WOMAN'S BEAUTY

Hon. T. W. Bickett delivered an address at the recent commencement at Queen's College, Charlotte, from which we quote the following beautiful language:

"Woman's beauty is a crown of glory when it is found in the way of righteousness. Her own loveliness is the lever by which woman may lift the world up to the things that are lovely and of good report. Beauty is a master key that opens every door. The world has never denied a beautiful woman a fair chance. At the outset the world never rates a woman above her face value."

Mr. Bickett pointed out a way to be beautiful. Here it is:

"A sensible diet should be the first course prescribed—and not only prescribed, but taught—in every school for girls. It is hard to get a sweet, fluffy young thing to understand that the simplest fare is the best. Young ladies, there are more roses for your cheeks in poached eggs and turnip salad than there are in those delicious promoters of indigestion that sell for 80 cents a pound. There are more sparkles for your eyes in a glass of buttermilk than in the whole bubbling, sizzling aggregation of soda fountain concoctions. Young ladies should be taught how to cook these products so as to make them palatable as well as digestible. The things that come from the kitchen tend either to kill us or make us live, and here, young ladies, you are in a very real sense your brother's keeper. The God of Nature has enacted one immutable law—that the penalty for disuse is death. Every bone and nerve and sinew in our mechanism cries out, 'Lean on me, use me, let me labor that I may live,' and so begin your day with at least 15 minutes of exercise prescribed by some authority and when you are thru with your lessons make for the great out-doors. And walk—and walk out-of-doors. Put on a sensible pair of shoes, not a pair that makes you look like you were looking over a precipice all the time. Walk across plowed ground, jump ditches, climb barbed wire fences, scale a hickory-nut tree, then come home and be sure you are asleep by ten o'clock at night. Take a 10-hour beauty sleep and when you come down in the morning the very sight of you will make every son of Adam feel like he has been hit by a bolt of sweet lightning.

"My second prescription is, be natural. The great actresses are easily numbered. Few people can play a part without making themselves ridiculous. Affection spoils more faces than smallpox. You simply cannot develop grace and charm in a self-conscious personality. Be generous, be open-minded, be sincere. This is an age of veneer. So many things have been painted over, powdered over and plastered over. Satin has become sateen, velvet has become veletteen, butter has become butterine, beer has become beerine. The 'eens' are in the middle. Is there danger that our girls will become grissens? Please don't. Be a girl. Find the place in the Phantom that you were designated to occupy and fill it, for the gods see everywhere. Know what you pretend to know. Don't be smatter-brained. Be accurate. Inaccuracy lives next door to wrong, and slovenliness in dress or manner is half-sister to immorality. I want to see the day come when the women of America will refuse to bow to Parisian shop keepers, and when they will refuse to hop because some spring of royalty goes lame."

The third prescription was, be holy. "You must be if you would enter into the full kingdom of woman's beauty. The King's daughters are, and of necessity must be all beautiful within. The face is an etching of the soul."

Mr. Bickett voicing a beautiful tribute to John Charles McNeill, sketched a vivid picture of the poet as he conceived him standing perpetually gazing toward the Golden West, wrapt in the contemplation from which was born the surpassingly beautiful poem, "Holy, Holy, Holy."

* * * * * * * * * *

"The most pathetic figure in the world is that of the man who, having done his day's work when he starts to his home goes down grade—when the woman with whom he lives, his wife, his mother or his sister, lives on a lower plane and has more sordid views of men and things than he. God pity such a man. He lives in a cellar. But fortunate the man who climbs to his home, who amid the temptations of the day can look up and see his home shining like a star. Be careful of your thought. Read only the best literature. Let nothing low or little and lodgement in your mind. Set an angel with a flaming sword at every gateway of your soul, that no creeping, crawling things may enter there."

Beauty More Than Skin Deep.

A beautiful woman always has good digestion. If your digestion is faulty, Chamberlain's Tablets will do you good. Obtainable everywhere.

REVERENCE FOR JUSTICE

(James A. Garfield before the Supreme Court of the United States in 1886.)

