The Alamance Gleaner
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THE ALAMANCE GLEANER.

VOL. XXV. GRAHAM, N. C., THURSDAY, JUNE 1, 1899. NO. 17.

Judicious Advertising
"Keeping Everlastingly at it brings success."
RATES FURNISHED ON APPLICATION
Job Printing.
All kinds Commercial Printing, Pamphlets, Posters, &c., neatly and promptly executed at lowest prices.

SPECIAL SALE!

No. 1.

A ladies' black or tan Vici Kid Shoe or Oxford $1.50 values for $1.25; $2.00 goods $1.65; $2.25 goods for $1.85; $3.00 ones for $2.50.

No. 2.

A man's tan or black, lace or congress shoe Worth $1.40, only $1.15; $2.00 shoes for $1.75; $2.25 ones for $1.85; $2.50 ones for $2.00; $3.00 goods for $2.50; $3.25 shoes for $2.75; $4.00 shoes for $3.50; those worth $5 only $4.50. We must have money and for this reason make the cut.

Davis & Davis, Prop's Big Shoe Store,
A. L. DAVIS, Manager.
BURLINGTON, N. C.

Paying Double Prices

for everything is not pleasant, is it? But that's what you are doing, if you don't buy here. Did you think it possible to buy a $50.00 Bicycle for $18.75? Catalogue No. 59 tells all about Bicycles, Sewing Machines, Organs and Pianos.

Price, $18.75.

What do you think of a fine suit of Clothing, made-to-your-measure, guaranteed to fit and express paid to your station for $5.95? Catalogue No. 57 shows 39 samples of clothing and shows many bargains in Shoes, Hats and Furnishings. Lithographed Catalogue No. 47 shows Carpets, Rugs, Portieres and Lace Curtains, in hand-painted colors. We pay Freight, new carpets free, and furnish lining without charge.

What do you think of a Solid Oak Dry-air Family Refrigerator for $5.95? It is but one of over 3000 bargains contained in our General Catalogue of Furniture and Household Goods.

Price, $5.95.

We save you from 40 to 60 per cent. on everything. Why buy at retail when you know of us? Which catalogue do you want? Address this way,

JULIUS HINES & SON, Baltimore, Md. Dept. 902.

PROFESSIONAL CARDS.

JACOB A. LONG,
Attorney-at-Law,
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Practices in the State and Federal courts. Office over White, Moore & Co.'s store, Main Street. 'Phone No. 3.

JOHN GRAY BYNUM. W. P. BYNUM, JR.
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DR. J. R. STOCKARD
Dentist,
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Office at residence, opposite Baptist Church.
Will work at reasonable prices.
In office Mondays and Saturdays.

WINE OF CARDUI

THE NEW WAY.

WOMEN used to think "female diseases" could only be treated after "local examinations" by physicians. Dread of such treatment kept thousands of modest women silent about their suffering. The introduction of Wine of Cardui has now demonstrated that nine-tenths of all the cases of menstrual disorders do not require a physician's attention at all. The simple, pure

McELREE'S
Wine of Cardui

taken in the privacy of a woman's own home insures quick relief and speedy cure. Women need not hesitate now. Wine of Cardui requires no humiliating examinations for its adoption. It cures any disease that comes under the head of "female troubles"—disordered menses, failing of the womb, "whites," change of life. It makes women beautiful by making them well. It keeps them young by keeping them healthy. $1.00 at the drug store.

For advice in cases requiring special directions, address, giving symptoms, the "Ladies' Advisory Department," The Chattanooga Medicine Co., Chattanooga, Tenn.

W. L. ADAMS, M.D., Cary, Miss., says: "I use Wine of Cardui extensively in my practice and find it most excellent in dysmenorrhea for female troubles."

WINE OF CARDUI

Little, neglected scratches and wounds frequently result in blood-poisoning. Better heal them quickly with DeWitt's Witch Hazel Salve, a thoroughly anti-septic application with a record of always curing piles, old ulcers, sores, cuts, wounds and skin diseases. J. C. Simmons, the druggist.

Joe Quince, the negro lemonade vender, who was arrested Saturday afternoon a week for counterfeiting nickels for playing the slot machines, was given a preliminary hearing before U. S. Commissioner S. P. Collier at Wilmington Monday and committed to jail to default of $1,000 justified bond for his appearance at the next term of federal court.

SOME RULES BY WHICH YOU MAY PROLONG YOUR LIFE.

