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A NEWSPAPER FOR THE PEOPLE.

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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 personal supervision since its infancy. Allow no one to deceive you in this. All counterfeits, imitations and "Just-as-good" are but experiments that trifle with and endanger the health of infants and children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops 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 Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought In Use For Over 30 Years.

ATLANTIC COAST LINE

The Standard Railroad of the South

FOUR FAMOUS TRAINS:

"New York and Florida Special" (January to April)
"Florida and West Indian Limited," "Palmetto Limited,"
"Coast Line Florida Mail." Dining Cars—a la carte service. All year round through car service from New York to both Port Tampa and Knights Key, connecting with steamships to and from Havana.

W. J. CRAIG, P. T. M., T. C. WHITE, G. P. A.

THE BANK OF WELDON

WELDON, N. C.
Organized Under the Laws of the State of North Carolina.
State of North Carolina Depository.
Halifax County Depository.
Town of Weldon Depository.
Capital and Surplus, \$53,000.

For nearly 20 years this institution has provided banking facilities for this section. Its stockholders and officers are identified with the business interests of Halifax and Northampton counties.

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.

Any information will be furnished on application to the President or Cashier.

PRESIDENT: W. E. DANIEL. VICE-PRESIDENT: W. R. SMITH. CASHIER: J. O. DRAKE.

DIRECTORS—W. H. Smith, W. E. Daniel, J. O. Drake, W. M. Cohen, A. C. House, J. L. Shepherd, W. A. Pierce, D. B. Zollhoefer, J. W. Sledge.

Dixon & Poole Manufacturing Company

MANUFACTURERS OF

Building Material for Modern Homes, Sash, Doors,

Blinds, Mantels, Door and Window Screens

MADE TO ORDER AND REGULAR STOCK SIZES.

Good Materials, High Grade Workmanship Our Slogan.

Weldon, N. C.

NORTHAMPTON & HERTFORD RAILWAY CO.

READ DOWN | IN EFFECT APRIL 1, 1911 | READ UP

Daily except Sundays | Daily except Sundays

No. 1 No. 3 No. 5 | No. 2 No. 4 No. 6

W. W. ROBERTSON, General Manager

NOTE—Morefield is a Flag Station. General Manager's Office, Gumberry, N. C., March 27th, 1911.

THE ACME OF COMFORT. HOW TO USE BOOK REST.

To read a book is to rest more often than to learn, and the same sense of comfort in this direction has been reached by an invention which holds the book open, and upright or at any angle one desires and may itself be attached to any chair, or the same principle is brought out in a four book rest. This is recommended for school children, as it helps them to sit erect and lessens the strain on the eyes, but it is convenient for any one. They cost but \$2 or \$2.50 or for the floor stand \$3.75 or \$4. Their weight is light, about one pound, and the metal of which they are constructed is either brass or copper oxidized. The pages of the book are easily turned without removing the book from the stand. It is an ideal little fixture.

BEAUTY CULTURE.

How to Become "Divinely Fair" With Little Trouble.

If you are desirous of being "most divinely fair," then adhere to the beauty program given below, as it will be the means of giving you a healthy body and a comely face. If you are skeptical of this way of living, at least reserve your opinion until you have had an opportunity to try it out. There can be no question what your decision will finally be.

The day of the woman who craves health and beauty should be laid out as follows:

When you arise in the morning run to the window, which should have been open all night, and take twenty deep, full breaths.

Practice some simple all round exercise for five minutes.

Take either a warm or a cold sponge bath or both. If you do not react well after a cold plunge, omit it in the future, as it is not for you.

Go downstairs, and twenty minutes before breakfast drink two glasses of hot water, not so warm that it scalds the mouth nor so cool that it nauseates.

Eat a light breakfast, refraining from meat.

Take a short walk for a mile or more, walking briskly with chest thrown up and out and head held erect.

Work. Twenty minutes before lunch drink two glasses of hot water.

Eat a simple lunch. Rest for half an hour.

Work. Toward evening walk for an hour if you feel so disposed.

Twenty minutes before you sit down to the dinner table drink two glasses of hot water.

Dinner. Rest or recreation.

Twenty minutes before creeping into bed drink two glasses of hot water.

