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CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE **CASTORIA** ALWAYS
Bears the Signature of
Chas. H. Fletcher.

The Kind You Have Always Bought
In Use For Over 30 Years.
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THE BANK OF WELDON
WELDON, N. C.
Organized Under the Laws of the State of North Carolina,
AUGUST 20TH, 1892.

State of North Carolina Depository.
Halifax County Depository.
Town of Weldon Depository.

Capital and Surplus, $40,000.

For more than fifteen years this institution has provided banking facilities for this section. Its stockholders and directors have been identified with the business interests of Halifax and Northampton counties for many years. Money is loaned upon approved security at the legal rate of interest—six per centum. Accounts of all are solicited.

The surplus and undivided profits having reached a sum equal to the Capital Stock, the Bank has, commencing January 1, 1908, established a Savings Department allowing interest on time deposits as follows: For Deposits allowed to remain three months or longer, 2 per cent. Six months or longer, 3 per cent. Twelve months or longer, 4 per cent.

For further information apply to the President or Cashier.

PRESIDENT: W. E. DANIEL. VICE-PRESIDENT: DR. H. W. LEWIS, (Jackson, Northampton county) CASHIER: W. R. SMITH.

SEABOARD
AIR LINE RAILWAY

SCHEDULE EFFECTIVE SEPT. 13, 1908.

These arrivals and departures are only as information for the public and are not guaranteed, and are subject to change without notice.

Trains will leave WELDON as follows:

No. 32 for Portsmouth and Norfolk at 4.55 a. m.
No. 38 for " " " at 3.10 p. m
No. 41 for Raleigh and points South at 12.07 p. m.
No. 33 through train South at 11.38 p. m.

We operate Double Daily vestibule service with through Pullman cars to Jacksonville, St. Augustine, Atlanta, Birmingham, Memphis, Portsmouth-Norfolk Richmond, Washington, Baltimore, Philadelphia and New York.

For further information relative to rates, schedules, etc., apply to

CLEVELAND CARTER,
Ticket Agent, Weldon, N. C.

Or write to
C. H. GATTIS,
Traveling Passenger Agent,
Raleigh, N. C.

HEART STRAIN.

Every Person Over Fifty Should Avoid Severe Physical Strains.

The heart is a long-suffering and patient organ, and fortunate it is that this is so, for even the gentlest or the laziest person puts burdens on it that any less obliging organ would resent to the extent of quitting work.

The digestive organs do this sometimes, and the result is much suffering for the time being; but when the quarrel is patched up, and the offender ceases to abuse these useful and necessary parts of the body, life gets on as before.

The heart cannot stop work for a minute, for if it should life would end at once; and so human nature presumes upon its knowledge of this, and puts all sorts of difficult tasks upon the heart.

There is a limit, however, that cannot be exceeded, especially by those who have passed the fortieth mile post, without risk, if not of instant death, at least of chronic invalidism.

The heart is a muscular bag, divided into four compartments, the function of which is to pump the blood to all parts of the body, which it does by the regular contraction of its walls. In health and under normal conditions, this pumping action goes on regularly and quietly, but when an impediment is offered to the flow of blood in the arteries, such as occurs during active exercise or under the stress of some strong mental emotion, such as grief, anger or great joy, the muscular wall must contract more forcibly.

If the opposing force continues beyond a certain time, the heart gets tired, and its cavities dilate a little, while its action grows more rapid. The sign of this is shortness of breath. Young athletes, by a course of judicious "training" gradually strengthen the heart muscle so that it is able to meet the strain and overcome it by more forceful contractions. In youth, also, the organ is elastic, and readily returns to its normal size, even in the absence of "training," as soon as the strain is reduced.

In later life, however, this elasticity disappears, and a severe tax on the organ, such as bicycling up-hill, running, or even a strenuous game of tennis, when one is "soft," may result in a dilatation which is not reduced readily, or which may even persist as a crippled heart, making its owner more or less of a permanent invalid.

Every person over fifty should avoid severe physical strains of all kinds. He should exercise regularly—walking is the best kind of exercise for the heart,—but he should avoid unusual feats of running, bicycling, or even horseback riding, such as the army officers are now subjected to, if he would keep his heart in condition to last as long as the other organs—up to eighty or one hundred years, which is the natural limit of a well spent life.