When Pericles had made Greece immortal in arts and arms, he invoked the genius of Phidias to devise a monument which should symbolize the beauty and glory of Athens. That artist selected for his theme the tutelar divinity of Athens, the Jove-born goddess, protectress of arts and arms, of industry and law, who typified the Greek conception of composed majestic, unrelenting force. He erected on the heights of the Acropolis a colossal statute of Minerva, armed with spear and helmet, which towered in awful majesty above the surrounding temples of the gods. Sailors on far ships beheld the crest and spear of the goddess, and bowed with reverent awe. To every Greek she was the symbol of power and glory. But the Acropolis, with its temples and statues, is now a heap of ruins. The visible gods have vanished in the clearer light of modern civilization. We cannot restore the decayed emblems of ancient Greece; but it is in your power, O judges, to erect in this citadel of our liberties a monument more lasting than brass; invisible, indeed, to the eye of flesh, but visible to the eye of the spirit as the awful form and figure of justice crowning and adorning the republic; rising above the storms of political strife, above the din of battle, above the earthquake schock of rebellion, seen from afar and hailed as protector by the oppressed of all nations; dispensing equal blessings, and covering with the protecting shield of the law the weakest, the humblest, the meanest and, until declared by solemn law unworthy of protection, the guiltiest of all its citizens.

Constipation Cured Overnight

A small dose of Po-Do-Lax tonight and you enjoy a full, free, easy bowel movement in the morning. No griping, for Po-Do-Lax is Podophyllin (May Apple) with the gripe. Po-Do-Lax corrects the cause of Constipation by arousing the liver, increasing the flow of bile. Bile is Nature's antiseptic in the bowels. With proper amount of bile, digestion in bowels is perfect. No gas, no fermentation, no Constipation. Don't be sick, nervous, irritable. Get a bottle of Po-Do-Lax from your druggist now and cure your Constipation overnight.

THE SCHOOL HOUSE AN INDEX TO CIVILIZATION

The schoolhouse is the temple which we erect to the God of childhood. The schoolroom is the home of the child during the most important hours of the most important years of its life. The schoolroom, the schoolhouse, and the school grounds constitute the best index to the degree of civilization and to the ideal of the community.

Everything about the school should be beautiful, clean and wholesome. The sanitation should be perfect. The place where children go to prepare for life and gain strength for its duties should not be a hotbed for germs of disease and death. That the time in school may be used to best advantage, the child should be under the most favorable conditions. No one does his best work otherwise. Since ideals formed in childhood from its environment and daily associations go with us through life, the cleanliness and beauty of schoolhouses and grounds are more powerful than all other agencies in determining the cleanliness and beauty of private homes and public buildings in the communities where the children live as grown-up men and women. The repulsive impressions of ugliness, dirt and disease accumulating from day to day drive children from school The attractiveness of beauty, cleanliness, sweetness, and comfort increasing from day to day, is more powerful in bringing the child and all its interests to school, and keeping it there, than any attendance laws can ever be.

As are the school and schoolhouse, so will be the home, the city, the State and the nation. For every community the motto should be: "For our Schools —Health, Comfort and Beauty."—P. P. Claxton, United States Commissioner of Education.

CALOMEL DYNAMITES A SLUGGISH LIVER

Crashes Into Sour Bile, Making You Sick and You Lose a Day's Work.

Calomel salivates! It's mercury. Calomel acts like dynamite on a sluggish liver. When calomel comes into contact with your bile it crashes into it, causing cramping and nausea.

If you feel bilious, headachy, constipated and all knocked out, just go to your druggist and get a 50 cent bottle of Dodson's Liver Tone, which is a harmless vegetable substitute for dangerous calomel. Take a spoonful and if it doesn't start your liver and straighten you up better and quicker than nasty calomel and without making you sick, you just go back and get your money.

If you take calomel today you'll be sick and nauseated tomorrow; besides, it may salivate you, while if you take Dodson's Liver Tone you will wake up feeling great, full of ambition and ready for work or play. It's harmless, pleasant and safe to give to children; they like it.

WIRELESS TELEPHONES SOON

A fleet of war vessels going into action with the admiral transmitting orders to his captain by word of mouth is the latest wonder promised by wireless communication. Marconi has been quietly working on a wireless telephone for some time, and announcement has just been made that the Italian navy has adopted the instrument and the British admiralty has been conducting tests aboard English vessels. One instrument has arrived in this country and communication has been established between New York and Philad'phia. How great distances can be spanned has not yet been stated, but Marconi thinks the power of the present apparatus can be multiplied so as to talk across the Atlantic, though it is hardly thought this feat will be accomplished until foreign conditions are again normal. The short distance wireless telephone will not wait for the end of the war, however. It is expected to become available for commercial use in a few months, and will have a guaranteed range of at least 30 miles between ships at sea carrying aerials 100 feet high and with 200-foot span between masts.

DEATH OF MRS. LINEBERRY

Mrs. Louisa Lineberry, wife of Jefferson Lineberry, died at her home on Randleman Route 2, June 28, after an illness of only a few weeks, at the age of 58. The funeral services were conducted Tuesday evening from the Methodist church at Rehobeth by Rev. T. E. White and the remains were laid to rest in the cemetery at that place.

