

Watch Carefully the Child's Diet

Start Them Off Right With a Good Laxative and Then Watch Their Food.

Mothers are often unconsciously very careless about the diet of their children, forcing all to eat the same foods. The fact is that all foods do not agree alike with different persons. Hence, avoid what seems to constipate the child or to give it indigestion, and urge it to take more of what is quickly digested.

If the child shows a tendency to constipation it should immediately be given a mild laxative to help the bowels. By this is not meant a physic or purgative, for these should never be given to children, nor anything like salts, pills, etc. What the child requires is simply a small dose of the gentlest of medicines, such as Dr. Caldwell's Syrup Pepsin, which in the opinion of thousands of watchful mothers, is the ideal remedy for any child showing a tendency to constipation. So many things can happen to a constipated child that care is necessary. Colds, piles, headaches, sleeplessness and many other annoyances that children should not have can usually be traced to constipation.

Many of America's foremost families are never without Syrup Pepsin, because one can never tell when some member of the family may need it, and all can use it. Thousands endorse it, among them Mrs. M. E. Patten, Valley Junction, Iowa, who is never without it in the house. Mrs. Patten says that Syrup Pepsin has done



RALPH M. PATTEN

wonders for her boy Ralph, who was constipated from birth but is now doing fine. Naturally she is enthusiastic about it and wants other mothers to use it. Dr. Caldwell's Syrup Pepsin is sold by druggists at fifty cents and one dollar a bottle, the latter size being bought by those who later size know its value, and it contains proportionately more.

Everyone like Syrup Pepsin as it is very pleasant to the taste. It is also mild and non-gripping and free from injurious ingredients.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 418 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

Down to a Fine Point.

Rev. J. D. Newton of Thomasville has originated a novel plan by which citizens can secure real estate convenient to the factories and business points of Thomasville. His proposition is one cent per square foot in any quantity. A cash deposit of one quarter of a cent per foot is required. Mr. Newton claims that a man can grow on a foot of ground a stalk of tobacco which may bring fifty cents, or a head of cabbage for 25 cents or a stalk of corn for 10 cents. He further says that a very small throat may swallow down a stick of candy which costs a cent, but the throat has never been invented that can gulp down a foot of ground at a time. Better save the pennies by purchasing even a small amount of this land which will in a few years be worth big money. But best of all, he can build a good home right close to the best town in the State and after he gets his land, if he hasn't the money to build the home, the People's Building and Loan Association will build the home if a few shares are taken out in that association.—High Point Enterprise.

Worms the Cause of Your Child's Pains.

A foul, disagreeable breath, dark circles around the eyes, at times feverish, with great thirst, cheeks flushed and then pale, abdomen swells with sharp cramping pains are all indications of worms. Don't let your child suffer—Kickapoo Worm Killer will give sure relief—it kills the worms—while its laxative effect adds greatly to the health of your child by removing the dangerous and disagreeable effect of worms and parasites from the system. Kickapoo Worm Killer as a health producer should be in every household. Perfectly safe. Buy a box today. Price 25c. All druggists or by mail, Kickapoo Indian Med. Co., Phila. or St. Louis.

Money is Not the Whole Show.

It is a truth, none can refute, that we are all to some extent dependent upon others. Money will buy attentions, but it fails to buy happiness and often it is from the humblest sources that we can reap our greatest joy. The millionaire will turn from his home of wealth where he has a surfeit of luxury and stop at the door of a humble cottage to enjoy the smile of a prattling child that has won his heart by its pleasant way; and as it walks by his side as far as safety will permit and he watches it until it enters his home. As he misses the little hand from his grasp he recalls those who have passed out of the reach of his loving care and his soul cries out, "What is home without the children?"

For Frost Bites and Chapped Skin.

For frost bites on ears, fingers and toes; chapped hands and lips, chilblains, cold sores, red and rough skin, there is nothing so equal as Bucklen's Arnica Salve. Stops the pain at once and heals quickly. In every home there should be a box handy all the time. Best remedy for all skin diseases, itching eczema, tetter, piles, etc. 25c. All druggists or by mail.

