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A NEWSPICER FOR THE PROPLE.

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ness and LOSS OF SLEEP.

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NEW YORK.

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P. N. STAINBACK.

UNDERTAKER.

Weldon, _ _ North Carolina.

H.G. ROWE.

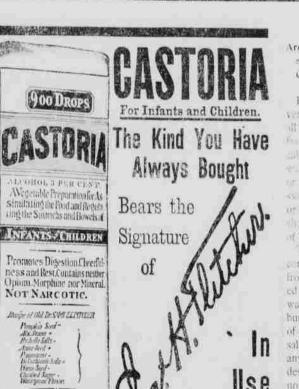
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WELDON, N. C., THURSDAY, NOVEMPER 21, 1907.



For Over

Thirty Years

Are We to Giange Our Principles and Beliefs By Means of a Change of Diet ?

CONT MEAL.

But corn meal is such a rich and versatile product that leads its if to di day chad all meds. For breakfinite and be argued unto lameradvestigate and Justions, or fatowhile was not in one's month. umium-matting-winch rake or new (executes in their titl boundaries:or you can have your corn in the thops of gray, yollow with burrer, of happy digestibility.

Then for dinner, there in the ernspone, large, brown and horfrom the overt, ready to be seasoned with a sauce of butter, and washed down with freshly churned huttermilk, with an accomposition of cabluage or collards, or minipsalad, or new snap-bennes. If forany reason the corn pone is not desirable-though the farmer cannot imagine anything that can take its place with a healthy and an expectant appetite there are the dumplings to fall back on, the dumplings boiled with a mess of greens. This dish is a time and and space-saver. The damplings of should not by any chance be allowed to grow cold before serving. For supper, there is the hoe-cake, ... which should be of a generous thickness, and it should be catenwith gravy distilled from the inices. of a containvicuted ham; or, if you: please, a dish of mush and milk. And, then, the day's work being over and done with the fired man

15

or woman, and the children, weary with play; may fall on their couches and forger, in sweet and dreamless slumber, the grizzly troubles of the world. It is not to be denied, however,

that the products of maize have been losing popularity in this country; they seem to be going out of Day, Night and Out-of-Town Calls Promptly Attended to. fashioric they are a luttle too coarse. for the die tender throats of the generation that has come and the one that is coming. The tastes of the people are growing somewhat different: patent medicines and Seventeen years' Experience. Hearse Service Anywhere. predigested foods, made of nobody OF THE OF knows what, seem to go together, and with these have come new 0 forms of digestion, dyspepsia, nuryous diseases, and new causes of worry. There is an idea in the minds of the new generation that

MEN OF THE HOUR.

HON WILLIAM J. BRYAN. CONGREESMAN CHAMP CLARK.

Just to muse of those that we loved the best!

It is sweet to dream of the ones we knew-In the far off world with its dome of blue: It is sweet to pause in the sunset land For a backward glance at the childish band: At the ones we loved in the long ago !

Ah 1 the ones we loved in the long ago ! They have drifted far with the ebb and flow, They have sailed their crafts on the open sea-To the harbor's rest or the tide's debris. Ah 1 the trusts that failed and the prizes missed And the cold dead lips of the hopes we kissed '

Like the frost scatted leaves of a ripetied rose. On the tangled pich where the soft wind blows, We may rest an bour in the warming som-We may rest and dream of the journey run-But the night is near and the petals blow

THE FALL OF THE YEAR. TH CERL A BAR FERRER.

"As the Days of a Tree, Are the Matte Too Much Confidence in Days of My People," The fixe. Volariell in Langing Invincing 23 Could Shelt or Neetens Vont-

and vigorous. To they years the citorial you carso which are not end comenter, nor the years drace of he Lastly. If violation care your seawhen thou shall say, I three no per manother way, simply tran pleasure in them." The preside- and glance of the howing guss ingof the tree, broken and blenched. While you are in the mid-a of inby storm, is, "The houry head is: That whould pure you, for the a crown of glory, if it be found in greatest enemy of beauty is minithe way of righteousness." put The girl with a bad to open 1

My brethren, the year once more is unuments the worst (moment in chastening to its close. All is the world. She often has a very fleeting, all is fading, all is passing, kind heart and a very strict conaway-ob, so quietly, but quieldy sommer. Her temper-useff somes so silently, but intercoverably things lets so many of her evil Nothing left but the record of what thoughts our durough they usigue we have been-whether we have toot naturers, attenuall, quite oweer lived with Christ or forgotten Him: and kind Ent nevertheless, the whether we have lived for please fever of tennicr that burns within ure or for Gold whether we have ther does no work on her constituheen content with this world, or them, it shows uself, too, in the lived as sojourners." desiring a deep wrinkles in a above the nose, bener country, that is as heavenly, and long lines at the side of therlooking to a city which hath founs momin, and in the drooping around dations, whose Builder and Maker (tself, will be spatchal expression, The garl who is always murshig THE GOLL