She was a loving mother, a kind friend and neighbor, always ready and willing to lend a helping hand. As a mother she was tender and faithful in all the duties and cares for her children. On her death bed she expressed her willingness to die and asked that her childlren meet her in Heaven.

Among many sorrowing relatives and friends she leaves a husband, three sons, four daughters and thirteen grandchildren to mourn their loss.—Correspondent.

DEATH OF MRS. HENLEY

Mrs. Charlotte Henley died at her home, Guilford College, Sunday June 27, aged 78 years. The body was taken to Burlington for interment Monday. The funeral was conducted at the residence of the deceased by Rev. Mary C. Woody, who paid a beautiful tribute to the Christian life of the deceased.

Mrs. Henley was a daughter of Mr. Benjamin Swaim, who formerly lived in Asheboro and published the Southern Citizen during the 40's. Mr. Swaim was the author of several books, including Swaim's "Man of Business," and "The North Carolina Executor." He died years ago while serving in the Legislature.

The deceased was born in Asheboro, her early childhood home being on old Main street, in the house now the residence of Mr. B. F. Newby. Her husband, Mr. Jesse Henley, died years ago and she has for a long time made her home at Guilford College. Four children and eighten grandchildren survive.

Mrs. Henley has visited the family of Mr. and Mrs. J. E. Walker in Asheboro not many years ago. She was a cousin of Mr. Walker, having been a Miss Dicks, a sister of Mrs. J. M. Worth and also of Mrs. Walker's mother.

SHOT THAT CAUSED THE GREAT WAR

One year ago Monday of last week, the Austrian Archduke Francis Ferdinand and his wife were shot and killed in the little Bosnian town of Sarajavo, by Gravio Prinzip, a poor student. This act ultimately resulted in eleven nations going to war.

These nations are on one hand, Great Britain, France, Belgium, Russia, Serbia, Japan, Italy and Montenegro, and on the other, Germany Austria and Turkey. The war to date, according to conservative estimates compiled from the best available reports, has caused a loss to the various belligerents of more than 6,000,000 men, dead, wounded and prisoners, and more than 500 ships. Of these about 120 were war vessels.

Traveling Man's Experience.

"In the summer of 1888 I had a very severe attack of cholera morbus. Two physicians worked over me from four a. m. to 6 p. m. without giving me any relief and then told me they did not expect me to live; that I had best telegraph for my family. Instead of doing so, I gave the hotel porter fifty cents and told him to buy me a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy and take no substitute. I took a double lose according to the directions and went to sleep after the second dose. At five o'clock the next morning I was called by my order and took a train for my stopping point, a well man but feeling rather shaky from the severity of the attack," writes H. W. Ireland, Louisville, Ky. Obtainable everywhere.

THE ENORMOUS COSTS OF WAR

Let no man or set of men try to hurry us into war with any other nation.

There was war in these United States a little over fifty years ago. We are paying for it yet.

The amount spent upon pensions resulting from the War Between the States aggregates over 4,500 million dollars. Even now, pensions cost 165 millions a year.

This non-military nation spends 147 millions a year upon its navy, 125 millions upon its army, and 165 millions upon pensions; total, 437 millions.

Stop and consider that more men have been killed in six months on the battlefields of Europe than were killed on both Confederate and Federal sides of our great war.

If the countries of Europe shall adopt the pension system, how staggering will be the burden and taxation upon the people of those warring countries!

By keeping out of war our country will be the great, prosperous, leading nation of the world. But we can keep out of war only by determining that we shall pursue the paths of peace.

We must not think war or advocate war. The one best way to stop a war is to do so before it begins.

YOUR GREAT BIG GIRL

Your great big girl, who used to be
Just tall enough to reach your knee;
Your little girl who was, that now
Seems such a wondrous woman grown,
So changed and passed away somehow
With all her fairy childhood flown,
And all her heart and soul and mind
So different—a woman kind
In all her tender thought and zeal
For home and love; and heart and feel.

Your great big girl! Why, there she stands,
Up to your shoulders, while her hands
Are strong and broad, her lips, her eyes,
A woman's with that sweet surprise
Of dawning grace of womanly will
In all her manners—dreaming still
Of what she was in days gone by,
You look, and laugh, and heave a sigh,
And wonder where she'll leave you here
As life rolls on from year to year.

It cannot be this tall young thing—
With all her verve and grace and swing—
Was once the little girl you had,
Who came to you when you were sad,
And made you smile and helped you lift
The shadows that through all lives drift
Till childhood comes to put them by
And help us see the bright blue sky
And freshening hopes beyond us run
Through all the silver of the sun.