The Careful Eating of Simple Food, Regularity in Habits of Living and, Above All, Proper Breathing Are Essential to Longevity.

Men and women know less about the care of their own health than of any other subject. That is the oldest and plainest kind of a fact. The farmer who keeps his cows and horses alive and well into very old age dies when he should be in his prime. The woman who knows all about the care of linen, oilcloth, flowers, etc., knows nothing about her own mucous membrane or the care of her children's teeth. Ignorance shortens by a third the normal life of the average man who passes 50. It kills outright thousands and millions in early youth.

In some ways this may have been a good thing. Men and women have died when their active careers were ended and the populations harried by the struggle for existence were not bothered unduly by the care of the aged. When so bothered, as Eli Reclus so grewsomely relates, it has been the custom of various peoples to hasten the end for the old folks even to the extreme of murder

Probably you take a very solemn and mysterious view of doctors' wisdom. Learn that it amounts to very little. The surgeon is a remarkable chap, and he has reduced cutting and slicing to marvelous perfection. But his friend, the pill and prescription giver, can really do very little. He can only help nature along to a limited extent, and the more he lets nature alone the better it is for the patient as a rule. With the aid of drugs he can free the system from a clogged up state, and that is about all he can do. When he has given you castor oil or salts or something to make you perspire, his work is done.

Will you kindly take, therefore, a little advice and see if it does not improve your condition? Eat little—remember that what you eat does not give you strength. It simply repairs the waste of tissues. Your food is as important to you as the oil on a locomotive's axles, not more important. Do not imagine that food to your body is what coal is to the engine. The engine gets its strength from coal. You get yours from the air that you breathe. The Swiss mountaineer with a few crackers will climb all over the Alps, while you, full of all sorts of fancy food, cannot follow him. The big dark men rowing your boat on the Nile go all day on a handful of parched corn and a handful of dates. They eat meat perhaps once a month—you could not begin to do their work with ten times the nourishment. Do not starve yourself, but of that there is never danger. Eat little while you must work. Eat enough once a day, and do no work for two hours afterward, and don't sleep within two hours of eating.

Eat very slowly—nothing can exceed that in importance. Eat simple things and change your diet frequently from one simple thing to another. Never eat half grown things. Lamb, veal, young animals of any sort are poisonous. They are as bad as green fruit. Nature means that her creations shall reach maturity and punishes those who kill and eat them prematurely. Eat regularly, always at the same hours, and chew carefully.

Pay great attention to breathing. In that is the secret of long life and energy. You know, probably, that your blood, having accumulated the impurities of the body, passes through your lungs to be cleaned. Through the lungs impurity leaves the body and through the lungs the blood takes up fresh supplies of the strength on which your work is done. The electricity of the air is taken up by the red blood corpuscles and the life current goes back through the system full of vigor.

Breathe in slowly and breathe out just as slowly. If you work in an office, stop occasionally to take ten very deep breaths. Go to your work when possible on the platform of the car and devote that time to proper breathing. One hundred deep breaths per day slowly inhaled and exhaled, filling your entire lung capacity from the bottom to the very top, will easily add two inches to your chest measure in a year. No young man or young woman need have a flat chest. Proper breathing will give you proper lungs and hence a chest of the right sort.

Careful eating, simple food, slow eating, long chewing; avoidance of such American crimes as hot cakes, hot bread, hot biscuit, horrible hash, etc.; regularity in all functions of the body—eating and sleeping at the same hours and sleeping the same number of hours with extra sleep one day in the week; careful breathing above all. You can live two weeks without food. You cannot live five minutes without air, and that alone should make you understand the importance of the lungs.

Try to make yourself strong and healthy, and if you succeed use your health to make your brain work. Think and talk to your fellows and take an interest in the politics and future of your country. If you don't do that, you might as well as not die of buckwheat cake poisoning as ice water degeneration.—New York Journal.

AN OLD SOCIAL FEUD.

A QUARREL THAT PLAYED A BIG PART IN NATIONAL POLITICS.

It Started Soon After Jackson Was Elected President and Subsequently Indirectly Resulted in the Formation of the Whig Party.

