

THE ROANOKE NEWS.

A NEWSPAPER FOR THE PEOPLE.

Terms of Subscription--\$1.50 Per Annum

WELDON, N. C., THURSDAY, OCTOBER 18, 1906.

NO. 24

Advertising Rates Made Known on Application.
VOL. XLII.

ESSAY ON BREATHING.

Its Usefulness as Seen By The Young Philosopher.

"Breath is made of air. We breathe with our lungs, our light, our livers and our skin if it's not all stopped up with powder. If it wasn't for our breath we would die when we slept.

"Our breath keeps the life a-going through the nose when we are asleep. Our noses were made for breath and our mouths for food and to talk with.

"Women that stop in a room all day should not breathe. They should wait till they get out of doors.

"People in a room make bad, foul, wholesome air. They make carbonic acid. Carbonic acid is poison, more than a mad dog. A heap of soldiers was in a black hole in India and a Carbonic acid got into the hole and killed nearly every one before morning.

"Girls and women kills the breath with corsets that squeeze the diaphragm. Girls can't holler or run like boys because their diaphragms is squeezed to much. If I was a girl I'd wish I was a boy, so I could run and holler and breathe lots of air and have bright eyes and rosy cheeks, a big appetite and a good diaphragm.

"Give me air or give me death."

JAPANESE BRIDE'S DUTY.

Here are a few of the Japanese bride's rules of life, taught by her mother:

Never speak evil of your neighbors.

Never allow yourself to be jealous.

Be humble and polite.

Do not consult fortune tellers.

Don't talk too much.

Until you are fifty never mix crowds.

Strict obedience to a husband is a wife's noblest virtue.

Be always amiable to your mother-in-law and father-in-law.

Even if your husband is in the wrong never get angry—Home Notes.

A contemporary would like to know who teaches her husband his compendium of duty.

No wonder a man feels cheap when he finds out he's been sold in the matrimonial market.

There may not be anything in a case but a smart lawyer will get something out of it.

THE ORIGINAL LAXATIVE COUGH SYRUP

Cures all Coughs and assists in expelling Colds from the System by gently moving the bowels. A certain cure for croup and whooping-cough.

KENNEDY'S LAXATIVE HONEY AND TAR

PREPARED BY THE LABORATORY OF E. O. DAWITT & CO., CHICAGO, U. S. A. SOLD BY W. M. COHEN, WELDON, N. C.

Epilepsy Fits St. Vitus Dance

Are nerve diseases, and unless checked, lead to destruction of both mind and body. The weak, shattered nerves must have something to strengthen and build them back to health. Dr. Miles' Restorative Nervine is a remarkable nerve tonic and stimulant. It strengthens the nerves, relieves the nervous strain, and influences refreshing body-building sleep and rest. Persistent use seldom fails to relieve these afflictions.

"I was taken with epileptic fits had eleven in less than 12 hours. My father sent for our family physician, but he could do very little for me, and I knew worse every day, and at last they had three doctors with me, and I still got worse. My father heard of Dr. Miles' Restorative Nervine and I bought a bottle. I had taken only a few doses until I began to feel better. I took 12 bottles, and it cured me sound and well. It has been worth all the work to me. I recommend it wherever I go. You may use this as a life-long tonic to the merits of your medicine, for I am enjoying the best of health, and feel that my life and health is due to this wonderful medicine."—L. W. WILLIAMS, R. F. D. No. 2, Benton, Va.

Dr. Miles' Nervine is sold by your druggist, who will guarantee that the first bottle will benefit you. If it fails, he will refund your money.

Miles Medical Co., Elkhart, Ind.

Avoid alum and alum phosphate baking powders. The label law requires that all the ingredients be named on the labels. Look out for the alum compounds.

NOTE.—Safety lies in buying only Royal Baking Powder, which is a pure, cream of tartar baking powder, and the best that can be made.

THE LASS BENEATH THE BONNET.

When the triumphs and the conquests of the heart are counted o'er, When they tell of love that flourished in the days of neversmore, When they weigh the charms of loving and the amours dwell upon, Round whose tender recollections music echoes, roses run; When the world has worn one weary with its flanneur and its flash, With its chain of charming maidens carrying hearts with sweep and dash, Then a vision looms before me and a song sounds sweet and low— Ah, the lass beneath the bonnet that I loved so long ago!

