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Insures the most delicious and healthful food
 By the use of Royal Baking Powder a great many more articles of food may be readily made at home, all healthful, delicious, and economical, adding much variety and attractiveness to the menu.

The "Royal Baker and Pastry Cook," containing five hundred practical receipts for all kinds of baking and cookery, free. Address Royal Baking Powder Co., New York.

The Interior Journal

RHELTON M. SAUFLEY — Proprietor
 51 A YEAR STRICTLY IN ADVANCE
 Entered at the postoffice at Starford as second class mail matter.

Starford has a baseball league composed of players selected from the different Sunday schools. If this does not cause a church row then the Christians of Starford are immune, says the Elizabethtown News. Well, Brer Sommers, you just ought to see the brotherly spirit that prevails, why, the players don't even "haul out" the umpire so you know we've taught the boys the right things in our Sunday schools here.

PARLOR GROVE

There will be preaching service here June 28, conducted by the pastor, Rev. Wright.

Mrs. Murrell Singleton, of Waynesburg, spent part of last week with her mother, Mrs. M. J. Morgan.

Mr. David Walls is taking his vacation this week. His health is somewhat impaired one of his lungs being affected.

Miss Rachel Jones has returned from a two weeks' visit in Fulsati.

Mr. Alva Morgan has purchased a nice young horse from Mr. Jerome McCoy.

Mr. Jarrett Johnson was a visitor in King's Mountain Sunday morning.

Mrs. Cora Leach and children spent Monday with her sister-in-law, Mrs. Lucy Leach.

Mr. and Mrs. Ed Nolan are rejoicing over the arrival of a baby daughter.

Mr. J. W. Smith met with quite a painful accident last week. He was thrown from a mule, dislocating his wrist and thumb.

Miss Vesta Sims is staying with her sister, Mrs. Verna Reynolds of Waynesburg.

Mr. Robinson and family spent Sunday with his brother near Pleasant Point.

Mr. Valentine Fagaley, of Waynesburg, attended Sunday school here, spending the remainder of the day with his daughter, Mrs. Minnie Morgan.

Mr. Adlai took several in his wagon to the home of T. D. Bastin, where preaching services were conducted by Mrs. Alex Johnson.

Miss Margaret McCoy, of Walnut Hills, Cincinnati, is spending her vacation with her parents.

Wallace Waddle, son of Mr. John Waddle, is dangerously ill at the present writing.

Mrs. A. W. Jones and Mrs. Herndon Goff, visited Mr. Holbert and family of near Waynesburg last Wednesday.

Mr. and Mrs. David Walls spent Sunday with the latter's aunt, Mrs. Lucy Leach.

Mr. and Mrs. Jarrett Johnson and children attended the funeral of young Mr. Smallwood at Double Springs.

A jolly fishing party composed of Messrs. M. J. and Alva Morgan, Reece Bennett, James Hackworth, Ira Roberts, Claud and John Waddle and Jerome McCoy, camped on Buck Creek last Friday and Saturday. They re-

port a pleasant time.
 Mr. Henderson Goff and family spent Sunday with Mr. Irvin Collins and family of Fishing Creek.
 Mr. and Mrs. Wesley Sims spent Sunday with Mr. and Mrs. Will Reynolds, of Waynesburg.
 Mr. Jarrett Johnson and family called on his brother, Ashford Johnson and family Sunday evening.

ELLISBURG

Mr. Ed Mills, of Danville, has been the guest of his brother, Mr. Wm. Mills who remains quite feeble.

Mrs. S. A. May has about recovered from her recent illness.
 Mr. Wallace Steele continues quite sick.
 Miss Florence Spragens has been quite sick with tonsillitis.
 Mrs. Alfred Ellis is very much improved.
 Howard Reymerson is at home from school at Meridian, Miss.
 Dennis and Eugene Spragens are at home from school at Georgetown for vacation.

Misses Lena Reymerson and Anna May have returned from Kingswood.
 Mr. and Mrs. Tom Ellis have returned to their home in Danville, after a visit to relatives here.