Our text stands in the make of a, her wrongs, wrongs herself more clowd of gracious promoses as to than anybody else could have the coming kingdom of Christ and wronged her, so you should pity the blessed state of the New Jerus- rather than condemn her.

salem. None shall tabor or vain, when the stornards. Beautor kell nor bring forth trouble. No care, how as no sorrow, no disappointment water in the Lord, "I will answer: whitethey are yet speaking. I will hear." "As the days of a trees, are the shall long chicy the work of their

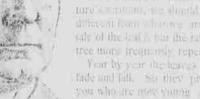
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Sour omach



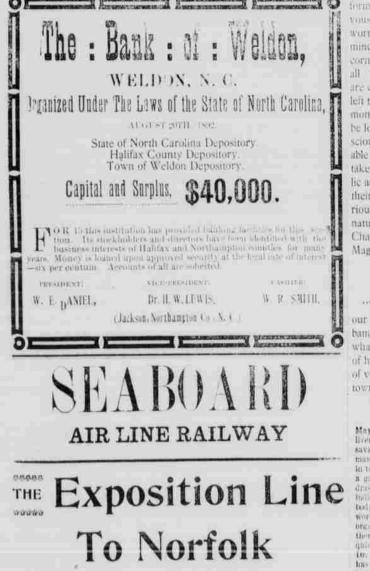
GEORDE C OPPERN. Attorney-At-Law,

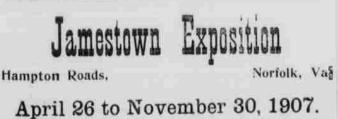


WAITING.

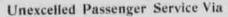
As the years mark time on the mystic page And the white frost rests on the crown of age. And the far call comes from beyond the sky-In a sort of sunset lullaby, It is sweet to pause in the rose-red west

For a ling ring look, are the frost winds blow,



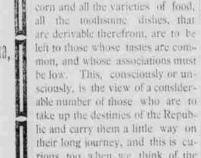


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rious, too, when we think of the nature of our political fabric.- Joel Chaudler Harris in Uncle Remus's Magazine for November.

NEEDED WATCHING.

"You wish to employ one of . our detectives to watch your husband?" "I do." "May I ask what has aroused your suspicion of him?" "He sent me a bunch of violets and a box of candy from town yesterday. _____ 0/2/1/2/1/1/1/9/

A Lazy Liver

May be only a fored liver, or a starved liver. It would be a second as well as sayage thing to least a weary or starved man because he ingred in his work. So arting the largence terred liver 0 is at motivice to large it with strong a group. A larged liver is but and altern of an fill notices of united of whose enganes are usary with over work. Start with the stomost and all of organs of digestion and corrition. Put them in working order and see how middly your liver will become active, fir, Pierre's Goden Mexical Discovery, has made many univelous cures of "liver trouble " by its wamberful control of the organs of direction and nutrition. It restores the normal activity of the stounch increases the secretions of the baod mak-ing glands, cleaners the system from polsome accumulations, and so relieves the liver of the burdens imposed upon it by

the defection of other organs. If you have bitter or bad to e in the man-ing, poor or writable appetite, coasted toughe, foul breach, constituted or tregular bowels, feel weak, easily tired, depondent, frequent mediaches, pain or distributed or "small of back," graving or Garrevel being in stomach, permanence of Garcesson permar in stomach, perhaps nausca, and kinote symptoms of weak stomach and torpid living in meter-tine will reflecte you more promptly or emi-yment infimation to the living of the state of the state of the state of the state of the prompt infimation of the state of

a part of the above symptoms will b me time and yet point to torpid ousness and weak stomach. A bilinasiesa and weak stomach. Avoid all not brend and thecitis, grandle cakes and their indirestific fold and take the "Gold is Medical Discovery" regularly and stick to it-e until you are vigorous and strong. The "Discovery" is nurrecert, non-alco-bolic, is a givente estrart of malive medic-mal resits with a fold list of the ingresionis primed on each hottle-wrapper and attected and extolled by the most entrent medical states of the are and are recommended to curve the discasses for which it is a drived. Dea't accept a substitute of unknown composition for this non-secret MEDICINE OF ROWN COMPOSITION. night-shirts the best."

To the ones we loved in the long ago



You remember mother's way- how she came and went-Like a messenger of blooat on sweet missions sent. You remember mother's way-tenderly and mild, How it brought such comforting to a little child. Everything was mother's way-toil and song and rest, From the dawn until the dream on her tender breast.

