

THE BIG STONE GAP POST.

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Facts that Every Farmer with Cattle and Horses, Should Know.

Do you know that by a simple choice of feeds you can save from 5 to 15 per cent. of the cost of wintering your cows, calves, horses and chickens.

There is needed more definite knowledge about the composition and digestibility of foods, for both plants and animals, and the sooner the farmers of this county post themselves about these matters the more saving to themselves in actual cash paid out.

The average farmer feeds the feed he has or the most convenient to get regardless of the actual food value of them compared with their price, or with the price of other foods of often a much higher food value, though costing no more.

There is just as much sense in buying feed by name, as, "mixed chop" "red star," "egg producer," as there is in buying a horse by name. Why not apply the same business sense in buying feed as you do in buying the horse to consume the feed.

A food is that substance or compound which when taken into the body, and assimilated by digestion furnishes strength and material for the body use. In other words it is the digestible protein, carbohydrates and fats in plants and animals. Protein, carbohydrates, and fats are the names given to the things in food that supply the body with its wants.

With this clearly fixed in our minds it is easy to understand that all foods vary in the amount of these three things they contain. The amount of these three things in food determine the actual food value of any given product. Here we can readily see that the food value of a product is one thing, and its market value may be and often is quite another thing.

The food value of a product is determined by a chemical test of the digestible amount of Protein carbohydrates and fats it contains, while the market value is determined by the variable laws of supply, transportation and demand.

The food value of given product in all cases is the same; for example the food value of corn is the same at all times, whether corn cost fifty cents per bushel or five dollars.

The value of 100 pounds of shelled corn in food is, 7.9 lbs. protein; 66.7lbs. corbo hydrates and 4.3lbs. fat. The market value is about \$4.50.

Now consider this, the value of 100 pounds of cotton seed meal in food is 37.6lbs protein 21lbs. corbo hydrates, and 9.6lbs. fat. The market value of cotton seed meal is about \$3.25 per hundred pound.

Now since the value of any product is judged mostly by its protein contents and proportion of fat it will at once be seen that while cotton seed meal is more than \$20.00 per ton cheaper

than corn, it is more than twice as valuable as feed.

This is a fact that every feeder ought to know and act upon. Cotton seed meal being of a very highly concentrated nature must be fed with care as it is a very rich feed.

My next article will deal with cotton seed meal as a portion of a mixed feed for horses and cattle, but not milk cows. Rations for milk cows will be a separate discussion.

Write for circulars on feeds and feedings.

D. D. SIZER, County Agt.

(Feed thrift series I)

Important Notice

To Every Business Man and Every Family in Big Stone Gap.

The world war is bringing to light every day facts and conditions of far reaching significance.

Certain men, great American citizens, are devoting their ability, thought, insight and judgment in giving to their fellow men, pictures of the world war as they now see it, strong graphic pictures full of great realities and facts of wide interest.

Among this class, stands in a very striking way Dr. N. D. Hillis, whose recent sermon has awakened thousands of Americans, to a greater patriotic pride, and more loyal citizenship.

One of his most discourses on "How goes the Battle", will be used as the basis of Sunday morning discussion in our city by our pastors.

Why not lay aside the usual things that keep you from church, and come out Sunday morning Dec 9th, to hear these discussions? You can enjoy an instructive hour.

About twenty ministers in Wise County will preach from this discussion of Dr. Hillis.

It must be a great theme to demand so much attention! You are most cordially invited to be present at your church.

Come, it will be interesting—you will be given a hearty welcome.

Committee.

Death of John M. Stewart.

John M. Stewart, one of Big Stone Gap's oldest and most highly respected citizens, died last Thursday night at 7 o'clock, having been in declining health for the past two years or more, although his illness was not thought to be of a serious nature until the last few weeks. The deceased was 70 years old and had been living here since the year of 1891, coming from Scott County. It will be remembered that he, at all times and under all circumstances, walked in the well beaten path of righteousness and when fully conscious that he was nearing the last of earth he appeared to be fully impressed with the idea that at the end of time eternity began, and that the bright faith which sustained him during those trying hours of suffering would only grow brighter and brighter as he journeyed toward the infinite, and the final gloom of death be dispelled by the radi-

Another Broken Arm from Cranking!



DON'T LET YOUR FORD BREAK YOUR ARM

A wonderful safety crank just invented, makes accidents from back cranking obsolete. With a CARSON SAFETY CRANK on your FORD the handle cannot fly back. It engages backfire. Crank automatically disconnects from crank shaft. You can advance the spark "full" which insures a quicker start at "morning" it is simple, nothing to get out of order, does not tamper with engine and does not hurt back. Price, \$7.50 delivered. Isn't it worth more than this low price to know you can crank your Ford in perfect safety and any member of the family can start the motor? Send us \$7.50 and we will send you a Carson Safety Crank under a binding guarantee of satisfaction or you can return it at our expense and your money will be refunded. Order your Crank today or write for free circular to Carson Manufacturing Corporation, 1009 Mutual Bldg., Richmond, Va. Agents wanted. Territorial rights open in some sections.

ance of God's love. Mr. Stewart was strongly identified in all religious movements, always taking a leading part in revivals. He was also an ordained minister and spent much of his life preaching the gospel.

Funeral were conducted from the Baptist Church Saturday morning at 10:30 o'clock by Rev. J. B. Craft. At the request of the deceased the first five verses of the 5th Chapter of Romans were read at the services and his favorite song, "How Firm A Foundation," was sung by the choir. The deceased was also a pioneer member of the Odd Fellows, who had charge of the funeral.

