

### Advice to the Aged.

Age brings infirmities, such as sluggish bowels, weak kidneys and bladder and TORPID LIVER.

## Tutt's Pills

Give a healthy effect on these organs, stimulating the bowels, causing them to perform their natural functions as in childhood.

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### Constipation

For many years I was troubled, in spite of all so-called remedies I used. At last I found quick relief and cure in Bucken's Arnica Salve. It is a thorough and really wonderful.

## DR. KING'S New Life Pills

Adolph Schlegel, Buffalo, N. Y.  
25 CENTS PER BOTTLE AT ALL DRUGGISTS.

In Johnston county Friday night Jasper Lee, 10-year-old son of Frank Lee, a farmer, accidentally shot and killed his little sister.

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Bucken's Arnica Salve for Eczema.

Frank B. Hughill, who was shot by one Brooks, a merchant in Asheville last week is dead. Brooks is in jail. Shooting is the result of a children's quarrel.

Most Prompt and Effective Cure for Bad Colds.

When you have a bad cold you want a remedy that will not only give relief but effect a prompt and permanent cure. A remedy that is pleasant to take, a remedy that contains nothing injurious, Chamberlain's Cough Remedy meets all of these requirements. It acts on nature's plan, relieves the lungs, aids expectoration, opens the secretions, and restores the system to a healthy condition. This remedy has a world wide sale and use, and can always be depended upon. Sold by all dealers.

At Ivanhoe Sampson county, Saturday, J. J. Kennett, a brakeman on the Coast Line freight train, was hit by a waterspout of a tank, knocked from the car and killed.

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### CLEANER CITY UP TO WOMEN

Those of Better Class Worst Offenders.

DON'T BLAME UNTIDY MAN.

By Mrs. E. B. HEWITT, President of Women's Municipal League, New York City.

Those of better class worst offenders. It is a bore to see that our own ash cans are of the right size, and it is so much more interesting to bustle about and make the public conscious of its responsibility about something.

We women of the better class are the worst offenders, because we know what we ought to do, and we don't do it. Somehow we feel outside of the law. The poor are made to feel its restrictions much more sharply.

Cleanliness is an adjunct with women that has survived in spite of the fact that we are all fundamentally lazy and many are untidy. It has survived, I think, because it makes for health. I don't blame the men for being untidy, because it isn't their fault. We haven't brought them up properly, and nature didn't make them so to begin with. We haven't been stern enough with them. For one thing, we don't carry responsibility to their heads in the eye when they come into the house just after throwing a cigar away in the street before entering. We don't object to their lazy ways so long as they don't bring the stumps in with them. There you have the root of the whole matter—we don't, any of us, feel our own responsibility in the little things that go to make our streets dirty, our city a bad example of municipal sanitation.

You can legislate virtue and cleanliness into people, but just now we are mad on the subject of making laws and quite indifferent to enforcing them. We are not law abiding citizens and we are chronic breakers of the law.

We adore the order that we find in European cities and wonder why our streets have to have that order imposed from authority above; it comes it must come from within if it comes at all. If we don't like that kind of self government we may go and live elsewhere, but while we are here we must abide by our self made rules if we would have order and good health.

Enforcement of the rules of sanitation lies with the woman at the head of the household.

The Woman's Municipal League is making propaganda for a cleaner city by disseminating information about the rules and regulations which would follow if we had that order in our cities. It is divided into sections, each of which is captained and organized like a separate county in a state and through which the work is being done. One of the most recent activities of the league was the measuring of ash cans, which revealed very interesting facts of affairs to wit: that the greater number were oversized and only imposed upon the city's ash can dumper a harder task than his should be.

The spread of cleanliness is being widened. A special hygiene program for school children is being prominent in cleaning up the town has been arranged as follows:

Go to bed at 8 o'clock after a thorough wash and a cold splash over chest and trunk. Get up early, brush teeth well. Have clothes and books ready for the morning.

Open bedroom windows at top and bottom.

Get up a minute later than 7 o'clock. Go through a two minute drill and hygiene exercises. Clean face and neck thoroughly with soap and water. Wash all big, cold, hot and hard rub all over the face and neck. Legs are clean and rub them hard to get them into condition. Scrub hands and arms thoroughly.

Breakfast and all meals. No coffee or tea. Drink milk a little at a time. Eat to the heart's content. Ask your teacher what foods to avoid. No smoking.

Fasten sheet back yourself. Am I clean from head to toe? Are all my clothes clean and in order down to the skin? Do I stand up like an athlete?

