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Like a Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders. Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

When you are 50 years of age, you can be as energetic and vigorous as a young man. I have seen many men who were 50 years of age and who were suffering from the effects of old age, who were weak and nervous, who were unable to do their work, who were unable to enjoy life, who were unable to live, who were unable to die, who were unable to be anything but a burden to their families. I have seen many men who were 50 years of age and who were suffering from the effects of old age, who were weak and nervous, who were unable to do their work, who were unable to enjoy life, who were unable to live, who were unable to die, who were unable to be anything but a burden to their families.

DRYING AND CANNING

(By Home Demonstration Agent.)

Quite a number of inquiries have come to the office asking about the advisability of using preserving powders in fruits and vegetables. There are a great many of the so-called powders on the market. These are sold not only under advertised trade names but by druggists and peddlers. In the directions for use the housewife is told to fill the jar with the fruit or vegetable to be canned, to cover with water, and to add a teaspoonful of the powder. It is true that these powders may prevent the decay of the fruit or vegetable, but they also encourage uncleanly, careless work and while without apparent influence may not be apparent in an adult in normal health, with a child or an invalid the effect may be of a serious nature. The best way of preserving fruits and vegetables is by sterilizing by means of heat. This can be done very easily and the use of the powders is not to be recommended. Salicylic acid, the most common preserving powder, is also used in embalming a dead body. Common sense teaches us that a powder strong enough to preserve a dead body is not very good for our digestive system.

Many fruits and vegetables, which often go to waste may be saved by the simple process of drying. If properly dried, they retain their natural flavor and food value and can be made into wholesome and attractive dishes. They may be dried in an oven, in trays racks over the kitchen stove, in a specially constructed drier or spread in the sun. Directions for a home-made drier will be furnished upon request.

WENTY-FIRST HUNDRED

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AMERICA'S LIFE RESTS ON FAMILY

Without Soundness in the Home All Else Is Naught.

WOMAN THERE PRE-EMINENT

By Rev. Dr. NEWELL DWIGHT HILLIS, Pastor of Plymouth Church, Brooklyn, N. Y.



REV. DR. NEWELL DWIGHT HILLIS.

In "The American Family" Dr. Newell Dwight Hillis, pastor of Plymouth Church, Brooklyn, pays tribute to American womanhood and its work in uplifting and maintaining the good in American life. He closes his text for this one of the series of sermons he is preaching, "Proverbs 31:10-31." By way of pre-eminence the American family is the first and most important of American institutions. No other idea lies so close to the heart of our eager and commanding American society. From the family have come our school, our church and all our civic ideas. The republic could spare all its other forms of democracy more easily than it could the loss of the idea of the family.

The mere mention of certain names—the Field family in connection with the Atlantic cable, the movement for international law and the great names on the bench of the supreme court—is filled with suggestion. Witness also the family of Lyman Beecher and the Adams family of New England. Multiply these families and their influence is the shadow cast across the land in the form of the institutions they created. No other nation has exalted the family after the fashion of this republic. In this republic all things were and are and will be for the sake of the family.

Reasons For Divorce

From the viewpoint of Tennessee's "Dream of Fair Women" of the nineteenth century and our own observation of noble women in the twentieth century, the chief motive for seeking separation is her revulsion from the immorality of man. Some poor women appeal to the courts because of non-support and the neglect of a man to provide for his children. At times a woman seeks a divorce because the man is a tyrant and so brutal in his speech that the little children see at the approach of their father on the drive from the hawk and the lamb from the coming of the wolf. But the chief motive in the vast majority of cases is woman's dislike of leanness, physical and moral. Think of what the legal fact that in a brief interval recently fifteen hundred babies born in the tenement regions of New York were committed to homes for feeble minded children! Even in his brief times of Pilny, sixty years after the birth of Jesus, the Roman lawyer explains the divorce evil by the immorality of men. How significant is the passage: "Five hundred years ago the City of the Seven Hills was founded a divorce case obtained a place in our legal record. I will not undertake to assert that there were no divorces for the first 500 years of the life of Rome, but certain it is that there is no authentic recorded divorce during these first five centuries." Then what happened? During the era of luxury and mammoth men became false, immoral, sensual. For a time the Roman matrons cherished secret anger, then their indignation broke into speech. At last these injured women took on the aspect of the unrelenting tigress whose whelps have been injured, and within a single month fifty Roman matrons poisoned their husbands. What evil men did now that they were made to reap.

