

Sleep All You Need.

A physician who makes a study of women's nerves and their quality of endurance asserts that a little intelligence on their part would help immensely in going through life. The reason, he says, that women get exhausted after any endurance test is that they do not know how to balance work and rest. Sleep in proper portions is of the utmost importance. It should be taken in moderate doses when one has just gone through a tedious time or expects to face one. The seven-hour rule of custom should be utterly abolished. There should not be one rule for every one concerning sleep. Each individual should be her own judge of how much is needed.

The Sleeping Beauty.

Frederick W. Lehman, the new president of the American Bar Association, was discussing at a dinner in St. Louis a case where some of the evidence had not been above suspicion.

"Well, he said, 'there were certainly flaws in this evidence—terminological inexactitudes, so to speak. It reminded me of the girl in the hammock.

"A pretty girl in a hammock slung in an apple orchard awoke suddenly and frowned at the young man who stood before her.

"You stole a kiss while I was asleep," she exclaimed.

Well," stammered the young man, "you were sleeping so soundly—you looked so pretty, so tempting, I—yes, I admit I did take one little one."

The girl smiled scornfully. "One?" said she. "Humph, I counted seven before I woke up."

High School Apportionment.

The apportionment of the appropriation of \$45,000 to the state high schools was made Saturday. The total amount appropriated does not exhaust the appropriation, but there are application on file in the state superintendent's office to use the entire \$45,000.

There were ten high schools discontinued during the past year and thirteen created, making a net increase of three. The number of state high schools in North Carolina this year is 159.

The following are among the apportionments: Guilford county — Jamestown, \$250; Pleasant Garden, \$375; Ahonance — Friendship, \$250; Hawfield, \$250; Sylvan, \$250; Rockingham — Madison, \$250; Ruffin, \$250; Stoneville, \$250; Randolph — Farmer, \$250; Liberty, \$250; Trinity, \$350.

How it Happened.

Charlotte People's Paper. The only way we can account for the big slump from the Democratic to the Republican party, in the State and in the nation, was that the Republicans received too many votes. Too many people have gone wild voting as they please, as shown by some of the results. Mr. Kitchin's home county has gone Republican; Gov. Glenn's home county went Republican; Eller, Democratic chairman's, home county went Republican, would-be-governor Craig's home county went Republican and enough of his other counties to send him like Ward's ducks.

Red-Buck's letter in the last Sunday's Observer tells the tale. He says the honest and decent people are tired of being browbeaten, humiliated, read out of the party. He says no one who saw the disgraceful scene that came at the close of the last State Democratic convention here, between midnight and day on Sunday morning, when the Democrats like a lot of maniacs, will ever forget it. This was the straw that broke the camel's back. It was not our fight.

To Have Pretty Teeth.

Rinse the mouth and teeth frequently with a saturated solution of horic acid. If a regular brushing does not keep the acid in the mouth from forming a crust or deposit on the teeth, go over them once a week with an orangewood stick and powdered pumice. Brush with tooth powder and rinse the mouth thoroughly. The horic acid will greatly relieve a sensitive condition.

In the West, there is very little interest manifested in the farmers' uplift movement. The kind of life the farmers want is somebody to help shuck corn.

News Over the State

There is a movement afoot to erect a Y. M. C. A. building at Greensboro, which will probably be done within the next year.

Last Wednesday afternoon the Borden Manufacturing Company was destroyed by fire. The exact loss is not known. The loss was covered by insurance.

The Western North Carolina Methodist Conference met at Asheville last Wednesday. The discussion of Missionary work for the past year was one of the chief topics of the conference.

Miss Bessie Clapp, of Galisbury, was badly burned at her home last week. Her clothes caught fire from an open fire place, which would have burned her to death had it not been for the heroic work of some friends.

Washington has been selected as the place to put the large plant of the Interstate Supply Corporation. This plant will manufacture sashes, door blinds, and in fact everything that will go into the building of a house except the hardware.

During the last week Carolina has won three decisive victories as results will show. She won a debate over Pennsylvania last Friday night, won a tennis game over Davidson, won a football game over South Carolina at the time of twenty-two to nothing.

A one hundred thousand endowment fund for the Greensboro Female College was one of the most important features of the Methodist Conference which met at Asheville last week. This College is to be the only college owned by the Southern Methodist with such an endowment.

Last week at Birmingham, Ala., fifty convicts who were at work in a mine there set fire to the mine and attempted to escape. During the confusion six were smothered to death. The others being captured before they could get out of the mine.

The National Society for Industrial Education was in session at Atlanta, Ga. last week. Industrial education for the South, more factories, more skilled labor and in consequence, more wealth producers was the keynote of many of the speeches.

At San Antonio Texas Mr. Bryan was asked if he would run again for President and he replied made the following statement: "I am not at all discouraged as to the future of the Democratic party. There must be a Democratic party in every country and we want ours to be Democratic; and I have no doubt that the country will see the necessity for the adoption of the reforms advocated by the Democratic party." But he would not make a statement saying that he would not run for the President in four years.

Watson No 1.

Everything is going on very nicely since the election, people are about through sowing wheat.

