

Pale-Faced Women

You ladies, who have pale faces, sallow complexions, dark circles under eyes, drawn features and tired, worn-out expressions, you need a tonic.

The tonic you need is Cardui, the woman's tonic. It is the best tonic for women, because its ingredients are specifically adapted for women's needs. They act on the womanly organs and help to give needed strength and vitality to the worn-out womanly frame.

Cardui is a vegetable medicine. It contains no minerals, no iron, no potassium, no lime, no glycerin, no dangerous, or habit-forming drugs of any kind. It is perfectly harmless and safe, for young and old to use.

Take CARDUI

J43

The Woman's Tonic

"After my doctor had done all he said he could for me," writes Mrs. Wm. Hilliard, of Mountainburg, Ark., "I took Cardui, on the advice of a friend, and it helped me so much. Before taking Cardui, I had suffered from female troubles for five years, but since taking it, I am in good health. I think there is some of the best advice in your book that I ever saw." Your druggist sells Cardui. Try it.

Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent free.

OF INTEREST TO WOMEN

FOR ELDERLY WOMEN

It is said that we have no "old women" now; that the woman of fifty to seventy years is as youthful in appearance as her mother was at thirty-five to fifty and the advantage is largely attributed to the fact that the elderly woman of today refuses to be gowned always in black and insists upon taking care of her face and figure. The materials for the woman after sixty should be rich and handsome, plain smooth cloths and silks preferable to figured goods. Veilings and other soft materials are much used. White, pale gray, heliotrope and many becoming pale shades combine well with black in dressy costumes; gunmetal, deep purple, and touches of any becoming color may be used in tasteful moderations. Nun's veiling is an inexpensive material, and make up icily for house dresses, the softer becoming colors are preferable to black. Gray is not becoming to all old ladies, and for many of them, a touch of scarlet or shades of pink or blue may be used about the throat. Very few women well along in years can afford to wear the collarless dress and lace or fine embroideries give a softening effect to the face and neck. Gray hair need not necessarily be faded hair, for if care is given to it, it may rival the youthful locks of youth in vigor.

The coming of age without a protest, and yield themselves to all manner of careless habits which make them look, not so much old in years, as old in the sense of being out-grown, but worn, and unloved. An elderly woman should study her looking-glass even more than the young woman, and seek to make the most of herself by much painstaking. Surely, if any one has a right to "primp" it is the veteran who has earned her retirement, after a lifetime of fighting in the front ranks.

FOR DISORDERED NERVES

In the olden times, our mothers were our doctors, and they depended very greatly upon carefully gathered roots and herb for their remedies. If they did not always cure, they seldom killed, and the aftermath of afflictions known to the drug victim was seldom heard of. Many of these old remedies are being brought into notice again by nurses and eclectic physicians. A Reader sends us the

R&G CORSETS

Faultless in every detail.

following, saying it has been used in her family for many years, for nerve disorder, liver trouble and indigestion. As these three ailments are first-cousins, each one in sympathy with the other, by curing the one, the other two may be remedied, or at least relieved. Get the fresh roots of the dandelion plant and make a strong decoction of them by putting pieces of the root into cold water and letting it steep slowly for several hours. A cupful of the decoction two or three times a day is said to soon regulate the disordered nerves. A hysterical condition of the system, even though one never has been known to 'have hysterics' may be greatly benefited, and even cured, if the remedy is long continued. If the decoction seems like a too bitter dose, try roasting the cleaned roots, grinding them, steep a quantity as desired, and with the addition of cream and sugar, it may be used as a rank, strong coffee. Our most experienced physicians tell us that drugs seldom 'cure' nerve disorders.

THE SALT BATH

This is a very strengthening bath, and can be taken at home; but if one is situated that a half-hour's massage can be had, its value is greatly increased: Put about a quart of coarse barrel salt in a bowl; pour over it just water enough to moisten, but not melt the salt; then standing on a square of oil-cloth, or in an empty tub, rub the salt vigorously with your hands all over the body beginning at the neck. Take up handfuls of the salt and rub vigorously until the skin is red; then sponge until all the salt is washed off; sponge quickly with cool water and rub the body well with a turkish towel, or mits made of turkish toweling—The Commoner.

What to Wear When in Mourning

Whether we approve or not, it is undeniably true that the period of mourning is being shortened and the evidences made less conspicuous than in the years of the past. Only rarely nowadays do men wear emblem of grief for persons outside of their immediate family.

