



## DO YOU WISH TO GO FREE?

The Kelly Drug Company and The Big Stone Gap Post are sending someone of their friends free of cost, to the Panama Pacific Exposition at San Francisco.

This action is taken as a slight token of our appreciation of past patronage and as a pledge that our services in the future will remain up to the standard in all respects. The Panama Pacific Exposition is to be the largest ever held in any country. It starts February 20th and ends December 4, 1915. The winner of this trip may go at any time after the termination of our offer.

Full details will appear next week. Be on the lookout for them. Be Ready! Be Prepared!!

**The Big Stone Gap Post.**

**Kelly Drug Company.**

### High Cost of Living.

Why complain so much about the high cost of living? Consider what you get for your money these days as compared with a few years ago. The telephone has added to the household expense, but would you do without one? The moving pictures furnish cheap amusement. Would you do away with the movies? The automobile may be something of a luxury, but it has done a great deal for the country at large. Surely no progressive citizen would destroy the motor vehicles. Electricity is far better than the old tallow candle or the ill-smelling oil lamp. Who would exchange and go backward? Of course we are paying more to live than did our immediate ancestors, but are we not receiving far more for our money and is life not more cheerful and inviting? So don't worry about the high cost of living. Enjoy the modern conveniences and live within the income. As you have some cash laid by invest it in land. Land is not like stocks and bonds. Gamblers cannot run the prices up and down every few minutes and freeze you out of your land holdings. —Woman's National Weekly.

### German Trade Rules.

Germany has 10 industrial commitments for its people, and with slight change they can be applied to the "Made in America" movements. Here they are:  
1—In all expenses keep in mind the interest of your own compatriots.  
2—Never forget that when

## FREE SOUVENIR

Useful and serviceable souvenir for ladies only, can be used 50 times and appreciated by all. Worth having. Fill out coupon CORRECTLY and mail to us at once.

Also send us name of any one wanting to buy a piano (not names of those already having one). Please answer coupon. Yes or No.

Chas. M. Stieff, 716 Main St. Lynchburg, Va.  
Please send me souvenir.  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Have you a piano? \_\_\_\_\_  
Name of it \_\_\_\_\_ Age \_\_\_\_\_  
Do you expect to buy? \_\_\_\_\_  
When \_\_\_\_\_ What Kind \_\_\_\_\_  
Would you like to have our price list and catalogue \_\_\_\_\_  
If you smear this write on plain paper, name—address plainly. BS

## Do Not Strain Your Eyes

by trying to read by poor light. Why not find out what electric lights will cost? They are safe, clean, no trouble or worry and easy on the eyes.

We will wire your house on easy terms. Investigate.

### Powell Valley Light & Power Co.

Big Stone Gap and Appalachia, Va.

you buy a foreign article your own country is the poorer.

- 3—Your money should profit no one but Germans.
- 4—Never profane German factories by using foreign machinery.
- 5—Never allow foreign eatables to be served at your table.

6—Write on German paper with a German pen and use German blotting paper.

7—German flour, German fruit and German beer can alone give your body the true German energy.

8—If you do not like German malt coffee, drink coffee from German colonies.

9—Use only German clothes for your dress and German hats for your head.

10—Let no foreign flattery distract you from these precepts; and be firmly convinced, whatever others say, that German products are the only ones worthy of citizens of the German Fatherland.

### LOCAL DRUGGIST MAKES MANY FRIENDS.

The Mutual Drug Company reports they are making many friends through the QUICK benefit which Big Stone Gap people receive from the simple mixture of buckthorn bark, glycerine, etc., known as Adlerika. This remedy became famous by curing appendicitis and it is the most thorough bowel cleanser known, acting on BOTH the lower and upper bowel. JUST ONE DOSE of Adlerika relieves constipation and gas on the stomach almost IMMEDIATELY.

### News of V. P. I.

Blacksburg, Va., October 28. —One month of the session 1914-15 at the V. P. I. is now over and the attendance is about equal to the accommodations in the barracks and classrooms. With the beginning of the present term fourteen units were required as an entrance requirement, the result being that the men came better prepared and more than the usual number brought certificates from the preparatory schools of this and other states.

Five men from the agricultural college left Monday for Raleigh, N. C., where they will meet a team from the North Carolina A. and M. College for the first stock judging contest ever held in the east. Prof. Hunt of the department of animal husbandry hopes to make these contests a permanent feature and to enlist the co-operation of other schools to that end.

Members of the faculty of the college of agriculture have been very busy this fall attending the various fairs in Virginia and report the attendance at all of the fairs above the average, despite bad weather at some, and the display of agricultural products and live stock creditable to each section of the State.

The new athletic house is nearing completion and will be ready for use early next month, work on the new shops building is progressing satisfactorily and the construction of the sep-

tic tank is well under way. The athletic house is being built by subscriptions from the alumni and students, with the fee required from each cadet for instruction in physical culture, while the money for the shops, to take the place of those burned in June 1913, and the tank was provided by the last legislature. The latter is designed to further safeguard the water system of the college.

### The Home Paper.

Ex-Governor Francis once said the following of newspapers: "Each year the local paper gives from \$500 to \$1,000, in free lines to the community in which it is located. No other can or will do this. The editor in proportion to his means does more for his town than any other ten men, and in all fairness he ought to be supported—not because you like him or admire his writings but because its the best investment a community can make. It may not be brilliantly edited or crowded with thought, but financially it is of more benefit to the community than the preacher or teacher. Understand me, I do not mean mentally, and yet on moral questions you will find most of the papers on the right side. Today the editor of the local papers do the most for the least money of any people on earth."