H. E. Bucklen & Co., Philadelphia or St. Louis.

The federation of 96 churches in St. Louis recently inserted half-page advertisements in the local papers urging church attendance and concluding with the statement: "You may not like the preacher; perhaps, it is not his fault. Try another church." As a result they all report increased attendance.—Pathfinder.

The 12-year-old daughter of H. E. Calhoun of Rowland, Robeson county, was burned to death last week. Her mother being ill, the little girl was cleaning house and while standing on a chair cleaning off the mantel her apron caught fire.

In Memory of the Late Annie Floyd, One of the Oldest Ladies in Randolph County.

Mrs. Annie Floyd, the widow of the late George W. Floyd, died at the home of her son, Mr. J. M. Floyd, in Trinity township, Feb. 13th. She was born April 18, 1829, aged 90 years, 8 months and 24 days. She was a kind mother and a devoted Christian woman. She was a member of the M. P. Church for 41 years. She was never too busy to take time to go to her church as long as she was able. She leaves three sons and one daughter to mourn their loss; Messrs. B. C. and J. M. Floyd, who live in Trinity township, and G. C. Floyd of High Point, and Mrs. F. E. Wood of Tabernacle. She was laid to rest in Hopewell cemetery by the side of her husband who preceded her sixteen years ago. No mother now, how sad the thought, but in the grave she calmly sleeps for her spirit has gone to that blest world.

A Splendid Home Journal.

The American Messenger is an illustrated monthly for all the household. Founded in 1843, it has been the favorite religious paper of hundreds of thousands. It delivers each month a message of inspiration, comfort and good cheer. It is inter-denominational and devoted to the upbuilding of a sturdy Christian character and the promotion of good citizenship.

This valuable paper will be sent from now until the end of December, 1914, for only twenty-five cents, and if an additional five cents is forwarded for packing and postage, a copy of our beautiful picture entitled "Suffer Little Children," will also be sent. The picture is by the celebrated artist, B. Piccorat. The size of itself is 18x22 inches. The picture itself is well worth the cost of the subscription.

If you are not familiar with the American Messenger, send for a free sample copy.

AMERICAN TRUST SOCIETY
150 Nassau Street,
New York City.



BRAME'S CROUP AND PNEUMONIA SALVE

(External Vapor Remedy)

Relieves Croup, Pneumonia, Bronchitis, Colds, Grippe, Coughs, etc., in a few minutes. Applied externally—does away with dosing the stomach with nauseating drugs. Doctors use and recommend Brame's Croup & Pneumonia Salve. In the most serious cases it is only necessary to rub the salve well on the chest, throat, under the arms and between the shoulders—the healing vapors go directly to the affected parts giving relief immediately. Endorsed by mothers everywhere. Read the following testimonial:

"Brame Drug Company, North Wilkesboro, N. C., Gentlemen:—Our little boy has been subject to that dreadful disease, croup, all his life, and we have tried many different croup remedies, but never found one that gave the desired result until we tried 'Brame's Croup & Pneumonia Salve'. We keep a bottle in the house all the time." (Signed) J. C. Grayson and wife.

Brame's Croup & Pneumonia Salve may be had at leading drug stores or sent direct on receipt of price. 25c., 50c. and \$1.00 jars.

Liberal sample and interesting booklet giving many testimonials mailed free.

BRAME CHEMICAL COMPANY, North Wilkesboro, N. C.

J. R. PAGE, President

HENRY A. PAGE, V. President.

FRANK PAGE, Treasurer.

Page Trust Company

CAPITAL \$50,000.00

Aberdeen, N. C.

This Trust Company desires and expects to lend its aid to the profitable development of the section known as the Sandhill Belt, and we are offering our services in all proper and legitimate banking channels.

Just at this moment we are especially concerned about Savings Accounts. The beginning of a new quarter, April 1st, is not far off.

The community that spends less than it earns is like the individual who practices the same virtue, that is on the road to wealth and independence.