The old-time, striped sunbonnet, where she used to hide her face, The sweet, old-fashioned lilacs that she carried with such grace, The curls that used to dangle where her shoulders sloped so sweet, The little schoolgirl figure with its touch of grape petite, The little checkered apron and the skirt of Highland plaid— Ah, the vision makes me merry and the echo makes me sad, For through tides of time that flow not another lass, I know, Has smiled beneath a bonnet as she smiled so long ago!

Purple splendor of adventure marks the marches of the heart, Modern love is like a measured and a very mundane art; Hands are offered, hearts are bartered, Cupid wields the dollar mark, And the sweet, old-fashioned spirit dies upon the circling dark. So, I love the echo ringing through the old times unto me, And the little vision swinging down the lanes of rosy glee— The lass beneath her bonnet waiting where the lilacs grow, Ah, the lass beneath her bonnet that I loved so long ago!

Time may take me far from memory of that schoolhouse on the hill, The little woodland brook that dripped across the rill, The fairy fields of fancy where two sweethearts pledged their vow, But I would that I could travel back to wonder of it now, Back to all that world of marvel when the valor of the knight Burned a spark within my spirit that her lips had helped to light, And I'd face the dragon for her, let he fall— weal or woe, Just because beneath her bonnet she had loved me long ago!

Let the proud world ring with triumph, let the multitudes acclaim Deeds of conquest in arenas where ambition yearns for fame; Let them prate of mighty passions and of womanhood sublime With a beauty like a sunburst on the altitudes of time; But from out the glare and glamor, how I would that I could roam Down the little lane of lilacs leading to her vineclad home, For a vision looms before me and a song sounds sweet and low— Ah, the lass beneath the bonnet that I loved so long ago!

AGAINST HER BETTER JUDGMENT.

"Ain't you rather young to be left in charge of a drugstore?"

"Perhaps so, ma'am, what can I do for you?"

"Do your employers know its dangerous to leave a mere boy in charge of such a place?"

"I am competent to serve you, madam, if you will state your wants."

"Don't they know you might poison some one?"

"There's no danger of that, madam; what can I do for you?"

"I think I had better go to the store down the street?"

"I can serve you just as well as they can, and as cheaply."

"Well, you may give me a two-cent stamp, but it don't look right."—Houston Post.

Danger From the Plague.

There's grave danger from the plague of Coughs and Colds that are so prevalent unless you take Dr. King's New Discovery for Consumption, Coughs and Colds. Mrs. George W. Walls, of Forest City, Me., writes: "It's a grand cure to people living in climates where coughs and colds prevail. I find it quickly ends them. It prevents pneumonia, cures the grippe, gives wonderful relief in Asthma and Hay Fever, and makes weak lungs strong enough to ward off Consumption, Coughs and Colds."—and is guaranteed by all druggists. Trial bottle free.

No henpecked man wants to carry around a speaking likeness of his wife.

A Young Mother at 70.

"My mother has suddenly been made young at 70. Twenty years of intense suffering from dyspepsia had entirely disabled her, until six months ago, when she began taking Electric Bitter, which has completely cured her and restored the strength and activity she had in the prime of life," writes Mrs. W. J. Gilpatrick of Danforth, Me. "Greatest restorative medicine on the globe. Sets Stomach, Liver and Kidneys right, purifies the blood, and cures Malaria, Rheumatism and Weakness. Wonderful Nerve Tonic. Price 50c. Guaranteed by all drug stores."

A pet is an exhibition of temper, but a woman's out of temper when she's in a pet.

CASTORIA
The Kind You Have Always Bought
Bears the Signature of *W. M. Cohen*

HOW TO BE HAPPY.

Walter Williams Delivers This Pretty Homily In His Fast Window Column.

Nobody can be long happy alone. There is joy in solitude, but the joy soon fades if the solitude is prolonged. The joy of the individual is always related in some way to the joy of the community. It has its flower and its fruit in social service. Old bachelors dry up—only when they devote their lives to some worthy purpose outside themselves. In the legend beautiful angel appears in the midst of the monk's prayer and then the bell rings which calls him to his accustomed work and he hesitates between the angel and the errand. But when he returns, having done his common task, the vision says: "hadst thou stayed, I must have fled."

