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TOO MUCH EXERCISE.

The Effect It May Have on the Heart

and Health.

If we accept the broad fact that ex-

ercise is good and that its effect is to

increase muscular strength and bodily

development, we have to ask, "Why

does still further exercise cease to be

good, and what do we mean by overex-

ercise?" First, we must draw a broad

through every corner of the organism.

cerned it is one of the most destructive.

The blood cannot flow in full stream to

every part at once. As Dr. Lauder

Brunton says, "Every one knows that

while moderate exercise tends to produce

appetite, a long and exhausting exer-

even to produce actual sickness, as one finds in mountain climbing."

cise lies in diminished excretion. Un-

efficient the tissues become crowded

overexercise. Interference with diges-

tion so lowers nutrition, while accumu-

system, that in either case further exer-

tion becomes impossible—the very will

to make it passes away. But it is differ-

ent in regard to the heart. The heart,

although strained, may yet be driven

on to its own destruction. Every mus-

cular effort not only demands from the

damage is done to the heart itself. If,

ly struck, the enfeebled circulation

yould soon put a stop to further effort.

each beat a wider sweep and driving

into the vessels a larger quantity of

blood, so meets the call that the athlete

can struggle on, perhaps to win his

race. But the strained heart suffers,

the stretched muscle does not quite

come back, the dilated cavity does not

quite close at each contraction, and

is that exercise driven to the limit im-

posed by the heart is overexercise in the

most serious sense of the word. If it is

the heart that stops it, the chances are

that it has already gone too far. -- Hos-

Dear Little Cook.

She was a young wife, just married,

from boarding school, and, although

educated regardless of expense, didn't

know beans from any other vegetable

"Now, what are we to have for din-

"There's two chickens to dress,

"I'll dress them the first thing.

"Why, mum, they're in their feath

"Oh, then, serve them that way.

The ancient Romans always cooked

their peacocks with their feathers on.

"It will that, mum. Shore, if you

"Oh, how sweet! I'll pair them two

ery do be more in your line."

"All right. I'll take it up to the bathroom, and I've some lovely Paris

soap that will take off every speck."
"Thank you, mum. Would you mind telling me the name of the asylum

where you was eddicated? I think I'll

have to take some lessons there myself if we be going to work together!"

Boars the Signature Chart The Hate Heave Bought

want to help, you could be parin the

It will be a surprise to hubby."

hence this dialogue with the cook :

Where are their clothes?"

ers yet!

permanent mischief is set up. Thus it

products of muscular waste.

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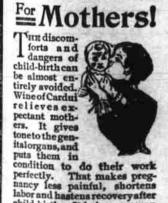


GRAHAM, N. C.

Office in the Vestal Building, over Albright's drug store. First-class work at moderate prices. Call on me. OLIVER S. NEWLIN,

Attorney-at-Law, GREENSBORO, N. C. Office in Wright Building East of Court Will ractice regularly in the courts of Al-

WINE OF CARDUI



condition to do their work perfectly. That makes preg-nancy less painful, shortens labor and hastens recovery after child-birth. It helps a woman bear strong healthy children. Wine of Cardu

has also brought happiness to thousands of homes barren for years. A few doses often brings joy to loving hearts that long for a darling baby. No woman should neglect to try it for this trouble. It cures nine cases out of ten. All druggists sell Wine of Cardui. \$1.00 per bottle.

WINE OF CARBUI

You assume no risk when you buy Chamberlain's Colic, Cholera and Diarrhoza Remedy. T. A. Albiight & Co. will refund your money if ey if you are not satisfied after using it. It is everywhere admitted to be the most successful remedy in use for bowel complaints and the only one that never fails. It is pleasant, safe and reliable. 4m.

DeWitt's Little Early Risers,

GOOD GRAVEL ROADS. State Ald System Is the Most Equi-

FAR SUPERIOR TO THE COMMON EARTH HIGHWAY.

Information as to the Selection of Material - Preparing the Foundation - Grading and Rolling Very Important.

