

# Royal Baking Powder

A cream of tartar baking powder. Highest all in leavening strength. Latest United States Government report.

Royal Baking Powder Co., 106 Wall Street, N. Y.

## GROWING OLD.

The fairest lilies droop at eventide, The sweetest roses fall from off the stem, The rarest thing on earth cannot abide And we are passing, too, away like them, We're growing old.

We had our dreams—those rosy dreams of youth— They faded, and twas well. Thus after prime Hath brought us fuller hopes, and yet, forsooth, We drop a tear now in this latter time To think we're old.

We smile at those poor fancies of the past— A saddened smile, almost akin to pain— Those high desires, those purposes so vast, Ah, poor hearts; they cannot come again!

Old? Well, the heavens are old; this earth is, too, Old wine is best, maturest fruit most sweet, Much have we lost, more gained, although 'tis true, We tread life's way with most uncertain feet.

We move along and scatter as we pace Soft grasses, tender hopes on every hand At last, with gray-streaked hair and hollow face, We step across the boundary of the land, Where none is old.

SUNDAY SELECTIONS. You have not fulfilled every duty which you have fulfilled that of being pleasant—Charles Buxton. It is better to say, "This one thing I do, than to say, "These forty things I do in a day."

MERCURIAL. Mr. J. C. Jones, of Fulton, Arkansas, writes: "I have used your Mercurial for several years, and it has cured me of all my skin diseases." RHEUMATISM. "I have used your Mercurial for several years, and it has cured me of all my skin diseases."

## WONDERS OF CRATER MOUNTAIN.

A descent into the wonderful interior of an extinct volcano. Crater Mountain is one of the Umattilla Indians' great rock depots from which they collect the fossils in their expeditions to the forest in the mountains.

One of the favorite ones is told of a great war between the Shoshone and the Umatilla. When the Umatilla had slain their old and young, regardless of sex, one beautiful Shoshone maiden, seeing that death was inevitable from the pursuing foe, plunged the smoking gun or wood for the pipe and from infancy love to relate how the Great Spirit spoke to them with the awful voice of terrific thunder in the bowels of the earth.

The following is from the diary of the Hon. J. A. Wright: "Crater Mountain is located some 11 miles from the camp of Comstock, on the south side of the range, and is a mountain of eternal snow. Many chasms and fissures have in the misty past cleft the mountain and left them in the most fantastic shapes. Vegetation does not grow on certain heights, is reached, and close under the base of one of the great peaks is the famous extinct volcano. Ashes and lava are found in great profusion and in such indescribable masses that they make the ascent one of peril and great difficulty. However, once at the top, a peak down into the black, fathomless abyss applies the most unnecessary force for the favorite amusement was to throw rocks down and listen to the sounds as they struck on the projecting sides of the dark chimney until the sounds died away, leaving a hallow face, which was not unusual to me at that time."

Many have been the stories circulated of the wonderful cavern that extended from the sides of the great chimney. A story is told that the ascension was made by a pulley. The Hon. Joseph, with camera and notebook, was carefully lowered some 875 feet, when he noticed an aperture in the side of the chimney, and by signals agreed upon he crawled through a cleft in the great chimney, and the work of exploration began. The first sight that met his astonished gaze was a most stupendous chamber, but for the moment he was struck by the light of the candle and fairly struck terror to his heart, as the flickering candle seemed to possess a life of its own, and the light that made millions of the brilliant stalactites dance in resplendent beauty. A great snowy owl blinked at the astonished Joseph.

The explorer groped his way to the far end of the chamber, where he thought he heard sounds of falling water, nor was he mistaken, for, squeezing himself through an opening, he found himself in another chamber of great beauty, with a stream of hot sulphur water running into the earth. The incrustation from the sulphur water had transformed the cavern into a most fantastic shape. He found in the water some lively little lizards and some frogs that change color on the slightest provocation and two large eels which were seen to glide with a grace that seemed to defy the laws of nature and he longed for his little gun.—Baker City (Or.) Democrat.