The people who live to have a good time for themselves usually end by having a bad time for other people and a worse time for themselves. The best known individual of this type in modern fiction is Tino in George Elliot's *Romola*. His chief aim in life was to maintain the serenity of his own soul. Yet after breaking the hearts of his best friends he perishes miserably. He was pursuing a selfish happiness and in the unalterable grammar of life that adjective and that noun may not be used together.

Stevenson speaks of "the great task of happiness." But happiness is not a task. It is not even an occupation. It is a quality of life. Happiness depends on helpfulness. That's the reason joy is social. Helpfulness keeps happiness because it adds to the area of affection. People are not happy when they seek after happiness. They become steeped in happiness when they undertake to promote the joy of others.—Kansas City Journal.

FOR OVER SIXTY YEARS

Mrs. WILSON'S SOOTHING SYRUP has been used for over 60 years by millions of mothers for their children while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for Diarrhoea. It will relieve the poor little sufferer immediately. For sale by druggists in every part of the world. Twenty-five cents a bottle. Be sure and ask for "Mrs. Wilson's Soothing Syrup," and take no other kind.

COON HUNTING.

The officers of the English Squadron prepared for their recent visit to this country by an exhaustive study of so-called American slang, that they might enjoy that "delightful American humor" over which the English have recently become so enthusiastic.

During their stay in Annapolis a coon hunt was arranged for their benefit, the officer in charge explaining to them that it was a sport highly thought of and native to the Southern States.

As they rode along one of the Englishmen remarked: "You hunt these coons with dogs, I think?"

His host assented and the Englishman continued: "They are found in the woods and are often caught in trees, aren't they?"

"They are," replied the American; "but how come you to know so much about coon hunting?"

"Oh, said the visitor, with an air of conscious pride, "I've read 'Uncle Tom's Cabin,' you know, and all those articles that have come out in the papers lately, but to tell the truth, I didn't think it was allowed by the authorities, no matter what the nigger had done."—Lippincott's.

A Card.

This is to certify that all druggists are authorized to refund your money if Foley's Honey and Tar fails to cure your cough or cold. It stops the cough, heats the lungs, prevents serious results from a cold. Cures the grippe and prevents pneumonia, and consumption. Contains no opiates. The genuine is in a yellow package. For sale by E. Clark, Weldon, N. C.

Many a man labors hard for a living in his efforts to dodge work.

Foley's Honey and Tar cures the most obstinate coughs and expels the cold from the system as it is mildly laxative. It is guaranteed. Do not be any but the genuine in the yellow package. For sale by E. Clark, Weldon, N. C.

BEAUTIFYING MADE EASY.

Take care of your health and your conscience and beautifying will not be a difficult matter. Mold your disposition so that those who meet you will feel the warmth of the golden sunshine of your soul. Don't live in a cellar. Get out in the fresh air, with a nod for fellow travelers, a kiss for the one you love best, and a great love of humanity over.—Exchange.

Selfishness is one of the things you cannot keep to yourself.

The contortionist needn't think he's the only man who has a double.

CASTORIA

For Infants and Children. The Kind You Have Always Bought

Bears the Signature of *W. M. Cohen*

Are You Tired, Nervous and Sleepless?

Nervousness and sleeplessness are usually due to the fact that the nerves are not fed on properly nourishing food; they are starved, nerves. Dr. Pierce's Golden Medical Discovery makes pure, rich blood, and thereby the nerves are properly nourished and all the organs of the body are run as smoothly as machinery which runs in oil. In this way you feel clean, strong and vigorous—you are toned up and invigorated, and you are good for a whole lot of physical or mental work. Best of all, the strength and increase in vitality and health are lasting.

The trouble with most tonics and medicines which have a large, bounding effect for a short time, is that they are largely composed of alcohol holding the drugs in solution. This alcohol shrinks up the red blood corpuscles, and in the long run greatly injures the system. One may feel exhilarated and better for the time being, yet in the end weakened and with vitality decreased. Dr. Pierce's Golden Medical Discovery contains no alcohol. Every bottle of it bears upon its wrapper *The Badge of Honesty*, in full list of all its several ingredients. For the druggist to offer you anything he claims is "just as good" is to insult your intelligence.

Every ingredient entering into the world-famous "Golden Medical Discovery" has the unanimous approval and endorsement of the leading medical authorities of all the several schools of practice. No other medicine sold through druggists for the purpose has any such endorsement.

