

# A Matter of Health

There is a quality in Royal Baking Powder which makes the food more digestible and wholesome. This peculiarity of Royal has been noted by physicians, and they accordingly endorse and recommend it.

ROYAL BAKING POWDER CO., NEW YORK.

## Coasting in the Alps.

There is a spot in the Swiss Alps where a sled or a toboggan runs a mile in seventy seconds. The winter sportsmen of Europe take great pleasure in the Cresta run, as it is called, at St. Moritz. The toboggan season there begins about the middle of November, and the slide is made smooth and safe by a committee appointed for that purpose. The Swiss toboggans are raised on runners shod with iron or steel. The rider lies flat upon the toboggan, head first, both hands grasping the framework at the sides, steering with both feet, just as boys do on sleds in this country. Iron spikes are fastened to the toes of the boots, and by trailing one foot or the other along the ground the big sled is guided.

## Parlor Blind Man.

In "parlor blind man" the leader is blindfolded, while the other players stand or sit about the room. The manager of the game has told each child what animal he is to represent for the time being, and when he is touched by the blinded child he must imitate the noise made by that particular animal, repeating the noise three times if requested. From the noise thus made the "blind man" must guess the performer's name. If successful the child named takes the place of the blindfolded one, and so the game goes on. For instance, one child mews like a cat, another barks like a dog, still another hisses like a goose, etc.

## Game of Famous Numbers.

Famous numbers can be played by any number of persons, each of whom writes a number on a slip of paper. The slips are mixed in a hat, and each player draws one. Each in order must then explain for what the number he drew is famous or pay a forfeit. For instance, the number 3 may be said to be celebrated on account of the three graces, 2 for Shakespeare's "Two Gentlemen of Verona," 10 for the council of ten, and so on.

## Animals That Don't Get Thirsty.

A parakeet in the zoological gardens has lived more than fifty years without drinking water. Patagonian llamas live for years without tasting water, and a particular class of cows bred near Losere, in France, and noted for the richness of their milk, drink extremely rarely.

## FOR THE LITTLE ONES.

### Bright Wits Show to Advantage in the Game "My Garden."

Any number of persons may play this game. It requires no preparation, but the wits of the players must be bright and alert to make it a success.

The leader asks each player in turn what he planted in his garden, and the player may name any article he chooses, but the thing that "came up" must be some plant that has a connection with the article. The answers cannot therefore always be given instantly, as a little thought may be necessary to make the answer good. That, however, will make the game all the more entertaining.

Here are a few answers that show how the game should be played:

"I planted some steps, and they came up hops."

"I planted a ball, and it came up a rubber plant."

"I planted a calendar, and it came up dates."

"I planted a watch, and it came up a four o'clock."

"I planted a ship, and it came up in dock."

"What kind of soup in your bowl, Mr. Lee?"

"No puppy dog soup today, honest and true, but soup made of nice little cats and mice."

"Then give me some quickly. I know it's nice."

—C. Huckel.

## FOR THE LITTLE ONES.

### How a Boy Full of Business Succeeded With Poultry.

It is a good thing for boys who contemplate entering a business career to early have some practical experience as business men. There is a boy in my neighborhood who raises thoroughbred Plymouth Rock and Wyandotte chickens and makes it pay.

He started out on a small scale by purchasing a dozen eggs from a poultryman who kept simply full blooded Plymouth Rocks. Then he purchased a dozen eggs from a man who raised thoroughbred Wyandottes. He paid \$1 per dozen for his eggs.

He set his eggs under two common hens, which a friend of his sold at a low price because the hens wanted to do nothing but "set." In time he found that he had a brood of twenty chickens, six roosters and fourteen pullets. The next spring he separated his two breeds of fowls and carefully labeled with date and kind each egg laid by his hens. He then advertised upon his front gate, "Sittings for sale, \$1 per dozen—thoroughbred Plymouth Rocks and Wyandottes."

He kept careful account of all expenditures and found out at the end of the first year he had just about cleared himself of all debt incurred. The next year, with increased stock, he made money.—Farm Journal.

## Paraffin.

Paraffin has its uses and abuses, according to the authorities in New York. The board of health a few months ago warned the people against using candy adulterated with the wax on the ground that the paraffin covered the stomach with a thin coating and produced indigestion. Now an appropriation has been asked to pay for coating the exterior of the Metropolitan Museum of Art with a thin shell of paraffin to prevent the disintegration of the stone by water. The Egyptian obelisk in Central park was so treated a few years ago, and Grant's tomb was recently covered with paraffin, which is impervious to moisture and resists the action of acids.

