

"Whiff up, boys." This is STUD, the grandest old Smoking Tobacco you ever rolled in a spike or crammed in a hod."

That's the word in every man's town this side of Mason and Dixon.

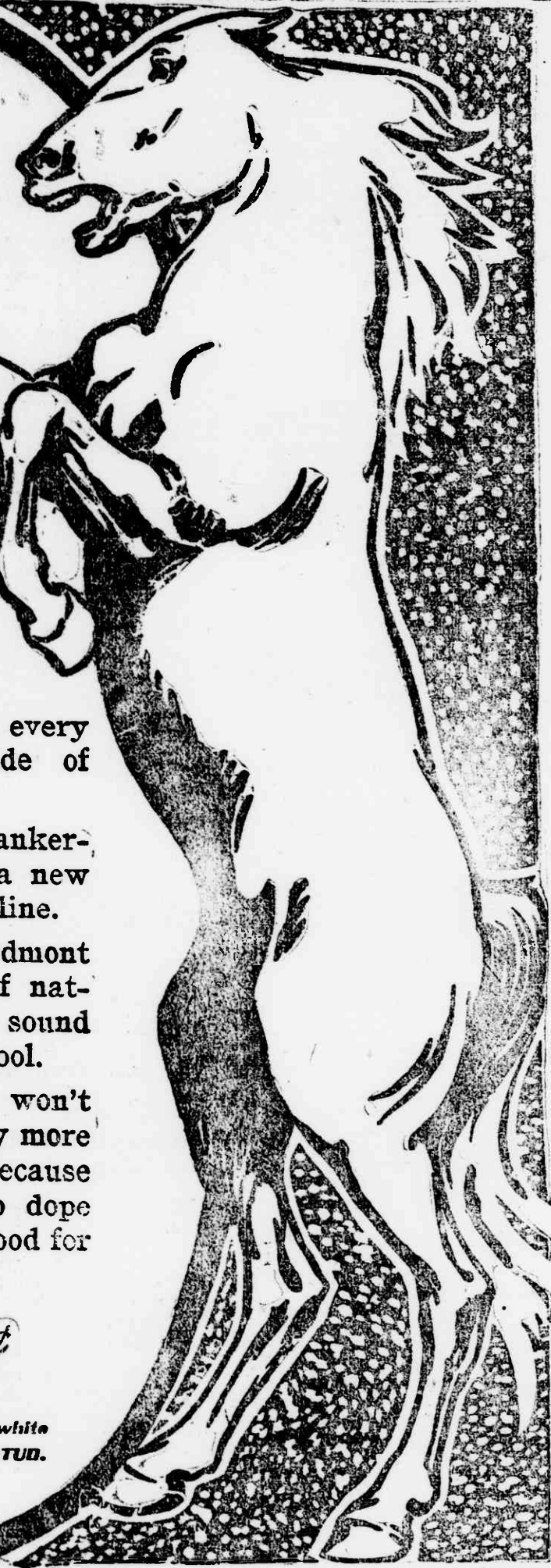
STUD has 'em all hankering for more. It's a new happy in the smoking line.

STUD is real Piedmont Country tobacco, full of natural flavor, a clean, sound smoke, but light and cool.

STUD in cigarettes won't stain your fingers any more than cigars. That's because it's pure tobacco. No dope or filling. Equally good for cigarette or pipe.

The Tax is 5¢ Get hop!

Every time you see a white horse buy a bag of STUD.



The Drugless Age

(By CARL BYERS.)

There are seven sources of life upon which seven means of healing are based as follows:

- 1. Water—Hydrophaty. 2. Air—Aerophaty. 3. Light—Fotophaty. 4. Happiness—Psychotherapy. 5. Exercise—Kinesiotherapy. 6. Rest—Sabbatism. 7. Food, water, air, light, happiness, mental control, exercise, rest.

Biology. Father means life-giver. The mother furnishes only the body. After birth, from what we gather from reason and Scripture, the sources of life are food, air and hope. Life and health are the same, so are disease and death. To heal is to give life. What-ever does not give life or add thereto does not heal. If the above principles are true, drugs cannot possibly give or add to life and, therefore, cannot heal.

