

La Grippe and Colds

In La Grippe and Colds, Anti-kamnia (A-K) Tablets are unexcelled, as they stop the pain, soothe the nerves, and bring the rest so greatly needed by nature to restore the system to health.

Genuine A-K Tablets bear the K mark.

WATERBURY

Winooski Lodge Has Two Who Have Been Members Over 50 Years.

In the list of older Masons in the state, Winooski lodge, No. 49, comes forward with two who have been Masons over 50 years.

At the union meeting which is to be held in the opera house Sunday evening, Mrs. Edith Balch Wright will speak along the line of her work in this vicinity for the past two weeks.

There was a fine attendance at the annual chicken-pie supper and sale of the ladies' aid of the Methodist church in assembly hall Tuesday evening.

At a social meeting of the members of the Good Templars, a pleasant evening was spent and much enthusiasm manifested for the order.

Next Tuesday evening the annual sale of the Dorcas society of the South Duxbury church will be held in the Good Templars' hall.

This evening's entertainment at the Congregational church promises to be one of high order. Miss Miriam Bartlett, a reader, comes highly recommended.

Mrs. W. B. Clark has returned from the Mary Fletcher hospital and is very comfortable at her home on Elm street.

The gentlemen of the Congregational church are to give a supper on the evening of Dec. 15 in the social room of the church.

George Frary, whose novelty plant was recently destroyed by fire at Charlemont, Mass., was well insured and will rebuild at once.

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William L. Boicourt officiating. Burial was in the village cemetery.

The ladies' aid society of the Baptist church on Wednesday elected these officers for the ensuing year.

Arthur J. Robinson is preparing to move his office to Randolph, where he resides.

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Mrs. Mark Rix was operated on successfully for appendicitis yesterday at the hospital in Hanover, N. H.

DON'T BE BILIOUS, HEADACHY, SICK OR CONSTIPATED

Enjoy Life! Live Your Liver and Bowels To-night and Feel Great.

Wake Up with Head Clear, Stomach Sweet, Breath Right, Cold Gone.



Take one or two Cascarets to-night and enjoy the nicest, gentlest liver and bowel clearing you ever experienced.

Mothers should give a whole Cascaret anytime to cross, sick, bilious or feverish children because it will act thoroughly and can not injure.—Adv.

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The following resolution on the death of Mrs. L. F. Sanborn were recently adopted by Cobble Hill grange:

Resolved, That the sudden removal of such a life from our midst leaves a vacancy and a sorrow that will be deeply felt by all the members of the organization, and will prove a serious loss to us and the community.

Resolved, That we deeply sympathize with the bereaved relatives and trust that they will look for consolation and strength to Him who doeth all things well.

Resolved, That a copy of these resolutions be spread upon the records of this order, a copy be printed in The Barre Daily Times and a copy forwarded to the bereaved family, and our charter be dropped in mourning for a period of 30 days.

In Memory of Mrs. L. F. Sanborn. As we gather here again, dear friend, Our different tasks to do, We are thinking of an absent one, A sister, kind and true.

We will miss her from our meetings, As we gather round the hall, For now she has gone to Heaven; She has answered the Master's call.

She'll be missed from the family circle, Where there stands one vacant chair, She'll be missed by son and husband; Yes, they will miss her everywhere.

We little thought she would follow us soon, Our brother just gone before, But now they are with their Saviors; Their partings on earth are o'er.

We shall miss the welcome handshake, And the sister's voice we loved, But now who is to bid us Come In the great big groups above.

(Mrs. A. L. Finner)

ABANDONED FARMS OF EASTERN STATES

Ought to Be Worth as Much as \$400 an Acre Instead of \$20, Says Dr. Cyril G. Hopkins in Address to Life Insurance Presidents.

New York, Dec. 10.—Declaring that the abandoned farms of the eastern states might well be worth \$400 an acre, instead of \$20, Dr. Cyril G. Hopkins of the University of Illinois to-day sounded a note of warning as to the need for permanent and scientific soil enrichment throughout the agricultural lands of the United States—in the West as well as the East.

Dr. Hopkins made his plea before the ninth annual convention of the Association of Life Insurance Presidents, which is considering various problems involved in loaning life insurance funds on farm mortgages.

At present about \$600,000,000 of life insurance money is loaned on farms, principally in the South and West. "The most important and the most neglected factor in American agriculture is that of soil enrichment," said Dr. Hopkins.

"For three centuries the American farmer has drawn the support of the nation from the fertility contained in our virgin soils, with widespread soil depletion as a result. When the land became too poor to raise a profitable crop by the ordinary means of soil stimulation, the American farmer has, as a general rule, allowed the farm to go back to nature, and he has either moved to newer lands or joined the increasing urban population."

"The improvement of seed, the use of tile drainage, the invention and general adoption of labor-saving machinery, the development of cheap and rapid means of transportation, and the opening of the world's markets to our farm products, have all combined to make possible and to encourage rapid deterioration of American soils. Crop rotation is good farm practice, but it makes possible more rapid soil depletion because of the larger crops produced where insect pests and plant diseases are avoided by such rotation."

"The United States bureau of census reports that the aggregate area of improved farm land agriculturally abandoned from 1880 to 1910 was 9,809,834 acres in New England, New York, New Jersey and Pennsylvania. If a state like Massachusetts should entirely stop farming, the fact would be made known and emphasized the country over and the world around, but if another equal area of improved farm land is to be agriculturally abandoned, it could be so selected as to stop farming in eight states, including New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New Jersey, Delaware and either Maine or Florida.

In other words, the combined area of improved farm land found in these eight states in 1910 was less than 9,809,834 acres.