In connection with the building and maintenance of gravel roads the most important matter to consider is that of selecting the proper material. A small proportion of argillaceous sand, clayey, or earthly matter contained in some gravel enables it to pack readily and consolidate under traffic or the road roller. Seaside and river gravel, which is composed usually of rounded, water worn pebbles, is unfit for surfacing roads. The small stones of which they are composed, having no angular projections or sharp edges, easily move or slide against each other and will not bind together, and even when mixed with clay may turn freely, causing the whole surface to be loose, like materials in a shaken sieve.

0

Inferior qualities of gravel can some times be used for foundations, but where it becomes necessary to employ such material even for that purpose it is well to mix just enough sandy or clayey loam to bind it firmly together. For the wearing surface or the top layer the publics should, if possible, be comparatively clean, bard, angular and tough, so that they will readily consolidate and will not be easily pulverized by the impact of traffic into dust and mud. They should be coarse, varying in size from shalf an inch to an inch and one-half.

distinction between the effect of con-Where blue gravel or hardpan and stantly maintained exertion which is required in certain trades and the alroad may be made by mixing the two portation? ternating contraction and relaxation of together. Pit gravel or gravel dug from all the muscles of the body, which is the all the muscles of the body, which is the carth, as a rule, contains too much city property for expenditure in councart much and athletics of carthy matter. This may, however, be try districts for road building purposes? all kinds. That constantly maintained effort or monotonous repetition of the two sieves are necessary, through which much so as it would be to levy a town same movement tends to exhaustion the gravel should be thrown. The tax upon farm property for building rather than nutrition goes without saying. But, taking ordinary so called healthy exercise, by what is its limit while the meshes of the other should be which would be paid by the cities situset? The limit appears to be set by three-fourths of an inch. All pebbles ated in the county, and which might which will not go through the one and be used for the building of roads in three factors: (1) The capacity of the digestive organs to keep up the quality of the blood; (2) the capacity of the or broken so that they will go through. this is not sufficient, especially in the excretory organs to get rid of the waste products which result from muscular action, and (8) the power of the heart jected for the ro.A. but may be used in apolls and Caltimore. Their interests to drive a constant stream of blood Interference with digestion is a by no neans uncommon effect of excessive exercise, and so far as training is consifting are many times repaid.

layer of three or four inches of gravel. | trade," tion tends to destroy the appetite and mentary exertion, anything like sus- in the clay beneath, and also to prevent tained effort disturbs digestion and cuts the surface water from percolating at the very root of their nutrition. In through and softening the

many cases, however, the limit to exer- causing the roadway to be torn up. Owing to a lack of knowledge regarding construction, indifference or careless the excretory organs are thoroughly lessness in building or improving, roads with products which cannot be got rid made of gravel are often very much of, the senses become dimmed, and effort becomes a mere automatism, in them are made by simply dumping the consequence of a self poisoning by the material into ruts, mudholes or butterlike depressions or on unimproved foundation and are left thus for traffic to So far we have dealt with what may be fitly termed the automatic checks to consolidate, while others are made by tween a mud rut and a smooth, comcovering the surface with inferior material without any attention being paid lation of waste products so poisons the to the fundamental principles of drainage. As a result of such thoughtless the course of this propaganda is slow in and haphazard methods the road usual-

ly covered with holes than before. In constructing a gravel road the roadbed should first be brought to the overcome. proper grade. Ordinarily an excavation heart an increased flow of blood, but is then made to the depth of 8 or 10 marked improvement in several lines of also drives an increased quantity to- inches, varying in width with the reward it. So long as the heart can pass quirements of traffic. For a farm or farming community the width need not ily welcomed. This new vehicle appeals this forward all is well, but when it fails not merely is the circulation of the be greater than 10 or 12 feet. A read-blood rendered imperfect, but serious way which is too wide is not only use- It will doubtless arouse interest among less, but the extra width is a positive citizens who have had no part in the damage. Any width beyond that needwhen the heart was overdriven, it mereed for the traffic is not only a waste of and who are not in a position other money in constructing the road, but is to realize the agricultural necessities in the cause of a never ending expense in regard to good roads. The willing heart, however, taking at maintaining it. The surface of the roadbed should preferably have a fall from the center to the sides the same as that to be given the finished road, and should, if possible, be thoroughly rolled and consolidated until smooth and firm. A layer, not thicker than four inches of good gravel, such as that recom-

