is completely stamped out both the town and community schools are in full session now. The Diamond Spring school is in charge of Mr. Bunyon Scoggins. Miss Lollie Scoggins is teaching the Kennedy school, and Miss Ellen Lawrence has the Ridge school.

Subscribe to The Press and Banner

OPEN NOSTRILS! END A COLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up.

Count fifty! Your cold in head or catarrh disappears. Four clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffing, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.

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LEAVING ABBEVILLE

We wish to express our appreciation of the patronage and support given our business by the people of this community and take this method of announcing that we are going to sell out our stock between now and January 10th. We are offering liberal savings on goods suitable for gifts. Look over our many useful articles. Come EARLY before they are picked over.

FOUNTAIN PENS
POCKET KNIVES
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LEATHER HAND BAGS
LODGE EMBLEMS.
SEARCHLIGHTS
LUNCH BOXES
WATCH FOBS
BATTERIES
CHAINS
COMBS

Mr. & Mrs. R. KIRKWOOD

Parties having repair work here will please call for same before January 10th, 1919.