

## AFTER WAR ACTIVITIES OF THE AMERICAN RED CROSS

**THE DEPARTMENT OF NURSING**  
Promotes Public Health Nursing in communities where none is established.

Organizes classes in Home Hygiene, and Care of the Sick and in Dietetics.

Encourages girls to take training to fit them to be nurses.

Enrolls nurses.

**THE DEPARTMENT OF MILITARY RELIEF.**

Trains men and boys, women and girls in the prevention of accidents.

Organizes and conducts classes in First Aid and Life Saving.

Arouses public opinion to the values of "safety first" and prevention of disease through personal and community hygiene.

Gives instruction in rules governing the conduct of Red Cross classes in First Aid.

**THE DEPARTMENT OF JUNIOR MEMBERSHIP.**

Organizes children for community activities through school auxiliaries.

Furnishes relief for suffering children in all parts of the world by contributing a part of membership fees.

**THE DEPARTMENT OF CIVILIAN RELIEF.**

Provides aid for families of soldiers, sailors and marines.

Helps returned soldiers, sailors and marines.

Organizes and gives family social service, for a temporary period, in communities which have no other agencies to perform such service.

Administers disaster relief.

Provides an information service which makes available knowledge of facilities offered by the government and private agencies.

Encourages community organization to meet the common needs of a locality.

### STATEMENT

Of The Ownership, Management, Circulation, Etc., Required by the Act of Congress of August 24, 1912 of the Mountain Advocate published Weekly at Barbourville, Ky. for

April 1st, 1920.

County of Knox  
State of Kentucky

Before me, a Notary Public, in and for the State and County aforesaid, personally appeared Fred Burman, who, having been duly sworn according to law, deposes and says that he is the Editor and Business Manager of the Mountain Advocate and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse side of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are: Publisher, Fred Burman, Barbourville, Ky.

2. That the owners are: Mountain Advocate, Barbourville, Ky.

Fred Burman, Barbourville, Ky.  
Jennie McDermid Burman, Barbourville, Ky.

Judge F. D. Sampson, Frankfort, Ky.

3. That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: First National Bank, Barbourville, Kentucky.

National Bank of John A. Black, Barbourville, Kentucky.  
Mrs. W. B. Minton, Barbourville, Ky.

4. That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company, but also, in cases where the stockholders or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by him.

Fred Burman,

Sworn to and subscribed before me this 15th day of April, 1920.  
Emma Morris, (My commission expires Oct. 22, 1920.)

## Quit Laxatives, Purges; Try NR

NR Tonight—Tomorrow Feel Right

It is a mistake to continually dose yourself with so-called laxative pills, calomel, oil, purges and cathartics and force bowel action. It weakens the bowels and liver and makes constant dosing necessary.

Why don't you begin right today to overcome your constipation and get your system in such shape that daily purging will be unnecessary? You can do so if you get a box of Nature's Remedy (NR Tablets) and take one each night for a week or so.

NR Tablets do much more than merely cause pleasant easy bowel action. This medicine acts upon the digestive as well as eliminative organs—promotes good digestion, causes the body to get the nourishment from all the food you eat, gives you a good, hearty appetite, strengthens the liver, overcomes biliousness, regulates kidney and bowel action and gives the whole body a thorough cleansing out. This accomplished you will not have to take medicine every day. An occasional NR tablet will keep your body in condition and you can always feel your best.

Try Nature's Remedy (NR Tablets) and prove this. It is the best bowel medicine that you can use and costs only 25c per box, containing enough to last twenty-five days. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist.

Costello Drug Co., Barbourville, Ky.



### GIRDLER NEWS

Most everybody around here is farming.

Dalton Callebs, Matt Bolton and Bright Williamson are putting on a nice lot of hickory logs this week.

Every community should have a good veterinarian. Dr. Warren saved a fine \$200 mare last week.

Mrs. Dora Hughes is sick this week, but is thought to be improving.

Henry Matt Callebs has been moving and setting up his saw mill.

Matt Callebs is in Morgan City drilling for oil. He has a fishing job and we hope he will succeed in getting his tools.

There have been several telephones put up here of late. It is said some held the receivers eight hours a day.

A large crowd attended church at Locust Grove Sunday. They elected Rev. John Quinn for their Moderator again this year.

Callebs Creek elected Rev. Thomas Gray for this year. Church on every second Saturday and Sunday.

Some seem to think the peaches are not all killed. We hope not.