"The blood is the life." Blood is made from food. Bad food, bad blood. Excepting pure water, what-ever is not food is poison. The wise man abstains from flesh, especially the unclean kinds, such as hog meat, cat-fish, oysters, eels, crabs, toads and bed bugs. Most people eat too much and too rapidly. One should be a strict Fletcherite—eat only when hungry and chew thoroughly.

II. Water is the great solvent and blood purifier of the system. As a purifier it is useful taken internally—at the rate of a gallon a day; as an injection and as a bath, to promote excretion through the skin. Almost, if not all diseases can be cured by the skilled use of water—hydrotherapy.

III. Air is called the "breath of life," that is, life-giving breath. It is composed of oxygen and nitrogen, of which oxygen is the active principle. Since air is absolutely necessary to life, it is reasonable to believe that the more air we breathe the more life. Hence, the lungs should be expanded by cultivation and houses should be well ventilated. One should live as much as possible in the open air. Pure, cool air, coming in contact with the person, cures insomnia.

IV. Light is a natural nerve stimulant—doubtless the only one. Since moderation in all things is the wise man's rule, of course it is possible to have too much life, especially for blonds. The blond and the black are abundant.

V. The mind has a wonderful influence over the body. Hope, according to the Sacred writings, is a tree of life. Happiness stimulates the organ of vitality, located under the mastoid process, which governs the vital organs, thus increasing the action of the heart lungs and other vital organs. Health produces happiness and happiness produces health. Mental calm, physical or mental, to a finite being is impossible. Anger, envy, sorrow and fear produce poisons in the body. The first requisite of health is purity, kindness, cheerfulness and sane thoughts.

VI. "He that hath (saith) to him shall be given," is the law of nature. A part unaided will atrophy. Exercise is the only means of vigorous health. This should be, as far as possible, natural, like all the physiotherapeutic remedies, but Jim Jitsu and Swedish movement are both useful. The latter equalizes the circulation and thus relieves both hyperemia and anemia. Jim Jitsu strengthens the muscles without operation of any kind.

VII. All acknowledge that we are finite beings. Only an immortal can work or play or love without rest. If the angels never cease work, they rest while they work. This cannot be done by animals, such as the inhabitants of this earth. The enactment of the Sabbath, the sabbatic year, and the jubilee show the Creator's endorsement of this principle. Rest is no more a panacea than either of the other above mentioned principles, but you can no more have perfect health without resting one-seventh of your time, at least—possibly more, than you can make perfect music with only six notes. Rest is the supreme blessing promised to the people of God—there remaineth therefore a sabbatismos for the people of God.

"Let us hear the conclusion of the whole matter." Fill your life with work and play. Out of doors, "neath nature's sway, Led by hope's resplendent ray,— Live and live in earnest.

"Had dyspepsia or indigestion for years. No appetite, and what I did eat distressed me terribly. Burdock Blood Bitters cured me."—J. H. Walker, Sunbury, Ohio.

Don't let the baby suffer from eczema, sores or any itching of the skin. Doan's Ointment gives instant relief, cures quickly. Perfectly safe for children. All druggists sell it.

Constipation causes headaches, nausea, dizziness, languor, heart palpitation. Drastic physics grime, sicken, weaken the bowels and don't cure. Doan's Regulants act gently and cure constipation. 25 cents. Ask your druggist.

Never can tell when you'll mash a finger or suffer a cut, bruise, burn or scald. Be prepared. Dr. Thomas' Eucletic Oil instantly relieves the pain—quickly cures the wound.

Simply the "Supreme Court." By Associated Press.

