

18 POUNDS OF BLOOD

Is the average quantity in a healthy adult, but it is the quality of the blood that determines our strength to resist sickness.

In changing seasons get abundant fresh air and take a spoonful of Scott's Emulsion after meals, because Scott's Emulsion is a rich blood-food that will increase both quantity and quality of the blood while it warms the body and helps carry off the impurities.

When multitudes of people are today taking Scott's Emulsion to avert winter sickness, and are giving it to their children, it is careless to neglect its benefits. Look out for substitutes.

SOME HEALTH NOTES BY STATE BOARD OF HEALTH

New Germ Killer Discovered The United States government in its department of public health service has discovered a new disinfectant that undoubtedly will soon be in use throughout the country because of its superiority over all ordinary disinfectants.



A Most Delicious and Refreshing CELEBY DRINK Served at the Following Fountains City Drug Store, Ringer Drug Co., Johnson Drug Co., Bomar Drug Co., Post Drug Store

THE MAN OR WOMAN who wants a DIAMOND RING

Has special reasons for sending to Dean's—there are reasons, in fact why he should send here for any other piece of jewelry—but these Diamond Rings are "so good," so far superior, values that positively cannot be equalled in the state. They are priced at

\$15 and \$25 EACH

for Brilliant Blue White Stones. We feel so enthusiastic about these diamond rings we want you to send for one for your inspection. We will send it C. O. D. and pay all express charges. If you do not find it to be the best you have ever seen for the price, you can return it to us at our expense.

DEAN JEWELRY CO. 137 W. Main St. Oklahoma City

ants. Germs cause disease, and the right kind of disinfectant properly applied will kill germs. This new disinfectant may be prepared in any home, and solely from materials produced in the United States. It can be manufactured for less than fifty cents a gallon. It is composed of pine oil, a by-product in the manufacture of turpentine resin, and sodium hydroxide in the proportions of 1 1/2 pounds of pine oil, 2 1/2 pounds of resin, and 1-1/2 pounds of 25 per cent solution of sodium hydroxide. Its phenol coefficient is between 4 and 6, which means that it has more than four times the disinfectant properties of carbolic acid. It retains its strength for about two months. The finished product is a reddish-brown liquid, rather thick and oily in appearance, but free from turbidity. With water it makes a harmless emulsion, much resembling milk. It has a pleasing odor, no objectionable taste, and attacks neither fabrics or metals. It is altogether non-poisonous, and may be safely used as a throat spray or mouth wash in solutions of ordinary strength. Only pine oil derived from what is known as the steam or solvent process should be used. Preferably it should be compounded by a qualified druggist. This discovery is another contribution of science to the preservation of human health. It is to be known as "hygienic laboratory pine-oil disinfectant."

A Health Lesson for Oklahoma. The Kansas City Board of Education, knowing that strong bodies make strong minds, has begun a permanent and notable campaign among the pupils of the Kansas City public schools. Every useful method is being employed to teach the boys and girls how to improve and maintain the health of their bodies, that they may have strong healthy minds. L. L. Cammack, superintendent of the Kansas City schools, has made exhaustive inquiry concerning the conservation of human health, and has found: First, that a

A CLEAR COMPLEXION

Ruddy Cheeks—Sparkling Eyes—Most Women Can Have

Says Dr. Edwards, a Well-Known Ohio Physician

Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets, you will know them by their olive color.

These tablets are wonder-workers on the liver and bowels, which cause a normal action, carrying off the waste and poisonous matter that one's system collects. If you have a pale face, yellow look, dull eyes, pimples, coated tongue, headaches, a listless, no-good feeling, all out of sorts, inactive bowels, you take one of Dr. Edwards' Olive Tablets nightly for a time and note the pleasing results.

Thousands of women as well as men, take Dr. Edwards' Olive Tablets now and then just to keep in the pink of condition. Dr. Edwards' Olive Tablets, the successful substitute for calomel—15c and 25c per box. All druggists. The Olive Tablet Company, Columbus, O.

It's the little things, after all, that count—a small saving on everything you eat, will in a few weeks amount to a handsome sum! Try it.

CASH ECHOLS GROCER

strong normal body seldom contracts disease; second, that approximately 470,000 people in the United States die annually of reasonably preventable diseases; third, that about three million people are constantly ill of preventable diseases; fourth, that the economic loss each year in the United States from reasonably preventable disease is about two billion dollars; or four times more than what the allies recently borrowed in this country for war purposes. Fifth, that nine-tenths of all minor ailments could be removed by careful attention to hygiene and sanitation. A sixty-one page course of study of health betterment is used in Kansas City schools.

Kill 'Em by Trillions.

The October and September generations of Oklahoma flies will remain dormant from a breeding standpoint until next spring, though each will continue scattering disease germs wherever it goes. There are from seven to ten generations of flies each year in Oklahoma. An adult female fly will start a progeny next spring that mathematically should amount to 5,500,000,000,000 by the end of the season. Thus it is possible, with one swat of the fly-swatter, to kill 5 1/2 trillion possible carriers of typhoid and other disease. Swat every fly.

