

ECONOMY IN ROAD-BUILDING.

"Intelligence is the life of liberty" and we need intelligence and we have need of the means of intelligence. Having only common school advantages is not the most unfortunate thing to a community. The schooling is needed and the best of school advantages are needed, but some people will not go far into the deep things of learning, however the help's at hand.

In all our social affairs we must do as we can, and not as we please. Much of practical learning comes by seeing things. A preacher said that he once caught up a sermon by driving a cow. He happened to meet up with a peculiar experience. In order to succeed in life we must form a habit of noticing things. Life is variety, and we need a variety of things. Once a good man (one of the quiet leading men), remarked that he thought as much of flowers as of wheat and corn. That was a good expression and one to think about. We all feel the force of the fact that we must have food and clothing, but we do not think quite as much of the need of the flowers, but they are needed.

There is a patriotic side of life and we have need to think closely about it. While we must provide for self, it is our duty and privilege to be liberal on social lines. The very liberal people are a thoughtful people. Only recently a good neighbor was seen hauling rock from his field and throwing it into a mud-hole in the road. The "enterprise" had a double purpose, one part to take the rock from the tended lands, and the other to "work the road." The road question is getting to be one of great extent, and one that should be looked after. There are two urgent questions in connection with "good roads." The first and main one is that we economize on road building and second one is that we avoid the popular extravagances that have come in for road-building. Some of the rich counties are able to stand high taxation, but all sections are not able to do so. Where there are large cities and where a section of the country is thickly populated the people are fairly well able to build good roads, but where the country is thinly settled and poor, the people are not able to have the first class "good roads." However, any people are safe by paying as they go, even in anything, and it is advisable to work the worst parts of the roads first. This is a thing to think about. There is not enough economy practiced on our road working. In some cases where our roads are being worked "according to law," we do plowing and shoveling that is not needed. Ditches are often made on the sides of the roads where they are not so much needed, and there are swags where the ditches are needed, but are overlooked. In these swags or low places, if there are ditches left well cleaned out, so that water can't stand in the road, the bed of the road can be kept solid the same as upon the ridges. There are stones enough in reach to make all the worst places solid. As the roads become more and more traveled they need closer attention. One of our very intelligent men once said that he could work a road by careful driving along it. All close observers can get hold of the idea of working roads by certain driving. This careful driving is the cheapest road working possible. It seems but few people practice road working by the careful driving process. The old way of working the roads over the country is a thing needed, and however the new ways, we have need to do free work. The "free labor" on roads really belongs to the liberal side of

life. We give as we are able, or should do so, and there are the needy to help—needy people who are not poor.

The traveler (from a distance) has need of a road to travel on, and when he would take up camp he has need of a free place to camp on; also needs free wood at his camp on the free land by the side of the free road. Besides the free help to keep up our roads, every man should give close attention to his roads on his own land and should be liberal in doing extra work. He is expected to be both "able and willing" to help his roads by judicious work. He, as the good man above-mentioned, should haul rock from his fields and put them in certain places in the roads. We, the practical farmers, by close economy, can do better for our roads than any sort of instruction can suggest. There is considerable economy about roads—good roads—such as are carefully managed. In the rough, hilly countries we must think more of the economical than we do of the fashionable road-building. While we should build up our roads and improve them, we have need to beware of popular bonds and build mainly by direct work and pay our way as we go.

Since free speech is claimed for a "free people," let us write, speak, consult and deliberate about the great affairs of life. The generous side of life is the bright and safe side, and the generous people are willing to equally share the social burdens of life. We can't please ourselves in every case, can't have all our own way, but we can be generous in a way that will win the respect of all.

W. F. GRABBS.

Stokes County, N. C.

HURRIED EATING AND CONSTIPATION.

Hurried eating is a common contributing cause of constipation as well as other ills. When the food is not properly masticated more energy is required in the upper part of the alimentary canal to reduce it to the condition necessary for complete digestion, and in cases in which the vitality is depleted this may so seriously cripple the activity of the lower part of the alimentary canal as to contribute largely to the atonic condition, which is a large factor in

such cases. When the food is not fully masticated it is held back in the small intestine as well as in the stomach, and this also has a tendency to establish a sluggish action, which contributes to the condition favorable to constipation. While thorough mastication will not cure those cases

which may be largely due to bad mental condition, excessive mixing of food, lack of exercise, overwork, too concentrated food, or some physical defect of the intestine, it is an important factor, and more careful mastication will contribute to improvement in all cases.



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I am interested in and intend to purchase within a reasonable time, the machines or articles checked below and will be glad to receive information concerning the same.

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- ... Coat Suits & Dress Goods
- ... Flour
- ... Furniture
- ... Gasoline Engine
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- ... Insurance
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- ... Manure Spreader

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- ... Stoves Ranges & Heaters
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- ... Threshing Machine
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- ... Typewriter
- ... Wagon
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and will supply you with information in regard to the buying or selling of anything connected with the farm or farm home?

We give below a list of some of the articles for which we have a great many inquiries and if you will check those on which you desire information, we will be glad to give you the names of manufacturers and dealers, who will supply you, together with any other information we may have.

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Wholesale Prices You can save money on groceries, seed and feed, by buying direct from us at wholesale. The old way of buying at retail meant that added to the cost of the goods was a high selling cost. Salesmen's salaries, and expenses, retailers profits, all had to be paid by you. The new way—buying direct at wholesale—means high quality at low prices.

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- Diamond Half Patent Flour.....4.45 bbl.
- Full Cream Cheese.....15 per lb.
- Fresh Roasted Coffee, Special Bargain.....17 per lb.
- Choice Greene Coffee.....\$4 per 100 lbs.
- Delicious Lake White Fish, Equal to Mackerel.....\$4.50 per hundred lbs.
- Granulated Sugar.....45 per 100 lbs.
- Fine Table Salt.....62 per bu.
- Prime Table Potatoes......06 1-4 per lb.
- Rice, Broken, 4 1-2c—Japan, 5 1-4c—Louisiana......28 per gal.
- Molasses, Black Strap, 15c—New Orleans, 26c—Porto Rican......42 per bu.
- Mixed Feeding Oats.....\$22.00 per ton
- Bran, 22.00 per ton—Ship stuff.....28.00 per ton
- Red Dog Hog feed.....25.00 per ton
- Ground, Corn and Oat Feed.....

SEED

- Burt Seed Oats.....\$.56 per bu.
- Red Rust Proof Seed Oats......47 per bu.
- Appler Seed Oats......68 per bu.
- Black Oats......48 per bu.
- Early Rose Seed Potatoes......75 per bu.
- Prime Timothy Seed.....4.40 per hundred lbs.
- Prime Medium Clover Seed.....22.50 per hundred lbs.
- Prime Alfalfa Seed.....14.50 per hundred lbs.
- Kentucky Blue Grass.....10.00 per hundred lbs.
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- Ochard Grass.....11.00 per hundred lbs.
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