mended above, should then be spread evenly over the prepared roadbed. If a roller cannot be had, the road is thrown open to traffic until it becomes well consolidated, but it is impossible to properly consolidate materials by the ement of vehicles over the road, and if this means is pursued constant watchfulness is necessary to prevent unequal wear and to keep the surface smooth and free from ruts. The work may be hastened and facilitated by the use of a horse roller or light steam roller, and, of course, far better results can be accomplished by this means. If the gravel be too dry to consolidate easily. it should be kept moist by sprinkling.

wet, as an earthy or clayey matter in the gravel is liable to be dissolved. As soon as the first layer has been properly consolidated a second, third and, if necessary, fourth layer, each three or four inches in thickness, is spread on and treated in the same manner, until the road is built up to the required thickness and cross section. The thickness in most cases need not be greater than 10 or 12 inches, and the fall from the center to the sides ought not to be greater than 1 foot in 20 feet. or less than 1 in 25.

It should not, however, be made too

and two in no time. Why, I had no idea cooking was so picturesque. "I think, mum, that washin the cel-What Ducks Must Have. J. T. Littleton in Poultry Monthly says one of the causes of the unpopuarity of ducks is that to be most profitable they must either have access to a shallow pond or stream or they must e fed more carefully than bens. The latter will do well on the farm if fed only grain. But the duck that has no access to water, except what is in the drinking trough, must have soft food. This mixing of the morning and evening mash is troublesome, and the average man will not do it.

GOOD ROAD? TAX.

GRAHAM, N.C., THURSDAY, OCTOBER 26, 1899.

table and Franible. "It is absolutely impossible for the

farmers alone to provide a system of good roads. The cost is altogether too great, and unless substantial belp is furnished them, upon some reasonable basis, progress in road building will continue to be slow and unsatisfactory," says Otto Dorner, chairman of he L. A. W. highway improvement

"The help which the " --- require in building ronds show the cities. The cities are the point centers of wealth; they are the great markets in which business is done, the great distributing points for manu-



MAKE TRAVEL A BURDEN.

facturers and for agricultural products. Agricultural America has built them up and maintains them. The union between the cities and farming dis tricts is close, upon a hundred different channels of trade. Each depends upon the other. What is more proper, therefore, than that the city should unite with the country in constructing and maintaining suitable and efficient clean bank gravel are procurable a good means of communicating and trans-

"But how can a tax be levied upon removed by sifting. For this purpose A city tax is out of the question, as meshes of one sieve should be one and sewers in a distant city. True, a counone-half or two inches in diameter, ty tax might be levied, a large share of one-half inch meshes should be rejected any locality within the county. But All material which sifts through the case of large cities like Chicago, New three-fourths inch meshes should be re- York, Cincinnati, St. Louis, Minnemaking side paths. The excellent read extend far beyond the counties in adapted to the construction of such which can be built from materials pre- which they are situated. Indeed, the pared in this way is so far superior to cities themselves constitute the greater the one made of the natural clayey ma- part, or nearly all, of the taxpaying are 30 inches high. There may be terial that the expense and trouble of property included in these countles. They may properly contribute to the Some earth roads may be greatly im- cost of building roads in all the terri- in the wheel, as it gives strength and proved by covering the surface with a tory from which they draw their durability to the wheel.

ROAD REFORM

The Automobile as a Factor In High way Improvement.

The department of agriculture is doing an admirable work in seeking to educate the farmers to the point of appreciating the commercial value of fine highways. The various experiment stations are constructing sample roads and demonstrating that the difference be pact hauling surface means a difference between loss and profit in the transpor tation of farm produce to market, but comparison with the necessities of the ly becomes rougher and more complete- case. There is a vast deal of ground to be covered and many stubborn prejudices and much dense ignorance to be

The wheelmen are responsible for travel. The entrance of the automobile as a factor for good roads is to be heartbicycle development of the past years

The general use of automobiles by this class of citizens will thus supple ment the other factors for highway improvement which have been steadfastly laboring of late and may result in such legislation as will materially advance the prospect of the good time to come when it will be possible to crisscross the maps of all the states with the lines of such thoroughfares as are today to be found in abundance in Europe.

