

What is Woman's Beauty But Health

And the Basis of Her Health and Vigor Lies in the Careful Regulation of the Bowels.

If woman's beauty depended upon cosmetics, every woman would be a picture of loveliness. But beauty lies deeper than that. It lies in health. In the majority of cases the basis of health, and the cause of sickness, can be traced to the actions of the bowels. The headaches, the lassitude, the sallow skin and the lustreless eyes are usually due to constipation. So many things that women do habitually conduce to this trouble. They do not eat carefully, they eat indigestible foods because they do not exercise enough. But whatever the particular cause may be it is important that the condition should be corrected.

An ideal remedy for women, and one especially suited to their delicate requirements, is Dr. Caldwell's Syrup of Pepsin, which thousands of women endorse highly, among them Mrs. C. S. Vance, of 511 S. Ray St. New Castle, Pa. At times she had spells of indigestion so severe that she thought she would die. Syrup Pepsin regulated her stomach and bowels, and she attributes her excellent health today to this remedy.

All the family can use Dr. Caldwell's Syrup Pepsin, for thousands of mothers give it to babies and children. It is also admirably suited to the requirements of elderly people, in fact to all who by reason of age or infirmity cannot stand harsh salts, cathartics, pills or purgatives. These should always be avoided, for at best



MRS. C. S. VANCE

their effect is only for that day, while a genuine remedy like Syrup Pepsin acts mildly but permanently.

It can be conveniently obtained at any drug store at fifty cents or one dollar a bottle. Results are always guaranteed or money will be refunded. You will find it gentle in action, pleasant in taste, and free from griping, and its tonic properties have a distinct value to women. It is the most widely used laxative-remedy in America today and thousands of families are now never without it.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. E. Caldwell, 419 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

NEW TELEPHONE SYSTEM FOR WADESBORO

Comparison of Advantages of the New Over the Old System.

We are always glad to know of progress and improvement going on in the State, and are especially pleased to copy from the Wadesboro Ansonian of last week a part of an article which shows great progress and public spirit in our neighboring city.

About one year ago the Wadesboro Telephone Company wisely determined that inasmuch as they had exhausted the capacity of the switchboard then in use and a new switchboard was necessary, as were also additional cables and lines throughout the city, to accommodate the increasing demands for telephone service, they would while supplying the additional facilities, install a modern plant of a permanent character, and plans were immediately made and contracts entered into to supply Wadesboro with a telephone service which would be second to none in the country.

Many of our citizens while daily witnessing the progress of the work upon our streets, hardly appreciate the magnitude of the task that has been accomplished and the tremendous expense incident thereto. The most notable change to the layman is, of course, the substitution of the modern common battery telephone, which instantly summons the operator by lighting a small incandescent lamp in the central office, for the old-fashioned magneto telephone, facetiously referred to at times as a "coffeemill," because of the necessity for grinding out your desires to the central office operators.

The winking and blinking of the small incandescent lamps upon the switchboard in the central office has, to the layman, a very great fascination indicating, as it does, the ebb and flow of the tide in our city life. Beginning in the wee small hours when the milk man is making his rounds, the little lamps, like drowsy eyelids, begin to slowly wink and blink and then as the city gradually wakes up, the flashes of light across the face of the switchboard tell the story of the renewal of the activities of another busy day.

As has been stated, the new switchboard is of the common battery type, that is, instead of having a set of batteries in each subscriber's telephone as heretofore, all of the batteries in the town of Wadesboro which are used by the central offices and in talking over the lines are installed in the central office. The storage battery consists of 11 cells of storage battery, which is charged by a very remarkable little piece of apparatus, known as the mercury arc rectifier, of which there are, perhaps, not over a dozen in use in the whole state of North Carolina. This wonderful apparatus, which consists of a gourd shaped glass bulb, with several fantastic projections and flexible electrical connections, and which is only 18 inches long, and perhaps, 4 inches in diameter in its widest part, performs all the functions of both an electric motor and dynamo, which would occupy a space of at least 3x5 feet.

Inasmuch as the value of telephone service to each individual subscriber increases with the number of subscribers connected with the exchange, it is a reasonable and sensible thing that our citizens should co-operate with the Wadesboro Telephone Company, as largely as is possible, to aid it in increasing its subscription list.

Children Cry FOR FLETCHER'S CASTORIA

WHY NOT ITEMS.

