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T. C. Faulkner,

Columbia, Ky.

Habit—Your Slave or Master?

Habit is the greatest friend and the greatest enemy of mankind.

Habit is life—the very life of life.

Habit is the backbone of your character.

Habit is the basis of ninety-nine per cent. of what you do.

Habit is not second nature; rather as the Duke of Wellington said, "It is ten times nature."

Habits are of two kinds; good and bad.

Bad habits are vices; good habits are virtues.

Bad habits destroy; good habits build.

Bad habits enslave you; good habits make you the master of yourself.

The smoking-habit, the drinking-habit, the swearing-habit—all these are chains of slavery.

A mental slave to bad habits is far worse to a physical slave, for the little string that binds him can not be cut with the sharpest knife that man can devise. It can only be broken by the power of will.

Bad habits keep you from getting anywhere in life—except in the narrow circle around the stone monkey.

The little thin string that ties you to bad habits grows stronger and stronger every day. If you want to be free, you must determine to break that string now.

Don't postpone—postponing is another bad habit.

Cut that string now!

But don't be afraid of all habits. Good habits are to be prized.

Good habits are the greatest time savers in your life.

You get up in the morning, you wash, you dress, you eat, you go to sleep—all by habit.

You do these necessary things automatically—good habits give you the power.

If you don't develop these simple habits, if you had to think every time before you got up, before you dressed, before you ate, you would have no time for anything else.

Thinking about things you can do by habits is a waste of time. Habit is the great short-cut to action.

Don't be the slave of habit. Let habit be your slave.

Let habit do the routine things of life for you.

Let habit give you daily efficiency, punctuality, exactness and neatness.

Let habit give you healthy exercise every day, deep breathing, wholesome food and regular hours.

Let habit give you a pleasant smile, a warm greeting and joy in your work.

This will save you time, worry and energy.

Then you will have room for the greater things of life—thinking, reading and character-building.

Foxes \$1.75 to \$2.00 Each.

Coons 75c to \$1 each. Send them to W. T. Hodgen Campbellsville, Ky.

Strong Points.

The Wilson administration destroyed the money Trust and the panic trust.

It achieved preparedness.

It passed the Shipping Bill and cast out subsidies.

It enacted a Rural Credit Bill for the benefit of farmer.

It maintained peace with Europe and with Mexico without sacrifice of American rights.

It added to the stature and health of future Americans by enactment of the Child Labor Bill.

It secured prosperity, with American exports now the greatest in the world.

It destroyed the powerful and insidious congressional lobby.

"The people know," said Senator James to Wilson, "that you are unbosomed—unowned—unafraid."

"When peace shall spread her white wings over a charred and bloody world, in the quiet of the chamber of the just historian, when the din and roar of political antagonism, and passion of partisanship shall have died away, when principle shall actuate men and parties rather than appetite, when ambition shall no longer lure men and parties to unjust attack, the historian will accord to you and your Administration a foremost place in the republic's life."

Clear Bad Skin From Within.

Pimples, mucky complexions are due to impurities in the blood. Clear up the skin by taking Dr. King's New Life Pills. Their mild laxative qualities remove the poisons from the system and brighten the eye. A full, free, non-gripping bowel movement in the morning is the reward of a dose of Dr. King's New Life Pills the night before. At Paull Drug Co., 25c. Adv.

Do You Know That?

Health is the highest form of safety first.

Physical fitness is preparedness against diseases.

Better health makes better citizens and better citizens make a better nation.

Rural sanitation is a health protection to the city dweller.

The full dinner pail, the open window, the clean well makes for health.

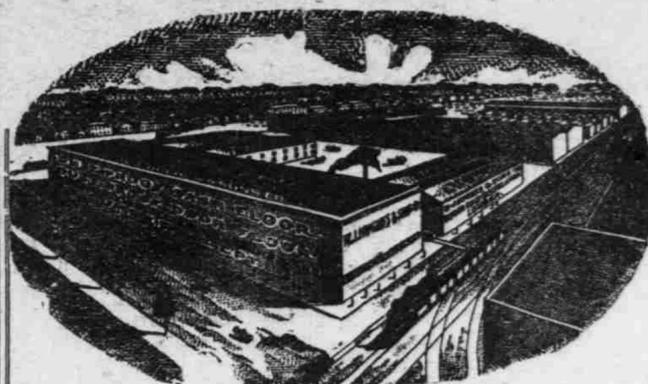
Every man is the architect of his own health.

The hand that carries food to the mouth can also carry disease germs.

Neglected adenoids and defective teeth in childhood menace adult health.

The United States Public Health Service will send a booklet on flies and disease free to all applicants.—United States Public Health Service, Washington, D. C.

Birdseye view of our Plant



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WHOLESALE

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Pyrus.

Rev. J. A. Vire entered school at L. W. T. S., last Monday.

Messrs, Tom and Marvin Finn were leasing land in this community last week.

Jim McMahan and family, of Fry, were visiting C. W. Keltner and family Saturday night and W. S. Pickett's Sunday.

We are glad to note that aunt Martha Parnell's health is improving fast for one of her age.

Mrs. R. O. Keltner and daughter, Gradyville, spent Saturday with Mrs. J. H. Vire.

Carl and Blaine Nelson, of Greensburg, spent several days of last week with their grandmother, Mrs. Mary Nelson.

Our school is progressing fine with Mr. George Montgomery as teacher.

Mrs. Emma Tarter is in very bad health at this writing.

Rev. Christie delivered a very interesting discourse at the schoolhouse Sunday afternoon. A large crowd was present.

W. H. Burris, our produce man, makes his regular trip through here every Monday.

Clavis Coffey and family were visiting Mrs. G. L. Vire last Sunday.

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The Cincinnati Weekly Enquirer

Both One Year For Only **\$1.35**

Subscription may be new or renewal

What the Weekly Enquirer is

It is issued every Thursday, subscription price \$1.00 per year, and it is one of the best home metropolitan weeklies of today. It has all the facilities of the great DAILY ENQUIRER for obtaining the world's events, and for that reason can give you all the leading news. It carries a great amount of valuable farm matter, crisp editorials and reliable up-to-date market reports. Its numerous departments make it a necessity to every one, farm or business man.

This grand offer is limited and we advise you to take advantage by subscribing for the above combination right now. Call or mail orders to

The Adair County News, Columbia, Ky.

J. B. JONES



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Special Offer.

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