The Road Grader. The peculiar feature of a road grader is that it cuts away the dirt at the side of the road and draws it up into the middle, thus producing a ditch at each side and a slope in each direction from the center. At the same time it will cut away the dirt to just the proper depth and no deeper. In this particular its work differs from that ac complished by the use of plows, shovels or hand scrapers. The road grader leaves a smooth, regular surface, giv ing the road the proper contour. dirt or gravel road can be put into excellent shape by running the grader repeatedly over it. Care should be taken first to remove brush and rubbish from the side of the road, that the grader may not carry it into the traveled roadway.

> Safe Prescription. Where roads are bad A little gravel Well used will add To joys of travel.

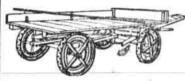
There is only one branch of the United States service where the chevrons of sergeants and corporals are worn as they were a century ago and as they are still worn in a very large portion of the English service. This is in the United States marine corps, and here they are inverted, the point of the instead of toward the wrist, as to all branches of the service. The othe rious feature of the service is that the cotors of the corps are red and reliow, those of cavalry and artillery, while A HANDY WAGON.

The cheap and convenient homemade wagon illustrated is made from the castoff drive wheels of two combined reapers and mowers. The man who built it has described it as follows in the Ohio Farmer: In hauling manure to the fields, stone

off of work land and for various other purposes where a low down wagon is needed, it is worth many times its cost and has many advantages over a common farm wagon. Being low it is easily loaded and unloaded, while the broad faced wheels will permit hauling over meadows or soft ground without damage, when narrow tired wheels could not be used at all.

The cash outlay for it was a mere trifle. We got one pair of wheels and spindles from an old machine that we had worn out on the farm, the others were bought for 50 cents at a nearby We bought also less than 50 cents worth of bolts, all told, at our village hardware store. The rest of the material was furnished from our lumber pile and shop. The work was done by the writer at our farm workshopwhere we have a forge. Three or four days' work at odd times were required for the purpose. The woodwork is all in the rough, no plane or paint being used, as utility, not beauty, was our alm in constructing it. By making the bolster in front three inches higher than the wheels and Iron braces and supports (in one) of old wagon tire the same height on rear axle, we were able to make the platform-or bottom of bed-project out over the wheels. This feature of the wagon we find of great advantage in many kinds of work

By removing the side boards-one of which is removed and lies diagonally in the cut-and erecting a sultable standard in front and extending the platform a few feet in the rear with



light scantlings supported by iron stir rups attached to the platform, we can have a first class hay rack that would often come in good service in hauling hay, sheaf grain or corn fodder from the field.

The mower wheels are especially wagons, as the hubs are 81/2 inches long, face 414 inches wide, while they other wheels just as good, however. The long bub is quite an item, though

We used the original spindles. By and sometimes even a thinner layer "The best method yet devised for cutting the shaft in two in the middle may prove of very great benefit if kept levying taxes upon city property for and punching holes near the ends for in proper repair. The subsoil of such the purpose of building country roads bolts, we fastened them to wooden roadway ought, however, to be well is by the medium of a state tax. This axles of the desired length. We made drained or of a light and porous nature. is levied upon city and country prop the reach seven feet from axie to axie, People differ greatly in this respect, Roads constructed over clay soils re- erty alike, upon all classes of people, which is none too long if intended for but in some—great, ponderous men as quire a layer of at least six inches of so that every locality, every taxpayer, hay and fodder hauling. The platform they may seem—the digestion is so gravel. The gravel must be deep enough contributes proportionately, according is ten feet long by six feet wide, the easily upset by muscular exercise that, to prevent the weight of traffic forcing to the amount of property owned, the front wheels passing under the same although they may be giants for a mo- the surface material into weak places wealthy property owners contributing in turning. A stationary board eight at front end of platform. Cleats are nailed to this to receive front end of side boards. These are only six inches wide, but can be made wider if desir

> Some persons might object to the projecting spurs on these wheels. In practice these do no harm, as their worn condition from long use and the packing of the earth between them leaves so little of them protruding that they do no damage even on young mendows.