Your great big girl! You look again,
You can't believe it true—and then
The flooding thought of life retakes
Your soul—and then you realize
How surely time so shapes and makes
These little ones, until they rise
Before us like a sudden gleam,
And girls are women—holy dream,
Of life and love and joys that beat
Around us, guard and keep them sweet!

—The Bentztown Bard.

DIRE DISTRESS

It Is Near at Hand to Hundreds of Asheboro Readers.

Don't neglect an aching back.
Backache is often the kidney's cry for help.
Neglect hurrying to kidneys' aid
Means that urinary troubles may follow.
Or danger of worse kidney trouble.
Here's High Point testimony.

W. C. Herndon, 207 Willowbrook Ave., High Point, N. C., says: "I was bothered a great deal by my back. Often at night it ached and in the morning I could hardly get out of bed. Sharp pains darted through my kidneys. I also had bladder trouble and the kidney secretions were too frequent in passage, causing me annoyance. I found Doan's Kidney Pills just the thing for the trouble. I got good results from the first. Doan's Kidney Pills never fail to relieve me of pain in the back and regulate the action of my kidneys."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Herndon had. Foster-Milburn Co., Props., Buffalo, N. Y.

HESSIAN FLY INJURES WHEAT

The U. S. Agricultural Department estimates that the Hessian fly will cause a loss of millions of dollars to wheat. The worst damage is being done in Oklahoma, Arkansas, Kansas, Missouri, Nebraska, Iowa, Illinois, Indiana, Ohio and Pennsylvania.

MANY CASES OF PELEGRA TREATED

There are now 199 cases of pellagra under observation in Arkansas, according to Dr. C. W. Garrison, State Health Officer. He believes that the cases not under observation, in the remote districts, will bring the total number of cases in the State to 400.

THE MAN WHO ADVERTISES IN THE HOME PAPER

Salisbury Watchman.

The man who advertises in the home paper does much to build up his community. First, he helps himself, he becomes a live wire in the community, he is able to keep his doors open and does the business if there is any doing. He is liberal minded and willing to help customers; second, he helps his customers, he tells them what he has without the necessity of their losing time going about hunting for things, he makes prices low in order that they might be compared and thus induce the reader to buy of him; thirdly, he helps to pay the subscription price to his customer's newspaper, for without this advertising the price of the paper would necessarily be much more; fourthly, he helps the editor and those who help produce the paper and they in turn help the community and the merchant. The man who does not advertise will never amount to anything in the commercial world. He is destined to failure, sooner or later, one way or another, as certain as water seeks its level. Of course, advertising is not everything, but properly used, it will do more to sell goods than any other known agency.

LIBERTY BOOK CLUB MEETS

Liberty, July 2.—The Liberty Book Club met with Miss Etta Trogdon on Fayetteville street yesterday afternoon. The guests were met by Miss Etta and ushered into the reception hall where Miss Bland Trogdon served punch, then into the south parlor. Mrs. Wade Hardin gracefully presided over the business meeting, after which the club was entertained with a reading by Miss Bland Trogdon. Place cards, an Irish potato, paper napkin and pencil were passed and the guests were given 30 minutes to make a doll and gown. Mesdames Mann and Roy Reitzel won first prize, while Mrs. Rom Smith and Miss Elizabeth Cameron received consolation. The guests of honor were Mrs. Guire, of Lenoir, and Miss Mary Griffin. During the afternoon delicious cream and cake were served.

HEALTH NOTES

Vaccination a Good Investment.

A movement is now on foot to have all Federal employees vaccinated against typhoid fever. This will be an army of 400,000 men. Secretary of the Treasury McAdoo has designated 164 stations in the United States where any Federal employee may be given the treatment free of all cost.

Basing the calculations on what has already been accomplished, the Secretary sees where the compliance with this offer will save 300 lives and at least 3,000 people from periods of invalidism. The records show that six Federal employees die each month from typhoid fever. So valuable has the use of anti-typhoid vaccine proven, not only as a life saver but as a time saver as well, that Federal authorities and big corporations are now considering it a wise investment to have all their employees inoculated against typhoid.

ANTI-HOG CHOLERA SERUM

The State Veterinarian is receiving many letters from farmers stating the splendid results obtained from the use of anti-hog cholera serum. The anti-hog cholera serum is a preventative rather than a curative agent, and people are advised not to delay until their hogs are affected before using the serum. G. B. D, Parker, of Chinquapin, N. C., had 125 hogs, at least 75 of which showed advanced cholera. He used the serum on the entire lot and only lost five out of the lot.

