CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Chat Hillithis: Sonal supervision since its infancy.
Allow no one to deceive you in this.
All Counterfeits, Imitations and "Just-as-good" are but Experiments that triffe with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Props and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Preerishness, It cures Diarrhoe and Wind Colic. It relieves Teething Troubles, cures Constipution and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacca-The Mother's Friend.

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Spanish Peanuts. There's the dynamo that runs it-nervous energy. And the whole

The present low prices have created a very * large demand for Spanish Peanuts. Always communicate with us when you have peanuts for

THE COLUMBIAN PEANUT CO., when there is nerve dissipation

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Town of Weldon Depository. Capital and Surplus, \$50,000.

For nearly 20 years this institution has provided banking facilities for this section. Its stockholders and officers are identified with the busi-ness interests of Halifax and Northampton counties. A Savings Department is maintained for the benefit of all who desire to deposit in a Savings Bank. In this Department interest is allowed as

For Deposits allowed to remain three months or longer, 2 per cent. Six months or longer, 3 per cent. Twelve months or longer, 4 per cent. my information will be furnished on application to the President or Cashier.

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DO YOU NEED HIM?

Does the Plant Need Overhauling?

He was an "efficiency engineer." Explaining his business, he told ne he was employed by the owners of large factory plants to study the operations of the plents and to report as to ways and means by which waste might be eliminated. For instance-

He might find that certain machines were wrongly placed to secure best results or that the machine operatives were making unnecessary motions and keeping down the output.

That the power was insufficient, or was not properly transmitted to the machines, or not fully utilized, or that waste could be cut out by using certain byproducts.

That roll top desks be abolished and flar tops substituted in order that clerks doing merely mechanical work might not waste time behind the roll tops.

Now-It can be seen that the intelligent study of such an efficiency engineer would be of great value to his employers. And in a large way it may be said he is helping to hasten the day of larger production and of fewer hours of labor. And I thought-

How much we humans need the services of some such efficiency expert !

We are each operating the most valuable and most complex plant in existence—the mind and body. machinery of it is under the control and direction of the business office-the brain.

Do we get all the power neces-

Is this transmission all right? Is any machine defective? Is there waste of energy, force, or of the

«We know when we fret and worry there is loss of nervous energy; there is loss of vital power.

When the machinery of body or mind is overtaxed we do not turn out our best work, and there is depreciation of the machinery. Are we manufacturing happi-

Are we turning out character? the product worth while If not, there is something wrong with the plant. It needs overhaul ing. We need an efficiency engi-



To get the best of Backache Get a Box of Dr. Miles'

Anti-Pain Pills Otherwise Backache

May get the best of you

Nothing distarbs the learns system more than pain whether it be in the form of headache, backache, neuralgia, stomachache Anti-Pisc Billy are standard remedy for pate, and are prayed by a great army of

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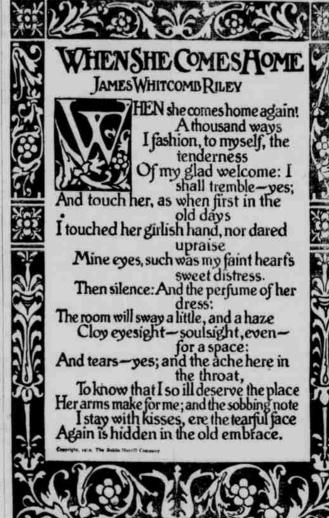
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Absolutely Pure

The only Baking Powder made from Royal Crape Cream of Tartar

NO ALUM, NO LIME PHOSPHATE



THE BELOVED DEAU.

Watchman! oh, watchman! on the bleak hills of Time, Give us fidings of those in the bright spirit land-Cans't thou not hear a call from that golden clime? Dost thou see not one face of the shadowy hand?

Forever have vanished the radiant smiles Of the lips we kissed fondly before they were chilled, And bitter remembrance with anguish reviles Our dreaming about them since in death they were stilled.

Watchman! oh, watchman! shall there be many years With their sighing and weeping and sorrow and grief, Ere sight comes again to eyes blinded with tears And our innite longings are lost in relief?

Turn, turn once again. Heaven's zephyrs must bring The tones of those voices we once loved and adored-Watchman! oh, watchman; dost thou not hear them sing The glad songs of the blest in the courts of the Lord?

Traveler! Traveler! sometimes to my ear -Come strains and soft echoes from that dim, distant shore-When the evening star rises I then seem to hear The dear, ringing voices that on earth speak no more.

And, at times, when the gates and portals swing wide To welcome some spirit just translated from earth, A vision of glory surges through—as the tide Shows the depth of the waters that gave it its birth.