Sleep for nine or ten hours.

HOUSEHOLD LINEN.

How to Be Up to Date in Your Table Appointments.

The large damask tablecloth has given way to the rugose for sets of linen mats, including large oval ones to be placed beneath the dishes, small circular ones for the meat plates and still smaller for use with cheese and salad plates. The change in fashion is all on the side of the decorative, for not only are the mats extremely beautiful in themselves, but they afford an opportunity likewise for the display of a fine dining table, the darkness of the wood showing up to advantage the silver and cut glass arranged upon it. The mats themselves are usually placed upon others of this wicker or of closely twisted strings in order to obviate the possibility of harm to the table through the heat of the dishes.

Some especially choice sets of these dinner mats are of handmade linen richly embroidered in an openwork pattern of leaves and flowers executed after the manner of the "broderie anglaise."

Into the worked design, in introduced a number of Italian tiled lacquer squares, also hand worked and displaying in their design all manner of quaint beasts and birds copied from antique models. The edges of the mats are finished with a narrow border of thread lace, and although the effect is elaborate in the extreme, the materials employed are sufficiently substantial to withstand much wear and tear.

How to Treat Shrunken Woollens. Wool union suits which have shrunk until it is an impossibility to squeeze into them may be made wearable by ripping the shoulder seams and fitting in a three cornered piece, one corner of which should be placed at the top of the shoulder seam at the top of the sleeve. This will give it much length to the body of the garment as the size of the piece set in.

How to Tear Carpet Rugs. Rip across the end of the cloth for as many strips as desired. Tear each one down just far enough to make it easy to grasp the ends. Take every other strip end in one hand and the alternate ones in the other, and pull vigorously. In this way a wide piece of cloth can be torn into strips with only one motion.

How to Season Oyster Stew. Some housewives like to add a pinch—a very small pinch—of nutmeg to an oyster stew. Others use a little ground mace or a blade of mace, taking it out before serving.

None of us can afford to say all the fool things we would like to say.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

Comparative Digestibility of Food

Made with different Baking Powders

From a Series of Elaborate Chemical Tests:

An equal quantity of bread (biscuit) was made with each of three different kinds of baking powder—cream of tartar, phosphate, and alum—and submitted separately to the action of the digestive fluid, each for the same length of time.

The relative percentage of the food digested is shown as follows:

Bread made with Royal Cream of Tartar Powder: 100 Per Cent. Digested

Bread made with phosphate powder: 68 1/2 Per Cent. Digested

Bread made with alum powder: 67 1/2 Per Cent. Digested

These tests, which are absolutely reliable and unprejudiced, make plain a fact of great importance to everyone: Food raised with Royal, a cream of tartar Baking Powder, is shown to be entirely digestible, while the alum and phosphate powders are found to largely retard the digestion of the food made from them.

Undigested food is not only wasted food, but it is the source of very many bodily ailments.

LIFE'S GAME OF BROKEN HEARTS.

The world is but a stage of life, the mighty Master said. In which most men and women play for their daily bread. With doctors, lawyers, diplomats and preachers in the cast To fill the vacant places of their brothers who have passed. The millionaire and workman play most important parts; They form the two great factors in life's play of broken hearts.

The first scene is a cottage where the roof lets in the rain. There's a mother nearly famished, there's a husband racked with pain; There's the money king, who orders their eviction, then departs; That's the first scene that I witnessed in life's play of broken hearts.

The next scene is a mansion in a land across the sea By acres wide surrounded and the home of Royalty. Its owner is of noble birth and lord of his domains, And boasts he of the ancient blood that flows within his veins.

Now comes another character, a girl quite young in years, Her eyes they bear a troubled look, her cheeks are stained with tears, She meets the young lord face to face; he turns pale, then he starts; He met her in the first act of the play of broken hearts.

He promised he would marry her, she trustingly believed, But when the day appointed came she found she'd been deceived, Now his servants drive her from his door; in shame the girl departs; That's another scene I witnessed in life's play of broken hearts.

Amid the sound of marriage bells a couple went their way, A youth and maiden, smiling sweet, for 'tis their wedding day. They vowed to love each other along life's rough career, A baby blessed their union ere they'd been wed a year.