SOUTH CAROLINA EDITORS MEET

The South Carolina Press Association met a Chick Springs, S. C., last week, adjourning on Wednesday. Chick Springs was selected as the meeting place for next year. Many of the editors went over to Montreat on Thursday and met with the North Carolina Press Association. William Banks, of the Columbia Record, is the new President of the Association.

ITEMS FROM CARAWAY No. 2

(Delayed from last week.)

Noah McDowell, Ivey and his two sons, of High Point, are visiting relatives in this community.

The communion meeting will be held at Pierces' Chapel next Sunday.

Mr. and Mrs. Henry Ridge, of High Point, are visiting Mr. and Mrs. E. O. Pierce, and others this week.

Conrad Garner and John Ridge went to the ice cream supper at A. P. Sexton's last Saturday night.

Benefitted by Chamberlain's Liniment

"Last winter I used Chamberlain's Liniment for rheumatic pains, stiffness and soreness of the knees, and can conscientiously say that I never used anything that did me so much good."—Edward Craft, Elba, N. Y. Obtainable everywhere.

WILSON

His voice has voiced for us our will,
Our thoughts, our wish. We're with him still.
We're with him in this hour of right,
We're with him as our pulses thrill
With joy that lifts us to the light
Of justice and of reason—when
The night called deep across the night
For a man like Lincoln was again!

His word has spoken our thought for us
His will our wish has wrought for us,
His soul has seen with purpose wise
His land's soul with those burning eyes,
That read with prophecy and light
The people's will and wish aright—
Or whether under shadowing skies
Or in the glow of sunbeams bright!

His act has been our act, his deed
Fulfills for us the moment's need
Of strength and resolute calm to press
Forward for living righteousness,
And in this hour to strike, strike free,
That our world-wide humanity
May feel one soul, high-willed and true
Has hurled, hurled far across the sea,
To ring till wars and hate have end—
The message God would have him send!

We're with him, with him in this hour
Of waiting and of watching keen;
The sharp delights of kindly power,
The glory of a throne's bright sheen,
May tremble in their guilt and shake—
No heart in all our land doth quake.
No soul lurk back in coward fear—
His voice has voiced our voice—here!

"Bentztown Bard."

A TRUE FIGHT

It may be that our lives are the most obscure and powerless for good this earth ever bore on her breast; I tell you if we are trying to be what we can be, then the life of every one of us casts its speck of grateful shadow somewhere, holds itself somehow up to the sun and rain, fights its way with some poor success against storm and fire and foe and parasite; or it stands sternly, in these great days, shoulder to shoulder with its comrades a strong tower of defense, to guard what we have won in our war for humanity, resolute not to fall into that trap the devil always sets for generous people, of giving up in the treaty what they won in the fight.—Robert Collyer.

Diarrhoea Quickly Cured.

"About two years ago I had a severe attack of diarrhoea which lasted for over a week," writes W. C. Jones, Buford, N. D. "I became so weak that I could not stand upright. A druggist recommended Chamberlain's Colic, Cholera and Diarrhoea Remedy. The first dose relieved me and within two days I was as well as ever." Obtainable everywhere.

How You Can See The Wind

It is said that any one may actually see the wind by means of a common hand saw. The experiment is simple enough to be worth trying, at least. According to those who have made the experiment, all that is necessary is a hand-saw and a good breeze.

On any blowy day hold the saw against the wind. That is, if the wind is in the north hold the saw with one end pointing east and the other west. Hold the saw with the teeth uppermost and tip it slowly toward the horizon until it is at an angle of about 45 degrees.

By glancing along the edge of the teeth you can "see the wind;" it will be pouring over the edge of the saw much after the manner that water pours over a waterfall. This is doubtless due to the fact that there are always fine particles of dust in the air, and in a strong breeze the wind forces against the slanting sides of the saw, slides up the surface and suddenly "pours over" when it reaches the top.

It is doubtless the tiny particles that make the air dust laden that can be seen falling over the edge of the saw as the wind currnt drops, but it is about as near as any one can get to seeing the wind under normal conditions.

WILLISTON, N. C., MAN RESTORED TO HEALTH

Mr. Wade Thankful He Read About Wonderful 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 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."

Mayr's Wonderful Remedy gives permanent results for stomach, liver and intestinal ailments. Eat as much and whatever you like. No more distress after eating, pressure of gas in the stomach and around the heart. Get one bottle of your druggist now and try it on an absolute guarantee—if not satisfactory money will be returned.