> > The Clover Crop.

There are few states in which the production of clover does not present more or less marked contrast to the almost uniformly large production of last year. In the New England states there is a falling off of one-third to one-half: New York reports 71 per cent of a full crop, as compared with 100 per cent last year; Pennsylvania reports 76 per cent, as compared with 93; Kentucky, Michigan and Indiana show a reduction from last year of 7, 6 and 8 points respectively, while Illinois has but 64, Wisconsin S1 and Iowa 17 per cent of a full crop. Excluding the states in which the cultivation of clover is merely sporadic, Ohio alone has as large a crop as it had last year, and this is doubtless accounted for in part by the fact that last year's crop in that state was considerably below the average for the country as a whole. Such is the report of the August crop circular.

Notes From the Crop Circular. The average condition of corn on Aug. 1 was 80.9. This was 2.0 points higher than at the corresponding date last year, 5.7 points higher than on Aug. 1, 1807, and 3.2 points above the mean of the August averages for the

acreage. Of 14 states mowing 1,000,-000-acres or upward last year, only Missouri, Kansas, South Dakota and

From all but a few states reports as to the condition of the apple crop Aug. I are even more unfavorable than they were the preceding month. The exceptions are an improvement of two points in Ohio and three points in Michigan and Virginia.

en Aug. 1 was 93. This was 0.8 point lower than one month ago, but 9.1 points higher than on Aug. 1, 1808, 15.1 points higher than at the corre sponding date in 1897 and 6.9 points above the mean of August averages for the last ten years. The whole of the 13 states, having 100,000 acres or upward in spring wheat, show a decline in condition as compared with July L.

HOMEMADE MICROSCOPE.

How to Manufacture a Magnifying Glass For 5 Cents. To make a microscope for a nickel

or less is a comparatively easy task and an interesting one. The first step is to buy some little hollow glass balls with stems to them; they are used in the manufacture of artificial flowers. As they are sold for a song, buy several, in order to have a choice - one that is free from scratches or bubbles. Make a temporary handle for the little globule by cutting a alit through the middle of a flat stick, about as thick as a match and four times as broad, in

sorting the stem of the little globe in the slit. A candle and a cup of perfectly clean, boiled water are next needed Hold the globe stem upward, about three inches above the candle, until it is very warm, then plunge it downward into the cup of water and hold it there for a few seconds, or until it is filled with water. Wipe the outside perfectly dry and hold the globe again over the candle until the water

You must now plunge it once more into the cold water, when, if the water is boiling, the little apparatus becomes completely filled as it cools with beeswax and touch with sealing wax, to make it water tight. The next operation is to fit a hold

er to the lens, for such it is now that ate their qualities, they are so well it is filled with water.

wire and then enlarge it with a tiny all classes and stamps them the great penknife. Having made the cork cylinder

tion to admit the stem of the lens, so that the surface of the globe is almost, but not quite, level with the other flat surface of the cork.

The lens must first be blackened so as to destroy the "false light," which would have the effect of blurpainting the lens and its stem, with must be exactly opposite each other, with a mixture of india ink, water, gum arabic and sugar. When dry, insert the lens in its place and fix it gum here and there.

sertion of the stem. Now the lens our country. They are alike indifferent holder must be fitted with diaphragms. Cut from a thin cardboard two circles the size of the ends of the lens holder and cut from their centers holes about the size of a pea, Paint them black and glue them on each end of the lens holder. A paper tube and glass slides, for

use in examining the objects to be magnified, are made by twisting paper into a tube, which is glued to an inch and a half long. After these labors are completed, for both may be supplied.