"Already the question of food has begun to exert pressure in this country. During the last decade our population increased by 21 per cent, the same in percentage but far greater in the absolute than during the preceding decade; but there was less than 2 per cent increase in food cereals and no increase in food-producing animals. By five-year averages, centered on 1900 and 1910, respectively, our average annual exportations decreased from 215,000,000 to 162,000,000 bushels of wheat, from 162,000,000 to only 48,000,000 bushels of corn, and from 2,500,000,000 to 1,500,000,000 pounds of meat, in order that we might feed our increase of 16,000,000 people."

"The only hope of the future lies in the application of science and education and honesty to the control of industry and agriculture, and let us understand and never forget that agriculture is the basic support of all industry and that the fertility of the soil is the absolute support of every form of agriculture."

"The fertility of the soil is well under the control of the farmer, if he is provided with accurate information and with the necessary capital to enable him to put into practice rational systems of cultivation of knowledge and with such encouragement as should have been given, those lands could easily have been preserved and even increased in fertility until their present value might well have been not \$20, but \$400 an acre."

DO YOU DREAD THE COLD? Some people enjoy cold weather, take pleasure in winter sports and the keen air calls the pink to their cheeks and the red to their lips. Others shrink from cold and turn blue at the least exposure to frosty air.

The difference is in the blood. Rich, red blood warms the body. Every long breath of pure cold air increases the oxygen it carries to every part of the system. Thin blood is unable to take up the life-sustaining oxygen. The body lacks nourishment and the sufferer is always cold, takes a chill easily and is miserable all winter.

Thin blood is largely the sufferer's own fault. It results from neglect, because the blood can be built up. Dr. Williams' Pink Pills supply the elements that the blood needs to make it rich and red and to enable it to carry more oxygen. Building up the red portion of the blood is simple but because thin blood does not call attention to itself it is often neglected. Have you seriously considered taking a course of treatment with these blood-making pills? If you are in doubt write for information.

Your own druggist sells Dr. Williams' Pink Pills and the Dr. Williams' Medicine Co., Schenectady, N. Y., will send you a booklet "Building Up the Blood" free on request.

Other models, \$15.00 to \$500.00 Sold on easy terms if desired

Russell's The Red Cross Pharmacy

Nov. 29th to Dec. 4th Electrical Prosperity Week

What Influential Editors Say About Local Option--a Temperance Measure

[Editorial from the Brattleboro Reformer of Dec. 7, 1915.]

Local option has brought down the number of licensed towns and cities in Vermont to 14 out of a total of 246 units. This is genuine prohibition except in the 14 districts. The eastern side of Vermont has only three licensed towns, one in Windsor county and two in Essex county, which is on the Canadian border, where it will always be easy to obtain liquor.

PERRYISM AND MEDICINE

[Editorial from the Newport Express and Standard.]

Ask the strong temperance adherents, or those loud in their talk for the Perry bill, if they believe in the use of liquors for medicinal and mechanical purposes, and they will almost inevitably answer in the affirmative. This is true in our experience with them, and we know it is true in actual practice. Yet each one of these same temperance adherents, contrary to what they really believe, or practice, will stand up for "Perryism" without one thought that it banishes the sale of liquors for medicinal and mechanical purposes the same as it does for a beverage.

Local Option with Home Rule Privileges! Prohibition With Wide-spread Violations! WHICH?

Vermont Local Option League, Raymond Trainor, Secretary, White River Junction, Vt.

HONOLULU WANTS CONVENTION

Island People Pledge \$100,000 and Would Charter Two Steamships to Transport the Delegates.

San Francisco, Dec. 9.—Honolulu will make an effort to get the national Republican convention and to that end, the island residents have pledged \$100,000, and in addition are prepared to charter two special steamships to carry the delegates, according to Lorrin Andrews, Republican national committeeman from the territory of Hawaii, who is en route to Washington.

HORLICK'S

The Original MALTED MILK Unless you say "HORLICK'S" you may get a Substitute.



PERFECTED PAGE'S POULTRY FOOD

THE STANDARD FOOD FOR A QUARTER OF A CENTURY.

If not sold in your place, send me \$4.00 for a 12 1/2 lb. sack or \$2.00 for a 6 lb. sack and it will be forwarded, freight prepaid to your station.

Page's Perfected Poultry Food is sold by the following:

- Coates & Gove, East Calais
W. H. Miles & Co., Graniteville
Guy C. Howard, South Barre
C. C. Robie, East Barre
E. D. Bartlett, Plainfield
Berry & Jones, Montpelier
L. P. Hight, West Topsham

Sacrifice Jewelry Sale

We have decided to continue our sale until Christmas, as we must reduce our stock by January 1, and in order to do this we are giving you the profit on our goods, which will save you many dollars on your Christmas gifts.

Shop early, as our store is small, and we cannot handle you all at the last minute.

W. H. Goodfellow & Son 211 N. Main Street Barre, Vermont.

SPECIALS at the Big Sale!

- Way's Mufflers, regular price 50c, Sale 11c
Men's Working Rubbers, \$2.25 to \$3.25, Sale \$1.39
Fleeced Underwear, regular price 50c, Sale 39c
Bath Robes for your Christmas gift, regular \$5.00 value, Sale \$3.79
300 pairs of Boys' Pants, at 33c
Work Shirts, Sale 39c
Sheepskin Coats, \$6.00, \$6.50, \$7.00; Sale \$4.29
Children's Sweaters 39c
Flannel Shirts, \$2.00 values, at 79c

REMEMBER THE PLACE American Clothing Co. D. C. Rizzi, Sale Manager