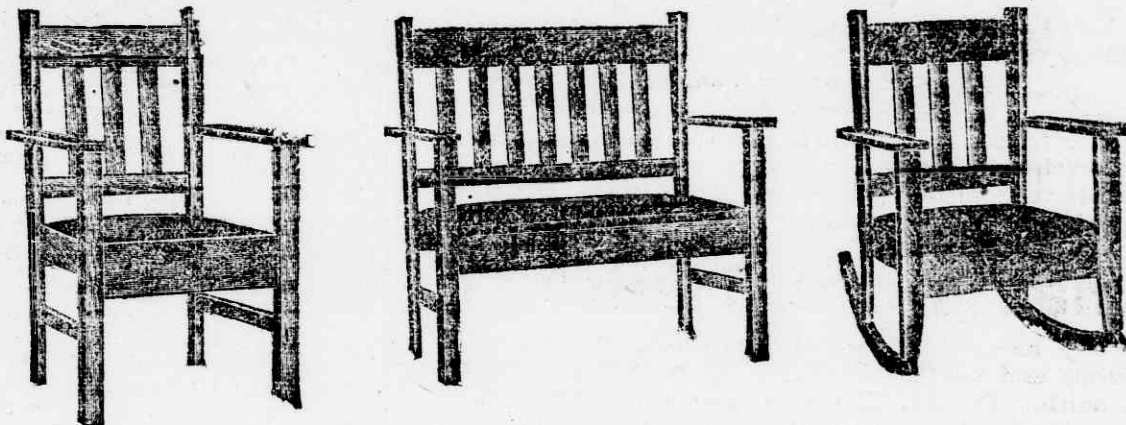
Washington, March 27.—No longer will he be heard of as an anonymous "Chief Justice" and the associate justices of the supreme court of the United States, as the members of the highest tribunal in the land file into take their places. The modesty of Chief Justice White forbids.

Following the death of the late Chief Justice Fuller and during the time when Associate Justice Harlan presided the court was hailed merely as "the supreme court of the United States." That the revised form was good enough for him was the decision of Chief Justice White when it was proposed to resume the old time practice.

Saving Time. "What shall we take in to-night, wife?" "I'll try to make up my mind between now and dinner."

"Make up your complexion at the same time, will you?"—Grand Rapids Chronicle.

Here's A Winner!



This elegant, substantial and useful three-piece mission Hall Suit delivered anywhere in the South for \$17.00. Upholstered in green or brown imitation leather and will wear almost as well as any covering you can get.

Send us your order at once. We have the greatest proposition for young housekeepers ever heard of. Call or write and let us explain.

Lubin Furniture Co.

EVERYTHING FOR THE HOME

Any puglist will tell you there is quite a difference between being sluggish and being sluggish.

Southern Railway Offers Extremely Low Round Trip Rates to Little Rock, Ark., on Account Annual Reunion United Confederate Veterans May 15-26th, 1911.

Tickets for this occasion will be sold on May 13, 14, and 15, with final return May 23rd, with privilege of an extension of return limit until June 14th, by depositing ticket with joint agent and payment of 50 cents. The following round trip rates will apply from stations named: Charlotte, N. C. \$17.15; Concord, N. C. 17.20; Davidson, N. C. 17.15; Greensboro, N. C. 18.20; Gastonia, N. C. 16.65; High Point, N. C. 18.00; Statesville, N. C. 17.15; Salisbury, N. C. 17.20. Low round trip rates from all other points on Southern Railway on same basis. Southern Railway has double daily through service for Little Rock, Ark., via New Asheville, Chattanooga and Memphis, and via Atlanta, Birmingham and Memphis.

For further information, reservations, etc., apply to any Southern Railway Agent, or write R. L. Vernon, P. O. Box 200, and R. H. DeBattis, T. P. A., Charlotte, N. C. 3-23-11

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It is all under shed and protected from the weather.

Phone 19 or 72

Standard Ice & Fuel Co.

M. A. BLAND, Sales Agent

The Raleigh, Charlotte, & Southern Railroad

As stated in the outset it is strange that a road has not been built through the section of this route long before now. The fact is that the first road ever built in North Carolina would perhaps have been built over this very route. But that is neither here nor there. The fact remains that a large scope of the state's most fertile soil, a large area of original forest of timber, a splendid territory with unlimited resources is standing today without a single railway road whose course is east and west, passing through its heart, and the owners of these undeveloped resources have been looking for an opportunity of developing them and until now have looked in vain. All along the line already support is pledged to the new enterprise and although the project has its birth within the past few months, the promoters of no new railroad ever had more gratifying co-operation and promises of more loyal support than the men who are behind this company, and perhaps no men have ever undertaken a more plausible proposition. Get a North Carolina map and for this last assertion see for yourself.