Mr. and Mrs. Charles Woods and Miss Anna Rose Woods, of Mercer county were the guests of friends here recently.

Mr. and Mrs. J. W. Hoskins and Mrs. Dave Skinner, of Hutsonville spent Sunday here with friends.

Mr. and Mrs. Robert Johnson, are guests of Mr. and Mrs. Wallace Steele.

Mr. Enoch Wesley and son, Mark, of Middleburg, visited friends here the first of the week.

Mr. Luell Steele has returned from a business trip to Knoxville, Tenn.

Mr. Hugh Reid, of Danville, visited his mother and other relatives here recently.

Miss Madge Purdom, of Little South Fork, is visiting Miss Foy Peyton.

Mr. C. C. Reymerson has returned to his home in Lebanon.

Mrs. J. B. Reymerson has been visiting her son in Danville.

Mr. and Mrs. William Dodd, of Hustonville, were here visiting friends last week.

Children's Day exercises were observed at Rocky Ford church last Sunday afternoon.

ROWLAND

Mr. and Mrs. W. W. Stevens, of Louisville, have been the recent guests of relatives here.

Miss Opal Lee Shanks has returned home after a visit with relatives at Starford.

STOMACH SUFFERERS! READ THIS
 So many stomach sufferers have been benefited by a simple prescription of vegetable oils which cured a Chicago druggist of chronic stomach, liver and intestinal trouble of years' standing that we want you surely to try this remedy. It is known as May's Wonderful Stomach Remedy. One dose will convince you. It usually gives wonderful relief within 24 hours—even in the most stubborn cases. May's Wonderful Stomach Remedy is now sold here by Penny's Drug Store and Druggists Everywhere.

Turnersville.
 Sunny and John Collier, of Lexington, have been the recent guests of friends and relatives.

Miss Grace has returned from Midway and is the guest of her aunt, Mrs. George Munday.

Miss Katherine Land has returned to her home at Corbin.

Wittie Hall, of Louisville, has been the recent guest of his mother, Mrs. Milford Hall.

Mr. Bob Sears, of Somerset, was the guest of her mother, Mrs. Sallie Pease last week.

Mrs. Jennie Perkins, of Indiana, has been the recent guest of Mrs. T. J. Jennings.

Samuel Ray, of Lancaster, was here Saturday to see his best girl.

Mrs. Elbert Terry, of Neal's Creek, was the guest of her mother, Mrs. Albert Deatherage Sunday.

Mrs. Scott Baker, of Lancaster, was the guest of her mother, Mrs. Patience Pritchett Sunday.

Miss Katherine Beiden, of Neal's Creek, was the guest of her grandfather, Mr. Nathan Belden Sunday.

Miss Roxie Jennings went to Corbin Wednesday to be the guest of Mrs. J. M. Tipton.

Mr. and Mrs. Naylor were the guests of Miss Annett Ware Sunday.

Mr. and Mrs. Ollie Tapp of Paris, were the guests of Mrs. Lynda Adams last week.

Misses Carrie and Lillie Wade, of Walnut Flat, were the guests of Miss Roxie Jennings Sunday.

Harrie Camden, is the guest of relatives here.

Roy Ware visited friends at Crab Orchard Sunday.

Miss Mayme Wade, of Corbin, is the guest of her sister, Mrs. Ed Smith.

Mrs. Kate Hiatt of Pittsburg, has returned home after a visit with her sister, Mrs. Patience Pritchett.

Mrs. Zan Dudderar, of Louisville, is the guest of her mother, Mrs. Wyatt Smith.

Mr. and Mrs. Will Perkins visited her sister, Mrs. Lucien Gordon, of Parksville, last week.

MIDDLEBURG

The Rich Hill church choir came down to Pine Grove school house Sunday and did some good singing. So say they that were present.

The Children's Day service at the Methodist church Sunday well attended. The program was good and well rendered by the children.

Rev. Maddox, pastor of the Baptist church of Hustonville, will assist the pastor, Rev. T. Claunch in a revival meeting here beginning on August 1, and continuing about two weeks.