Soon the hand of Jehovah will draw back the veil And disperse the dark mists that seem now to control, With voices triumphant will the glorified hail Our vision eternal in the home of the soul.

Then, traveler! traveler! hush thy weeping and sighing: Lean yet on the Father; still trust in thy God! He answers your questions, divinely replying, 'My grace is sufficient-pass under the rod.

ALONG THE WAY.

I met a man the other day As I went down along the way I said good morning, so did he, And then we passed along beside Each other friendly like and free As are all creatures in the tide Of human effort, toil and strife, Comparing notes on daily life.

He told me this and he told me that Of care and loss, of palns fall'n flat, Of dreams that perished in a day, Of hopes that ever passed away In mists of sorrow and of grief, Of sickness, suffering, up and down Of luck, like other men in town.

Along the way each hour we meet-In lane or alley, court or street-Our man counterparts-for thine, O stranger, are such cares as mine, Such griefs, such setbacks, losses, gains, Such pleasures, pastimes, habits, pains -And up and down the teeming pike The lives of all are much alike

Along the way-ah, let me be A friend to every man I see Who smiles responsive to my smile, Who walks beside me mile by mile In sympathy-remote or dim Or close as mine is unto him-That thus we may make light of care By helping each his load to bear.

THE JOY OF WORK.

To Him That Overcometh Will I Give the Morning Stars.

If you examine carefully all the supposed joys of life you will find that the most enduring, satisfactory and real joy is work.

the kind you like.

have two elements.

full, normal activities.

ing of something.

they are doing with all their might and got smell of live poultry on all they can do. Arms, legs, lungs me. He bought some commercial

ality are diseases that come on The man paid his butcher with me later in life. Those who indulge and I got a suggestion of ham rind in them are happy only by fevered added to me. spells. Between these they are "The butcher bought kerosene ennui and despair.

have their necessary work. And with me, and I got paid out to a where a man finds his right work street sweeper. He got a drink it is the same to him that play is to with me, and that night while you testimony will help others you may publish it."—Mrs. Ollie Woodall, Mor-

of "The joy of living."

functioning normally.

ceases to function. plan, organize, project, imagine, beautiful little book with me for a reason, compare, decide.

When it has no real business daughter and the bookseller brought upon which to use these motions, me here. we load it with artificial concerns,

heart and lungs all demand steady as you have done-brought here employment. Give us work, they by some one else. I've seen them regular subsciption price is only shout, or we will go on a strike. down at the altar of grace and \$1 per year, and this pays for 156 They are more cantankerous than mercy on their knees; their wide newspaper and the ROANOKE a labor union, when they are reeyes blinded with tears, their NEWS together for one \$1.70

ear and every gland, pore, nerve the angels in heaven, holy and sin- of the two papers is \$2.50. and tendron of our frame.

must have some one to love, some Father were gladder than the angels one to revere, something to suffer It is the mission of the church, not Trusted, Reliable and Sagacious Leader

lap of Venus; he longed for human the travel-worn and dust-stained the north and the west to the south strife and sorrow.

place where every sense is fulled, devil's service once or twice or political outcasts of the nation we are every appenie gorged, where there thrice last week. But it is Sab- now not only in our father's house, but is eternal rest and nothing iforever bath morning. You have found we sit at the head of the table in the and ever to do.

Joy is a function of activity.

Crane in Atlanta Journal.

John R Staton, Joyce, Ky., had an exceptionally severe attack of whooping smells, 'tainted money?' Or is it cough. He says: "If it had not been good as the gold of Hanilah? Shall for Foley's Honey and Tar Compound one of the ushers bring a pair of I would have been compelled to quit tongs and drop it out of the winwork. Instead, I never missed a slay, dow, or shall we receive it into gave me instant relief and is the only the offering in "good fellowship cough medicine we ever use. Contains and full fellowship?"-Bob Burno opiates.

E. CLARK. A CORRECTION.

"We are drifting toward a paternal form of government," said the economist.

"Pardon me if I correct you," "to be accurate, you should say a maternal form of government."-Washington Star.

Dr. J. T. R. Neal, Prop. Riversida Drug Co., Greenville, S. C., writes rehave sold and administered many kidmanent relief."

E. CLARK

A TAINTED DOLLAR.

I Have Mingled With Publicans and Sinners-I Have Walked in the Dirt and Tried to Keep Clean-Do You Want Me ?"