A Well Disciplined Man. Army discipline is supposed to be very strict indeed, and orders must be obeyed swiftly and silently. The best disciplined soldier ever in the Russian army lived in 1777. He was stationed before the door of the palace during a heavy flood, when the empress, seeing from her balcony that the water had reached the level of the roof, called to him to retire. This soldier refused to do so, and when the empress asked him if he knew who she was the man replied affirmatively. Although he knew her majesty, he would not leave his post until his corporal relieved him. The water increased until it reached the sentinel's knees. The empress sent several messengers to him, but he refused to obey her. Finally she was compelled to summon the corporal, who was then asleep, and he was obliged to swim to relieve the honest private, who by that time had only his head above water and would counsel him to surrender himself to be drowned rather than disobey orders while obeying his sovereign.—Philadelphia Press.

Misery in Pitcairn Islands. The Pitcairn islands are having bad times nowadays. Eighteen months ago a party of American Seventh Day Adventists, including the Society and Family groups, and in their schooner, the Pitcairn, visited the lonely little island and converted the people from "hard cases" Christianity into Seventh Day Adventists. The mission was successful, brought dysentery, diphtheria, measles and influenza, and now comes the news that many of the miserable survivors (about 14) are stricken with malignant typhoid, to which 12 persons have already succumbed.—Hawaldan Gazette.

How Artists' Models Are Paid. The regular rate in the art schools is 83 1/2 cents an hour, or \$10 a week for six days' work of four hours each. No complaint is made by the art-enthusiasts, as the model is paid in 25 percent premium. "Good days" are few and far apart, for the poses are 26 minutes long, with only five minutes' rest, and difficult positions more than usual, and the model is paid in a lazy manner provokes complaint, and although the croaker may be the very best, he is not to be trusted, for the model, who may be trying to earn an honest livelihood.

How to Choose Good Lip Salves. Bad digestion will often assert itself in broken or chapped lips, sores in the corners of the mouth, fever blisters and a coated tongue. Chronic sores of the mouth should be rubbed with sweet oil or pure glycerin at night. In the morning wash with a solution of alum or borax, a teaspoonful in a tumbler of water. Camphor is a good antiseptic, and cleanses the mouth, and if not a bad cure. All the druggists have supplies and cheaply dispense 5 cent quantities. Citron ointment is one of the old reliable lip salves kept by all chemists. It is applied to the sore with a soft linen cloth. When the mouth is sore, the diet should be changed to vegetable foods.



## Tired, Weak, Nervous, Could Not Sleep.

Prof. L. D. Edwards, of Preston, Idaho, says: "I was all run down, weak, nervous and irritable through overwork. I suffered from brain fatigue, mental depression, etc. I became so weak and nervous that I could not sleep, I would arise tired, discouraged and blue. I began taking Dr. Miles' Nervine and soon everything is changed. I sleep soundly, I feel bright, active and ambitious. I can do more in one day now than I used to do in a week. For this great good I give Dr. Miles' Restorative Nervine the sole credit. It Cures."

Dr. Miles' Nervine is sold on a positive guarantee that the first bottle will benefit. All druggists will sell it for 25 cents. It will be sent prepaid, on receipt of price, by Dr. J. C. Rhea, Medical Dept., Indianapolis, Ind.

Dr. Miles' Pain Pills sold on a positive guarantee that the first bottle will benefit. All druggists will sell it for 25 cents. It will be sent prepaid, on receipt of price, by Dr. J. C. Rhea, Medical Dept., Indianapolis, Ind.

SPECIAL NOTICE! We are sole Agents for the LUZERNE HYGIENE UNDERWEAR, which contains all the medical or sanitary qualities found in other makes, and at a much lower price. Made three weights: Medium, Winter and "Chest Shields."

Ladies' White and Natural Wool in Vest and Pants, price \$1 and \$1.50. Gent's White and Natural Wool in Shirts and Drawers—\$1.00, \$1.50, \$1.75 and \$2.00.