Twelve Million Dollars Worth of Children.

Vital statistics in the office of the Oklahoma state board of health show that during the month of August, the state was enriched by the birth of \$11,885,000 worth of children, estimating that each is worth \$5,000, which is a commonly accepted value. The number of births was 2,371. The number of deaths was 762, or 32 per cent of the births. Observance of even ordinary rules of health would greatly reduce the number of deaths. During the month tuberculosis, a preventable disease, caused 36 deaths in 41 reported cases. There is no higher duty in Oklahoma than the conservation of human health.

WILL ERECT A MEMORIAL TO ROBERT CURTIS OGDEN

Richmond, Va., Oct. 25.—The memory of Robert Curtis Ogden, who died August 6, 1913, is to receive tribute from his southern friends at a large public meeting to be held in Richmond on November 26, when Mr. Ogden's early associates will commemorate his devotion to the cause of education in the southern states, and will describe the amazing growth of the work he started.

The meeting is part of a plan proposed by former President William H. Taft, Ambassador Walter H. Page, Commissioner of Education P. P. Claxton and seventy-five other leaders in national and educational affairs, to erect a memorial to Mr. Ogden in the form of an auditorium building at

Eczema Is Conquered

Greasy salves and ointments should not be applied if good clear skin is wanted. From any druggist for 25c or \$1.00 for extra large size, get a bottle of zemo. When applied as directed, it effectively removes eczema, quickly stops itching, and heals skin troubles, also sores, burns, wounds and chafing. It penetrates, cleanses and soothes. Zemo is dependable and inexpensive. Try it, as we believe nothing you have ever used is as effective and satisfying. Zemo, Cleveland.

Hampton Institute, Hampton, Va. Mr. Ogden, who was president of the trustees of the Hampton Institute for nearly 40 years was the leader of constructive work along educational lines in the south that led to the formation of the southern educational board in 1901.

Most of his associates, who are today at the heads of southern universities, and state and national systems of education, believe that his notable work should receive some permanent memorial, and it is planned to make the building at Hampton Institute a testimonial of appreciation from his friends in the north and south, both black and white.

Some of the prominent names identified with the committee are Oswald Garrison Villard, editor of the New York Evening Post; Albert Shaw of the Review of Reviews; Talcott Williams of the Columbia School of Journalism; John M. Glenn of the Russell Sage Foundation; Booker T. Washington, the negro educator; President E. A. Alderman of the University of Virginia; President Charles Dabney of the University of Cincinnati; and Dr. Welfliffe Rose, of the general education board.

A THOROUGH TEST

One to Convince the Most Skeptical Ardmore Reader.

The test of time is the test that counts.

Doan's Kidney Pills have made their reputation by effective action. The following case is typical.

Ardmore residents should be convinced.

The testimony is confirmed—the proof complete.

Testimony like this cannot be ignored. Mrs. T. J. Wilkes, 333 C street, N. W., Ardmore, says: "One of the family used Doan's Kidney Pills with excellent results. They removed a dull, throbbing pain from the back and corrected the irregular action of the kidneys."

Continued Confidence.

Over four years later, Mrs. Wilkes said: "All I said in my former public endorsement of Doan's Kidney Pills still holds good. Doan's Kidney Pills are a fine medicine for relieving lumbago and irregular action of the kidneys."

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

PASTOR ACCUSED OF ARSON—HAS ALIBI

Newark, N. J., Oct. 24.—Counsel for the Rev. Lewis R. Patmont, who is on trial on charges of arson in connection with the burning of the Polish Christian church in Newark on April 10, 1913, announced in court Friday that when Patmont takes the stand in his own defense, he will testify that he was on a steamer bound for Russia two days before the church fire occurred.

Attorneys for Patmont told the jury it would be shown that anti-prohibition interests in the middle west were responsible for the present charges and also were responsible for the kidnapping of the defendant in Illinois two years ago.

Samuel S. Lappen, an editor of a religious paper published in Cincinnati, testified that Patmont went to Russia on April 8, 1913, on an assignment for the paper, to investigate conditions there. Correspondence was produced to show that Patmont, while in Europe assumed a fictitious name, not, the witness said, to evade the Newark authorities because of the church fire, but to avoid enemies in Europe.

HEALDTON

Healdton, Okla., Oct. 23.—The week is closing with nice bracing weather.

Last Saturday and Sunday rains put everything in bad shape—hurt cotton badly, and put all creeks up, made bad roads.

Mr. Stringer with the county gang has done some real good road work in this section. All now can talk good roads, for a while anyway.

Owing to the state of the roads but little passing until the past two days.

Work in the fields and on the tanks seems to be on the increase. All say that a good deal of work is going on all over the field.

Among those passing we note J. R. Pennington, Jim Havens and all the Ardmore traveling men.

Mrs. J. W. Orme is in Paul's Valley this week.

Shelton Tyre and family returned home after a few days' visit at the parental home.