What is tainted money, anyhow? Here is a dollar bill that has found But, to be joyful, work must be its way to church this morning, and presents itself at the altar of And work, to be liked, must worship with the offering. Look at it! Dirry, grimy, smelly, old First, it must call into play one's and wrinkled, and many stains. Where have you been all last And second, it must be the crea- week, old dollar bill? "Well, I've been going about doing good, for The truest happiness is found in the most part. I've bought food the most complete exercise of our for the hungry and helped pay rent for the poor. I came to town Children are happy because Monday with a poultry rancher are busy every waking moment. fertilizer with me, and I took on a Laziness, drunkenness, sensu- new taint of phosphates and acids,

consumed with restlessness, doubt, with me and I enriched my breath with a new complication. The oil

The great mass of men are hap-man bought some tobacco with py most of the time because they me. The tobacconist paid his taxes people were at prayer meeting I Look at this busy humanity, doc- sat at a poker game, changed tors and lawyers, farmers, mer- hands a dozen times, and the barchants, clerks, letter carriers, en- tender got me in the morning. He gineers, masons, carpenters, writers paid his fare with me. The conand house mothers! Out of them, ductor turned me in to the compaas a mighty chorus, arises the hymn ny and I was paid out to a machinist, who was a good Catholic, Life is pleasant because it is and bought fish with me on Friday. The fish man paid me to a cobbler Life is a burden only when it for mending his sea-boots, and the cobbler paid me to a plummer, Every faculty cries for some- who repaired a sewer connection thing to do. The brain must think, for him. The plumber bought a

such as novels, plays and travel dollar bill, part of your record is sights, to still its clamor and crav- rather shady, isn't it?" "Well, ing. But the people who are yes, I have mingled with publicans want me?"

The stomach, liver, intestines, to find their way to the church just daily hearts broken with penitence. And year for The eye wants work, and the we received them gladly. Only less, were gladder than I-only And the soul wants work. We Christ, the Saviour, and the loving to turn away the defiled, but to To southern men there are encourage Tannhauser grew weary in the gird herself, kneel down, and wash ment and inspiration in the turning of feet of the wayfarrer. Poor old for guidance and leadership in these And a perfect hell would be a dollar bill! You have been in the troublous times. If we stop to considyour way to the church: you have councils of the family. made your way to the ultar -you officiency of southern leadership is not Soul and body pray for dangers, offer yourself to the service of embraced only in the favor with which righteousness, standing right be- the candidacy of Oscar Underwood has Perfect joy encircles as a halo tween the offering of one of the the brow of the worker and the best and most honest deacons on felt in the north and west that in the "To him that overcometh will I mother in Israel, who is a living the purest principles of a republican form of government, kept bright by give the morning star."-Frank saint. What will be your pleasure, brethren? Is this grimy, old era talk advertiser. dollar bill, with all its dirt and

says they have long used Foley's Remedies and want to say a good word for them. She writes "Foley Kidney Pills cured my husband of a long standing kidney trouble, after he had taken other medicines without relief. We would not be without Foley & Co.'s responded the suffragette, gently, medicines in our house for many times

E. CLARK.

Don't wait for the junk man to start a cleanup campaign

J. W. Jordan, a well known dentist cently, "I have been a practicing phy- of Hopkinsville, Ky., recently had an sician and druggist for over 35 years and operation for his kidney trouble, but he says. "The first relief I got was after ney medicines but none to equal Foley taking Foley Kidney Pills. They eased Kidney Pills. They are superior to any the terrible pain in my back and accom-I ever used and give the quickest per- plished more good than anything I had tried. I giadly recommend them."

BACKACHE **NOT A DISEASE**

But a Symptom, a Danger Signal Which Every Woman Should Heed.

Backache is a symptom of organic weakness or derangement. If you have backache don't neglect it. To get per-manent relief you must reach the root of the trouble. Read about Mrs. Wood-

all's experience Morton's Gap, Kentucky. - "I suffered



such dragging sensa-tions 1 could hardly bear it. I had sorebear it. I had sore-ness in each side, could not stand tight clothing, and was irregular. I was com-pletely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and am enjoying good health. It is now more than two years and I have my own work, washing and everything, and never have backache any more. I

iss it. — Mrs. Oldie Woodall, Morton's Gap, Kentucky.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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birthdays present for his little a Weekly. No other Newspaper in "Am I welcome?" "Well, old world gives so much at so low a price

THE great political campaigns are now at hand, and you amusing their brains are not so and sinners. I walked in the dirt want the news accurately and happy as those who are using their and tried to keep clean. Do you promptly. The World long since established a record of impartiality, It is better to play at work than "Poor old dollar bill. I've seen and anybody can afford its Thricemen just like you. Men who A-Week edition, which comes ev-The muscles demand something stained their names and shamed Sunday. It will be of particular to do. When we refuse them, they their lives, and smeared their char-value to you now. The Thrice-Abreed poison in us. They curse acters with the dirt of evil ways- Week World also abounds in other us with gout and rheumatism and men a hundred times dirtier than strong features, serial stories, huyourself. And I've known them mor, markets, cartoons; in fact, everything to be found in first-class

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