

Iron Is Greatest of All Strength Builders, Says Doctor

A Secret of the Great Endurance and Powers of Athletes

Ordinary Nuxated Iron Will Make Dull, Nervous, Run-down People 100 Percent Stronger in Two Weeks' Time in Many Cases.

New York, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. E. Sauer, a Boston physician who has studied widely both in this country and great European Medical Institutions when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for three weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while

double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles of from ten to fourteen days' time simply by taking iron in the proper form. And doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like Nuxated Iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prizefighter has won the day simply because they knew the secret of his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

Nuxated Iron, recommended above by Dr. Sauer, is not a patent medicine nor secret remedy, but one which is well known to druggists and wholesale chemists. It is made of pure iron and other constituents which are widely prescribed by eminent physicians. Unlike the older inorganic iron products it is easily assimilated, does not irritate the stomach, does not make the tongue black, nor upset the stomach. On the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron, that they offer to refund four times the money if it does not at least double your strength and endurance in ten days' time. It is dispensed in



Cattle relish the sweet odor of wet Buckeye Hulls

BUCKEYE HULLS, after being wetted down for ten or twelve hours, acquire a taste or odor similar to the succulent ensilage odor that cattle like so well. Simply feed

BUCKEYE HULLS
COTTONSEED
LINTLESS

properly and your stock will like them better than any other roughage. Once they are accustomed to them, they will not be satisfied with anything else.

There is every reason why your cattle should relish Buckeye Hulls. They are all roughage; no lint that is worthless as forage; no dirt, trash or dust.

Other Advantages

Buckeye Hulls cost much less per ton than dry style hulls. They take less space in the barn. Buckeye Hulls allow better as they are sacked—easy to handle. Every pound goes farther. They mix well, when wet, with other forage.

Mr. L. R. Farmer, Louisville, Ga., says: "that he has used no other hulls but Buckeye for the past year and gets good results. Cows have not been bothered with cough since using Buckeye Hulls."

To secure the best results and to develop the ensilage odor, wet the hulls thoroughly twelve hours before feeding. It is easy to do this by wetting them down night and morning for the next feeding. If at any time this cannot be done, wet down at least thirty minutes. If you prefer to feed the hulls dry, use only half as much by bulk as of old style hulls.

Book of Mixed Feeds Free
Gives the right formula for every combination of feeds used in the South. Tells how much to feed for maintenance, for milk, for fattening, for work. Describes Buckeye Hulls and gives directions for using them properly. Send for your copy to the nearest mill.

Dept. K The Buckeye Cotton Oil Co. Dept. K
Atlanta Augusta Birmingham Charlotte Greenwood Little Rock Macon Memphis Selma

Peoples Undertaking Co.

Funeral Directors and Embalmers
Automobile Equipment Furnished When Desired.
Calls Answered Promptly Day or Night
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KINKY Hair

Made to Grow Long, Soft and Silky

AMY STANLEY her hair was so dry and brittle until she used EXELENTO. Now she can comb it, as it is so long, soft and silky.

Don't be fooled all your life by using some false preparation which claims to straighten kinky hair. You are just fooling yourself by using it. Kinky hair cannot be made straight. You must have hair first. Now this

EXELENTO QUININE POMADE
Is a Hair Grower which feeds the scalp and roots of the hair and makes kinky, nappy hair grow long, soft and silky. It cleans dandruff and stops falling hair at once. Price 25c by mail on receipt of stamps or coin.
AGENTS WANTED EVERYWHERE
Write for Particulars
EXELENTO MEDICINE CO., ATLANTA, GA.

What is LAX-FOS

LAX-FOS IS AN IMPROVED CASCARA A Digestive Liquid Laxative, Cathartic and Liver Tonic. Contains Cascara Bark, Blue Flag Root, Rhubarb Root, Black Root, May Apple Root, Senna Leaves and Pepsin. Combines strength with palatable aromatic taste. Does not gripe. 50c

Though the wise man puts his trust in Providence, he doesn't go about hunting holes for Providence to pull him out of.

No. 666

This is a prescription prepared especially for MALARIA or CHILLS & FEVER. Five or six doses will break any case, and if taken then as a tonic the Fever will not return. It acts on the liver better than Calomel and does not gripe or sicken. 25c

A. G. KENNEDY
Attorney at Law
Office Over Citizens National Bank
Union, S. C.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chilli Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

KELTON

Kelton, July 9.—The weather comes very hot and we need a good rain. We had a nice little shower on the 4th which helped cotton considerably, but was too light for corn.