Give town its annual SHAMPOO!

Almost every city and town in the country is getting ready for its annual bath, its grand municipal shampoo and sand-papery. It is to be done in a big way. Everybody should lend a hand.

Now, all together, get busy in a tremendous cleanup.

Everybody's Doin' It. Everybody clean up, don't let the rubbish pile up.

Everybody clean up and chase the rubbish fly. Clean your yard with all your might. Everybody clean up, and clean up right.

Scrub, Stamp, Sling!

If you want to clean up leave no rubbish there. Everybody do it, and every one should.

Everybody stir about and clean up easy. Everybody clean up now!

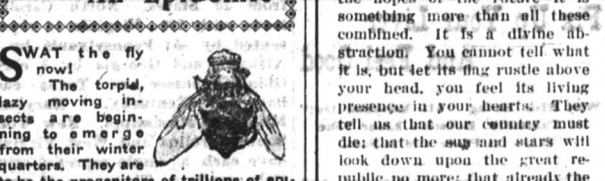


### News Snapshots Of the Week

The funeral of the seventeen United States sailors and marines killed in the capture of Vera Cruz was an impressive spectacle. The bodies were taken to New York, and services were held at the Brooklyn navy yard. President Wilson then delivered an address praising the dead heroes. Joseph R. Lamar, United States supreme court justice, and Frederick W. Lehmann of St. Louis were appointed members of the United States mediation board to endeavor to settle the present Mexican difficulties. Senator D. Emilio Rabasa was appointed as mediator by President Huerta. "Baby Jack" Rose was the chief witness against Charles Becker, ex-lieutenant of police, at his second trial for murder in New York. The hospital ship Solace arrived in New York from Vera Cruz, carrying the bodies of two marines killed by the Mexicans and a large number of wounded men.

### Solitary Fly In April May Cause An Epidemic

SWAT the fly now! The torpid, lazy moving insect is beginning to emerge from their winter quarters. They are to be the progenitors of trillions of epidemic makers. The mucus which spreads an immediate fly swarming campaign. A solitary fly in April may seem a harmless thing, but if left undisturbed it may cause an entire community to be gripped by pestilence. Health experts are beginning to realize that if flies are to be destroyed they must be attacked when they are least able to combat their natural enemies, and this is in the early spring, when food is scarce.



The close relation of cleanup campaigns to the fly exterminating propaganda has begun to be appreciated, and for this reason many municipalities already have commenced or are preparing for sanitary crusades. It has been demonstrated that the more filth that is removed from a city the greater difficulty is placed in the way of the development of the insect disease spreaders.

### Chance For Mighty Swat

IT takes countless numbers of swats to make even the least impression on the billions of flies that infest the country. There's a better way. One can annihilate trillions of flies with one swat if one goes at it rightly. If there is a female fly enjoying the spring in your kitchen or attic or basement she is due to hatch out a crop of new hatchlings, over 100 eggs at a time, if she lives, and all of her youngsters are the most prolific creatures on earth. A fly expert has figured it out that from a single female fly trillions of the dreaded typhoid flies may claim descent in one season, provided, of course, that all the young flies grow up.

### Simplest Way To Kill Fly

THE London Lancet, the leading medical journal of the world, says that the best and simplest fly killer is a weak solution of formaldehyde in water (two teaspoonfuls to the pint). Place in plates or saucers throughout the house. Ten cents worth of this liquid will last an ordinary family all summer. It has no offensive odor, is fatal to disease organisms and is practically nonpoisonous except to insects.

### House Fly Engine of Destruction

THE house fly costs the United States \$250,000,000 a year. In other words, he deprives the American people annually of 170,000,000 years of human life, or 4,000,000 lives of the present average length.

### Swatting Fruitful In May In One City

MAY swatting campaign in one city has presented 19,700,000,000 flies from developing.

### GIVE TOWN ITS ANNUAL SHAMPOO!

Almost every city and town in the country is getting ready for its annual bath, its grand municipal shampoo and sand-papery. It is to be done in a big way. Everybody should lend a hand.

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### Now For One Mighty Swat!