CASTORIA.
Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

Learn to paddle your own canoe—if you can't afford a motorboat.

The Farmer's Wife

Is very careful about her churn. She scalds it thoroughly after using, and gives it a sun bath to sweeten it. She knows that if her churn is sour it will taint the butter that is made in it. The stomach is a churn. In the stomach and digestive and nutritive tracts are performed processes which are almost exactly like the churning of butter. Is it not apparent then that if this stomach-churn is foul it makes foul all which is put into it?

The evil of a foul stomach is not alone the bad taste in the mouth and the foul breath caused by it, but the corruption of the pure current of blood and the dissemination of disease throughout the body. Dr. Pierce's Golden Medical Discovery makes the sour and foul stomach sweet. It does for the stomach what the washing and sun bath do for the churn—absolutely removes every tainting or corrupting element. In this way it cures blotches, pimples, eruptions, scrofulous swellings, sores, or open eating ulcers and all humors or diseases arising from bad blood.

If you have bitter, nasty, foul taste in your mouth, coated tongue, foul breath, are weak and easily tired, feel depressed and despondent, have frequent headaches, dizzy attacks, gnawing or distress in stomach, constipated or irregular bowels, sour or bitter risings after eating and poor appetite, these symptoms, or any considerable number of them, indicate that you are suffering from biliousness, torpid or lazy liver with the usual accompanying indigestion, or dyspepsia and their attendant derangements.

The best agents known to medical science for the cure of the above symptoms and conditions, as attested by the writings of leading teachers and practitioners of all the several schools of medical practice, have been skillfully and harmoniously combined in Dr. Pierce's Golden Medical Discovery. That this is absolutely true will be readily proven to your satisfaction if you will but mail a postal card request to Dr. R. V. Pierce, Buffalo, N. Y., for a *free* copy of his booklet of extracts from the standard medical authorities, giving the names of all the ingredients entering into his world-famed medicines and showing what the most eminent medical men of the are say of them.

IT IS EASY
to pound the truth into some heads and hard for others to see the value of good advice.

DR. TURBIN'S
Blood & Liver Restorative

A
Liver Medicine
and
Blood Purifier
Is just what you want

More people owe their health and strength to it than any other remedy

Bottle Now Price $1.00
FOR SALE BY W. M. COHEN, WELDON, N. C.

SPEECH.

Talk happiness; the world is sad enough
Without your woe. No path is wholly rough
Look for the places that are smooth and clear,
And speak of them to rest the weary ear
Of earth, so hurt by one continuous strain
Of moral discontent and grief and pain.

Talk faith; the world is better off without
Your uttered ignorance and morbid doubt;
If you have faith in God; or man, or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts—till faith shall come;
No one will grieve because your lips are dumb.

Talk health; the dreary, never-ending tale
Of mortal maladies is worn and stale;
You cannot charm, or interest, or please,
By harping on the minor chord, disease,
Say you are well or all is well with you,
And God shall hear your words and make them true.

THE LOG HUT BY THE SEA.

You may talk of the brown stone mansions,
The home of the rich and the free;
But I find none where life is more pleasant
Than the little log hut by the sea.

It was there I first met with my Mary,
And there she first learned to love me,
There I told her my heart's sweetest story,
As we walked on the banks of the sea.

'Twas a beautiful evening in summer,
All nature seemed truly sublime,
Our affections were plighted forever,
In the calm sweet summer time.

But alas! how soon to be parted,
For my parents soon moved far away,
To build a new home on the mountain,
Far away from the deep sea bay.

Then over the way, over mountain,
Where the birds sport lively and free,
And the ivy swings over the window,
There my true love is waiting for me.

And I'm waiting, yes patiently waiting,
Till I can go back and be free,
Till I can return to my darling,
To the little log hut by the sea.

Next year I will be one and twenty,
And eighteen my Mary will be,
Then I will go back from the mountain,
To the little log hut by the sea.

Yes, over, then over the mountain,
There safe from the sun and the rain,
Where the soft winds play through the ivy,
I will meet with my darling again.

Then we'll build us a cottage, my darling,
Where we shall be happy and free,
And we'll live like the happy immortals,
In our home on the banks of the sea.

Last evening I sat in the twilight,
My thoughts ever wandered to thee,
The cottage all covered with ivy,
To the little log hut by the sea.

—John Bratton.