The "Golden Medical Discovery" not only produces all the good effects to be obtained from the use of Golden Seal root, in all stomach, liver and bowel troubles, as dyspepsia, indigestion, constipation, irritation of stomach and bowels and kindred ailments, but the Golden Seal root used in its composition is greatly enhanced in its curative action by other ingredients such as Stone root, Black Cherry bark, Bloodroot, Manjistra root and chemically pure triple refined glycerine.

"The Common Sense Medical Adviser" is sent free in paper covers on receipt of 21 one-cent stamps to pay the cost of mailing only. For all ailments the cloth-bound volume will be sent. Address Dr. J. C. Pierce, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets cure constipation, biliousness and headache.

SIX PIANO BARGAINS

For this week

Conover Piano, upright \$195.
Wellington Piano, \$185.
Wheacock Upright, \$85.
Stieff Upright, \$185.
Stieff Rosewood Piano \$80
Guild Piano, small size \$30

All guaranteed to be in fine condition. All used.

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121 Grand St., NORFOLK, VA.
John J. Foster, Manager.

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HAS MOVED

His Feed Store

To the building formerly occupied by Spices Brothers, corner Washington Avenue and Third Street. Thanking my friends for their past liberal patronage I solicit a continuance of the same. Phone No. 75.

J. L. HARRIS, WELDON, N. C.

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125 to 130 OLD STREET, PETERSBURG, VA.

Machinery, Shafting, Pulleys, Agricultural Implements.

Having bought on Steel & Alexander, I have on hand a large stock of machinery, with all patterns made on special order to finish parts to machine accuracy made by them.

HYDRAULIC PRESSES and PLANING MACHINERY.

Specialty Mill work and castings of all kinds. Send for Machinery Catalogue. Call on us or write for what you want.

Great Reductions For Cash

\$1.75 Mosquito Nets, \$2.75
2.00 Suits, 3.25
25.00 Mosquito nets, 9x12 ft., 17.75
12 lb. China Matting, 10c.
25c. " " 15c.
22 lb. Japanese " 17c.
25c. " " 18c.
65c Wool Carpeting, 40c.
25c Window shades, 20c.
50c " " 37c.
5c 2-yard wide Linoleum, 7c.
7c " " 6c.
65c Floor Oil Cloth, 45c.
1.35 Axminster Carpeting, 85c.
1.40 16x20 Picture Frames, 95c.
Wall paper, 4, 5 and 6 per roll.

Talking Machines, Graphophones, Kodaks, Cameras,

and supplies on hand at all times, at the very lowest prices.

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WELDON, N. C. CHOICE

ROSES!

Carnations, Violets and other flowers, always on hand. Shower Wedding Bouquets, Handmade Floral Designs. Put and out door hanging plants, Tomatoes, Cabbages and other Vegetable Plants, Magnolias. Orders promptly executed. Write, phone or telegraph.

H. STEINMETZ, Florist, RALEIGH, NORTH CAROLINA. 418 1/2

FEELING LIVER-ISH This Morning?

TAKE THE FORD'S Black-Draught Stops Indigestion—Constipation 25c. (Small Packages)

A Gentle Laxative and Appetizer

SASH, DOORS, BLINDS, HARDWARE, PAINTS, &C.

FRANK T. CLARK COMPANY, Ltd. Norfolk, Va. 1897

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—OF— FALL AND WINTER—

MILLINERY.

FANCY GOODS and NOVELTIES. Butterick's Patterns.

R. & G. CORSETS.

Mines at 50c., Ladies 75c. to \$1. Prices will be made to suit the times. Hats and Bonnets made and Trimmed to order. ALL MAIL ORDERS PROMPTLY FILLED.

MRS. P. A. LEWIS, Weldon, N. C.

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Bears the Signature of *W. M. Cohen*
In Use For Over Thirty Years
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TASTELESS CHILL CURE.
TURPENTINE AND MUTTON SUET LUNG PLASTER.

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WELDON, N. C.
Organized Under The Laws of the State of North Carolina.
—AUGUST 20TH, 1892—
State of North Carolina Depository
Halifax County Depository
Town of Weldon Depository
Capital and Surplus, \$36,000.

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Pioneer American Growers
ESTABLISHED 1858.
SPECIALTIES:
VIRGINIA DARE (Red Supperings)
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Has Stood The Test 25 Years
Grove's Tasteless Chill Tonic
No-Cure-No-Pay. 50 cents.

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