The combined savings of a whole community is made available for the development and betterment of that community through such institutions as the Page Trust Company of Aberdeen, and still each individual depositor reaps the direct benefit of the earnings of his own savings. Keep your money at work in the development of your own section of the State, and at the same time secure yourself the highest possible returns from it.

Whether you have much or little, we invite you to open a savings account with us by the beginning of the new quarter. If you have never formed the habit of "laying by something for a rainy day," we urge you to begin now.

Four Per Cent. Paid on Time Deposits, Compounded Quarterly for the New Quarter. A Savings Account with

Page Trust Company

ABERDEEN, N. C.

Make This and Try It for Coughs

This Home-Made Remedy has no Equal for Prompt Results.

Mix one pint of granulated sugar with 1/2 pint of warm water, and stir for 2 minutes. Put 2 1/2 ounces of Pinex (fifty cents' worth) in a pint bottle; then add the Sugar Syrup. Take a teaspoonful every one, two or three hours.

This simple remedy takes hold of a cough more quickly than anything else you ever used. Usually conquers an ordinary cough inside of 24 hours. Splendid, too, for whooping, cough, spasmodic croup and bronchitis. It stimulates the appetite and is slightly laxative, which helps end a cough.

This makes more and better cough syrup than you could buy ready made for \$2.50. It keeps perfectly and tastes pleasant.

Pinex is a most valuable concentrated compound of Norway white pine extract, and is rich in gualiac and other natural pine elements which are so healing to the membranes. Other preparations will not work in this plan.

Making cough syrup with Pinex and sugar syrup (or strained honey) has proven so popular throughout the United States and Canada that it is often imitated. But the old, successful mixture has never been equalled.

A guarantee of absolute satisfaction, or money promptly refunded, goes with this preparation. Your druggist has Pinex or will get it for you. If not, send to The Pinex Co., Ft. Wayne, Ind.

Mrs. E. A. Barber, aged 52 years, died at her home at Barber's Junction Sunday morning after a long illness. She is survived by a husband one daughter and four sons. The burial took place Monday afternoon from Christ church near Barber's.

NOTICE.

Having qualified as administrator d. b. n. on the estate of Delphina Hill, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph county, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 15th day of March, 1915, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

This 11th day of March, 1914.

J. A. McRAE.

Notice of Surviving Partners.

As surviving partners of F. T. Finch, J. S. Spencer and W. S. Thayer, trading as W. S. Thayer and Co., this is to notify all persons holding claims against said company to present them to the undersigned, or either of them, on or before the 14th day of March, 1915. All persons indebted to said company are expected to make immediate payment and settlement.

This 16th day of Feb., 1914.

F. T. FINCH.

J. S. SPENCER.

2-19-14. Surviving Partners.

SHORTHAND IN 30 DAYS

We absolutely guarantee to teach shorthand complete in only thirty days. You can learn in spare time in your own home, no matter where you live. No need to spend months as with old systems. Boyd's System is easy to learn—easy to write—easy to read. Simple Practical. Steady. Sure. No ruled lines. No positions. No shading as in other systems. No long lists of word signs to confuse. Only nine characters to learn and you have the entire English language at your absolute command. The best system for stenographers and railroad men. Lawyers, ministers, teachers, physicians, literary folk and business men and women may now learn shorthand for their own use. Does not take continual daily practices as with other systems. On graduates hold high grade positions everywhere. Send today for booklet, testimonials, etc.

Chicago Correspondence Schools
829 Chicago Opera House Block,
Chicago, Ill.

Town taxes for 1913 are past due and must be paid at once to save further cost and trouble.

See me at once at my home,
H. H. KENNEDY,
Town Tax Collector.

Education and Good Roads.

One of the speakers at a good roads convention in Fort Worth recently declared that there are 70,000 uneducated children in Texas "who have never entered a schoolhouse."