Why not every body read the Advocate? RED BIRD.

On account of gas trouble we are unable to print all the County news this week.

## TIRED, BODY AND SOUL?

Not Sick, But Still Not Yourself.  
Think You Will Be Better  
Tomorrow—Only  
You're Not.

TRY TAKING PEPTO-MANGAN  
It Isn't Sleep You Need, But a Good  
Tonic—More Red Blood

Everyone gets run down occasionally. Sometimes it's weeks before you get your energy, enthusiasm and happiness back again.

Any doctor will tell you to be careful in a time like this. Your body has little power of resistance, and the danger of catching some serious disease is great. Temporarily, your blood has too few "fighting" corpuscles.

It's the work of these same red corpuscles to keep you free from fatigue. Being constantly tired out—depressed in body and mind—is almost a sure sign that your body needs help for a time.

Gude's Pepto-Mangan is a standard remedy in cases of anemia (or bloodlessness.) It supplies the iron and other properties your blood has need of to catch up with its task of keeping you fresh and alert in every fibre.

Pepto-Mangan has the hearty endorsement of physicians. It is an agreed upon tonic to take, and may be had at any drug store in either liquid or tablet form. Both have same medicinal value.

Be sure to ask for Gude's. There is only one genuine Pepto-Mangan, and the name "Gude's" should appear on the package.—Adv.

Mrs. W. H. Lyons and little daughter Alice Mae, who have been visiting Mrs. Lyons parents, Mr. and Mrs. J. S. Riley, of this city, and Mr. and Mrs. L. E. Lyons, of Glasgow, Ky., have returned to her home in Nolan, W. Va.

## DISCHARGED MEN LOSE PRECIOUS TIME

During the war the Red Cross was pledged to help our soldiers, sailors and marines. Even tho the war is over the Red Cross is at work trying to fulfill that pledge by being of service to the discharged men, especially to those who have come back broken in health or wounded.

The Knox County Red Cross at Barbourville has a long list of Knox men who have suffered for our country and for us.

Some of these men cannot be helped by medical or surgical treatment and will continue to suffer. These men the Red Cross chairman, Rev. A. H. Davis of Barbourville, will gladly help to file whatever applications they should make to the Government for money compensation. He urges that such applications be made at once, before it is too late for them to be granted by the Government.

Some physically disabled men can be improved by medical or surgical or dental treatment or by staying in a sanatorium for a while. To these the Government makes certain offers of free treatment and free care. By accepting these offers of free treatment and care the discharged men are not in any way drawn back to military or naval service. They remain private citizens even when in Government hospitals.

These offers from the Government are subject to certain physically disabled limitations. The discharged men who have let a whole year pass since the day of discharge and have no certificate of disability and have not been examined for compensation or applied for compensation will have to take some extra trouble before getting authority to be treated free of charge by the Government doctors.

All physically disabled men, even all those who while they appear now to be well are in danger of being disabled by the recurrence of certain illness like rheumatism incurred in service should apply promptly to Rev. Davis at Barbourville or to the U. S. Public Health Service Medical Examiner, Dr. Leslie Logan, at Barbourville, Kentucky.

It is perhaps useless to say that all Red Cross services to the soldiers are made without charge to them.

### FIRE AT WARREN

Fire at Warren destroyed two buildings belonging to the Carter Coal Company and one, the property of the Cumberland Railroad, on Monday. G. B. Detherage lost most of his clothing and household goods, saving only the things from three rooms below. A defective fan in the home was probably the cause of the fire. The boarding house was destroyed and some of the boarders lost lots of clothing. Mr. and Mrs. Detherage were in town Tuesday to buy new clothing.

## IS A STRONG AND HAPPY WOMAN NOW

Strength and Energy Came Back,  
Nerves Calm and Sleeps Like  
Child

"As I now look back over my condition before I began taking Taniae I can hardly understand how I managed to hold out as long as I did," was the statement made recently by Mrs. C. B. Guthrie of 612 1/2 North Ninth St., Richmond, Va.

"I had suffered so much that I had almost given up hope and my mother had become alarmed at my condition," Mrs. Guthrie continued. "I had been bothered with indigestion so long that I had become a dyspeptic and I could hardly retain any thing I ate. My appetite was so poor that I had to force myself to eat enough to keep alive. Gas formed on my stomach something frightful and my heart would palpitate so bad that I could hardly breathe. I got so dizzy at times that I had to take hold of the first thing near me to keep from falling to the floor. I was so shortwinded that I gave out completely when I walked any distance or took the least exercise. I was so nervous that I could get but little sleep and I dreaded to go to bed. When I got up of mornings I always had a bitter taste in my mouth. I had pains all over my body and at times I was stiff. Bursting headaches would come on often and I felt miserable from morning till night every day that came."