behold, a little microscope which Among the business breeds which lay magnifies objects about 25 times! To white eggs our choice is limited—we examine a fly wing, for instance- have the Leghorns, Minorcas and Anjects are adapted to this microscope fine egg, and, if properly handled, plenering it with the other, fastening the edges all around with sealing wax. Place the slide in the object holder so that the object is exactly opposite the hole in the diaphragm | Here we have truly egg machines. Can back and forth until distinct vision is obtained.—Eleanor Lexington in Chicago Inter Ocean

The Trials of Handshakers,

One might suppose from the calm and placid exterior of most great persons that public life is a private snap. But it isn't. Take, for instance, officials who are called upon to hold public receptions. It looks easy, of course, to at the rate of 12 a minute, but just try it once. When you have, you will feel inclined to wood sawing as a light diversion and as a relaxation take to carrying coal from the cellar up. Reduced to its simplest expression,

handshaking is the hardest manual labor on record. The wife of a prominent American was speaking of this feature of public life a short time ago and in illustration

held out her hands. "You see my left hand," said she. 'Well, it is no different from any other hand. It is not too large, nor too broad, and, if I may say it myself, not ill formed. Now look at my right hand. You notice the difference. Do you see how much larger it is-how it is broad

and pudgy? Well, all that came from

handshaking. Nowadays I have to have

my gloves made to order, the right

hand two sizes larger than the left." The same woman said, too, that her right arm frequently became numb and powerless after receptions where she was called to shake hands with a thousand or more persons.-Washington

Farmers Neglect Poultry.

Farmers ought to supply many more ggs to the market than they do now, cause they have better facilities than any other class to produce them, but it is eafe to say that more than half the sider that the great business team of all eggs produced in this country comes from the smaller towns.

To conclude, therefore, we may consider that the great business team of all the breeds is the Plymouth Rock and the Leghorn.

ONE PRICE FOR CASH ONLY.

Will H. Matthews & Co.,

Clothing and Furishings,

304 South Elm St.

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All weak places in your system

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DeWitt's Little Early Risers. They

cleanse the bowels, promptly cure

chronic constipation, regulate the

liver, and fill you with new life and

vigor. Small, pleasant, cure ; never

Relief in Six Hours.

Distressing Kidney and Bladder diseases relieved in six hours by the "New Great

SOUTH AMERICAN KIDNEY CURE. This nev

remedy is a great surprise on account of its

Simmons, the druggist.

Will have something to say next week that will interest you.

ROCKS AND LEGHORNS.

Why They Are Among the Best of All

Mr. E. O. Roessle, the well known poultry breeder, says in an exchange that the breed par excellence known If any air remain in the globe, re | from one end of the country to the other peat the boiling and plunging into is the Barred Plymouth Rock. There is water. Then at once fill up the end | not a farmer, amateur or fancier who does not at once recognize the sterling qualities of this most popular of all breeds. It is almost useless to enumerknown. Yet they live up to these qualiexceeding promptness in relieving pain in the bladder, kidneys, back and every part of Take a round, smooth cork-one ties and maintain year after year the from a wide bottle. Cut off from the excellence which is the foundation of best end a piece a trifle larger that their popularity. For egg producers, the diameter of the little lens. The when eggs are highest in price, they two flat faces of the cork should be are reliable. For good, large bodied quite parallel, otherwise the image specimens, when meat is demanded, formed by the lens will be indistinct. they seldem fail, and for hardiness and Next bore a hole through the center general health they have no superiors of the cork cylinder, to make it into They are not beautiful, except in the a tube. The best way to do this is eyes of their admirers, yet there is a to commence the hole with a redhot certain steady, businesslike air about these plain specimens which appeals to

money makers of poultrydom. It is safe to say that the demand for to your liking, enlarge the hole at Plymouth Rocks is far in excess of that one end and cut a slit in the flat por. for any other breed. This does not reflect unfavorably on the other breeds. It simply shows that they are the pub-

lie's favorites. The very best quality any breed can have is hardiness. A vigorous constitution in fowls is the first thing to consider. With it we may expect a good which would have the effect of blurgrowth, an early maturity, a good egg ring the image. This is done by yield and a fine carcass; without it we cannot depend upon any of these results the exception of two circles, which must be exactly opposite each other dition go band in band, and both mean the best results obtainable in poultry. The healthy hen is the egg type and the showroom specimen. Condition should be the first consideration. Where can in its position by a slight touch of be found a healthier, stronger and more reliable breed than the Barred Plymouth A neat slip of cork should be gum- Rocks? Climatic conditions do not affect A neat slip of cork should be gummed into the slit formed for the inthem. They are bred in all sections of
significant

They are alike indifferent

the urinary passages in male and female. It relieves retention of water and pain in pass-ing it almost immediately. If you want quick ellef and cure this is your remedy. Sold by T. A. Albright, druggist, Graham, N. C. The State Normal and Industrial College of N. C.