With regards to good roads, we all prefer the roads we have being worked instead of new ones being cut.

North Carolina Patents, granted last week. A J. Compton, Cedar Grove, Cultivator. L. N. Davis, Charlotte, safe. J. T. Denny, Croxmartie, Mail box.

KILL THE COUGH AND CURE THE LUNGS WITH Dr. King's New Discovery FOR COLDS PRICE 50c & \$1.00. Trial Bottle Free. GUARANTEED SATISFACTORY OR MONEY REFUNDED.

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Brief News Items.

Secretary Elihu Root will take T. C. Platt's place in the Senate.

It is stated that Wm. H. Taft will go to Augusta, Ga. on Dec. 15th where he will stay for a couple of months.

Secretary of the Navy Victor, H. Metcalf has resigned his position on account of ill health, his successor will probably be the assistant Secretary, Truman Newberry.

It has not yet been decided who will take Thomas G. Platt's place in the U. S. Senate. Mr. Platt is the New York Senator and his term will have expired next March.

Every cotton mill in Windham and New London counties, Conn., went upon full time last Monday morning. Some of them have been running short handed for a year.

The balloon "Yankee," which left St. Louis, after a days travel of four hundred and fifty miles landed at Grove, Ga. The balloon was shipped back to St. Louis the following day.

Late last Wednesday night at Borie Wyoming eleven men were killed in the collision of two Union Pacific freight trains. Five of the men were Japanese laborers and the others were trainmen.

Secretary Cortelyou made public last week that he would receive bids up to the close of business on December the 5th, next, for \$30,000, 000 Panama canal bonds, or any part thereof, to bear 2 per cent interest.

On last Saturday about ten miles from Jacksonville Florida train No. 29 and 10 of the Atlantic Coast Line came together in a head on collision killing two negro mail clerks and slightly injuring several others.

The Rev. French E. Oliver, who is holding a revival meeting at Burlington, Kansas, has written W. J. Bryan urging him to become an evangelist, and predicting that Mr. Bryan would become the equal of the apostle Paul.

The University of Virginia on last Saturday won her sixth victory from Georgetown by a score of six to nothing. The game between the old gidron rivals was gruelling, and was played on a snow covered field in a blinding snow storm.

President-elect Taft has been invited by the chamber of commerce to be the guest of Spartanburg upon the occasion of a banquet to be given November 20th celebrating the building of the Carolina, Clinchfield and Ohio railroad to the city of Greenville.

Robin Cooper was arrested at Nashville, Tenn., last Wednesday charged with the murder of former United States Senator E. W. Carmack which occurred a few days prior. Cooper is in the hospital at present but will be placed in the county jail as soon as his condition will permit.

President elect Taft states that he is pleased with the result of the election in North Carolina. In a recent letter to Hon. J. Elwood Cox he stated that the election of John Motley Morehead to congress from the fifth district was the greatest Republican victory in the United States this year.

Massachusetts honored her dead by dedicating a monument at New Bern last Wednesday. Several prominent Massachusetts speakers were present and delivered addresses. "The Blue and the Gray" and a number of other patriotic songs were sung. The schools and banks and many business houses were closed.

On last Wednesday at Little Woods a small town about twelve miles from New Orleans a great Northern Express crashed into a New Orleans and Northeastern local causing eleven deaths and a number injured. The great Northeastern train was late and as there is but twenty minutes in the running of the two trains this time was greatly reduced.

The United Daughters of the Confederacy opened their meeting at Atlanta Ga. last Wednesday morning with the "Bonny Blue Flag," decorating the walls and patriotic music filling the air. Several hundred delegates were present representing almost every Southern State. This was the fifteenth annual convention for the confederacy.

FREE TRIP TO WASHINGTON CITY!

Believing that there are a large number of young men and young women in the Fifth Congressional District who would like to attend the Inauguration of the next President of the United States, at Washington, March the 4th, 1909, The State Dispatch has arranged to furnish transportation, FREE, to Washington and return to all persons in the Fifth Congressional District who comply with the following conditions:

...OUR OFFER...

To every one sending us fifty-two (52) yearly subscriptions to The State Dispatch at \$1.00 per year, on or before February 1st, 1909, we will give a free railroad ticket to Washington and return.

It will be necessary for everyone accepting this proposition to make a weekly report to the office of The State Dispatch, where an account will be opened with each one accepting this offer, so that proper credit may be given for all subscriptions received.

If as many as six persons secure tickets under this proposition, we will furnish all necessary expenses while on the trip to the one securing the largest number of subscriptions, over and above the fifty-two required to secure the ticket.

To all those who enter the contest and fail to get the required number to secure a ticket, an appropriate reward will be given in proportion to the service rendered, but no subscriptions will be transferred from one account to another.

All those contemplating accepting this offer will fill out the following blank and forward it to us so we may know how many are going to enter the contest.

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Gentlemen:—

I have decided to enter your contest for free transportation to Washington to the Inauguration of the next President, and will be pleased to have you send me receipt book and sample copies of The Dispatch, so that I may go to work immediately. I also agree to make report to you as often as once a week and to send all subscriptions on hand with each report.

Yours truly,

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