J. W. Orme, our merchant is selling large quantities of groceries.

All are picking cotton and are well pleased at the price of both cotton and seed.

Pecans are plenty, and they are falling.

Some sickness in our section.

Parties buying land for tank farms near us.

Important To the People of Ardmore

Leeper Bros., Lumber Company Carries a complete stock of all building materials and are in position to make prices that will appeal to you. A chance to figure on your bills is all they ask. No bill too small to give attention to, and no bill too large to handle. They are in position to grant reasonable accommodations in the way of terms on any account. Now it is to your interest as well as theirs to see them before you purchase. Remember the location, corner Main and D street.

Leeper Bros., Lumber Co. P. B. HENRY, Manager. West Main St. Phone 1097.

When Baby Has the Croup

When a mother is awakened from sound sleep to find her child who has gone to bed apparently in the best of health struggling for breath, she is naturally alarmed. Yet if she can keep her presence of mind and give Chamberlain's Cough Remedy every ten minutes until vomiting is produced, quick relief will follow and the child will drop to sleep to awaken in the morning as well as ever. This remedy has been in use for many years with uniform success. Obtainable everywhere.

SALE

OF UNALLOTTED LANDS AND SURFACE OF SEGREGATED COAL AND ASPHALT LAND AREA BELONGING TO THE CHOCTAW AND CHICKASAW TRIBES, STATE OF OKLAHOMA, BY THE UNITED STATES GOVERNMENT.

There will be sold at public auction to the highest bidder at different railroad points in the Choctaw and Chickasaw Nations in eastern Oklahoma, from January 2, 1916 to January 31, 1916, inclusive 21,700 acres of unalotted lands and 14,800 acres of the surface of the segregated coal and asphalt lands belonging to the Choctaw and Chickasaw tribes of Indians, at not less than the appraised value. No person can purchase more than 160 acres of agricultural land, nor more than 60 acres of grazing land. Residence on land not required. Bids can be submitted in person or by mail, accompanied by a certified check or bank draft for 25 per cent of the amount of the bid. Terms on sale of surface of coal and asphalt lands 25 per cent cash, 25 per cent within one year, and balance within two years from date of sale; and terms of sale of unalotted lands 25 per cent in cash at time of sale and balance in three equal annual installments of 25 per cent each, payable in one, two and three years from date of sale; all deferred payments to draw 5 per cent interest per annum from date of sale. Only the surface of the segregated coal and asphalt land area will be sold; the coal and asphalt underlying being reserved, except where the descriptive circular states that the coal and asphalt underlying will be sold with the surface. The entire estate in the unalotted lands will be sold without reservation. Where houses or other valuable improvements, not including fencing and tillage, are located on the surface of the coal and asphalt lands, the same will be sold with the land at not less than the combined appraised value. Improvements to be paid for in full at time of sale. The right is reserved to reject any and all bids. For maps and full printed information, communicate with the superintendent for the Five Civilized Tribes, Muskogee, Oklahoma, Cato Sells, Commissioner of Indian Affairs.

R. G. RAINES SADDLERY CO.

Manufacturers of and Dealers in HIGH-GRADE SADDLES and HARNESS Phone 190 Ordered Work and Repairing a Specialty Now located at 212 West Main Two doors west of old stand



We Use the Best repair materials obtainable and the famous LOW-ELL vulcanizing machine. No tires and tubes burned. Let us quote you prices, and explain our methods. Frederickson Tire Co. 228 W. Main Phone 1008

OKLAHOMA, NEW MEXICO & PACIFIC RAILWAY COMPANY

Table with columns: TIME TABLE No. 6, In Effect 12:01 a. m., October 6, 1915. Supersedes Time Table No. 5 of September 6, 1914. Westbound, T. T. No. 6, Eastbound, No. 3 No. 1 Effective 12:01 No. 2 No. 4. Passenger Daily, Wednesday October 6th 1915, Passenger Daily.



WE BUILD HOMES

We will sell you a home, or will build you one of your own designing, and loan you all the money to pay for it, at 5 per cent, payable monthly.

J. H. POULTER & SONS Phone Green 628

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Goods hauled anywhere. Prompt and careful attention given to every order. STORAGE FACILITIES UNEQUALED Phone 72



NEW SHIPMENT

Pancake Flour Pearl Grits Buckwheat Flour Hominy Flakes BALTIMORE OYSTERS Colorado Vegetables Every Day

Phones 174-134 FELKER'S 174-134

PHONE 366 FROM ANYWHERE TO C. P. HALL THIRD AND CADDO STS.

The new and second-hand home outfitters. New and second-hand goods bought and sold; repaired, rented and exchanged. Cash or credit, part down, weekly or monthly payments. We also do a storage business in a brick house—pack, crate and ship. Get our prices. No trade, no harm. Look good and be sure it's the big green cheap house.

TO BE SOLD OUT Stock of Furniture and Rugs

One good Eight Room Residence for sale or trade, Five Hundred Cash, balance two and three years at Six per cent Interest.

A. C. YOUNG West Main St. Ardmore.