"I had heard of Taniae but I did not begin taking it until a friend of my mother recommended it so highly to her that she got a bottle for me. I have taken only one bottle but the change that has come over me is remarkable! All signs of indigestion have disappeared and I can eat any thing and everything I please without any bad after effects. I don't get dizzy any more and my heart action is normal and my breathing free and easy. My nerves are steady and I sleep like a child. The stiffness in my joints and muscles has left me and I am no longer troubled with headaches. I have gained in weight my strength and energy have all come back and I feel just like a new woman. I am a well and happy woman and all the praise for it goes to Taniae."

Taniae is sold in Barbourville at The Cut Rate Drug Co. Adv.

### UNION COLLEGE LYCEUM

The last number of the Lyceum Course for this year will be rendered Saturday, April 24th, at 8 P. M.

Dr. H. W. Sears, the famous humorist, known as the "Taffy Man," will delightfully entertain and instruct the audience. Those who have had the pleasure of hearing Dr. Sears are enthusiastic in his praise. This will, no doubt, be one of our very best attractions.

Don't fail to hear him. Saturday April 24th at 8 P. M. in Union College Chapel.

The Civic League will pay 10c a hundred for all flies swatted in the house till the end of April.

### NOTICE

To The Members of The Federated Clubs.

The tickets for the luncheon to be given in honor of the delegates to the Annual Convention of the 11th District of Federated Clubs, on Tuesday, April 27th, are now in the hands of the Club committees. Mrs. T. D. Tinsley is chairman of the Women's Study Club committee and Mrs. S. T. Davidson of the Civic League committee. Price \$1.00 each. All members of the Women's Study Club and the Civic League desiring tickets for this luncheon will please obtain same before Saturday, April 24th, as the sale of tickets will be closed at that time.

Mrs. J. A. McDermott, Chairman of the Press Committee.

## A VERY OLD INSTITUTION

In 1828 in a small store on Main street, Louisville, the jewelry establishment of Lemon & Son was founded by Jas. L. Lemon. From an humble beginning this store has grown until now they are numbered among the best known diamond establishments in the United States. Today many of its customers are grandsons and great-grandsons of those who bought their silverware and family jewels from Jas. L. Lemon over fifty years ago.

Visitors are always given a cordial welcome. Customers come from many states in the Union to purchase diamonds and silverware of this old concern. Lemon & Son's stock of diamonds is considered one of the finest in the South and is well worth viewing. An invitation is given every one in Kentucky to visit their establishment in the Seelbach Hotel Bldg. whenever in Louisville.

## I Meet All Trains DAY AND NIGHT

Let Me Carry You to and from the Depot to Any Place in Town.

G. F. FAULKNER,  
Phone 102

## Programme OF THE Annual Meeting ELEVENTH DISTRICT KENTUCKY FEDERATION OF WOMEN'S CLUBS

TO BE HELD IN THE  
CHRISTIAN CHURCH  
BARBOURVILLE, KENTUCKY  
APRIL 27, 1920

Mrs. J. E. Sampson ..... District Chairman  
Mrs. T. C. Zimmermann ..... District Secretary

PAGES  
Katherine Dishman ..... Caroline Scent  
Ruth Bowman ..... Catherine Richardson

MORNING SESSION  
10:30 — Invocation ..... Rev. A. H. Davis  
10:35 — Club Creed ..... led by Mrs. G. F. Tinsley  
10:40 — Vocal Solo ..... Mrs. R. L. Creal  
10:50 — Address of Welcome ..... Mrs. C. F. Heldrick  
11:00 — Response ..... Mrs. S. H. Kash  
11:10 — Reports of District Chairmen:  
Civics and Hospitals for Insane  
Mrs. H. H. Owens, Barbourville  
Civil Service ..... Mrs. H. C. Hess, Williamsburg  
Political Science ..... Mrs. Joe Alderson, Middlesboro  
Social Economy ..... Mrs. M. A. Gray, Corbin  
Memorials ..... Miss Gertrude Black, Barbourville  
Philanthropy ..... Mrs. Hugh Allen, Middlesboro  
Press ..... Mrs. S. H. Kash, Corbin  
Education ..... Mrs. Robert W. Cole, Barbourville  
Art ..... Mrs. C. F. Rathfon, Barbourville  
Library Extension ..... Mrs. Maud T. Maroum, Barbourville  
District Press Chairman  
Mrs. Robert Ellwood, Pineville  
Piano Solo ..... Mrs. Walter Hudson, Barbourville  
12:30 — Luncheon.