The deceased is survived by a wife and six children who are as follows: C. F. and W. A. Stewart, of Kingsport, Tenn.; J. H. Stewart, Mrs. Wiley Witt and Mrs. Vilas Wells, of Big Stone Gap; and Mrs. D. W. Lattrell, of East Stone Gap.

Jim Yeary Dies.

Jim Yeary, who was shot and fatally wounded by Robert Stout at Cadet on Saturday night, Nov. 25th, died on Tuesday night following, one of the bullets having penetrated the bowels which caused his death. His recovery was regarded as doubtful from the beginning, but physicians, nevertheless, done everything possible to save him. The body was buried in the graveyard above the Tannery.

Stout was given a preliminary hearing before Mayor W. H. Nickels, Jr., and according to the evidence given by several witnesses, it was found the act was committed in self defense and he was released.

Burglars Rob Two Stores.

On last Wednesday night burglars again raided Big Stone Gap, after a period of a few months, and entered the stores of W. T. Mahaffey and Goodloe Brothers. Entrance was gained as usual by boring a large hole through the doors so as to turn the lock. Goodloe's store was entered by the back door and only a few articles of clothing was taken, at least that was all that could be missed. That the burglars were amateurs is evident from the fact that they made a futile attempt to open a large iron safe in this store.

The biggest part of the raid, however, was on the grocery store of Mr. Mahaffey just across the street. The cash register was forced open and left on the side walk, which contained a few pennies. A considerable amount of pork and hams were missing, which was found later buried in the ground on the river bank. This was discovered by one of Mr. Mahaffey's boys who was looking for a money drawer that was taken from the store. Every effort by the authorities to find a clue have been futile but they are still working on the case and hope to within a few days to find the guilty parties.

The work of these burglars is much on the order of those that robbed other stores here a few months ago. The brace and bit appears to be their favorite tool to gain entrance. They attempted to enter the front of Goodloe's store but failed and went to the back where they encountered little trouble in getting in.

It is to be hoped that the town authorities will keep up a diligent search for these criminals, as it is beginning to be a common thing here for a store to be robbed.

Recruits Needed for Medical Department.

The Surgeon General of the Army reports that 5,000 recruits are needed at once for the Medical Department.

All officers of the general recruiting service are making special efforts to obtain men for the Medical Department, and any bright, intelligent man who has had a common school education may enlist. Promotion in this branch of the service is rapid, and with unlimited opportunities for study. For particulars, apply at U. S. Army Recruiting Station, Norton, Va.

DANIEL D. HALL, Sergt. General Service Infantry in charge of Station.

For the first time in the history of the Erie Railroad shops at Susquehanna, Pa., women are being employed to fill mechanical occupations.

FULLER BROTHERS

NORTON, VIRGINIA

"Wise County's Greatest Store"

The Greatest Line of Christmas Goods

ever carried by any store in Wise County are now on display. Our line for the Holiday trade is especially choice. You will experience great pleasure in looking over these goods, and greater still from possessing them.

It will pay every Christmas shopper in the county to visit our

Toy Department

and see the monstrous display of Christmas Goods and Merchandise.



FULLER BROTHERS

NORTON, VIRGINIA

A Vicious Rumor

"Among the many absurd and vicious rumors put into circulation these days, probably through pro-German influences, is one that the United States proposes to confiscate money on deposit in banks. The absurdity of the statement is obvious on its face. These rumors are wholly without foundation and probably circulated for an evil purpose. The Government has no power to confiscate the money of depositors in banks."—From statement of Secretary McAdoo.

Special Notice!

We have just installed at considerable expense for the benefit of our customers and the public generally, an

Electric Sausage Grinder and a Meat Slicing Machine

to our already up-to-date equipment. Bring your sausage meat here and we will grind it while you wait at a very small cost. Our Slicing Machine is a regular money saver. Your Breakfast Bacon or Packed Hams can be sliced fresh from the bulk at a much lower price than it can be bought in glass jars. In fact we can slice any kind of meat to suit yourself.

HISEL'S MEAT MARKET

Phone No. 58. BIG STONE GAP, VA.

Proof of the Pudding is What Is In It.

All Automobile Springs Look Alike but ask the man who sells springs if he will guarantee them for one year. Most springs break at center—it is the hole that causes them to break. Why buy a spring with a center bolt hole with no guarantee, when you can buy a spring with no bolt hole guaranteed for one year against breakage or sagging. Buick, Overland, Chervolet, Dodge, Maxwell, Oakland, Hupp, Chalmers, and others in stock.

Long's Garage

BIG STONE GAP, VA.

RADFORD STATE NORMAL SCHOOL

Students can enter at the beginning of the second quarter early in January or the beginning of the third quarter in March and find all the courses they will possibly wish. Free State Scholarships, very moderate expenses, and courses suitable for all kinds of teachers and prospective teachers. For Catalogue, Booklet of Views, and Full Information write, John Preston McConnell, President. East Radford, Va.

Advertisement for Cardui Women's Tonic. Includes text: "Women! Here is a message to suffering women. From Mrs. W. T. Price, of Public, Ky.: 'I suffered with painful... I got down with a weakness in my back and limbs... I felt helpless and discouraged... I had about given up hopes of ever being well again, when a friend insisted I Take CARDUI The Woman's Tonic I began Cardui. In a short while I saw a marked difference... I grew stronger right along, and it cured me. I am stronger than I have been in years.' If you suffer, you can appreciate what it means to be strong and well. Thousands of women give Cardui the credit for their good health. It should help you. Try Cardui. At all druggists. E-73"