

**HOME DEMONSTRATION DEPARTMENT.**  
(By Miss Daisy Harris.)

**South Carolina Must Feed Herself.**  
A War Emergency Program, adopted jointly by the State Council of Defense, State Food Administration, and Extension Division, Clemson College, gives this advice:

Our country must not only produce enough food with reduced labor to feed herself, but our allies are dependent upon us for a large part of their food supply.

Mr. Hoover stated in an address last summer: "If we cannot maintain our allies in their necessities, we cannot expect them to remain constant in war. If their food fails, we shall be left alone in the fight, and the western line will remove to the Atlantic seaboard. It is thus a matter of our own safety and self interest. It is more than this—it is a matter of humanity that we give of our abundance that we relieve suffering."

Many of our farmer citizens have been producing for their entire life nearly all of their food supply. This year every farmer must not only plant to feed himself, but he will also have to provide in a larger measure than ever before for the people in the cities and towns in the State. The present situation demands that the farmers in planting their crops this year shall consider the matter from the opposite standpoint to their usual one. They must make their money crop subsidiary to their food crops and arrange for ample food for the population of the entire state. South Carolina can easily produce enough to feed herself and grow a large acreage of cotton besides.

The first crop that we are urged to increase is the production of corn. As much of the past year's crop as possible should be placed at once on the local market to meet the needs of the state and save demands upon the limited transportation facilities.

Gardens are next considered. There is no more profitably planted plot of ground than the home garden. It can be made an all-year source of fresh, healthful food, and in addition will provide a surplus produce for preserving and marketing. Every available garden lot in the cities and towns should be utilized in furnishing vegetable to take care of every potato raised. thing possible should be done to increase production of Irish potatoes,

lima beans and onions. Community co-operative canneries should be developed wherever practicable.

An increased production of sweet potatoes is urged, and it should be accompanied by the building of a sufficient number of potato storage houses to take care of every potato raised. It is wanton waste to produce a large crop of potatoes and through careless harvesting and poor storage methods allow them to be destroyed by potato rot.

Pork production is of paramount importance at this time, when the United States is facing a shortage of hogs and our allies are depending on us to furnish quantities of pork products much larger than ever before required. There is no more important crop in the world at the present time than the wheat crop. Every farmer should plant two acres of wheat to the plow this fall.

The fact that milk is an indispensable food for children gives to the dairy program a place of prime importance. The sale and slaughter of good dairy stock should be prevented and every possible step should be taken to encourage the introduction and breeding of stock of high productivity.

South Carolina does not produce half the amount of eggs consumed in the state. No hens should be killed at this season of the year. A much larger hatching than usual should be made in early spring in order to produce sufficient pullets for laying next fall. Everyone who has surplus of eggs this spring should preserve the eggs now in a solution of water glass. This method of keeping eggs from spring through winter can be fully recommended. You can secure the water glass with directions for using it from local drug store.

We are also urged to increase the production of oats, rye and forage crops, as sorghum, velvet beans, cow peas, peanuts and soy beans. The peas, peanuts and soy beans are valuable as human foods.

**BIG SURPRISE TO MANY IN LAURENS**

People are surprised at the INSTANT action of simple buckthorn bark, glycerine, etc., as mixed in Adler-I-ka. ONE SPOONFUL flushes the ENTIRE bowel tract so completely it relieves ANY CASE of sour stomach, gas or constipation and prevents appendicitis. The INSTANT, pleasant action of Adler-I-ka surprises both doctors and patients. It removes foul matter which poisoned your stomach for months. Eureka Drug Co.

**GOVERNOR AND MAYOR IN PLOWING CONTEST**

Gov. Dorsey and Mayor Candler Divide Prize Bunch of Turnip Greens.

Atlanta, March 9.—Governor Hugh M. Dorsey and Mayor Asa D. Candler, of Atlanta, took the part of farmers here today in an old-fashioned "plowing contest," wherein another war garden was started in Atlanta. The match was the climax to a victory garden parade arranged under the auspices of the Atlanta Ad Men's Club.

The mayor had challenged the Governor to a contest several days ago and they met by appointment soon after the parade on a vacant lot not far from the governor's mansion.