## In Bed For Month, First Dose Puts Stomach Victim On Feet.

### Virginian Is Restored by Wonderful Remedy After Doctor Labors For Forty Days.

William M. Stewart, Jr., of Kinkaid, Va., was sick in bed from stomach troubles. For more than a month a physician treated him with no success, according to the patient. Then Mr. Stewart took a dose of Mayr's Wonderful Stomach Remedy. Right away he got up and began eating. He wrote:

"I took the sample treatment I received from you and it did me a wonder of good. I was in bed when I began your treatment. I had been doctored by a physician for forty days without relief. After taking the first treatment of your medicine I got up and am now able to be about. Before I couldn't eat anything without terrible pains. Your medicine is simply wonderful."

Thousands of others in all parts of the country have found just such relief with Mayr's Wonderful Stomach Remedy. The first dose convinces—no long treatment.

Mayr's Wonderful Stomach Remedy clears the digestive tract of mucoid accretions and removes poisonous matter. It gives quick relief to sufferers from stomach, liver and bowel troubles. Many declare it has saved them from dangerous operations and many are sure it has saved their lives.

We want all people who have chronic stomach trouble or constipation, no matter of how long standing, to try one dose of Mayr's Wonderful Stomach Remedy—one dose will convince you. This is the medicine so many of our people have been taking with surprising results. The most thorough system cleanser we ever sold. Mayr's Wonderful Stomach Remedy is now sold here by the Mutual Drug Company and druggists everywhere. Adv.

## Nervous?

Mrs. Walter Vincent, of Pleasant Hill, N. C., writes: "For three summers I suffered from nervousness, dreadful pains in my back and sides, and weak sinking spells. Three bottles of Cardui, the woman's tonic, relieved me entirely. I feel like another person, now."

### TAKE

## Cardui

The Woman's Tonic

For over 50 years, Cardui has been helping to relieve women's unnecessary pains and building weak women up to health and strength. It will do the same for you, if given a fair trial. So, don't wait, but begin taking Cardui today, for its use cannot harm you, and should surely do you good. E-72

## N. & W. Norfolk and Western

Schedule in Effect May 10, 1914.

LEAVE NORTON—6:35 a. m. for Lynchburg and intermediate stations. Pullman sleeper Bluefield to Philadelphia via Hagerstown, and Pullman sleeper Roanoke to Richmond and Norfolk. Also connections at Bluefield with trains Westbound. Pullman sleeper to Cincinnati and Columbus.  
LEAVE NORTON—2:30 p. for points North, East and West.  
LEAVE BRISTOL—Daily, 6:45 a. m. for East Radford, Roanoke, Lynchburg, Petersburg, Richmond and Norfolk. Pullman Parlor Car to Richmond. Pullman sleeper Roanoke to New York via Hagerstown and Harrisburg.  
6:15 p. m. for Norfolk and intermediate points. Pullman Sleepers to Norfolk.  
1:30 p. m. and 7:35 p. m. (limited) Solid trains with pullman sleepers to Washington, Baltimore, Philadelphia and New York via Lynchburg. Does not make local stops.  
12:15 p. m. daily for all points between Bristol and Lynchburg. Connects at Walton at 9:40 p. m. with the St. Louis Express for all points west and northwest.

If you are thinking of taking a trip YOU want quotations, cheapest fare, reliable and correct information, as to routes, train schedules, the most comfortable and quickest way. Write and the information is yours for the asking, with one of our complete Map Folders. W. C. SAUNDERS, G. P. A. W. B. BEVILL, Pass. Traf. Mgr., Roanoke, Va.

J. A. GILMER, M.D. W. A. BAKER, M.D. Gilmer & Baker, Physicians and Surgeons. Offices in Willis Building, Big Stone Gap, Virginia. All calls answered promptly.

D. F. ORR, DENTIST. BIG STONE GAP, VA. Office in Polly Building. Office Hours—8 to 12 a. m.; 1 to 5 p. m.

DR. G. M. PEAVLER, Treats Diseases of the Eye, Ear, Nose and Throat. BRISTOL, TENN. Will be in Appalachia Third Friday in Each Month. may12-23-1

Dr. G. C. Honeycutt DENTIST. BIG STONE GAP, VA. Office in Willis Building over Mutual Drug Store.

FOX & PECK, Civil and Mining Engineers. Big Stone Gap, Va. Harlan, Ky. Reports and estimates on Coal and Timber Lands, Design and Plans of Coal and Coke Plants, Land, Railroad and Mine Engineering, Electric Blue Printing.

J. C. CAWOOD BLACKSMITHING. Big Stone Gap, Va. Wagon and Buggy work A Specialty. I have an Up-to-date Machine for putting on Rubber Tires. All work given prompt attention.

DR. R. McRAE ECHOLS, Osteopathic Physician. Office, New 318-A Old St. Phones (Resident, New 399-B). All classes of disease successfully treated. Special attention given to Stiff Neck, Headaches, Indigestion, Adenoids, Bronchitis, Pains and all nervous troubles. 10-11 Interstate Building. Bristol, Tennessee

DR. THOMAS F. STALEY, Refractionist. Treats diseases of the Eye, Ear, Nose and Throat. Will be in Appalachia FIRST FRIDAY in each month until 3 P. M. BRISTOL, TENN.-V.

W. S. MATHEWS, ATTORNEY-AT-LAW. Office on First Floor Intermont Building, Big Stone Gap, Virginia. Close attention to Collections and Prompt Remittances

MAYO CABELL Attorney at Law, Intermont Bldg. BIG STONE GAP, VA

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