AND THAT ENDED IT.

Two officers once appeared before one of the crowned heads of Europe to ask permission to fight a duel, as one had grievously insulted the other.

"Certainly, my friends," said the king. "I will be present myself at the encounter."

On the day appointed the king appeared on the scene accompanied by a sinister looking person, who proved to be the public executioner. Pointing to the two combatants, the king said:

"You see those two men? Immediately after their duel you will behead the survivor."

The only reason a patriot can get more excited about the Constitution than about his party candidate's platform is he knows less about the former.

It isn't so difficult to strengthen a weak Stomach if one goes at it correctly. And this is true of the Heart and Kidneys. The old fashioned way of dosing the stomach or stimulating the heart or Kidney is surely wrong. Dr. Shoop first pointed out this error. "Go the weak or ailing nerves of these organs," said he. Each inside organ has its controlling or "inside nerve." When these nerves fail then those organs must surely falter. This vital truth is leading druggists everywhere to dispense and recommend Dr. Shoop's Restorative. A few days test will surely tell.

All Dealers.

Most people die before reaching the age of discretion.

Seven Years of Proof.

"I have had seven years of proof that Dr. King's New Discovery is the best medicine to take for cough and colds and for every diseased condition of throat, chest or lungs," says W. V. Henry, of Panama, Mo. The world has had thirty-eight years of proof that Dr. King's New Discovery is the best remedy for coughs and colds, la grippe, asthma, hay fever and bronchitis, hemorrhage of the lungs, and the early stages of consumption. Its timely use always prevents the development. Sold under guarantee at any drug store. 50c, and $1. Trial bottle free.

THE WALL WITHIN.

Every Heart Needs This Golden Lining.

A Dutch city in the olden days was besieged by the Spaniards. The attacking army used the battering ram to try to break through the wall.

The people inside saw that the attempt would be successful unless the wall was strengthened. So the Dutch went to work quietly and built up an inner wall.

The Spanish succeeded in getting through the outer wall, only to be confronted by a stronger wall within. The Dutch were safe.

Is not the lesson plain? The outer walls of society are good, but they are not enough. Walls within the character are needed. Inner fortifications are necessary, if one would guard one's own purity. A city building has inner doors and inner iron doors and shutters for fire protection.

Appetites are changed, evil habits are broken off, new resolutions are kept, when the inner walls of life are erected. From within, out—that is the order of all life, either in nature or in human kind. Not that which enters into a man defiles, but that which cometh out for the reason that it should not get past the inner wall.

Rules in the home or school, curfew laws, reforms in city government, statutes for the protection of society, acts against greed and graft, all are good and beneficial; but more important still are moral and religious teachings and connsels.

St. Paul must have been thinking of the wall within when he wrote "Strengthened with might by his Spirit in the inner man." When Solomon built the porch of his house, "He overlaid it within with pure gold."

Every heart needs this golden lining. "My little children, of whom I travail in birth until Christ be found in you." He is the wall within you.—Rev. J. H. Olmstead, in Exchange.

INDUSTRY AND THRIFT.

Let Us Think on These Things and Stamp It Upon Our Hearts.

This country is not in need of any more polished heads and idle hands. Its most crying need today is for skilled workers, for men and women who care more to be useful than they do to be ornamental; who can plow a furrow, or shoe a horse, better than they can talk philosophy or plead at the bar; who can make a loaf of bread and broil a steak better than they can chatter. French and embroider pillow shams. There is no use talking, we cannot rise above the stomach. We must live, and we must eat to live and somebody must do the work that living demands. Those people who will not lend a helping hand, but willingly prey on their hard working relations, are a disgrace to modern civilization. The truth is we are too ambitious, too desirous for easy places; we'll do the eating if some body else will do the cooking; we'll pay the bills, too, if somebody else will earn the money; we can't do everything; people succeed best in pursuits congenial to them; we have no taste for drudgery, therefore we should not do it. This is about the smart logic that is being practiced to the extinction of many a family. Parents take the hard and give the easy to their children. The mother tends the kitchen and dairy, and the daughters the parlor and school. This it is thought will give them grace and culture and fit them to adorn the high position they are expected to fill, but rarely do. Let us think on these things and indelibly stamp it upon our hearts, that no amount of culture and ease can make amends for the lack of industry and thrift.