Offers to young women thorough iterary, classical, scientific, and industrial education and special pedagogical training. Annual expenses 890 to 8130; for non-residents of the State \$150. Faculty of 30 mem-bers. More than 400 regular stu-Has matriculated about dents. 1,700 students, representing every county in the State except one. Practice and Observation School of

about 550 pupils. To secure board in dormitories, all free-tuition applications should be made before August 1. Correspondence invited from

those desiring competent trained For catalogue and other information, address

PRESIDENT MOIVER,



to cold or heat. No matter how low the the lens holder. About an eighth of temperature, this popular American an inch from one end of the tube breed attends strictly to business, and cut two slits, exactly opposite to if they are comfortably housed at night each other, a quarter of an inch in and kept busy during the day we may length and in breadth equal to the look for a full nest box at gathering thickness of two of the slips of glass, time. Still, they lay a brown egg, and which must be of the thinnest qual. if the demand should be for white eggs, ity, a quarter of an inch wide and or both white and brown, we must look for another breed to run side by side with them, in order that the demand

and of course only very small ob- dalusians. The Minorcas lay a large, -put it on one of the glass slides cov. ty of them-but are they business egg machines? The Andalusians also are prolific layers, but if we breed them to perfection is the demand sufficient to justify their being kept for profit? We are forced to full back on the Legherns and hold the whole apparatus up to they be beaten in this quality? The the light, sliding the object holder choice of the entire family is probably the White, Brown or Buff. It matters little which we select-it is a fancy admirers of each claim superiority. Are they popular? Yes-almost as much so as the Plymonth Rocks. They are well distributed throughout the country. The public has adopted them, and the demand for them has been, is and always will be strong. Any person who cannot make money out of eggs and keeps White, Brown or Buff Leghorns does not deserve to be called an egg farmer. pump handle a few thousand persons They are active, healthy, beautiful and profitable. Does any other breed combine more good qualities? Their enemies, and they have some,

call them spring and summer layers. They will lay as strong in the dead of winter as any other breed if properly housed. Being a closely feathered variety, they need warm quarters. Keep them shut up all winter in a house where the water never freezes in the pans, feed them liberally and keep them busy and they will lay continuously, and when spring comes and the warmer air permits them to run out they will, like all other breeds, increase their egg yield, but in greater propor-tion. They are the fit mates for the Plymouth Rocks for egg production Being a nonsitting variety, they con tinue the laying when the Plymouth Rocks become broody. The great objection to the Leghorn i

said to be its small carcass for market purposes. This is hardly an objection except to those who demand size and weight alone. As the chicks grow very rapidly and are very active, they can be made to dress as fine a broiler for sweet, fine grained meat as any breed known and at the earliest broile son. As roasters there is nothing better than a well fatted, three pound Leghors

To conclude, therefore, we may con

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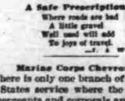
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last ten years. Preliminary returns indicate a reduction of 3.4 per cent in the hay

California show increased acreage.

The average condition of potatoes

Might Have Been Worse, Mr. Gibbs went to an entertainment and by mistake sat on his neighbor's silk hat, reducing it to a shapeless mass. The owner of the bat was naturally indignant and breathed threats of "Sir," said Mr. Gibles

roared the victim. "Ob, yes, it could," said Gibbs. "I might have set down on my own hat."

vengeance. "Sir," said Mr. Gibbs calmly, "I am very sorry and must ad-mit that I was awkward. But," he added complacently, "it might have "I don't see how it could have been,"