Adding a great deal to the attractiveness of this proposition is the fact that a branch line can be run from Pittsboro, up Haw river, to Greensboro. This branch road passing as it would through northern Chatham and intersecting Alamance county would come in touch with numerous cotton mills and traverse new and undeveloped territory as well as territory already developed, and a territory whose resources are almost unlimited.

William J. Best, of New York, made a survey of a part of this route several years ago when he contemplated running a direct line from Goldsboro to Salisbury. His survey, made through Pittsboro and Asheboro, and had been running for Charlotte instead of Salisbury the survey would have made through Albemarle.

The business people along this new route have joined hands in this project. A great area of the very best of the famous Piedmont section is about to be opened to the business channels of the country. Already the promoters of the road are in touch with Northern capitalist, and with the allied co-operation of all towns and cities concerned, the Raleigh, Charlotte and Southern railroad will be pushed to ultimate success.

W. L. MANN, Alamance, N. C., March 16th. Nursing Mothers and Malaria. The Old Standard GROVE'S TASTELESS CHILL TONIC, drives out malaria and builds up the system. For grown people and children, 50c.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of J. C. Ayer & Co.

Asheboro, the next largest town along the route, is a splendid town and for the past decade has been growing rapidly. This town is located in a great timber belt and a great attention in the past has been given to manufacturing building material. A large and fertile surrounding territory makes Asheboro a splendid trade center and the mercantile business of the town rivals that of any town of its size in North Carolina. The wood-workers of Asheboro, however, would be to the new railroad the greatest source of traffic.

Pittsboro, which is one of the old towns of the state, is the next largest along the new road. Although an old town, Pittsboro has, of recent years, taken on new life and has, within the past few months, voted municipal bonds for street and other improvement. This town has for a number of years been the great trade center for a large part of Chatham county. As Asheboro, it also is in a great timber section and the lumber industry would furnish a splendid traffic for a new railroad.

There are a number of other small towns, Pittsboro has, of recent years, which would be benefited, and which in time will be a source of revenue for the enterprise; worthy of especial mention is Ramseur, in Randolph county which has already a cotton mill, a broom factory and a novelty factory. The country sections along this line and their resources are of especial interest to this enterprise. Three large counties will be practically intercepted. These are, Chatham, Randolph and Stanly.

No more fertile soil or finer hardwood timber is found anywhere than in the famous Hickory mountain section of Chatham county. Some of North Carolina's finest wheat land is found in the Deep river and Farmer's sections of Randolph county.

And the corn and cotton fields of Yadkin valley and Locust level sections of Stanly county are not surpassed by any in the South. Great forests of original growth of timber, of pine, of oak, of hickory, of poplar, of ash, and of cedar, are found all along this line.

In traversing these counties the new line will cross a number of streams which are capable of furnishing a wonderful amount of water power. Notable among these streams are Haw river and Rocky river, in Chatham county, Deep river, in Randolph county, and Yadkin river and Rocky river, in Stanly county. The present proposed

INJECTION BROU Give Prompt and Effective Relief to ALL MEN, MOST OBSTINATE CASES. SOLD BY ALL DRUGGISTS.

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Not much sweetness on wash-day with steam permeating the atmosphere and the smell of soap hanging round your nose.

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EUROPEAN Rooms \$1.50 Per Day and Up. Rooms with Private Bath \$2.00 Per Day and Up.

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Located in the heart of Charlotte, convenient to railroad station, street cars and the business and shopping centre. Cater to high-class commercial and tourist trade.

Pure Water from our Artesian Well, 303 1/2 feet deep, for sale, 5c gallon at Hotel. 10c gallon in 5-gallon lots. Delivered in Charlotte or at R. R. Station.

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We handle only first quality good and do NOT carry a line of seconds or cheap stuff.

A look will convince you. See Our Window.

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