An attempt was made here some weeks since to revive the old game of "bull pen" that prevailed back in the 70's, and it was agreed to organize an old men "bull pen club" the age limit being 60 and over. But when the time came they were all too young and the proposition had to be dropped. J. C. Collier declared he was but 30 while others were just as persistent in their youthful claims.

We are reminded that it has been some weeks since we furnished anything for the columns of the Interior Journal, but when you think how long we have worked for the "old reliable" or "cheapest and best", as Ed Walton used to call it, you will not complain if we do take an occasional rest.

E. W. Lillard doesn't want anyone to think that he was treacherous in voting for Bradley and helping to defeat Beckham for United States Senator, but that is the way, democrats and honest republicans look at it. And if Lillard will look down into his own heart he will see just how much of the Indian Lariat there was in his conduct on that occasion.

A party of young folks went from here to Buzzard Bluff on the Hustonville and Liberty pike on day last week, and spent the day climbing steep precipices, setting mighty hot fighting mosquitoes, and black gnats, though they had a real delightful time.

Get Rid of the Torment of Rheumatism
 Remember how spry and active you were before you had rheumatism, backache, swollen joints, stiff neck, stiff, painful muscles? Want to feel that way again? You can—just take Foley Kidney Pills. For they quickly clear the blood of the poisons that cause your pain, misery and tormenting rheumatism. For sale by all druggists.

BLUE LICK

There will be an all day meeting at Blue Lick church Saturday the 27th and supper in the evening. Everybody invited to come and bring a full basket. The New Salem choir will do the singing. All lovers of music should be there, as it will be good. R. A. McEil will be on hand to do the leading. Come all and help a good cause.

This Kidney Remedy a Great Healer
 For a number of years I was troubled with my kidneys, condition so serious that part of the time I was unable to work. Tried several remedies, also different physicians without relief. A sample of Dr. Kilmer's Swamp-Root was left at my house. I commenced to take it and continued it until I had taken several bottles and am now cured. Am 62 years of age and able to work every day. I attribute my cure to the use of your Swamp-Root.

My wife also was cured by Dr. Kilmer's Swamp-Root. Symptoms were very serious, including hemorrhages, great pain and distress. I commenced giving her Swamp-Root and it was just as healing in her case. We can heartily recommend your Swamp-Root to all kidney sufferers.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You
 Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention the Interior Journal. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

HARRY JACOBS
 Manufacturer and Dealer in High-Class Monuments

Original Designs and Prompt Service—Guaranteed Quality—Connections at all Granite and Marble Quarries. Office and Works on Cemetery Hill. Closed on Saturdays. Telephone No. 164.

STANFORD, KY.

GREAT DISCOVERY

KUYKENDALL'S GREASELESS LIQUID ECZEMA REMEDY

Certainly does cure any and all itching Skin Troubles such as Eczema, Tetter, Ring Worm, Poison Oak, Itch, Fever Blisters, Frost Bites, Chicken Pox, Prickly Heat, Nettle Rash and Old Stubborn Sores thought to be Cancers. Gives instant relief and cures physicians fail. TRY ONE BOTTLE, ON SALE AT
 New Starford Drug Co., Starford, Ed. Tanner, McKinney, Ky., Chas. Adams, Hustonville, Ky., Thompson Drug Co., King's Mtn., Caldwell Drug Co., Waynesburg.

EATHAN MANUFACTURING CO. GRENADA, MISS.

QUAIL

Harvesting wheat is the order of the day.

Mrs. Mary E. Herrin is improving. Mrs. Flora Cash continues about the same.

Mrs. R. W. Reynolds, was the guest of her daughter, Mrs. W. H. Barnes, first of the week.

Little Annie Owens continues better at this issue.

Willis and Shadrick Herrin, of Crawfordsville, Ind., have been visiting relatives in this section.

Brown and Craig have been taking up lambs in this section at various prices.

Mrs. Jennie Todd is visiting her sister, Mrs. W. H. Brown, of near Lancaster.