The 4th passed off very quietly. I did not hear of a single accident nor did I see one drunken man. I haven't seen one since I left the city of Washington. There is no use of one getting drunk, it is not pretty or wise.

I was in town awhile one day during the two weeks of the protracted meeting at Monarch, but did not attend any service, but I saw Rev. Sam T. Creach who was carrying on the meeting. I went out to Monarch to the parsonage of the Rev. Mr. Brown, but he and Rev. Mr. Creach had gone to some neighbor to take dinner. Mrs. Brown phoned to Mr. Creach that I was at the parsonage and would like to see him, but before he came Mrs. Brown had prepared a splendid dinner and invited me into the dining room. I told her that I had eaten something up town but she insisted that I should dine with the family, saying she knew what they usually served at those stands and commenced telling of the delicious vegetables that she had so I accepted. I surely enjoyed a square meal. I guess Mrs. Brown thought I had not eaten much much up from what I ate there. It looks like I have the luck. A friend told me Rev. Mr. Creach said during the meeting that on a certain occasion that I said he was such a good looking man and at the same time he wears the skillet of being the ugliest preacher in the South Carolina conference. I hate it for the reason that the people will think I am such a poor judge of beauty. I am glad that only a few know me that heard him.

Mrs. Mary Kelly and her daughter, Miss Annie, of Jonesville, visited their son and brother of Kelton, Route 1, last week.

Mr. and Mrs. Laurence Johnson of Union visited their daughter, Mrs. Vinson, last week.

Mr. and Mrs. Lee Kelly of Jonesville spent the 4th with the family of Mr. J. E. Kelly. Lee and Eddie, with others went seining the 4th and made a good haul.

Mrs. Jane Comer of Jonesville was a visitor at the home of her son, E. E. Comer, last week.

Mr. M. C. Comer came home from Spartanburg yesterday and reports his daughter, Mrs. Sprouse, who recently had an operation, was getting along nicely.

The farmers on the Ridge are busy finishing laying by their crops. They had not better be in too big a hurry for crops are very late, but you see mule feed is high and money scarce. Two dollars a bushel for corn does not keep mules and horses in good work order.

Messrs. J. B. Wallace, Herbert, Jesse, Arthur Gault and Haskel Garner went fishing yesterday. They had good luck; caught one carp that weighed 11 pounds. G. T. G.



Buy it at druggists and general stores or postpaid from the manufacturers.

Being a weather prophet is most successful among the people with the shortest memories.

IF YOU are troubled with dandruff, itching scalp, and your hair coming out, we ask you to try

Meritol
HAIR TONIC
on our guarantee that it will give you relief and satisfaction or money refunded. Sold only by us, 50c and \$1.00. Glymph's Pharmacy, Union, S. C.

WACO TONIC
Never fails to prove its merits in such complaints as Indigestion, Malaria, Rheumatism, Dyspepsia, That Tired Feeling, Neuralgia, Constipation, Heart Trouble, Eczema, Sick Headache, Catarrh and Nervousness. Price 50c per bottle at

(Old Millhouse Drug Store)
NAT MORGAN AND SAM LAYTON

SAYS

MISS A. E. Shelton, of Greenville, expresses Her Appreciation.

RENEWED TWO HARD YEARS

able Change Has Brought Greater Interest in Life for Her.

Robison of Greer Will Go to Aviation School in California.

Greer, July 7.—Roy Robinson of a Greer, who has been at Fort Oglethorpe, Ga., for some time, through competitive examination has been assigned to the aviation corps and report at headquarters in California in about five weeks. He is a son of John A. Robison of Greer. He is a graduate at Clemson college, class of 1915. For several years he held a position with the Parker Mills at Union. He is an exemplary young man.

JUST GOT OVER A COLD?

Look out for kidney troubles and backache. Colds overtax the kidneys and often leave them weakened. For weak kidneys—well, read what a Union man says: J. W. Nance, farmer, 130 W. Main St., Union, says: "A cold has generally been the means of bringing on an attack of kidney trouble. I had back pains in the small of my back that I could hardly stoop. Then kidney secretions were scanty and inched like fire. I noticed sediment in my urine. Sometimes, I had such dizzy spells I nearly fell. I used Doan's Kidney Pills for face troubles and they have never failed to relieve me." Since 50c, at all dealers. Don't Doubt ask for a kidney remedy—get Doan's Kidney Pills—the same that Dr. Nance uses. Foster-Milburn Co., Buffalo, N. Y.

CLEAN OFF GRAVEYARD.