In addition to the 70,000 who never have attended school the speaker said there are "200,000 absentees from many sessions." Bad roads unquestionably are responsible for much absenteeism in the rural schools. It may be an open question whether the fact that 70,000 Texas children do not attend school at all is attributable to bad roads. There are many children who do not like to go to school, and there are others who do not go because of poverty or other adverse conditions. Such as these would not likely be influenced by the roads.

Irregularity of attendance is a different matter from absolute non-attendance, and it is a great obstacle to the educational advancement of the pupil. Here the road question seriously affects the country schools. Many of the pupils travel for considerable distances in order to reach school. There is no doubt that the condition of the roads frequently cuts down attendance and thus militates against the progress of the schools. Those schools that are located on good roads will have a larger and a more regular and more prompt attendance than those which can be reached only by traveling a muddy road or "cutting across the field."

Education and good roads are interdependent. No rural school, however well equipped and supported, can be as useful on a bad road as on a good road. It is a mistake to build good schoolhouses without taking into account the condition of the highways. The consolidation of schools can be brought about successfully only in localities where the roads are good.—Louisville Courier-Journal.

Stand Up Straight and Get the Full Horsepower Out of Your Human Machine.

The way the human body is used is of the utmost importance if the person is to have the best of health of which the person is capable. With a person it is much the same as with the automobile. One represents a 50-horsepower engine, another a 40, another a 30, still another 20, and if the body is used rightly this full amount of energy can be developed without harm. If the body is used wrongly, it is true with the machine, it may be ruined in developing half the amount of the designed horsepower. When rightly used, the parts are all in balance; there is no undue strain on any part, the chest is carried high, so that the breathing is easy, and there is the full amount of "wind power." The abdominal organs are properly supported and work with the least difficulty, the digestion and nutrition are good. If the body is drooped or buckles in the middle, the whole body suffers, and many times disease conditions start in this way. In such drooped position the chest is flattened, so that the lungs cannot work rightly and become weak, the abdomen is telescoped and the stomach, low-

els and other organs are crowded together and work badly, so that indigestion and constipation result. Health, or the best possible efficiency, the full horsepower of the person, cannot result under such conditions any more than an engine can develop its rated horsepower if the cylinders are full of carbon, or that the fuel in the furnace can be consumed properly if the drafts are not properly open or the ashes are not removed. The position most favorable for health and in which the load or burden of life can be carried most easily is with the body, both when sitting and when standing, as it would be if person were trying to sit or stand as tall as possible. This gives the high chest, the flat abdomen, the erect head, square shoulders, straight knees, and the springs of the whole body are set in the best way. This is the position recognized by the athletic trainer, by the singing-teacher and by all those who are expected to train individuals for great effort. The same position is best for everyone, whether the effort be great or small, or whether the work be with the head or muscle.

North Carolina Man Finds Quick Relief From Disorders of Stomach

Mr. Wade Thankful He Read About Mayr's Wonderful Stomach Remedy.

E. T. Wade of Williston, N. C., was the victim of stomach disorders. He tried many remedies and took a great deal of medicine and treatments. Relief seemed a long time coming.

Then he found Mayr's Wonderful Stomach Remedy, took a dose—and found relief at once. He told his opinion of the remedy in a letter in which he said:

"Your medicine has worked wonders. I feel so much better. I am thankful to you, indeed, for advertising your wonderful remedy in the papers, as otherwise I might never have known of it."

Along with this letter Mr. Wade ordered more of the remedy. The first dose proves—no long treatment. Let-

ters like this come from all parts of the country. Mayr's Wonderful Stomach Remedy clears the digestive tract of mucoid accretions and removes poisonous matter. It brings swift relief to sufferers from stomach, liver and bowel troubles. Many say it has saved them from dangerous operations and many are sure it has saved their lives.

Because of the remarkable success of this remedy there are many imitations, so be cautious. Be sure it's MAYR'S. Go to the Standard Co. drug store and ask about the wonderful results it has been accomplishing in cases they know of—or send to Geo. H. Mayr, Mfg. Chemist, 154-156 Whiting St., Chicago, Ill., for free book on stomach ailments and many grateful letters from people who have been restored. Any druggist can tell you its wonderful effects.