## She Turned the Tables.

Lady Randolph Churchill was electioneering in England at one time in behalf of Mr. Ashmead-Bartlett. One bold elector whom she was trying to secure hinted that if the ladies would imitate the famous Duchess of Devonshire they would have no difficulty in securing votes. The duchess in one memorable canvass gave a kiss for each doubtful vote. Lady Churchill considered for a moment and then said demurely: "Thank you so much. I'll suggest that idea to Lady Burdett-Coutts." The elector laughed, remembering that Lady Burdett-Coutts is over eighty years old.

## London Ambulances.

London is curiously behind New York in the matter of its emergency accident service. None of the hospitals there, incredible as it may seem, have ambulances such as are used in New York. Injured persons are carried to the hospitals in two wheeled handbarrows propelled by one or two policemen. There are only two or three horse ambulances in the city, and they are private. There is an agitation now for the introduction of such vehicles into the hospital service.

## "Outway" and "Inway."

Now that the word "subway" is a recognized classic, would it not be well to find better words than "exit" and "entrance"? The passages to and from the "subway" should logically be the "inway" and the "outway." Yours for Saxon speech.—Local Cor. Boston Transcript.

## Best Part of the Picture.

"When I was a youngster," said a Philadelphia painter who is today one of the bright stars in the American art firmament and whose fame also reaches across the Atlantic, "I kept the pot boiling by painting portraits of enterprising storekeepers at bargain prices. Once a tailor who was anxious to transmit his features to posterity asked me what my price was for a half length. I told him \$100.

"The picture was painted and approved. Then the knight of the thimble took out his pocketbook and wanted to know how much he should pay.

"I told you before we started," I replied, "that my charge for a head was \$100."

"Oh, I know that," said he, "but how much for the coat? It's the best part of the picture."—New York Herald.

## Hiring a Cab in Russia.

In Russian cities, according to an English traveler, the taking of a cab is a matter of bargaining, for, though there is a printed tariff somewhere, the cabmen cannot read it. If you know the distance you walk along the cab rank calling out your destination and your price—about a quarter of what you would pay in London and a tenth of the New York demand. When you have passed the last cab you will hear a clatter behind, and a driver will implore you to step in. If you do not know the distance you ask the fare, divide the answer by four and walk on. Curses! Invocation of saints! Drivers raise their arms to heaven in horror. Walk calmly on, and there is a race to pick you up. Nor is there ever a dispute at the end.

## A LITTLE NONSENSE.

### Bright Sayings From the Mouths of the Rising Generation.

Small Harold after sizing up the new baby said, "Well, that kid hasn't got any hair to comb, but he's got an awful lot of face to be washed."

Mamma—Do you love your teacher, Tommy?

Tommy—Yes, mamma, but I don't want you to tell her.

Mamma—Why not?

Tommy—"Cause she might sue me for breach of promise.

## METHODS OF READING.

### Rules Cannot Be Fixed, as Each Man Has His Own Standard.

"Men have curiously different notions on the subject of reading, and almost all the literary men have had something to say on the subject," said an observant man. "Emerson laid down three rules. He said: First, do not read a book that is not a year old; second, never read any but books that are famed; third, never read any book but what you like. But it is not likely that many persons can follow these rules. In the first place, it is quite impossible to observe anything like an arbitrary rule in the matter of reading. There is no reason why a good book should be a year old before we venture through its pages. If the book is good it is just as good in fresh print as it will be at any other time. Besides, books are printed so rapidly now that if we are to wait a year before reading a book after it comes out we should soon be very much behind the times. We could not talk to our friends about contemporary literature and would be classed as a back number. Emerson's second rule is worse than the first. All good books do not become famous. It is much easier for a bad book to blaze out and win popular attention. Besides, how shall we know whether a book is good or bad without reading it? The same point may be made as to the third rule. How shall we know whether we like a book or not without reading it? True enough, some men, like Carlisle, can skim a book and get a fairly good idea of it, but this is not a satisfactory way of measuring a book's value. I have but little confidence in the literary judgment of the skimmer. The fact is, after all, that every man must read according to his own notion. My friend may like one book; I like another. He may have one standard of literary excellence; I may have another, and so on. Rules for reading cannot be arbitrarily fixed. Human nature is too fickle and there is too much difference between the temperament of men to admit of any such thing."—New Orleans Times-Democrat.