Joseph Cottrell, of the Bandy section, had a good young mare to die.

W. H. Owens says his singing school will close at Providence Sunday.

John A. Brown continues to get better.

Mrs. Maud Southern, of Romney, Ind., with relatives in this part.

Elbert Elder has purchased ammunition from M. Owens and says he is going to join the Mexican war, as captain, if he reaps his wheat in time.

Mrs. David Proctor, aged 56, died on Saturday, June the 14th, at 8 P. M., of a complication of diseases. She leaves a husband and six children, and besides a host of friends and relatives to mourn their loss of a devoted wife and mother. While it is their loss we hope is Heaven's gain. After funeral services conducted by Rev. D. R. Gentry, the remains were laid to rest Sunday the 14th, in the Bethel Burying ground, to await the Resurrection Morn.

PREACHERSVILLE

Mr. Owen Duvall has been quite sick, but is better now.

Mrs. Cora Bryant, of Judson, visited Miss Mary Pettus.

Mr. J. Thompson, who has been sick, is some better.

Miss Rachel Foley, of Williamsburg, is visiting her father, Mr. E. Foley.

Miss Tana Thompson, of Crab Orchard, visited Misses Wadie Mae and Iva Thompson.

Miss Lucy Pettus is visiting her uncle, Mr. Joseph Pettus and family at Springfield.

Mr. Walker Pettus and family, of near Hubble, visited his mother, Mrs. D. M. Anderson Sunday.

Mr. Jones L. Anderson has received his new automobile and is getting to be a proficient driver.

Mr. and Mrs. Burch Hester, of Starford, visited her parents, Mr. and Mrs. D. M. Anderson Sunday.

Rev. R. H. Baird, pastor of the M. E. church has at last completed the job of painting the parsonage. It is a good job.

Mr. David Thompson, of Danville, and sister-in-law, Mrs. Lillian Garner, of Cedar Creek, were attending church here Sunday.

Mr. and Mrs. Wm. Naylor and children, of near Starford, and Mr. and Mrs. Grover Gastman, of Point Leavelle, visited Mr. and Mrs. John Naylor.

Mrs. Logan Thompson continues to have had luck with her poultry. Recently a hawk killed a fine drove of 45 nice frisky sized turkeys, leaving the good old lady only five and her condition is so very precarious as to almost preclude the possibility of reaching the holiday market.

A MISTAKEN IDEA

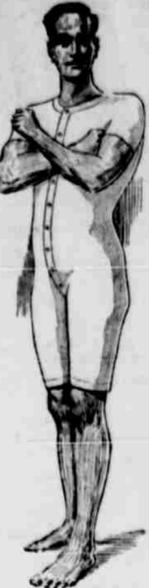
There are some people who still resort to drugged pills or alcoholic syrups to overcome colds, nervousness or general debility, and who know that the pure, unadulterated, nourishment in Scott's Emulsion is eminently better, but refrain from taking it because they fear it may lead to excessive fat or obesity.

This is a mistaken idea, because Scott's Emulsion first strengthens the body before making flesh. Its blood-forming properties aid nature to throw off sickness by building health from its very source, and flesh is formed only by its continued use. Avoid alcoholic substitutes for SCOTT'S.



COOL UNDERWEAR

THESE sweltering days call for as few clothes as style will admit. Underwear must be light weight and open fabric, to let the heat from the body pass off. In selecting our stock we have gotten the



MUNSING UNION SUITS are the BEST fitting and most COMFORTABLE of all underwear. Cut with both knee and ankle lengths at \$1.00 \$1.50 and \$2 the suit

service and comfort

Union Suits are becoming more popular every day.

H. J. M. ROBERTS

"TIZ" FIXES TIRED SORE, SWOLLEN FEET

Good bye sore feet, burning feet, swollen feet, sweaty feet, smelly feet, tired feet.
 Good bye corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony. "TIZ" is magical, acts right off. "TIZ" draws out all the poisonous exudations which puff up the misery. Ah! how comfortable your feet feel. Get a 25 cent box of "TIZ" now at any druggist or department store. Don't suffer. Have good feet, glad feet, feet that never swell, never hurt, never get tired. A year's foot comfort guaranteed or money refunded.