Children's Tivoli C 50c. All-Wool Pants and Vest from 45c to 85c, according to size. Children's numbers—1,000 Pants and Vests, one-half Wool, from 30c to 60c, according to size. Children's Ribbed all-wool 75c; one half Wool 50c.

A D. BROWN, Successor to BROWN & RODDICK! No. 9 NORTH FRONT ST. Blankets. The past week has been one that has made a deep inroad in our stock of Blankets and Comforts, and with the same unparalleled success this week we will clean them up. Never before have we had such a sale of these goods.

A BUSY SCENE WAS PRESENTED IN OUR CLOAK DEPARTMENT, and no doubt this week will be crowded to overflow, but don't let that worry you for we assure each and every one of our patrons the best attention. Black Cloth Capes. Only a few left, and whether you can get more on account of the demand and labor trouble we are not sure, so you had better secure one before they all go. SEAL PLUSH CAPES. Nowhere else can you find such Superb Garments. SHAWLS, SHAWLS. A lot of Breakfast Shawls to put on sale this week at 25c, former price 50c and 60c.

## W. W. W. Wilmington's Welcome Week.

Nov. 26th—Dec 1st. The Old City by the Sea Throws Her Gates Open to All, and Says Come With Us and Enjoy Our Hospitality.

Amusements for All! Trap Shooting. Champion Shots from North, South, East and West will be with us. Foot Ball, Bicycle, Foot and Bag Races, Grand Military, Firemen and Civic Parades.

Battle of Fort Morrison, On the Old Cape Fear, between the Military and Navy, at same time display of FIREWORKS. Will take place from Battery Hooper, just opposite Fort Morrison.

Two Bands of Music FOR THE WEEK. The Uniform Division of K. of P., with their Drum Corps, numbering 25 members, will take part in the GRAND PARADE on Wednesday night, the 28th. The City will be illuminated and Decorated in grand style. Every-body invited. Come! Come! Come! Admission Free. LOW RAILROAD RATES.

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## May be when sick

you have never taken Brown's Iron Bitters? You have, perhaps, read the advertisements and testimonials, but never thought much about it. Will make you strong and well. Your energy and ambition will return, and perfect health will follow. You will feel better at once and gain strength rapidly.

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## HOW TO STOP NAIL BITING.

Break Up This Most Unpleasant and Clinging Habit in Early Years. The practice of nibbling at the finger nails is to be condemned, first, on the ground that the nails are thereby rendered brittle and unsteady, and, secondly, because it is senseless and the practice of a source of constant irritation to the friends of any one who does it.

How to Sterilize Milk. Take a tin pail and have made for it a false bottom perforated with holes and having legs half an inch high to allow circulation of the water. The bottle of milk to be treated is set on this false bottom, and the pail is filled with water until it reaches the level of the surface of the milk in the bottle. A hole is punched in the cover of the bottle, in which a cork is inserted, and the thermometer is put through the cork, so that the bulb dips into the milk, and the temperature can thus be watched without removing the cover. This water is then heated until the milk reaches a temperature of 155 degrees F., when it is removed from the heat and allowed to cool gradually. A temperature of 150 degrees maintained for half an hour is sufficient to destroy any germs that may be present in the milk, and it is found in practice that raising the temperature to 160 degrees and then allowing it to stand in the heated water until cool insures the proper temperature for the required time.

How to Wave the Hair as at Present. The hair must no longer be crimped, but must be laid over the head in large natural looking waves. The secret lies in the fact that the iron is no longer applied to the tip of the tress, and the hair is wound over it, but the iron is applied to the root of the hair, and the hair itself is wound around the iron, beginning as near the scalp as it is comfortable to hold the heated iron.

How to Acquire Lightness of Step. Let a girl walk about a room on tip-toes, at times balancing a book or sofa pillow on her head, for dignity. If this is done for a half hour each day for a year, she will walk like a queen, and ever after. A heavy step and downcast eyes prevent grace, lightness or dignity.