## Helen Keller's Life Work.

While Miss Keller has not yet definitely settled what branch of work she will undertake, it is altogether probable that she will write a good deal and barely possible that she will edit a periodical of high class for the blind. That it has long been her ardent desire to see the blind of America provided with a magazine of high quality and varied interest, like the best of periodicals published for those who see, she has frequently asserted.—National Magazine.

## Mr. Cupboards and Wardrobes.

Don't forget that cupboards and wardrobes where clothes are kept need frequent airing. On a sunny day open the doors and leave them open for several hours. Never put away a dress bodice without first airing it. Attention to little details like this, which keeps one's clothes fresh and sweet, is well worth while.

## Ask Your Own Doctor

If he tells you to take Ayer's Cherry Pectoral for your severe cough or bronchial trouble, then take it. If he has anything better, then take that. But we know what he will say; for doctors have used this cough medicine over 60 years.

"I have used Ayer's Cherry Pectoral for hard colds, bad coughs, and influenza. It has done me great good, and I believe it is the best cough medicine in the world for all throat and lung troubles."—E. C. STUART, Albany, Oregon.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of SASSAPARILLA PILLS. HAIR VIGOR.

Keep the bowels open with one of Ayer's pills at bedtime, just one.

## CONDENSED STORIES.

### Why Secretary Morton Never Ate Snails in Philadelphia.

Paul Morton, secretary of the navy, recently went to Philadelphia to attend a dinner given by a few of his old railroad friends.

Among the guests were President Underwood of the Erie and John P. Green, first vice president of the Pennsylvania. Naturally the subject of the slowness of Philadelphia came up and was discussed freely. After several of the railroad men, including Secretary Morton, had said a few things about the staid Quaker town Mr. Green took up cudgels for Philadelphia. He made an elaborate defense, showing that



"I SUPPOSE THEY ARE TOO SLOW TO CATCH THEM."

Philadelphia is one of the most progressive, up to date, enterprising cities in the country.

President Underwood listened attentively. When Mr. Green had finished, Underwood said: "I don't see how you make all that out. Why, this afternoon I went into a bookstore on Chestnut street and found they were selling that book of Pastor Wagner's, 'The Simple Life,'

## Self Centered.

"Is there any reason why you should insist on playing Hamlet?" said the friend.

"I never thought of that phase of the question," answered Mr. Stormington Barnes. "What I desire to know is why the public should insist that I shall not play it."—Washington Star.

## ALL OVER THE HOUSE.

### The Various Uses of Ammonia in the Household.

The uses of ammonia in the household are many. In cleaning of any kind it should be used in the proportion of one tablespoonful to a quart of water. It makes the water softer than rain water. Smoky lamp chimneys, window panes and mirrors all respond quickly to ammonia. When a stain is produced by lemon juice or any other acid nothing is so effectual as ammonia in neutralizing and thus removing it. A few drops to a pint of water sprinkled on the rods of house plants will produce an abundant growth. Stains on marble can be removed by rubbing them well with a toothbrush dipped in powdered chalk and ammonia.

## Mr. Cupboards and Wardrobes.

Don't forget that cupboards and wardrobes where clothes are kept need frequent airing. On a sunny day open the doors and leave them open for several hours. Never put away a dress bodice without first airing it. Attention to little details like this, which keeps one's clothes fresh and sweet, is well worth while.

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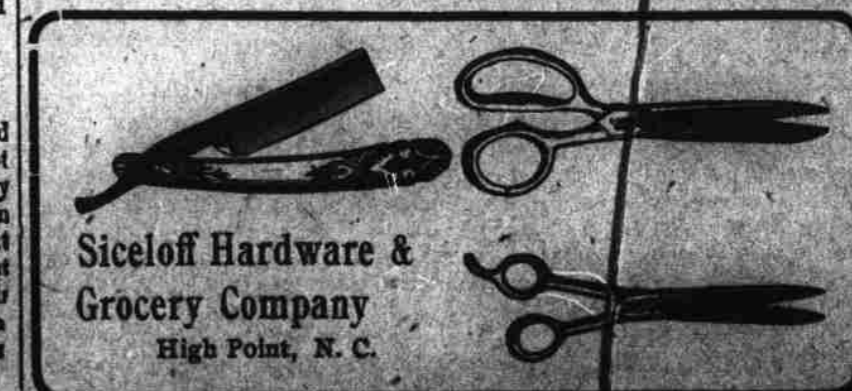
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