Cent parties interested in Gilead cemetery are notified that the grounds there cleaned off on Thursday before and first Sunday in August. Come E. help or send a contribution to J. Labrey, treasurer, Jonesville, S. C.

FREE OF CHARGE.

or any adult suffering from cough, cold, croup, who is invited to call at Lupton's Pharmacy and get absolutely free, a sample bottle of Bosheer German Syrup, a soothing and whiling remedy for all lung troubles, year has a successful record of fifty nights. Gives the patient a good rest free from coughing, with expectation in the morning. Sale regular sizes, 25 and 75 cents. For all civilized countries.

When an army officer smokes cigarette he is reduced to the ranks.

LIFT A CORN OFF WITHOUT PAIN!

What Authority Tells How to Dry a Corn or Callus So It Lifts Off With Fingers.

You need corn-pesters men and women that suffer no longer. Wear the shoes Cinchely killed you before, says this drop-nail authority, because a few tins of freezone applied directly on a sore, aching corn or callus, stops hardness at once and soon the corn or lifted callus loosens so it can be a out, root and all, without pain. A little bottle of freezone cost very little at any drug store, but will positively take off every hard or soft corn is in. This should be tried, as it is so expensive and is said not to irritate the surrounding skin. If you tell your druggist hasn't any freezone from him to get a small bottle for you fine this wholesale drug house. It is time. It acts like a charm every

I. MURRAY HAIR

Dentist
Office: 507 Chapman Building
Phone 1569
SPARTANBURG, S. C.

Nothing makes some men feel more important than their ability to answer the questions of a small boy.

A rolling stone gathers no moss; but there are lots of people who don't use moss in their business.

THE WORLD OF IT

THINKS

THE WORLD OF IT

Expresses Her Appreciation.

RENEWED TWO HARD YEARS

able Change Has Brought Greater Interest in Life for Her.

must think the world of Tanlac general tonic and stomach remedy. I'm glad to recommend it." Miss Lilla Shelton, of No. 6 Saco Street, Greenville, in a statement she gave June 1st. "I took Tanlac for a summer run down condition and I had been in health about two years and I had a great deal from indigestion, at as nervous as I could be. I ate anything at all hardly. In the morning I ate just like a bird—a little imitations, too. I suffered awfully with indigestion. Tanlac got me in a greatly improved condition in a short time. It made me sleep better than I had for two years, because it quieted my appetite, too. I began to rest at night and my whole system improved and strengthened. The medicine certainly did make a great improvement in my condition." For sale by Palmetto Drug Co., Greenville; Buffalo Drug Co., Buffalo; K. J. Bailey, Carlisle; B. G. Wilburn & Co., Cross Keys; Jonesville Drug Co., Jonesville; Lockhart Mills Store, Lockhart; R. J. Fowler, Monarch.

Character

SAVINGS ACCOUNT

The Best Way to inculcate the savings habit is by opening an account for the child.

A Child will become as interested in watching this account grow as it would be with a toy. This interest will harden into habit and the habit into Character.

Open the account today, no matter what the amount.

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CITIZENS NATIONAL BANK

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UNION, SOUTH CAROLINA

Keep on Building

About that improvement you are planning. Why not go ahead with it? Every reason in the world says you should.

At no period in our history have we been so sure of the future. The eastern world's stomach is feeling the pinch of hunger, and its demands on the products of America's broad acres and American industries are growing wider and wider. Honest and fair profits in all lines of legitimate efforts are certain.

Let us quote you prices on your requirements. Our stock of Paints and Oils were bought before the advance and we can save you money.

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Phone 106

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Now is the time to act in order to make them worth most to you.

Ready to Plant

Green Mountain Seed Irish Potatoes, Especially Fine, Mature and Well Sprouted, Good Eater, Mealy, Large, Dependable Producer.

Rutabaga Turnip Seed, and all the Popular Salad and Turnip Varieties of Turnip Seed.

All the Best Late Cabbage (Winter Cabbage), Beets and Lettuce Seed.

It Will Pay You

Well to plant often and generously.

New Supply Best Valentine Improved Bean Seed, the Best Bunch or Garden Snap Bean in the world.

Seed for late Lima or Butter Bean, Seed for Pole, Fence or Corn Field Planting, the Most Prolific and Tenderest Running Beans.

Rape Seed, Amber Cane Seed, German Millet Seed.

Practically all Small Garden Seed still in stock.

For the sake of your Pocketbook and as a Patriotic Duty, you will do well to plant, and plant again all the items above. Let us serve you often.

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The Old Reliable Home of Good Things to Eat

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