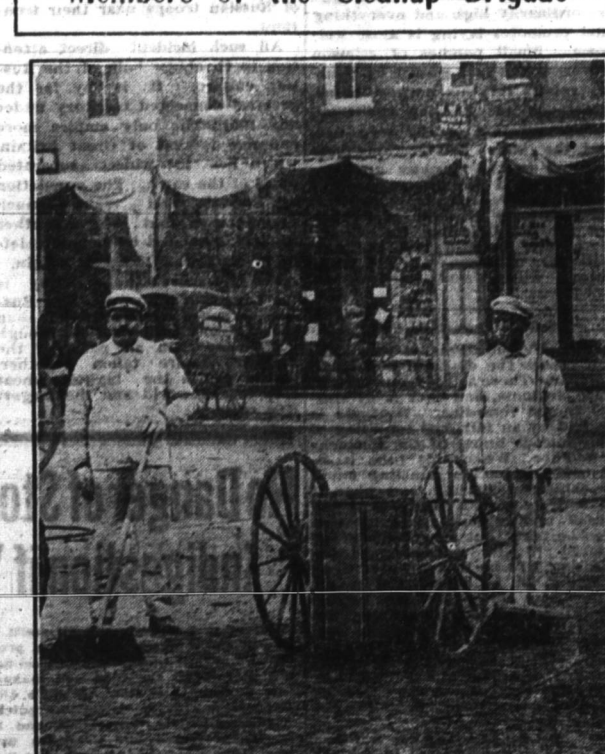


Photo by American Press Association.

### The Good Citizen's Decalogue

- First.—Remember thy garbage can to keep it covered lest thy garbage become a stench in the nostrils of the people and breed flies.
- Second.—Thou shalt cut the weeds in thy vacant lot lest it become a hiding place for old tin cans, which catch water and breed mosquitoes; papers and divers sort of trash.
- Third.—Thou shalt bear witness against thy neighbor's rubbish heap, likewise his dirty back yard.
- Fourth.—Thou shalt clean out the habitation of thy horses and thy cow frequently lest the stable fly flourisheth and spread infantile paralysis and the housefly breed by the thousands and millions and annoy thee and thy beast and produce much sickness in thy family.
- Fifth.—Thou shalt prevent the breeding of the fly in the spring-time that thy children unto the third and fourth generation need not swat him later.
- Sixth.—Remember thy back yard and alley to keep them clean. Six days shalt thou labor to keep thy premises clean, and if yet the task is not accomplished thou couldst do worse than continue on the seventh.
- Seventh.—Thou shalt covet all the air and sunshine thou canst obtain.
- Eighth.—Look not upon the milk when it cometh from the unclean dairy, for the doctor will not hold thee guiltless if thy infant sickness therefrom and die.
- Ninth.—Remember thy cleaning up day and keep it wholly.
- Tenth.—If thou dost hearken unto these sayings to do them thou shalt live long in the land.

### Members of the Cleanup Brigade



Smallpox appeared to have been first described by Thales, an Arabian physician living about 600 A. D. It was introduced into southern Europe in the time of the crusades and slowly spread into the more northern regions. In 1517 it was carried from Spain to Santo Domingo and thence to Mexico, where it is said to have swept off 3,500,000 of the natives. It spread rapidly all over the new world and whole villages, and even tribes of Indians were carried off by it.

### SUNDAY SCHOOL

Lesson VIII.—Second Quarter, For May 24, 1914.

### THE INTERNATIONAL SERIES.

Text of the Lesson, Luke xvii, 1-10. Memory Verses, 3, 4—Golden Text, 1 Cor. i, 31—Commentary Prepared by Rev. D. M. Stearns.

There is no doubt a connection always between every part of the Scriptures and the context, that which goes before or after, but sometimes it is a little difficult to see it. In all our Bible study we must rely wholly upon the author, the Holy Spirit, but we are oftentimes slow to hear or see. How much we do need a qualified eye and ear!

The unworldly conflict between light and darkness will always cause of fence, so the Pharisees were often offended with Christ (Matt. xiii, 57).

It had been prophesied of Christ that He would be a rock of offense to both the houses of Israel (Isa. viii, 14), and so he proved to be according to Isaiah, xxi, 33; 1 Cor. i, 23; 1 Pet. ii, 8. Even John the Baptist seems to have been offended with Christ (Luke vii, 19-23), and on that last night He told His disciples that even though He might allow them to be put out of the synagogue and to be killed they must not be so offended (John xxi, 18). Yet he told them that they would be offended because of Him that very night (Matt. xxvi, 31).

There was a time when He said to Peter, "Get thee behind me, Satan; thou art an offense unto me, for thou savorest not the things that are of God, but those that be of man" (Matt. xvi, 23).