But sad, alas, to her one day the vile tempter came, He told her he would lead her to the very gates of fame, She left her husband and her child and fled to foreign parts. That's another scene I witnessed in life's play of broken hearts.

There's a husband sitting alone, for his love will never die. He tells his little baby mama's coming by and by. He bows his head to hide the tears that to his eyelids start. That's the saddest scene I witnessed in life's play of broken hearts.

Now comes the grand finale on which the curtain falls, The scene is of a battlefield upturn by cannon balls, It is a field of carnage dire with bloody corpses strewn. The battle wages fierce and wild, but 'twill be ended soon.

The enemy have fled, the wounded soldiers shout with joy, And there among their number lies a dying drummer boy, His comrades lift him tenderly; the lad these words imparts: "Tell mother I died fighting in life's play of broken hearts."

There's a poor old gray-haired mother waiting for her boy to come, She is thinking of the morning that she buckled on his drum, The news arrives her boy is dead, from this life she departs. That's the closing scene I witnessed in life's play of broken hearts.

Coughs and Consumption
Coughs and colds, when neglected, always lead to serious trouble of the lungs. The wisest thing to do when you have a cold that troubles you is to get a bottle of Dr. King's New Discovery. You will get relief from the first dose, and finally the cough will disappear. O. H. Brown, of Muscadine, Ala., writes: "My wife was down in bed with an obstinate cough, and I honestly believe had it not been for Dr. King's New Discovery, she would not be living today." Known for forty-three years as the best remedy for coughs and colds. Price 50c, and \$1. Recommended by all druggists.—Adv.

Drive Away Sick Headaches
Sick headaches, sour gassy stomach, indigestion, biliousness, disappear quickly after you take Dr. King's New Life Pills. They purify the blood and put new life and vigor in the system. Try them and you will be well satisfied. Every pill helps; every box guaranteed. Price 5c. Recommended by all druggists.—Adv.

For Burns, Bruises and Sores
The quickest and surest cure for burns, bruises, boils, sores, inflammation and all skin diseases is Bucklen's Arnica Salve. In four days it cured L. H. Hartin, of Ireland, of a sore on his ankle which pained him so he could hardly walk. Should be in every house. Only 25c. Recommended by all druggists.—Adv.

ECONOMIC MORALS.
Adam ate the apple. "I should have been paid enough to resist temptation," he protested. Thus we see where the trouble started.

Children Cry FOR FLETCHER'S CASTORIA

"JEST COME NATURAL."

Charles S. Whitman, the district attorney, presented to the grand jury investigating the police graft in New York a few ago a flashily dressed negro, said to be the keeper of a house in Harlem, from whom he hoped—in vain, as it afterward developed—to obtain evidence of police blackmail.

"Do you know how to shoot craps?" asked a grand jurymen, after the negro had denied being a gambler, denied any connection with the police, and in fact all knowledge of official crookedness.

"Oh, yas, suh, I kin shoot craps," said the witness.

"Where did you learn—in Baltimore?" The negro had given Baltimore as his home before he came to New York.

"No, suh, I didn't learn in Baltimore."

"In New York?"

"No, suh, not in New York."

"Well, where did you learn?"

"I didn't learn nowhar—hit jes' come nach'ul to me, suh."—Saturday Evening Post.

SHE COULDN'T SAY GARTERS.

The Sweet Young Thing entered the department store and after glancing around in a hopeless way for a few moments approached a floor walker, says the Cincinnati Enquirer.

"What can we do for you Miss?" asked the floor walker.

The Sweet Young Thing blushed and then said:

"Where can I find those elastic bands capable of being elongated and put around the lower extremities of the locomotive members to keep the proper position and attitude for the habiliments of the tibiae?"

Ten minutes later strong men led the floor walker away. He was a raving maniac.

NOT A SUFFRAGETTE.

At a parental gathering recently a lady toasted, "The Gentlemen" as follows: Bless'm. They share our joys, they double our sorrows, they triple our expenses, they quadruple our cares, they excite our magnanimity, they increase our self respect, awaken our affection, control our property and out-manuever us in everything. This would be a dreary world without them. In fact, I may say without fear of successful contradiction, that without them this would not be much of a world anyhow. We love them and the dear things cannot help it. We control them and the precious fellows don't know it.