You remember mother's way to one else could do Just the same as her; at least, so it seemed to you. No one else could cook or mend, keep the house as sweet, Go and come as soft as dream on such noiseless feet: Sweep and dust and fidy up, and at eventide Sing the sweet old hymns of faith at the ingleside

You remember mother's way - when you felt so sick. Didn't want to lift your head, couldn't turn a lick-You remember mother's way-how her presence made Blossoms spring around your bed, gardens cool with shade. Bandage here and poulnee there, old-time herbs and things, And her moving around the room as an angel on wings.

You remember mother's way-when the anic room Seemed so far and far away, horrible with gloom, How she'd wait upon the stairs with the light to keep Vigil all her little child fell in childhood sleep; How you just forgot the ghosts and the spooles and frights. When in mother's way she sature those oldert nights.

You remember mother's way every now and dien-Some remembered sweetness dawns in the hearts of men. Drifting as the shadows drift, insubstantial, frail, Calling back the vanished days from the leaty vale; Calling back the echoics lost when she ceased to sing In that land where April soars on autoral wing.

You remember mother's way blessed dream of her, And her phantom beauty walks where the dead leaves snr; When the winds of autumn touch hearstrings with their thrill Memory wanders back again over vale and hill To the little home of love, in the shadows gray, For remembered ministries of a mother's way,

AN AWKWARD ERROR.

A GOOD ANSWER

"At a dinner at Dark Harbor last summer a deal old man sat. A gentleman once asked a Sabbeside a young and beautiful girl. bath school what was meant by the "Do you like bananas?" the word "repentance." A little boy girl said to the old man during the raised his hand. "Well, what is first course in a low, sweer voice. It, my lad9" He, however, misunderstood "Being sorry for your sins,

her in his deafness. He thought was the answer, she said 'paiamas.' And he re- A lintle girl in the back seat plied "No, 1 like the old-fashioned raised her hand.

you think? Lasked the gentleman. Line or simplicity while they

Money is the currain that hides "I think," said the child, it's bemuch of the meanness and rascali- ing sorry enough to quit."-Sety from the eyes of the world. lected.

Many able scholars, hold, to the trus avery lame river that can opinion that the true rendering of not "take up its bed" and run this passage is. "As the days of

the tree" that is, the "tree of life." The Tree of Life in Eden. Square Bearstin that first of sacraments, was dgsigned to stratain and cellect the big infused into man at his greation Speaking of a woman's hi To as, however, there is another is hard to tell when is smuch Tree of Life even the Cross of

Christ. The Body broken and a the Blood shed upon that Trecare 1 to us the means of Resurrection

There is yet unother tree to " which he can (as yet) look only in faith that tree standing beside the river which issues from beneath the throne of God and the Lamb instweivefold fruit, borne tweive times each year, and its leaves for

the healing of the nations. "As the days of a tree, are the

days of My people " This is the . privilege of the true children of a God. To them the Cross of Christis the seed of lifer and planted in 10 the likeness of His death, diey shall also be in the likefless of this

Resurrection. Their destiny is to feed on the Tree of Life in the a deadlock. midst of the Paradise of God, and

as the days of that aree are never ending, never fading, never dark- silo coning, so shall the days of God's ncopie ne On than tree, with the eyes of-

living loving faith, let us fix our fatimets and from the theory of carris and hopes. or strains with and, nots, do then Soon, very soon, the years substant experiments in the inclusion revenue shall disappear, Subtley With Parise, Weidow, S.C. hearts and hopes.

which intervene shall disappear, A brandy "cocktail" is unques-

nonably a tile of ansery

CASTORIA.

"The morning shall uwaken. The shadows flee away, And each muc-hearted servant

Shall shine as doth the day; For God, our King and Portion, 1 In Julness of His grace, We then shall see forever And worship face to face.

You can't be well if you have a weak, indentify, first out stringer. Nother, encoded by first out stringer. Nother, encoded to be a set of the second of the stringer of the second of the second of the stringer of the second of the second of the period of the second of the second of the period of the second of the second of the period of the second of the without show the second of the second of the without show the second of the sec A torking couch, from any caus-nekly-stopped by Dr. Shoop's, Cr. 10 Take some good reliable and safe digestant blue koded for Dyspeysin. Ro-dol we far best, remody known foulday for beart beart, buckling, and all treations arbsing from a disordered digestion. It is pleasant to faile and allowly relief moments. And it is no threemplify last and safe, that Di Sloop talls mutin even invery young babies. The who some grown loaves and tender stans A little girl in the back seat raised her hand. "Well, my little girl, what do you think?", asked the gentleman. "I think," said the child, it's be-ing sorry enough to quit."—Se-lected. Sold by W. M. Cohen, Weldon, N. C. Boys are generally very boister-

Bears the



WELDON, N. C.

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WALTER E. DANIEL, ATFORNER-AT-LA

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