An exciting quarrel between a president and chieftains of his party began soon after Jackson went to the White House. In this feud Calhoun was the principal figure on the anti-Jackson side. The quarrel was incited by two causes—Jackson's discovery that Calhoun, who was secretary of war in Monroe's cabinet, was hostile to Jackson during the Florida war in Monroe's days, and the refusal of the wife of Calhoun and those of the members of Jackson's cabinet in 1829 to recognize Mrs. Eaton, wife of Jackson's secretary of war, socially.

The origin of the social war which changed factors in politics and indirectly resulted in the formation of the Whig party was this:

John H Eaton, a personal friend of Jackson, was appointed by Jackson secretary of war and took his seat in the cabinet in March, 1829, on Jackson's entrance into the White House. Eaton a few months earlier married Mrs. Timberlake, whose maiden name was Margaret L. O'Neill (commonly called Peggy 'ONeill), a woman of great beauty, of some accomplishments and of unbounded ambition.

She was the daughter of a Washington tavern keeper. Gossip had been free with her name during her wedded life with Timberlake, and when, after Eaton's marriage to her and the intelligence that he was to be a member of the cabinet reached the public, some of Jackson's friends told him that Eaton's entrance into the cabinet would cause some embarrassment to the administration.

Jackson, who was creditably slow to believe anything ill of a woman, responded that Mrs. Eaton was not to be in the cabinet. He made it known to his personal friends immediately after the administration began that he desired that Mrs. Eaton should be accorded all the courtesies to which her station entitled her.

The wife of Vice President Calhoun and the wives of all the members of the cabinet who had any wives refused to recognize Mrs. Eaton. Jackson took up her cause with his usual energy, and the question entered politics. Van Buren, the secretary of state, had no wife (he was a widower). He had no daughters. He was thus free to extend to Mrs. Eaton the conventional courtesies, which he did with the dignity and grace for which he was noted.

This made Van Buren's political fortune. There had been keen rivalry between Calhoun and Van Buren previously for the succession to Jackson in the presidency. The Democratic party was invincible, and the man who got the presidential candidacy was certain of election. Jackson was the party's dictator. Calhoun, by his position as vice president and by his prominence in the party, was popularly believed to stand next in line to Jackson.

In the first year or two of Jackson's first term Jackson's feeble health was thought to be a barrier in the way of his acceptance of a nomination for a second term, and Calhoun was popularly supposed to be his political heir. The discovery, through the Crawford disclosures, of the unfriendliness of Calhoun for Jackson in 1818, in the Monroe cabinet, and the quarrel which the Mrs. Eaton incident brought, destroyed this hope. Van Buren's championship of Mrs. Eaton's cause endeared him to Jackson.

Van Buren's call upon Mrs. Eaton at her residence had mighty political consequences. Like the shot of the "embattled farmers" at Concord bridge, the sound of the silver knocker touched at Mrs. Eaton's door by Martin Van Buren was heard round the world, or at least round that part of the world comprised in the United States.

As a result of the Peggy O'Neill war (supplemented in Calhoun's case by the Crawford disclosures) Calhoun was shut out from the presidency, was dwarfed from a national into a sectional figure, and his brooding over his effacement probably assisted in inciting that system of political philosophy out of which resulted secession and civil war.

Eaton and Van Buren resigned in April, 1831, in order to facilitate a general reconstruction of the cabinet which would free Jackson from the husbands of the wives who had disregarded his Eaton ukase—especially of Ingham, secretary of the treasury; Branch, secretary of the navy, and Berrien, attorney general.

The country was convulsed, a large fragment of the Democratic party was cast off and united with the elements which founded the Whig party, three years later, and that party received a strength which it would not otherwise have gained at the outset.—St. Louis Globe-Democrat.

How Webster Evaded the Question.

G. F. Seward, formerly United States consul general at Shanghai and minister at Peking, tells the following amusing story of Shanghai in the good old days:

"A predecessor of mine at Shanghai, having on his hands 100 or more refractory sailors and no prison, sent the whole lot to the native governor to be confined. They staid there a little while and then marched out of the prison and down the river road in front of the consul's office, each one bearing on his shoulder a pole which he had taken out of the prison stockade. The consul wrote about the case to the secretary of state, giving the facts and urging upon his attention the disgrace attending the situation. He got his answer:

"I have received your dispatch of —— date. In writing to this department hereafter please use one paper, leaving a margin one inch wide all around. Yours respectfully,

"DANIEL WEBSTER."

Eggs From Fat Hens.