First mourning for a wife covers a year and for other relatives, six months. During the first period only black and white effects are permissible. The scheme calls for deep hat-band, white shirt, either plain or with black stripes and black suit, overcoat, waistcoat, half hose, gloves and shoes.

The second period of mourning lasts six months for a wife and three months for any other relative. In this time gray is correct and mourning band is not worn on the hat. Black and white effects as well as gray are allowable.

The bassard or sleeve band is in exceedingly bad form. It originated in England as an expedient for servants and others who could not afford entire change of outfit.

Attendance at social affairs of a ceremonious character is not expected during the first period of mourning. If circumstance make it necessary the only change from customary usage is in daytime black gloves and cravat, instead of gray, and in the evening cloth band, not silk, on the silk hat.

Black toe and waistcoat should not be substituted in the evening for the white, nor are black studs and links or black bordered handkerchiefs any longer approved. These things savored of parading sorrow and have wisely been abandoned. The primary purpose of black is to prevent such embarrassment as might arise from ignorance of bereavement on the part of those met.

JOIN CRUSADE AGAINST

FLY NUISANCE

WHAT THE FLY CAN DO

From Flies and Filth and Fever to Food

Flies are disease carriers. They live and breed in all kinds of filth.

Flies infect food and liquids by Germ-laden feet.

Each female fly can lay 150 eggs. Flies should be kept out of dwellings.

The presence of flies is a direct evidence of careless housekeeping and the existence of filth in some form about the premises.

Remember that when and where absolute cleanliness prevails there will be no flies.

Look daily after the garbage cans. See that they are carefully sprinkled with a disinfectant.

Look carefully after the cuspidors they require constant attention, they should always contain a disinfectant.

Flies feast on tuberculous sputum, and hover around cuspidors. The specks of flies contain live tubercle bacilli after they have eaten tuberculous sputum, showing that the bacilli will pass through the digestive tract of the fly in an active, infective state.

Flies carry on their mouths and on their legs disease germs, on which they have recently fed, and then crawl over food, infecting it.

Keep flies from the sick, especially those ill with communicable or contagious diseases;

Don't forget that flies will carry the bacilli of typhoid fever to the food in the kitchen and dining room. This is no conjecture.

The Spanish-American War proved this fact.

The great secret of how to get rid of flies is cleanliness:

Screen all food.

Keep receptacles for garbage carefully covered and the cans cleaned or sprinkled with oil, lime or some good disinfectant.

Cover food after a meal.

Screen all windows and doors, especially the kitchen and dining room. Don't forget, if you see flies that their breeding place is near by. It may be behind the door, under the table or in the cuspidor.

If there is no dirt and filth there will be no flies.

If there is a nuisance in the neighborhood write at once to the Health Department.

ELON COLLEGE

We call the attention of our readers to the advertisement of Elon College which appears in this issue. This institution, which last year finished her 20th session, is located in the delightful hill country of North Carolina and is far famed for its healthfulness; many people going their during the vacation for their health. It has every modern convenience, on the railroad with telephone and telegraph connections with all parts of the world, with six passenger trains daily, with towns of considerable size accessible to it and yet with all, it is a suburban community. It combines all the advantages of city life and of country life, and without the disadvantages.

Quite a number of students from our county have attended this institution and all of them have been well pleased, as far as we know. The terms are very moderate indeed.

Norfolk and Southern Railroad Co., All sorts of aquatic sports, fire works big german, morning and evening. Atlantic Hotel, July 4.

Morehead City, June 1910—The most elaborate program of Aquatic sports ever arranged is now being prepared by the management of the Atlantic Hotel, for the July 4th., celebration at Morehead City.

A grand display of fire works will add greatly to the amusement feature.

There will be a morning and evening German, at the Atlantic Hotel.

Special trains will be operated from Raleigh via Wilson, Greenville and Washington on Sunday, July 3rd. and Monday July 4th. and return—and excursion tickets will be sold at very low rates.

Col. Frank P. Morton, is arranging to entertain the greatest crowd on July 4th in the history of the hotel.

RATS COST UNITED STATES \$100,000,000 A YEAR Experiment shows that it takes

Job Work; We Do the Best,

TRADE WITH OUR ADVERTISERS

We invite the attention of the readers of the TAR HEEL to the advertisements of our leading merchants which appear in this issue.

Our readers are always safe in trading with the merchants who use our columns for advertising. They are always progressive up-to-date merchants who carry the finest lines in the city.

When trading with our advertisers, please state that you saw the ad in the TAR HEEL. It will help us.