Tickling, tight coughs, can be surely and quickly loosened with a prescription druggists are dispensing everywhere as Dr. Shoop's Cough Remedy. And it is so very different than common cough medicines. No Opium, no Chloroform, absolutely nothing harsh or unsafe. The tender leaves of a harmless, lung healing mountainous shrub, gives the curative properties to Dr. Shoop's Cough Remedy. Those leaves have the power to calm the most distressing Cough and to soothe and heal the most sensitive bronchial membrane. Mothers should, for safety's sake alone, always demand Dr. Shoop's. It can with perfect freedom be given to even the youngest babe. Test it yourself and see.

All Dealers.

If a man could solve the mystery of why a woman appeals to him she wouldn't any longer.

TRUST THE LORD.

"Commit Thy Way to Him and He will Bring It to Pass."

Sometimes men are dissatisfied with their work and with the position they occupy. They think they are not appreciated, and that they are competent to fill what they regard as much more important positions. This may sometimes be true; but if such persons are faithful in the positions they occupy, their worth will be recognized, and they will be called to such positions as they are found competent to fill. But a man of real worth may be successful in one position, to which he is adapted, while he would be a total failure in another to which his talents are not suited.

Men are not always the best judges of their own abilities, or of the positions which they are best qualified to fill. It is always better for the place to seek the man than for the man to seek the place. Modesty is generally an evidence of worth, while presumption is almost invariably an evidence of shallowness or unreliability. If a man has but a small field, let him cultivate it well; when it becomes too small for him others will perceive it; and he will be called to more extensive labors. A man who is always laboring to do good will succeed; while a man who is always seeking for place will fail.

If one believes that he is in God's hands and engaged in God's work, why should he not so commit himself to God's will as to allow God to put him forward. Does he fear that God may neglect him and allow some one to supplant him? This is a most unworthy view of God, and ought never to be entertained by one who believes himself called of God and living in communion with Him. The meek are to inherit the earth, according to the Saviour's teaching, and he illustrated it in his own life. "Commit thy way to Him and he shall bring it to pass," says one whose experience taught him lessons by which we may profit." The trouble with most persons is, they want to choose their own way and are unwilling that God should lead them.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher.

The man who doesn't acquire wisdom as he grows older bunkoes himself.

ECONOMY.

Maidie, nearly four, brought to her mother two little branches which she had broken from a bush and stripped of their leaves.

"Here, mother," she said—"here are some switches to switch the boys when they are naughty."

"But," objected the mother, "you do not want your dear little brothere to be switched, do you?"

"Well, when they're naughty," Maidie emphasized. "They're such nice little switches"—lovingly—"it would be a pity to waste them."

With some people money is an effective substitute for brains.

The Cause of Many Sudden Deaths.

There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance the kidney-poisoned blood will attack the vital organs or the kidneys themselves break down and waste away—fill by cell.

Bladder troubles most always result from a derangement of the kidneys and a cure is obtained quickest by a proper treatment of the kidneys. If you are feeling badly you can make no mistake by taking Dr. Kilmer's **Swamp-Root**, the great kidney, liver and bladder remedy.

It corrects inability to hold urine and scalding pain in passing it, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases.

Swamp-Root is pleasant to take and sold by all druggists in fifty-cent and one-dollar sized bottles. You may have a sample bottle of this wonderful new discovery and a book that tells all about it, both sent free by mail. Address Dr. Kilmer & Co. Binghamton, N. Y. When writing mention reading this generous offer in this paper.

Home of Swamp-Root.

Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N.Y., on every bottle.

Heart Strength

Heart Strength, or Heart Weakness and Nerve Strength, or Nerve Weakness—one hears little talk about the weak heart in a hundred ways as it will usually disclose. It is almost always a hidden thing little dreamed that really lurks at home. The remedy for nervousness, palpitation, or Heart Nerve trouble needs and must have more power, more stability, more controlling, more protecting strength. Without that the heart must continue to suffer and nervousness and sickness also have their aggravating nerves.

Dr. Shoop's Restorative is offered as a medicine. Dr. Shoop's Restorative has to do with those nerves which control the heart action. It is strength for weak nerves that Dr. Shoop's Restorative sought the honor of being prepared for. It is intended to strengthen those nerves which control the heart action. It is for those weak and wobbly nerves, those disturbed by those peculiar pressures, those affected by