O. T. Stuart of Star spent Monday night at C. E. Stuart's.

Mrs. A. C. Lowdermilk of Seagrove Route 1 spent Friday and Saturday in Asheboro the guest of Mrs. R. E. Spencer.

Miss Ida Hamilton returned to her home at Mt. Gilead after spending a week with friends here.

Miss Hester Stuart, a student of Elon College, is spending a while with home folks.

W. C. King went to Asheboro on business Monday.

Miss Hassie Ellis who has been spending some time with her sister, Mrs. B. G. Leonard returned to her home at Ramseur Tuesday.

Garrett Leach of Erect spent Saturday night at J. A. Kings.

Messrs. Russell and Stafford spent Saturday night at J. C. Cornelison's.

Miss Ada Monroe spent Friday and Saturday in Asheboro.

There will be a public debate at Why Not Academy Saturday night, March 21st. The query is: "Resolved, That Women Should Have the Right of Suffrage."

There will be a box party at Why Not on the night of March 28th. All ladies are invited to come and bring boxes.

The commencement exercises of Why Not Academy will be held April 10th.

Miss Annie King of Seagrove, Route 2, entered school here March 9th.

State of Ohio, city of Toledo, Lucas County.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the city of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(Seal) A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials free.

F. J. CHENEY & CO., Toledo, O. Sold by all druggists, 75c.

Take Hall's Family Pills for constipation.



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.

The Democratic Champions.

The service which Senator Simmons and Representative Underwood have rendered to President Wilson's administration is incalculable, and so they escaped the embarrassment of having placed in a responsible position such men as Gore of Oklahoma or Martine of New Jersey.

"As it was the Democrats had true men and strong men in the two big places of the Congress when it needed them. In the House, the Democrats directed their passage, of the Wilson measure; in the Senate, Simmons directed their passage. The only ones who followed and chimed in."

The Advertiser pays a high compliment to the long, arduous and able service of Senator Simmons, who, it notes, is now put up by the Democrats to answer the windy Works of California, who recently attacked the administration in a set speech in the Senate. "He did the job excellently," says the Montgomery paper, and it rightly asserts that our senior Senator put the achievements of the Wilson administration so forcibly before the people of the country that they must acknowledge them. The Star recently referred appreciatively to Senator Simmons' speech and we recall that one of the Senator's striking utterances was this:

"The greatest achievement of Woodrow Wilson lies in the fact that he has restored representative government in this country; that he has taken the government out of the hands of those special inter-

ests and laid it once more in the hands of the people; and that the people rule not only at the ballot-box, but in the United States Senate."

That within itself entitles the Democratic President and his party to the confidence and support of the people. At the sacrifice of his own health, Senator Simmons battled for the cause and he has been compelled to come home for a rest. He is missed in Washington and we hope he will soon be able to return there and continue his great service to the whole country.—Wilmington Star.

Wonderful Cough Remedy.

Dr. King's New Discovery is known everywhere as the remedy which will surely stop a cough or cold. D. P. Lawson of Eldon, Tenn writes: "Dr. King's New Discovery is the most wonderful cough, cold and throat and lung medicine I ever sold in my store. It can't be beat. It needs no guarantee." This is true, because Dr. King's New Discovery of coughs and colds, Lung You should keep a bottle in the troubles quickly helped by its use. Discovery will relieve the most obdurate at all times for all the members of the family. 50c. and \$1.00. All Druggists or by mail. H. E. Bucklen & Co., Philadelphia or St. Louis.

Right.

A good many people sympathize with the under dog, but they don't want the upper dog to know it.

Mrs. Moffitt Writes About Randolph History.

An interesting letter from Mrs. E. E. Moffitt who now lives in Richmond, Virginia, was recently received by the editor of this paper. Mrs. Moffitt is a daughter of Governor Worth and lives for many years in Asheboro. She has during all her life been greatly interested in the upbuilding of the State educationally and otherwise for several years. She is a member of the Daughters of the Revolution, in this State and one of the publishers of the North Carolina Bulletin which is now published quarterly, and was formerly published monthly at Raleigh and is devoted entirely to the preservation of the history of the State.

We publish the following letter written by Mrs. Moffitt to the editor of the Courier. Mrs. Moffitt did not write this for publication but we have taken the liberty to publish it and have written her that we have done so.