CANDIDATE CARDS

To the Democratic Voters

Of the First Senatorial District I hereby announce myself a candidate for nomination as one of the Senators from this District in the next General Assembly, subject to the Democratic Primaries.

DAVID C. BARNES, Murfreesboro, N. C. June 10-11

NOTICE

To the Democratic Voters of the First Senatorial District:

I hereby announce myself a candidate for the nomination for Senator from the first Senatorial District, in the Legislature, 1911. Subject to the action of the Democratic Convention.

J. B. WILLIAMS, Shiloh, N. C.

NOTICE!

To the Democratic Voters of the First Senatorial District.

At a meeting of the Executive Committee of the first Senatorial District held in the office of Mr. E. F. Lamb of Elizabeth City, N. C. The Senatorial convention was called to meet in Elizabeth City on the 14th day of July, 1910, at the hour of 11 o'clock a. m.

This 27th day of May, 1910.

J. B. LEIGH, Chairman, Roswell C. Bridger, Secretary.

NOTICE!

The Democrats of the First Judicial District of North Carolina, are hereby notified that the Convention or the First Judicial District will be held in Edenton at 10 o'clock a. m., Thursday the 7th day of July 1910, for the purpose of nominating a Solicitor and such other business as may come before the convention.

Done by order of the Democratic Executive Committee.

E. F. AYDLETT, Chairman. May 25th 1910

NOTICE

The Democratic Congressional Convention of the First Congressional District of North Carolina, is hereby called to meet in Edenton, N. C., on Wednesday, July 6th, 1910 at 5 o'clock p. m., for the purpose of nominating a candidate for Congress and transacting such other business as may properly come before the convention.

A. L. PENDLETON, Chairman Dem. Con. Ex. Com. 1st. Dist. N. C. B. B. BRADFORD, Sec. June 17 to July 6

about 60 cents' worth of wheat to feed a single rat for a year. The eggs, cheese young chickens, equab which it prefers to wheat increases proportionately the cost of its board. Even if there were no more rats in the United States than there are human beings, and if each rat consumed and spoiled only 53 cents worth of food in a year, the total cost in a decade would be staggering. As a matter of fact, the rat population in most communities is at least five times that of the human. To this, moreover must be added as many more mice; for the mouse is really a rat.

There are, then, probably 500,000,000 rats in the United States not including mice and the various wild rats that for the most part keep out of man's way. That means a yearly cost for food alone of \$10,000,000. To this must be added the damage they do in obtaining material for their nests.

EASTERN CAROLINA TRANSPORTATION COMPANY

On and after Wednesday June 15th 1910, boats of this line will operate on the following schedules, daily except Sunday:

Leave Elizabeth City for Manteo, via Nags Head (Griffin P. O.) 12:45 P. M.

Leave Manteo for Elizabeth City, via Nags Head, (Griffin P. O.) 5:30 A. M.

Leave Manteo for East Lake and intermediate points, 5:00 A. M.

Leave East Lake for Manteo, and intermediate points 11:10 A. M.

For and desired information apply to W. R. Hinton, Agt., Elizabeth City or to the undersigned.

W. J. GRIFFIN, Gen. Manager, Manteo, N. C.

NORTH CAROLINA

CAMDEN COUNTY

Superior Court, Fall Term 1910 Jesse Skinner Administratrix of T. G. Skinner, deceased.

VS NOTICE Willoughby W. Lynch, Alvah H. Martin and Mary E. Martin.

The defendants, Alvah H. Martin and wife Mary E. Martin, will take notice that a civil action has been commenced against them in the Superior Court of Camden County, as above entitled, for the purpose of rescinding a pretended transaction between them and the late T. G. Skinner, plaintiff's interstare; in which the said intestate paid them \$1,500 and received a deed conveying certain lands in said County, which deed is dated the 12th. of March 1906 and for the purpose of having said conveyance cancelled and of obtaining judgement for the amount of said purchase money and interest. The said defendants will further take notice that a warrant of attachment has issued in this cause, returnable to the Fall Term of this court., beginning on the First Monday after the First Monday in September 1910; when and where they are required to appear and plead answer or demur to the complaint, which will be filed within the first three days of the term; and that if they fail to so appear and answer or demur, as aforesaid, judgement will be rendered against them as in said complaint prayed for.

This the 16th day of June 1910.