Perhaps we have here the key to at least a part of the whole matter of offenses; the things of God are an offense to men, and the things of men are an offense to God, or, as He said in the context of the last lesson, "The which is highly esteemed among men is an abomination in the sight of God."

In the first two verses of our lesson has He a reference to the rich man, being an offense or stumbling block to the poor beggar, and is the truth the same as when He said of Julius Caesar, "It is not good for that man if he had not been born" (Matt. xvi, 24). If any of our members should cause us to stumble into hell fire it would be better for us not to have them (Matt. xviii, 8, 9; Mark ix, 43-48).

We must use all care not to be an offense to others, even in our eating and drinking (Rom. xiv, 21; 1 Cor. viii, 13). If others offend us we must forgive them, when they repent, even so often as seven times in a day (verses 3, 4). When Peter asked if he should forgive as many as seven times over Lord answered him seven times seven (Matt. xviii, 21, 22), which is understood to mean till the kingdom come, the complete fulfillment of the seventy seven of Dan. ix, 24. We all need forgiveness so often that we cannot but continually forgive others. We can only freely and constantly forgive others and be kept from being an offense to others as we live in the power of the reality of the coming kingdom, when all that offends shall cease to be (Matt. xiii, 41). A living faith, for a grain of mustard seed suggests life, will accomplish great things (Matt. xvii, 20; xxi, 21, 22), but who is there who can show a fulfillment of these words, "All things whatsoever ye shall say in prayer, believing, ye shall receive." What is our difficulty? Why do we not know more of the power of God and His kingdom in our lives? Is it because, like the elder brother, we are trying to do our duty, but not understanding our Father's love nor the abundance that is ours, saying to Him, "Thou art a niggard man, for thou hast hidden thy talent from me, and thou hast made merry with thy friends," while He is saying to us, "Thou art ever with me, and all that I have is thine?" (Luke xv, 20, 31.) As the riches of His grace and glory control us we shall be less apt to be offended, even as it is written, "Great peace have they who love the law, and nothing shall offend them" (1st. Pet. i, 16).

We shall also in the same power be better able to yield to others, and "yielding pacifieth great offenses" (Eccl. x, 4). The love of God, which is in Christ, is the virtue of His great service makes us sure of a welcome such as the prodigal received and of bliss beyond this life such as the poor beggar entered into, should constrain us to have nothing but love for all, even for those who hate us, if such there be; the love that is kind, that suffers long, that seeketh not her own, and is not provoked (1st Cor. xiii, 4, 7).

The word duty, which is found in the last verse of our lesson, is not a word for the believer, for we read that when we have done our duty we are unprofitable servants, and no believer should be an unprofitable servant. Yet how often we hear the word in reference to our daily life, because love is not known. Imagine a man loving his wife, or a wife her husband, from a sense of duty. What kind of a home would that be? I once heard a sermon on duty, and it made me so tired that as soon as I went home I took my Concord to see what was really written in the Bible about it, and the result was that I never use the word in reference to the Christian life.

May we so live in the love of God that all that is not love shall be crowded out of our lives, the life of Jesus and peace and joy in the Holy Spirit which are characteristics of the kingdom ever fill us (1st Cor. iv, 10; 1st Tim. iv, 17).

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### Are You a Woman? Take Cardui The Woman's Tonic

FOR SALE AT ALL DRUGGISTS.

The investigation of the insurance companies before the legislative committee appointed at the last session of the legislature will be resumed in Raleigh June 11th.

You Know What You're Taking. When you take Groves' Tonic Chill Tonic because the formula is plainly printed on every bottle showing that it is Iron and Quinine in a palatable form, you are cured, no pay—5c.

One man lost his life and two others were probably fatally injured in the explosion of the battleship Merrimack, near Wilmington Friday a week.

Coughed for Three Years. "I am a lover to your good land to humanity and science. Your medicine, Dr. King's New Discovery, cured my cough of three years standing," says Jennie Fleming, New Dover, Ohio. Have you an annoying cough? Is it stubborn and wont yield to treatment? Get a 50c bottle of Dr. King's New Discovery to-day. What it did for Jennie Fleming it will do for you, no matter how stubborn or chronic a cough may be. It stops a cough and stops throat and lung trouble. Relief or money back. See and know at your druggist. Bucken's Arnica Salve for pimples.

A six-year-old son of Pink Berger, who lives near Hickory, went to where his older brother was cutting trees, lay down among the trees and went to sleep. A tree fell and fractured his skull and he died a few hours later.

DeWitt's Little Early Risers

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