All the experiments show that eggs from very fat hens will not hatch well. This is not always because the eggs are not fertile, for very often the process of hatching will be started all right, but the embryo will die sooner or later, sometimes as early as the third day and at others not until fully formed and ready to leave the shell. The lack of vitality in the eggs from a flock of very fat hens is no doubt due to lack of vigor in the hen, which is transmitted to the embryo in the shell.—Farmers' Review.

TOO MUCH EXERCISE.

The Effect It May Have on the Heart and Health.

If we accept the broad fact that exercise is good and that its effect is to increase muscular strength and bodily development, we have to ask, "Why does still further exercise cease to be good, and what do we mean by overexercise?" First, we must draw a broad distinction between the effect of constantly maintained exertion which is required in certain trades and the alternating contraction and relaxation of all the muscles of the body, which is the characteristic of games and athletics of all kinds. That constantly maintained effort or monotonous repetition of the same movement tends to exhaustion rather than nutrition goes without saying. But, taking ordinary so called healthy exercise, by what is its limit set? The limit appears to be set by three factors: (1) The capacity of the digestive organs to keep up the quality of the blood; (2) the capacity of the excretory organs to get rid of the waste products which result from muscular action, and (3) the power of the heart to drive a constant stream of blood through every corner of the organism.

Interference with digestion is a by no means uncommon effect of excessive exercise, and so far as training is concerned it is one of the most destructive. The blood cannot flow in full stream to every part at once. As Dr. Lauder Brunton says, "Every one knows that while moderate exercise tends to produce appetite, a long and exhausting exertion tends to destroy the appetite and even to produce actual sickness, as one finds in mountain climbing."

People differ greatly in this respect, but in some—great, ponderous men as they may seem—the digestion is so easily upset by muscular exercise that, although they may be giants for a momentary exertion, anything like sustained effort disturbs digestion and cuts at the very root of their nutrition. In many cases, however, the limit to exercise lies in diminished excretion. Unless the excretory organs are thoroughly efficient the tissues become crowded with products which cannot be got rid of, the senses become dimmed, and effort becomes a mere automatism, in consequence of a self poisoning by the products of muscular waste.

So far we have dealt with what may be fitly termed the automatic checks to overexercise. Interference with digestion so lowers nutrition, while accumulation of waste products so poisons the system, that in either case further exertion becomes impossible—the very will to make it passes away. But it is different in regard to the heart. The heart, although strained, may yet be driven on to its own destruction. Every muscular effort not only demands from the heart an increased flow of blood, but also drives an increased quantity toward it. So long as the heart can pass this forward all is well, but when it fails not merely is the circulation of the blood rendered imperfect, but serious damage is done to the heart itself. If, when the heart was overdriven, it merely struck, the enfeebled circulation would soon put a stop to further effort. The willing heart, however, taking at each beat a wider sweep and driving into the vessels a larger quantity of blood, so meets the call that the athlete can struggle on, perhaps to win his race. But the strained heart suffers, the stretched muscle does not quite come back, the dilated cavity does not quite close at each contraction, and permanent mischief is set up. Thus it is that exercise driven to the limit imposed by the heart is overexercise in the most serious sense of the word. If it is the heart that stops it, the chances are that it has already gone too far.—Hospital.

Brief Mention.

The decrease of grazing capacity in the central and western portions of Texas has been attributed to the ravages of prairie dogs and to putting too many cattle on the land. Farther south the encroachment of brush and cactus and a large increase in the number of jack rabbits are additional causes.

According to a Texas exchange, reports indicate that the fruit and vegetable industry in east Texas is growing rapidly. Hundreds of farmers in that section of the state are said to have abandoned the old stand by crops for orchards and vegetable gardens.

Broom corn has been suggested to Georgia farmers as a money crop which requires less care than cotton and is much more cheaply harvested.

We hope every farmer will grow and save his own Irish potato seed. Our second crop is the very best of seed. Southern seed is as good as eastern if saved with care, says the Southern Cultivator.

Be Careful

No woman can be too careful of her condition during the period before her little ones are born. Neglect or improper treatment then endangers her life and that of the child. It lies with her whether she shall suffer unnecessarily, or whether the ordeal shall be made comparatively easy. She had better do nothing than do something wrong.

MOTHER'S FRIEND

is the one and the only preparation that is safe to use. It is a liniment that penetrates from the outside. External applications are eternally right. Internal medicines are radically wrong. They are more than humbugs—they endanger life.