Children Cry FOR FLETCHER'S CASTORIA

Revenge generally seeks refuge in a small head.

THE Hamilton Watch

OF AMERICA. LANCASTER, PA.

I am sole agent for the Hamilton watch in this vicinity.

I repair Watches, Clocks, Jewelry, Sewing Machines, Phonographs, Cash Registers, Etc.

All work guaranteed.

G. C. NELSON, WELDON, N. C.

WANT SHINGLES?

If this Label

TRANSFER BRAND 16 in EXTRA CLEAR

THE TRANSFER LUMBER & SHINGLE CO. W. TONAWANDA, N. Y.

is on every bunch and you lay them with Zinc Nails your roof should last forty years.

DIXON & POOLE MFG CO., WELDON, N. C.

Stops Backache

Sloan's Liniment is a splendid remedy for backache, stiff joints, rheumatism, neuralgia and sciatica. You don't need to rub it in—just laid on lightly it gives comfort and ease at once.

Best for Pain and Swelling. Mr. Geo. BUCHANAN, of Welch, Okla., writes: "I have used your Liniment for the past ten years for pain in back and stiffness and find it the best Liniment I ever tried. I recommend it to anyone for pains of any kind."

SLOAN'S LINIMENT

is good for sprains, strains, bruises, cramp or soreness of the muscles, and all affections of the throat and chest.

Got Entire Relief. R. D. BURGOYNE, of Mayville, Ky., R.R. 1, Box 5, writes:—"I had severe pains between my shoulders; I got a bottle of your Liniment and had entire relief at the fifth application."

Relieved Severe Pain in Shoulders. Mr. J. UNDERWOOD, of 2800 Warren Ave., Chicago, Ill., writes:—"I am a piano polisher by occupation, and since last September have suffered with severe pain in both shoulders. I could not rest night or day. One of my friends told me about your Liniment. Three applications completely cured me and I will never be without it."

Price 25c, 50c, and \$1.00 at All Dealers. Send for Sloan's free book on horses.

Address: Dr. Earl S. Sloan, Boston, Mass.

CORTRIGHT METAL SHINGLES

Laid Right Over Wood Shingles. No Dirt, No Bother—In a very short time any building can have its fire-trap covering turned into a modern fire-proof, storm-proof, lightning-proof roof at a very moderate cost—a roof that will last as long as the building and never need repairs.

For Sale by J. S. TURNER, WELDON, N. C.

FROST PROOF CABBAGE PLANTS

GUARANTEED TO SATISFY CUSTOMERS FROM THE ORIGINAL CABBAGE PLANT GROWERS

Established 1868. Paid in Capital Stock \$30,000.00

We sow three tons of Cabbage Seed per season. A new full line of Frost Proof Cabbage Plants.

Wm. C. Geraty Co., Box 84, Yonges Island, S. C.

The Thrice-A-Week

EDITION OF THE N. Y. WORLD!

Practically a Daily at the Price of a weekly. No other newspaper in the world gives so much at so low a price.

This is a time of great events and you will want the news accurately and promptly. The Demo-crats, for the first time in sixteen years, will have the Presidency and they will also control both branches of Congress. The political news is sure to be of the most absorbing interest.

There is a great war in the Old World, and you may read of the extinction of the vast Turkish Empire in Europe, just as a few years ago you read how Spain lost her last foot of soil in America, after having ruled the empire of half the New World.

The World long since established a record for impartiality, and anybody can afford its Thrice-A-Week edition, which comes every other day in the week, except Sunday. It will be of particular value to you now. The Thrice-A-Week World also abounds in other strong features, serial stories, humor, markets, cartoons; in fact, everything that is to be found in a first class daily.

The Thrice-A-Week World's regular subscription price is only \$1 per year, and this pays for 156 papers. We offer this unequalled newspaper and

THE ROANOKE NEWS together one year for \$1.75.

The regular subscription price of the two papers is \$2.50.

Photographs!

We do all kinds of HIGH CLASS WORK.

POST CARDS \$1 a dozen

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