COMMISSIONER'S SALE

W. E. Estes, Pff vs Sarah L. Estes, Deft. In obedience to a judgment rendered by the Lincoln Circuit Court at its May term, 1914, the undersigned commissioner will on Monday, July 13, 1914 (county court day) in front of the court house door in Starford, Ky., offer for sale at public outcry to the highest and best bidder the following land in Lincoln county, Ky., near Crab Orchard, bounded on the north by the Starford and Crab Orchard pike on the south and west by Owsley land, east by Estes. Said sale made on a credit of six months, purchaser to execute bond with approved personal security, bearing 6 per cent interest from date until paid with lien on land to secure payment of same. June 24, 1914. 51-3. E. D. PENNINGTON, M. C. L. C.

MOLLYGODDLE LAXATIVES

Can Not and Do Not Touch the Liver. They may clear out the intestinal tract, but do not relieve the damaged-up bile. Years ago May Apple Root (called Podolax) was a last-cure bile starter. It gripped fearfully, but brought out the bowels with the grip taken out is now to be had under the name



BEST VALENTINE



A FAT BANK ACCOUNT KEEPS HEARTS WARM "When poverty comes in at the door love flies out at the window" START A BANK ACCOUNT

It is lots easier for a girl to love a boy who has a BANK ACCOUNT, and it's easier to love a husband with a bank account. Girls are looking for the boys with money in the bank, so are the girl's PARENTS. Add to your other charms a bank account and she will take lots more interest in you. Do your banking with us. We will serve your interests.

Make OUR bank YOUR bank State Bank & Trust Company

Capital, \$50,000.00. Surplus, \$1,160.

W. L. McCARTY, Pres. G. L. PENNY, V-Pres. J. S. RICE, V-Pres. M. R. SALIN, Cashier. G. G. PERRY, V-Pres. W. G. SMITH, A-Cash-r.

GOING ON A VACATION?

There are just lots of things you'll need for a happy, comfortable vacation trip. Here's a handy list to check over. You'll think of articles omitted. Write them down and when you're ready bring the list in.

TALCUM POWDER.	OUTING GOODS.	MAGAZINES.
CONFECTIONARY.	HAIR BRUSHES.	CIGARS.
BATH REQUISITES.	SHAVING SUPPLIES.	BOOKS.
DRINKING CUPS.	TOOTH BRUSHES.	FOOT POWDER.
SOAP. COMBS.	TOILET WATERS.	COLD CREAM.

It is easy to make your purchases now. Have them handy just when you want them.

Penny's Drug Store "The Rexall Store"

Watch Our Prices

Always Lower Than Others

We have to offer you, new Clothing, New Waists, Dresses, Oxfords, Hats, Work Pants, Odd Dress Pants; in fact, we have all you want, to offer you.

Come here and get big low prices.

Robinson's

"Honor Roll Bank"

Capital \$100,000 Surplus \$100,100
 Member of Cleveland Reserve Bank, Cleveland, Ohio, District No. 4
 Member of American Bankers' Association.
 Member of Kentucky Bankers' Association.
 National Bank No. 5132.
 Depository for Postal Savings No. 3114.
 Transit No. 73-235.

LINCOLN COUNTY NATIONAL BANK Corner West Court House Starford, Ky.

For This Hot Weather

Go to Cummins for your Light Weight Underwear, Snirts, Straw Hats.

A full line of WHITE PUMPS for Ladies and Children. Entire line of Clothing at cost.

J. F. Cummins

Man's Drink - Woman's Drink - Everybody's Drink

Coca-Cola

Vigorously good -- and keenly delicious. Thirst-quenching and refreshing.

The national beverage -- and yours.

Demand the genuine by full name -- Nicknames encourage substitution.

THE COCA-COLA COMPANY Atlanta, Ga.