Mother's Friend helps the muscles to relax and expand naturally—relieves morning sickness—removes the cause of nervousness and headache—prevents hard and rising breasts—shortens labor and lessens the pains—and helps the patient to rapid recovery.

From a letter by a Shreveport, La., woman: "I have been using your wonderful remedy, Mother's Friend, for the last two months, and find it just as recommended."

Druggists sell it at $1 per bottle.

THE BRADFIELD REGULATOR CO.
ATLANTA, GA.
Send for our free illustrated book, "Before Baby is Born."

ROYAL BAKING POWDER
ABSOLUTELY PURE
Makes the food more delicious and wholesome
ROYAL BAKING POWDER CO., NEW YORK.

FEEDING CONTRIVANCES.

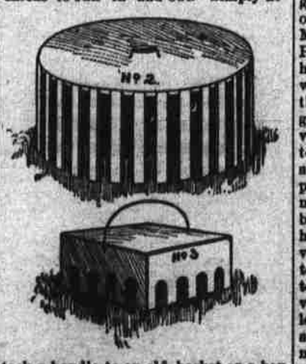
Timely Suggestions For Protecting Chicks' Food From Fowls.

No doubt some of the readers have experienced difficulty in raising chicks in the same yard with hens, which resulted in the chicks being crowded out at mealtimes and being pecked by the hens. They were afraid to go among them, the chicks securing only the food not desired by the hens. In the illustration No. 1 shows a box into which the chicks can go at any time to feed,

and the hens cannot get to them at all. The box is made of 16 foot board, 12 inches wide, the board being cut into four pieces, each piece four feet long, and nailed together. The box has no bottom, but the top is covered with lath, the sides having holes that admit the chicks and exclude the hens. By having the box bottomless it may be moved from place to place, thus avoiding filth.

A cheap coop for a hen and a brood of young chicks may be made of an ordinary large cheese box, as shown in No. 2. If the box is not deep enough, two of them may be fastened together. It is only intended for use during the first few days of the chicks, as the box would not answer for the hen during any length of time, the room being too restricted. It serves well for summer use, as it is cool and can be cleaned or moved easily. Simply mark the box all around into strips about two inches wide and cut out each alternate strip. The object of the contrivance is to enable one to prepare a coop in a short time and at almost no cost. As the chicks will be removed after they are large enough to run about, the coop may then be used for the next young brood.

More properly No. 3 may be termed a cover for the feed dish or it may be made larger for confining a hen, the chicks to run in and out. Simply at-



tach a handle to an old basket or a box of any kind and make entrance holes of a diameter just sufficient to permit young chicks to run in and out. The bottom of the basket or box should first be removed.

The object is that when feeding young chicks their food may be so covered as to protect it from larger chicks or fowls, while the chicks can help themselves unmolested.—Poultry Keeper Illustrator.

The Keystone Association.

The Keystone Poultry, Pigeon and Pet Stock association of Philadelphia has been organized for the purpose of breeding and exhibiting blue blood stock in the feathered family. At the organization meeting enough subscriptions to stock were guaranteed to insure the success of the association and the payment of all premiums and expenses on the closing day of the show. The date of the first annual exhibition was fixed for Nov. 28 to Dec. 2, 1899, inclusive. All entries will close Nov. 18.

The standing and special committees of the association have been appointed and are all that could be desired for influence and effectiveness. Preparations are being made for one of the largest, most attractive and important poultry, pigeon and pet stock exhibitions that have ever been given in this country. It is the earnest wish of the management of the association that the breeders of the country be made to realize the fact that Philadelphia is to have henceforth a yearly exhibition second to nothing in that line and that fairness and justice to all exhibitors have been firmly established as cardinal principles of this association.—Philadelphia Times.

To Avert Contagion.

To prevent contagion we should isolate every sick bird as soon as discovered. All new birds should be subjected to at least ten days' quarantine before being permitted to run with the flock and if suspected of being diseased should not be allowed to be with other birds until you are positive that disease is not present. Sick birds that have recovered should not be returned to the flock until it is absolutely certain that they are cured. Never go direct from handling sick fowls to the quarters of the well ones. Do not allow your neighbors' birds to run with your own. Do not go direct from your neighbors' henneries to your own, and last, but not least, never keep sick birds in the same room where the food for other fowls is kept. —Dr. Woods.

Geese Live Long.