Women's Place in Literature

Italian literature was born with Beatrice, just as Laura made Petrarch and Francesca transfigured Paolo. It is a woman also that walks through all the pages of Mallory's "Morte d'Arthur" and glorifies each knight of the king. Shakespeare understood, for it is a man's blunder that precipitates every crisis in the life of Hamlet, slain by indecision; of Othello, strangled by his own jealousy; of Henry VIII and Wolsey, ruined through selfishness and blind ambition. Always when redemption comes it is at the hand of some Imogene, Portia or Cordelia. Every novelist of the first order of intellect puts woman in the very heart of the scene. Jennie Deane sheds lustre upon all who stand with in the circle of her life. Hawthorne's Reester glorifies the dark shadows of "The Scarlet Letter." At the Monday Literary Club in the Parker House, Boston, about 1870 Ralph Waldo Emerson made the statement that the novel was in some respects the highest form of literature, but was impossible without a woman standing in the center.

A Book Without a Woman

A young man, "Adirondack" Murray, then and there affirmed that he could write a novel that would succeed without mentioning the name of woman. No woman's name is mentioned in the pages, but unconsciously Murray revealed the failure of his book in the title, "The Story of a Man Who Didn't Know Much." The central figure in Murray's tale is a youth who had all the feminine qualities, through which

Murray hoped to evoke the sympathetic interest of his readers. It could not be otherwise. Society is a unit representing the union of two temperaments, the masculine that is fixed and unalterable, the feminine with which the woman is situated through and through, like crimson set in the finest wool that cannot be washed out. God never intended that men should be feminized or women made virile. The pathetic attachment that has subsisted between great souls like Rebekah and Isaac, Aspasia and Pericles, Robert Browning and Elizabeth Barrett tells us plainly that the path of love is the only path that leads to paradise, that can turn a hut into a home, a tent into a palace and, though the house be only a frail tent set up in the desert, with no lamp save the light of the steady, yet for Jacob home is where Rachel is and heaven is that unseen city of angels behind whose walls of silver Rachel hath disappeared.

The Breakdown of the Family

Now, all these considerations increase the alarm of patriots who love their country when we come to consider the threatened breakdown of the American family. There is a well known principle in economics that a strong demand will create the instruments for the supply. The mere fact that there are now 3,000 courts to which unhappy couples may repair for divorce publishes the keen demand for institutions that can sever a tie that is frail as a thread, but should be as strong as a steel cable. It is a far cry from the 3,000 divorce courts of today back to the time a century and a half ago when the mother of Alexander Hamilton, a beautiful Huguenot girl, living in the West India Islands, wanted a divorce from the Duke, who had become drunken, cruel and depraved, who had come back to Europe and from whom she never heard again. There was not one court in the British colonies or in Great Britain that could give a decree of separation. Divorce meant that the woman with her wrongs must go to London, secure influence strong enough to carry a bill through the house of commons at an expense of about \$1,000. Now the pendulum has swung to the other extreme.

Divorce in America

There are now 3,000 divorce mills grinding all day long in our country. Sixteen thousand divorces have been granted within a single year, though the same year witnessed only 900 divorces in England and about a score in Canada. Indeed, the records of our country showed some time ago three divorces in Canada and over 3,000 in our country. Most disgusting the spectacle of the midwife visiting young men and women in the morning and a judge separating them in the afternoon. The blackest part of the treasury concerns the children, who spend a father's grudging hand and few without a mother's love.

Women Without Financial Ability

Harrison and Russell Sage and the man who founded the Bon Marche in Paris all left their millions to their wives. When that Frenchwoman lost her husband she caused the sale of the Bon Marche for \$1,000,000 of francs up to \$2,000,000 and \$300,000, because she was free through death to work out her own ideas. When she sees that all the female workers and collect all the sweets in the hive have gotten through with their loads they sting the males to death, and the females spend the winter eating the honey that their own skill gathered.

Pre-eminence of Women Through Skill and Dexterity

An ox cart demands a man's muscle; steam locomotives depend upon a man's brute strength; the next age will be an age of electricity and chemistry. As electric machines are best handled by a delicate finger. Once the giant forces are controlled by electricity, a woman's sensitive hand may handle them better than a man's. An era may come, therefore, in which women will have the same pre-eminence in society and the creation of wealth as the female workers have in the beehive. Most of the charges brought against woman as to her inferiority represent the verdict of a male jury and a male judge, who for purposes of self defense brought in a verdict against woman in general and pronounced her guilty of inferiority. The time may come when women will constitute the jury and indict the man for inferiority, and then—bearing help us all in the hour of the jury's verdict, if it remains for us to confess that in no country have women tried so successfully to get ethics into industry, justice into law, gentleness into government, sympathy into reform and purity and tenderness and love into the household. No land can boast a womanhood more glorious.