J. W. WALSTON, Clerk Superior Court, Camden Co. June 24—July 1—8—15.

NORTH CAROLINA CURRITUCK COUNTY

To R. E. Flora Entry Taker for Currituck County, N. C., the undersigned, Henry H. Sawyer of Currituck County, N. C., Enters and lays claim to the following described piece or parcel of land in Crawford Township, Currituck County, N. C. The same being vacant and unappropriated land and subject to entry viz. Bounded as follows:

Beginning at a point known as the Wilson Walker Dunghill in Back Wood and binding the lands of J. C. Walker and the East to the lands of A. M. Willey, on the North. Thence West binding the lands of said Anne Willey to the East line of said A. M. Willey. Thence South binding the lands of said A. M. Willey to J. C. Walker's line. Thence East binding the land of said J. C. Walker to the first station or place of beginning, containing about thirty-seven (37) acres, actual number acres to be ascertained by survey.

Registered June 18th, 1910.

HENRY H. SAWYER, R. E. FLORY, Entry Taker. July 1—8—15—27

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Electric Bitters

Succeed when everything else fails. In nervous prostration and female weaknesses they are the supreme remedy, as thousands have testified. FOR KIDNEY, LIVER AND STOMACH TROUBLE. It is the best medicine ever sold over a druggist's counter.

THE LAKE DRUMMOND CANAL AND WATER COMPANY

THE LAKE DRUMMOND TOWING COMPANY.

Dismal Swamp Canal

AN INLAND ROUTE, PROTECTED FROM STORM.

NINE FEET OF WATER MINIMUM DEPTH ALWAYS.

QUICK TRANSIT FOR TRAFFIC. PROMPT TOWING.

For tolls and towing rates apply to office in Seaboard Bank Building, and at Deep Creek Lock, Va.

M. K. King, Pres. J. A. Mitten, Secy J. B. Baxter, Supt.

LAKE DRUMMOND CANAL

On and after June 1, 1910, vessels drawing more than nine feet will not be admitted to this canal.

M. K. KING, president.

NOTICE OF ADMINISTRATION

Having qualified as administrator of the late Frank Dunford I hereby give notice to all persons indebted to his estate to come forward and make immediate settlement and those holding claims against the same to present them for payment within twelve months from the date of this notice, or it will be pleaded in bar of their recovery.

May 24th 1910.

L. W. ANDERSON Administrator of Frank Dunford, Deceased. May 27th to July 1.

NOTICE

Sale of Valuable Property.

By virtue of a Deed of Trust executed to me by Elisha Overton et al trustees Mt Lebanon A. M. E. Zion church for certain purposes therein mentioned which said Deed of Trust bears date July 20th 1905 and is registered in the office of the Register of Deeds of Pasquotank County in Book 29 page 28 I shall on Wednesday, July 6th, 1910 12 M., offer for sale at the Court House door in said County, at public auction, for cash, the property conveyed to me in said Deed of trust to-wit:—

That certain lot of land lying and being in Elizabeth City N. C., bounded and described as follows:

Commencing at the Southwest corner of Anna Reid Cooper's lot and running thence southerly alone Culpepper street 156 feet to the Railroad; thence easterly along the railroad 208 feet; thence northerly parallel with Culpepper street 136 feet to Anna Reid Cooper's lot; thence westerly 208 feet to Culpepper St., place of beginning. Being the lot now occupied by said church for church purposes.

ROSCOE W. TURNER, Trustee.

June 4th, 1910.

June 10—17—24—July 1st.

NOTICE

SALE OF VALUABLE PROPERTY.

By virtue of a deed of trust executed to the undersigned by W. H. Davis and wife, Virginia Davis, for certain purposes therein expressed, which said deed of trust bears date of March 4, 1910 and is registered in the office of the Register of Deeds for Pasquotank County, in Book 34, page 49, I shall on Friday, the 8th day of July 1910, at 10 o'clock, A. M. offer for sale at the court house door in said County, at public auction, for cash, the property conveyed to me in said deed of trust, and which property is described as follows: A certain tract or parcel of land, situated in the state of North Carolina, Pasquotank County, and in the town of Elizabeth City, and bounded as follows:

Situated on the north side of White street, and bounded on the north by the property formerly belonging to Dr. P. John, deceased; on the east by a lot belonging to the heirs of Robert Davis, deceased, on the south by White street; and on the west by property belonging to Wilson Walker, the said lot fronting 50 feet on White street, and running back between parallel lines a distance of 150 feet.

This 7th day of June 1910.

W. A. BRITTON, Trustee.

Per Attorney.

June 10—17—24—July 1.

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This 7th day of June 1910.

W. A. BRITTON, Trustee.

Per Attorney.

June 10—17—24—July 1.

FOLEY'S KIDNEY PILLS

FOR BACKACHE KIDNEYS AND BLADDER