Geese are long lived birds, some having been known to attain the age of 40 years, while birds of 15 and 20 years of age are not uncommon. They retain their laying and hatching qualities through life. Ganders should not be kept for breeding after 8 years of age. Young ganders are more active and insure greater fertility of the eggs than old ones do. Besides, ganders become more quarrelsome as age advances.

DeWitt's Witch Hazel Salve
Cures Piles, Scalds, Burns.

CARE OF BABY CHICKS.

"Whatever Is Worth Doing at All Is Worth Doing Well."

Many a busy farm wife adds to her manifold duties the rearing of chicks. The feeding and care that she bestows on these attractive little creatures are not wholly given because they are things of beauty, but because she knows that there are good "returns" in store for all the time and feed that she bestows properly upon the wee chicks. Properly bestows, mind, for improper and insufficient food, overfed or irregularly fed chicks, entail a loss or result in a disappointingly small profit. When chicks are 24 hours old, they may usually be removed with safety from the nest, if they are placed in a sunny, sheltered nook or corner, in a rainproof coop, having a board floor.

Carefully examine mother biddy, and, if not entirely free from lice, subject her to the cleansing fumes of some good lice killer. If you have none, saturate an old rag with kerosene, rub her legs well and brush over the feathers lightly, taking especial pains to rub the breast feathers, wings and under part of the body feathers, but do not have wet enough to drip. Place her in the coop with her babies. Hens treated in this way once a week or once in two weeks will rarely have any lice to transmit to their chicks.

A hurdle, built of woven wire or lath, about the coop to protect the chicks from other hens or from some cat intent on a juicy morsel for herself or her kittens, is a wise precaution, a necessary one if you desire to raise a large per cent of the chicks hatched, especially necessary if you are raising pure bred birds. The wire can be taken down, rolled up and put away after the chickens are grown, and will last for years.

After using a variety of foods I have for the past two years fed rolled oats and millet seed almost exclusively. One might think it expensive food, but it is not. Take a few dozen eggs to the grocer and exchange them for oatmeal. If you are not more than pleased with the results and the cheapness of this feed, then your experience will differ greatly from mine. On no account wet or cook the oatmeal. Feed dry always. Millet seed makes them plump as quails. Place the coops where the chickens can have free access to the garden, and they will glean all the bugs and worms that this plat affords and will also get all the grit they require. Never neglect to provide them with plenty of pure, clean water. If one hasn't a drinking fountain, a very good substitute is a saucer or tin plate in which a baking powder or tomato can is placed. We vary their feed by giving occasionally finely chopped or hard boiled eggs. As soon as garden vegetables begin to grow shredded onion tops and crisp lettuce leaves are added to their bill of fare. As the chicks develop we change from oatmeal and millet seed to cracked corn (for night feed) and give wheat screenings or buckwheat mornings.

Always see that the little feathered pets are securely housed if a sudden storm is imminent, and let their shelter at all times be such that they are dry and warm. A chilled chick is quite as bad off as you would be in a like condition. Remember they are "baby" chicks, and if you would have them grow and thrive you must treat them accordingly. Cold and lice are their greatest enemies, the two sources from which nearly all their ills emanate. Careful housing nights and rainy days will prevent the former, and cleanliness and a judicious use of a good liquid lice killer certainly will prevent or totally annihilate the latter. You may think this altogether too much trouble. You "would rather let them take care of themselves than fuss like that." Do you hatch 10 to 12 chicks from every sitting and rear them all when they "take care of themselves?" Or do you have several hens wandering around half the summer with one or two, possibly three, chicks apiece? Do you get $1 to $10 for a pullet or cockerel? Do you sell sittings of eggs at $1 to $5 each? Dear farm sister, "Whatever is worth doing at all is worth doing well."—Alma Cole Pickering in Housekeeper.

Food Value of Hen's Eggs.

A subject for continual discussion between poultrymen, and especially writers on poultry, is the difference, supposed or real, between white and brown eggs. On this question a bulletin of the government's agricultural bureau says, and this ought to settle it:

"It has been said by some that the brown eggs are richer than the white ones. This statement is not borne out by a chemical analysis, and the physical examination proves that the main points of superiority, though extremely slight, are possessed by the white eggs. The minute differences that are found between the two groups are exceeded by variation between the varieties within the same group. We can therefore state as a conclusion, both from a chemical and a physical point of view, that there are practically no differences, so far as the food value is concerned, between the white shelled and brown shelled eggs."

Feeding Meat.