Great is the power of trade and commerce

Wonderful the strength of man to fill the granary and the storehouse. Marvellous the achievements of the soldier and the sailor, but man is not a body. His soul uses the body, and the chief influences that shape character, create institutions and regenerate laws are the influences of heart and conscience and social sympathy, that are the pre-eminent gifts of woman. As children we all wake to conscious life lying upon a woman's lap, in youth it was a woman's hand that pointed to the paths of prosperity and peace, and when the end comes, happy is the old man upon whose fevered brow in the last hour a woman's hand falls, and the first face beyond into which the weary and worn man shall look will be the face of a woman, his mother, who lingers about the gate of heaven until her son comes home.

The revolution in this country. The overthrow of the nation will do much to bring in this new era, and that is a victory already within sight.

The New Woman

What, then, is the influence of the so-called "new woman" upon the American family? So far-reaching is that question that the answer must be based upon an analysis of what makes the twentieth century American woman to be spoken of as a "new woman." First of all, she is an educated woman. One hundred years have now passed since the Boston High School was thrown open to girls with hungry minds. During this century young women have exhibited an enthusiasm for the higher education quite undreamed of during other centuries. In the average high school of the country two young women graduates to every young man. The boy in his eagerness to enter business drops out of the high school, while the girl carries on her studies. In the state university also, little by little, young women are equating in number the young men who are studying for the professions. If this tendency continues the time is not far distant when the overwhelming majority of the students receiving their diplomas in the departments of literature, languages and the sciences will be women.

The New Woman Has a Clear Vision and a Warm Heart

To the education of the new woman we must now add her clear vision and her warm heart. Of old philosophers used to say that man has an intellect first and incidentally a heart, but that woman has a heart first and incidentally a mind. The statement is meaningless because it is untrue. When fully unfolded the intellect means the whole man in the act of knowing, and the heart means the whole man or woman in the act of feeling; but, given a great sorrow, woman is strangely gifted with sympathy. From a woman's heart is born the movement of Marie Mary Ware in the time of the plague in London; the struggle for soldiers on the battlefields by Florence Nightingale and Lady Augusta Stanley, braving every form of death in the Crimea; the plans of the Christian commission women to our civil war, working with the ambulance force in the very midst of battle; the Red Cross movement at the battle front of Europe. And think of Mary Blesser, best-selling as a missionary in Africa and little by little achieving an influence so unique that the members of the cabinet in England sought her advice, that the native tribes appealed to her decision, that feuds between states and warring hosts might be settled.

Influence of Women in American Society

No words can describe the influence of the modern woman in America's society. Who can tell the achievements of these women who have organized the movement for the higher education in Walling, Vassar, Smith and Bryn Mawr? Women like Frances Willard and Jane Addams and Dr. Anna Shaw and a host of others have changed the very atmosphere of this land.

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Children Cry FOR FLETCHER'S CASTORIA

Religious Services in Court House Sunday Evening for Company K—Rev. Abraham, Presiding Elder of Greensboro District, to Preach Sermon. There will be a union service next Sunday morning at 8 o'clock at the court house for Co. K, Presiding Elder Barnard of the M. E. church will preach. Co. K will attend in a body. Public invited.

WHAT CATARRH IS

It has been said that every third person has catarrh in some form. Science has shown that nasal catarrh often indicates a general weakness of the body; and local treatments in the form of snuffs and vapors do little, if any good. To correct catarrh you should treat its cause by enriching your blood with the cod-liver oil in Scott's Emulsion which is a medicinal food and a building tonic, free from alcohol or any harmful drugs. Try it. Scott & Bowne, Bloomfield, N. J.

Constipation and Indigestion

"I have used Chamberlain's Tablets and must say that they are the best I have ever used for constipation and indigestion. My wife also used them for indigestion and they did her good," writes Eugene S. Knight, Wilmington, N. C. Chamberlain's Tablets are mild and gentle in their action. Give them a trial. You are certain to be pleased with the agreeable laxative effect which they produce. Obtainable everywhere.

Miss Lucy Lutz of Concord died at the Charlotte Sanitarium Thursday afternoon after a three weeks' illness. She was 85 years of age.