Mr. Editor: In a recent number of the Courier on "The Importance of Gathering and Preserving Historical Facts Relating to our Randolph Early History" your suggestions were most valuable and has revised in me a desire to know more of the history of my native county. In looking over the North Carolina Colonial Records, which, by the way are not accessible to the general public, I find stores of interesting facts and among these many accounts of the Regulators. If these records are examined carefully a flood of light will be thrown on that period of history between 1766-1771, "which has been obscured and misrepresented and neglected." (Wheeler.)

Herman Husband, the leader of the Regulators in Randolph County whose character has been the subject of much investigation, was spoken of by his neighbors "as a man of strict integrity, a firm advocate of popular rights and a determined foe to oppression, fraud and extortion." (Wheeler.)

In his letter (page 301 Wheeler) he said that "it is not our form of Government, nor yet the body of our laws that we are quarreling with; but with mal-practices of the officers," etc. He also said, "Let us be careful to keep sober—nor do anything rashly, but act with deliberation, desiring to recover lost native rights and reducing the mal-practices of the officers of our court down to the standard of our law." These expressions were uttered by Husband at Nulbush, Granville County, June 6, 1765.

This was again heard of in Orange in August, 1767. There was dissatisfaction in other counties, such as Brunswick, Cumberland, but no noise was made of the non-payment of taxes until Orange could no longer keep quiet. In the year 1766 the revolt took place by calling meetings to discuss the situation. These were styled by Col. Fanny as "insurrection." The fact that other counties were laboring under a feeling of op-

pression indicated that Orange and her citizens were not leading, but the same causes were producing the same effect. These events culminated in the Battle of Alamance May 16, 1771.

I hope some pain taking historian of Randolph will write up from time to time accounts of the events leading up from the Regulators to the Revolutionary War. Will men say the Battle of Alamance was the first struggle for American independence? The North Carolina Colonial and Revolutionary records contain all main facts and the traditions handed down by Caruthers and Wheeler are valuable.

Mr. Bancroft, the great American Historian was an able defender of the Regulators and has written them down upon imperishable record, rather than ignorant, lawless men of low degree opposed to all government and the payment of all taxes." (Col. Rec. Pref. Notes Vol. VII, Page XIV.) "With knowledge of the records now accessible there seems to be little danger they will lose the place in history thus assigned them, for to those records they may safely appeal for the justice so long denied them. Time heals many wounds and rights, many wrongs."

(Col. Records Pref. Notes Vol. VII, Page XIV.) Col. Saunders. I find the following names listed as Regulators: Aldridge, Alfred Barker, Brown, Branson, Burgess, Clapp, Cheek, Fuller, Foshier, Glass, Fruit, Howard, Hunter, Julian, Lane, Lawrence, Marley, Moffitt, Needham, Moon, Odle, Routh, Sellers, Smith, Walker, Wrenn, Wright, Peter, Wilborn and Abrum Hammer, Peter Craven (Col. Rec. Vol. VII, Page 733) and many others.

These names are now held in Randolph county and no doubt can contribute data and traditions to prove the justice of the cause set forth by the Regulators.

Very truly yours, Mrs. E. E. Moffitt, Richmond, Va., 1014 W. Franklin St.

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 swollen 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 35c. All druggists or by mail, Kickapoo Indian Med. Co., Philadelphia or St. Louis.

Question for Mamma. "Say, ma, if we're made of dust, why don't we get all muddy when we drink?"

Carolina People Tell Wonderful Effects of Mayr Stomach Remedy

Sufferers Find Swift Relief by Use of This Remarkable Treatment.

Stomach sufferers in the Southeast, and in fact, all over the country have found remarkable and efficient results from the use of Mayr's Wonderful Stomach Remedy.

Many have taken this remedy and tell today of the benefits they received. Its effects come quickly—the first dose convinces. Here is what two Carolina folks have written:

W. R. DAVENPORT, Parker, No. C.—"For years I have suffered from a disease which puzzled doctors. I heard of your remedy and one bottle gave me relief. Your full treatment cured me."

J. E. Erwin, Winston-Salem, N. C.—"I am satisfied through personal use of the powers of your remedy. You have saved my life."

These statements come from letters

among thousands. This remedy is known and used throughout the United States. It has a record of results and proof.

Mayr's Wonderful Stomach Remedy clears the digestive tract of mucus accretions and poisonous matter. It brings swift relief to sufferers from ailments of the stomach, liver and bowels. declare 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 imitators, so be cautious. Be sure it's MAYR'S. Go to Standard Co., drug store and ask about the wonderful results it has been accomplishing in cases they know about—or send to Geo. H. Mayr, Mfg. Chemist, 114-156 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 results.