AFTERNOON SESSION  
1:30 — Chairman's Address and Election of Vice-Chairman and Secretary.  
1:50 — How to Reduce the High Cost of Living  
Miss McCheyne, State Worker, Louisville  
2:15 — Reports of Eleventh District Clubs:  
Woman's Club ..... Corbin  
Woman's Improvement Club ..... Corbin  
Civic League ..... Harlan  
Woman's Club ..... Middlesboro  
Woman's Club ..... Mt. Vernon  
Woman's Club ..... Pineville  
Civic League ..... Somerset  
Chautauqua Literary Circle ..... Somerset  
Civic League ..... Williamsburg  
Civic League ..... Whitley City  
Civic League ..... Barbourville  
Woman's Study Club ..... Barbourville  
3:15 — Vocal Solo ..... Mrs. C. F. Rathfon, Barbourville  
3:25 — Address:—Parent-Teachers Work  
Miss Gardner, Louisville  
3:45 — Address:—Civics ..... Miss Gullion, Carrollton  
4:00 — Address by the State President  
Mrs. Lafan Riker, Lexington  
Report of Resolutions Committee  
EVENING SESSION  
7:45 — Invocation ..... Rev. T. J. Belcher  
7:50 — Reading ..... Drucilla Tye, Barbourville  
8:00 — Vocal Solo ..... Mrs. R. M. Watt, Pineville  
8:10 — Address:—Happiness of Literature  
Professor E. F. Farquhar, Lexington

Hostesses } Woman's Study Club  
Civic League  
Barbourville, Ky.

## STRAIN TOO GREAT

Hundreds of Barbourville Readers Find Daily Toil a Burden.

The hustle and worry of business men.  
The hard work and stooping of workmen.  
The woman's household cares. Often weakens the kidneys. Backache, headache, dizziness. Kidney troubles, urinary troubles—frequently follow.

A Barbourville citizen tells you what to do.  
R. F. Harbin, blacksmith, says: "My work is hard on my back and kidneys. At one time I got down with my back so that I couldn't work. I had rheumatic twinges in my joints and limbs and my kidneys acted irregularly, especially at night which broke my rest. I used Doan's Kidney Pills, procured from the Costello Drug Company and they promptly rid me of the backaches and rheumatic twinges. Doan's Kidney Pills are the best kidney medicine I have ever used."

Price 60c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Harbin had. Foster-Milburn Co., Mfrs., Buffalo, N. Y. Adv.

## KING NEWS

Mr. and Mrs. T. C. McNeil, of Swan Lake, paid Mr. and Mrs. G. D. McNeil a visit Saturday night.

John T. Elliott and wife were on Pritchard Branch Sunday to see H. M. Pritchard's little boy who fell from the barn loft receiving some bad bruises.

W. J. M. Miller has been setting up machinery for the Lyons Lumber Co. on Flat Creek for the past few days.

Born April 8th to Mr. and Mrs. Wesley King, a boy. On the same date born to Mr. and Mrs. Lewis Evans, a girl.

John T. McNeil, of Meadow Creek Whitley Co., was here Saturday the 10th on business.

Mrs. Elizabeth Wilson, of Grays, was buried at the Pritchard graveyard Saturday evening. Her death was caused by flu.

NOTICE  
Those who desire Monuments of high grade work and first class material. Please write or see me at Barbourville, Ky. J. P. Fox. 24-15.

## Well "Armed"!

When company comes there is no time to waste—no chances to be taken—so mother sees that there is always a can of

## CALUMET BAKING POWDER

on hand. Cakes, pies, doughnuts, muffins and all good things to eat must be dressed up in their best taste and looks.

Then, too, her reputation as a cook must be upheld—and she "stakes" it on Calumet every time. She knows it will not disappoint her.

Order a can and have the "company" kind of bakings every day.

Calumet contains only such ingredients as have been approved by the U. S. Food Administration.

HIGHEST QUALITY AWARD