Ground meat or ground bones should not be mixed with other foods. It should be fed separately as a food by itself. There should be certain meals on special days, for giving it to the hens. For instance, give it at night every three days in a trough, unmixed with other food, so that the hens will have nothing but the ground meat or ground bones for that meal. Do not feed it oftener than twice or three times a week.—Feather.

Let There Be Light.

Light in the poultry house is an absolute necessity, and the inmates must have it to be in a healthy and cheerful condition. Fowls will not thrive in a dark and cheerless place any more than plants will.—Maine Farmer.

One Minute Cough Cure, cures.
That is what it was made for.

Greensboro Tobacco Market
ROR HIGH PRICES.

Sold over 5,000,000 pounds last year for an average of $7.57 per 100 pounds.

This is the highest average made by any market in piedmont North Carolina.

Over $1,260.00 paid out daily to farmers for tobacco during the past year.

It is the best market in the State for the farmer.

Our Warehouses are large, commodious and up-to date, whose proprietors stand without a peer as slesmen of the weed.

Every large firm in the United States and a number of foreign firms are represented by our buyers.

Tobacco centre, manufacturing centre, trade centre, railroad centre, educational centre.

Our own manufacturers have a large capacity and are increasing their trade daily and must have tobacco.

We have the strongest corps of buyers in the world for the warehouse capacity.

We want more tobacco and must have it if high averages will bring it. Try us with your next load and be convinced of our merit.

Greensboro Tobacco Association.

INSURANCE!

I wish to call the attention of insurers in Alamance county to the fact that the Burlington Insurance Agency, established in 1893 by the late firm of Tate & Albright, is still in the ring.

There is no insurance agency in North Carolina with better facilities for placing large lines of insurance, that can give lower rates or better indemnity. Only first-class companies, in every branch of the business, find a lodgement in my office. With a practical experience of more than ten years, I feel warranted in soliciting a share of the local patronage. I guarantee full satisfaction in every instance. Correspondence solicited upon all matters pertaining to insurance.

I am making a specialty of Life Insurance and will make it to the interest of all who desire protection for their families or their estates, or who wish to make absolutely safe and profitable investment, to confer with me before giving their applications to other agents.

Very respectfully,
JAMES P. ALBRIGHT,
BURLINGTON, N. C.

Man and His Tongue.

Glossomancie is the science of reading the character by the form and size of the tongue. The guiding principles are as follows: If the tongue is long, it is an indication of frankness; if it is short, of dissimulation; if it is broad, of expansiveness; if narrow, of concentration. When the tongue is both long and large, it implies that the possessor is a great gossip, frank to disagreeables and thoughtless.

If the tongue be long and narrow, its owner is only half frank, thinking as much as is uttered, but not always uttering all that is thought. If the tongue be short and broad, there is promise of plenty of gossip—and falsehoods; it talks a great deal, but says little of what is really thought. If short and narrow, it indicates deep cunning and lying; impenetrability and great prudence. This tongue belongs to those persons always ready to make mistakes, but eager to inspire confidence.

So, then, not the physician alone is to be guided by the tongue, but before you become intimate with any one ask him or her to put out his or her tongue that you may be certain whether they are to be trusted or not.

A Monster of Learning.

The famous Cardinal Mezzofanti knew an amazing number of languages and dialects. Perhaps he is best known to the modern English reader from the eulogy to be found in one of Byron's memoranda, published by Moore.

"Your literary everyday man and I," says Byron, "never went well in company, especially your foreigner, whom I never could abide. I don't remember a man among them whom I ever wished to see twice, except perhaps Mezzofanti, who is a monster of learning, the Briareus of parts of speech, a walking polyglot, and, more, who ought to have existed at the time of the tower of Babel as universal interpreter. He is indeed a marvel—unassuming also. I tried him in all the tongues of which I knew a single oath (or adjuration to the gods against postboys, savages, Tartars, boatmen, sailors, pilots, gondoliers, muleteers, camel drivers, vetturini, postmasters, posthorses, posthouses, post everything), and, egad, he astounded me—even to my English."

Over the Hills.

A correspondent of the Bangor Commercial says: "Land in the rural districts of Maine is not so valuable that we should continue to travel the roads of our fathers over these rugged hills simply because they did. Discard these hill roads where it can be done and locate roads where they should be and where good roads can be made in a short time and easily kept in repair, and we should see a very decided change for the better."

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