How to Live a Century. First—Live as much as possible out of doors, never letting a day pass without spending at least three or four hours in the open air. Second—Keep all the powers of mind and body occupied in congenial work. The muscles should be developed and the mind kept active. Third—Avoid excesses of all kinds, whether of food, drink or of whatever nature they may be. Be moderate in all things. Fourth—Never give way to anger. Never let the trials of one day pass over to the next. From 60 to 75 continue some active life and occupation, as the retiring from all this at that age often is the gravest mistake and is suicidal. On the contrary, read as much as possible from 75 to 100. Avoid exposure to cold, as bronchitis is very frequent at that time of life. Best abundantly. One ought thus to attain 100 years.

How to Make a Pocket. It should always be cut in a point at the top, never at the bottom unless you want to turn it inside out every time you need your articles, and the point finally sewed to the belt of the dress. This done, it cannot possibly "sag." Always set it in a seam or under a deep plait, near the back, fast it up with the dress material, carefully press all seams, and you can have two good pockets in one skirt.

How to Remove Dried Paint. To remove paint that has dried in a fabric put the soiled spot over a dish and pour spirits of turpentine over it and let it stand for several hours. Then take the fabric in the hands and rub briskly. To remove paint that has just been acquired pour coal oil on the fabric. A brisk rubbing with a clean cloth will bring the paint right out. Hang the garment in the air, and the coal oil and turpentine will evaporate. If in haste, rub in gasoline and hang in the sun.

How to Recognize Signs of Physical Debasement. Pale, pink or colorless lips, blue circles under the eyes and cold, dry hands and feet are evidences of a debauched and weakened system and promptly require a hygienic or physical.

## "MOTHER'S FRIEND"

is a scientifically prepared Liniment and harmless; every ingredient is of recognized value and in constant use by the medical profession. It cures Croup, Whooping Cough, Bronchitis, Asthma, Hoarseness, Sore Throat, Inflammation of the Lungs, Pleurisy, Neuritis, Sciatica, Rheumatism, Neuralgia, Headache, Toothache, Earache, Pain in the Back, Stiff Joints, Sprains, Bruises, Burns, Scalds, Insect Bites, and all other ailments of the throat, chest and lungs.

Positively Guaranteed. Under Exceptional Conditions. Our FREE 120-page Catalogue will explain why we can afford to sell it so low. Address: Droughon's Practical Business College, Nashville, Tenn.

CATARRH CURED! NOSE-TINE THE NEW HOME CURE FOR CATARRH, COLDS, HAY FEVER, GRIPPE, SORE THROAT. Dr. E. C. West's Nose and Brain Treatment is sold under positive written guarantee, by authorized agents only, to cure Weak Memory, Loss of Brain and Nerve Power, Lost Manhood, Quickness of Vision, Headache, Stomach Trouble, Loss of Appetite, Nervousness, Indigestion, Lethargy, Stiffness of the Joints, Rheumatism, Neuritis, Sciatica, Headache, Toothache, Earache, Pain in the Back, Stiff Joints, Sprains, Bruises, Burns, Scalds, Insect Bites, and all other ailments of the throat, chest and lungs.

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Johnson & Fore's FASHIONABLE Dry Goods. MILLINERY STORE. NEW FUR CAPES, FUR TRIMMINGS, THE LATEST SHAPES IN HATS & BONNETS, NEW DRESS GOODS.

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Atlantic National Bank, WILMINGTON, N. C. Capital, \$125,000.00 Surplus, \$25,000.00. Loans in any amounts made on approved security. With unsurpassed facilities for handling all business entrusted to us with promptness, accuracy and security, we solicit your account.

FAMOUS Paintings of the World. Great Modern Masterpieces. Embracing 320 of the finest specimens of American, French, English, German, Austrian, Italian, Scandinavian and Russian Art, from the Principal Public Galleries, Famous Private Collections and Studios of Eminent Artists.

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