Mayor Candler was given first "go" with the plow, probably because he was dressed, as all good plowmen should be dressed—in overalls and sun hat.

"Gaddap, mule," said the mayor, as he threw the reins over his shoulder and grasped the plow handles. To the end of the row and back he traveled.

Then came the Governor's turn. "G-e-e-e there, mule!" shouted the Governor, as he planted the plow deep into the soil.

Each contestant claimed his furrow the straighter and deeper.

The judges, nevertheless, decided the match was a draw and split the prize—a big bunch of turnip greens.

**GOOD NEWS.**

Many Laurens Readers Have Heard It and Profited Thereby.

"Good news travels fast," and the many bad back sufferers in Laurens are glad to learn where relief may be found. Many a lame, weak and aching back is had no more, thanks to Doan's Kidney Pills. Our citizens are telling the good news of their experience with this tested remedy. Here is an example worth reading.

R. J. Franks, prop. grocery, 429 Fleming St., Laurens, says: "The first symptom of kidney trouble in my case was backache. When I stooped to pick up anything, a sharp pain darted through my back and I had to brace myself in order to straighten up. I had to pass the kidney secretions too often and the flow was scanty and painful. I suffered from dizzy spells and almost toppled over when I was walking. I had suffered off and on for six months when I got Doan's Kidney Pills at Posey's Drug Store. After using one box, I felt better, and two boxes cured me."

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

**SEVENTEEN SHIPS BUILT IN FEBRUARY**

March Deliveries at Present Rate Expected to Reach Twenty-Three Vessels. Record Considered Good.

Washington, March 9.—Progress of the steel ship building campaign was made public tonight by the shipping board in figures of deliveries and launchings, which show a steady upward trend since the first of the year.

In February seventeen vessels of 120,700 tons were completed and put into service. The total was nearly twice that of January, admittedly a bad month, when only nine vessels, with a tonnage of 79,541, were delivered.

March deliveries at the present rate are expected to reach twenty-three vessels of 188,275 tons.

Launchings have more than kept pace with deliveries, sixteen ships of 112,500 tons having been put overboard in January and fifteen of 77,900 tons in February. During March it is expected that thirty-five vessels, with a tonnage of 226,591, will be launched. Of the vessels completed in February fifteen were cargo carriers, one was a tanker and one a collier. The March schedule calls for the delivery of nine-teen cargo vessels, seven tankers and two colliers.

**CLEANSSES YOUR HAIR MAKES IT BEAUTIFUL, THICK, GLOSSY, WAVY**

Try this! All Dandruff disappears and hair stops coming out.

Surely try a "Danderine Hair Cleanse" if you wish to immediately double the beauty of your hair. Just moisten a cloth with Danderine and draw it carefully through your hair, taking one small stand at a time; this will cleanse the hair of dust, dirt or any excessive oil—in a few minutes you will be amazed. Your hair will be wavy, fluffy and abundant and possess an incomparable softness, lustre and luxuriance.

Besides beautifying the hair, one application of Danderine dissolves every particle of dandruff; invigorates the scalp, stopping itching and falling hair.

Danderine is to the hair what fresh showers or rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

You can surely have pretty, soft, lustrous hair, and lots of it, if you will spend a few cents for a small bottle of Knowlton's Danderine at any drug store or toilet counter and try it as directed.

THE CALL TO ACTION

**2 IN 1 SHOE POLISHES**

LIQUIDS AND PASTES. FOR BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES. PRESERVE THE LEATHER.

The F. F. DALLEY CORPORATION, LIMITED, BUFFALO, N. Y.

**Ford**

THE UNIVERSAL CAR

Ford cars are an important factor in every rural community. They help the family enjoy life, bring the pleasures and advantages of the city within reach, and give practical service every day. Ford cars require a minimum of attention; any one can run and care for them. Two million owners the world over prove these qualities every day. We pledge Ford owners the reliable Ford service with genuine Ford parts and standard prices.

**WALDROPS GARAGE**  
Laurens, S. C.

**MORE MULES AND HORSES**

I have just returned from Atlanta, where I bought one of the best carloads of mules and horses that I have had this year. This stock will arrive tonight and will be ready for you tomorrow. Come and see them while they last. There are some beauties in the lot.

**D. H. COUNTS**