Many people persist in riding on the street cars, insufficiently protected by They start out perhaps in the heat of the day and do not feel the need of The rapid moving of the car cools the body unduly. When they board the car perhaps they are slightly perspiring. When the body is in this condition it is easily perhaps they are slightly perspiring.

chilled. This is especially true when a person is sitting...

Beginning a street car ride in the middle of the day and ending it in the evening almost invariably requires extra wraps, but people do not observe these pre-

cautions, hence they catch cold.

Colds are very frequent in the Spring on this account, and as the Summer advances, they do not decrease. During the Spring months, no one should think of riding on the car without being provided with a wrap.

A cold caught in the Spring is liable to last through the entire Summer. Great caution should be observed at this season against exposure to cold. During the first few pleasant days of Spring, the liability of catching cold is great.

No wonder so many people acquire muscular rheumatism and catarrhal diseases during this season.

However, in spite of the greatest precautions, colds will be caught. At the appearance of the first symptom, Peruna should be taken according to directions on the bottle, and continued until every symptom disappears.

Do not put it off. Do not waste time by taking other remedies. Begin at once to take Peruna and continue it until you are positive that the cold has entirely disappeared. This may save you a long and perhaps serious illness later on.

Pe-ru-na for Colds.

Paterson, N. J., writes:

lars!" she exclaimed.

'em."-Cleveland Leader.

Mr. James Morrison, 68 East 16th St.,

"And do you sell these beautiful

"Nope," said the poet, sorrowfully.

"I seldom get more than 50 cents for

Deafness Cannot Be Cured

by local applications as they cannot reach the iseased portion of the ear. There is only one

tutional remedies. Deafness is caused by an

mflamed condition of the mucous lining of

the Eustachian Tube. When this tube is in-

damed you have a rumbling sound or imper-

fect hearing, and when it is entirely closed

Ceafness is the result, and unless the inflam-

mation can be taken out and this tube re-

inflamed condition of the mucous surfaces.

not be cured by Hall's Catarrh Cure. Send for

wirculars free. F.J. CHENEY & Co., Toledo, O

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Refused the Queen's Invitation.

committed a breach of etiquette,

which is recorded in the son's re-

cent memoir of his mother. Queen

Victoria commanded Madame Sterle

ing to sing before her. Without any

thought of offending, the singer re-

plied simply that she was sorry, but

on the evening designated she was

engaged to sing for a charity; she

would be pleased to sing for her maj-

The consternation among court of

ficials was great. What would have

happened if the singer had not been

prevailed upon to break her engage-

dress at a concert, and court cus-

The queen took unconscious re-

ing her with a tea service, for Mad-

ame Sterling kept all her life a child-

ish resolution never to drink tea be-

cause the spilling of the tea in Bos-

ton harbor was the symbol of Ameri-

We have a right to our opinion,

pleads the Mobile Register, of any

LOST \$300

Buying Medicine when Right Food

was Needed.

Money spent for "tonics" and

while the poor old stomach is loaded

with pastry and pork, is worse than

If the money only is lost it's bad

A Michigan young lady lost money

on drugs but is thankful she found

a way to get back her health by prop-

enough, but with lost health from

to relieve indigestion,

esty the next week.

tom had to yield to her.

can defiance of England.

happens to be leap year.

money back.

it did me any good.

Madame Antoinette Sterling, the

thoughts of your soul for mere dol-

Bad Effects From Cold.

and have spells of coughing that would sometimes last for a half hour. Mr. M. J. Deutsch, Secretary Building Material Trades Council, 151 Washington "Now we can never thank you enough for the change you have made in our little one's health. Before she began taking your Peruna she suffered everything in the St., Chicago, Ill., writes:
"I have found your medicine to be unusually efficacious in getting rid of bad effects from cold, and more especially way of cough, colds and croup, but now she has taken not quite a bottle of Peruna, and is well and strong as she has ever in driving away all symptoms of catarrh, with which I am frequently troubled.
"The relies Peruna gives in catarrhal troubles alone is well worth the price per bottle. I have used the remedy for several

Spells of Coughing.

Mrs. C. E. Long, writes from Atwood, Colorado, as follows:

"When I wrote you for advice my little three-year-old girl had a cough that had been troubling her for four months. She took cold eastly, and would wheeze Peruna is sold by room."

"I have given Peruna a fair trial, and I find it to be just what you claim it to be. I cannot praise it too highly. I have used two bottles in my family for colds, and everything imaginable. I can safely say that your medicine is the best I have ever used." Peruna is sold by your local druggist. Buy a bottle today.

NO SUCH LUCK.

The lazy man will also lie about it. Hicks' Capudine Cures Nervousness. Whether tired out, worried, sleeplessness or what not. It quiets and refreshes brain and nerves. It's liquid and pleasant to take. Trial bottles 10c. Regular sizes 25c. and 50c., at dauggists.

Young men should settle up before they settle down.

Ladles Can Wear Shoes One size smaller after using Allen's Foot-Ease, a rowder. It makes tight or new shoes easy. Cures swollen, tot, sweating, aching feet, ingrowing nails, corns and bunions. At all draggists and shoe stores, 25c. Don't accept any substitute. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N. Y.

The larger a man feels the smaller he appears to other men. So. 16-'08.

MACHINE-GROUND PAINT.

Occasionally one hears the "handmixed" paint of the painter slightingly spoken of as "unscientific" and "not thoroughly mixed." The facts are all on the side of the painter and his hand-prepared paint.

It is the most "scientific" paint there is, because it is made on the spot to suit the particular purpose for which it is to be used. It is as scientific as a good doctor's prescription. If the painter did not mix it thus it would be as unscientific as a patent medicine. Moreover the paint which a good painter turns out is made of genuine white lead and pure linseed oil. It he does not mix it himself he is not sure what is in it and consequently his client cannot be sure.

As for not being thoroughly mixed by machinery, that is simply a misstatement. White Lead as made by National Lead Company is thoroughly incorporated with 7 or 8 per cent. of pure Linseed oil in the factory, making a paste. This paste need only be thinned with additional linseed oil to make it ready for the brush

The thorough incorporation of pigment and oil has already been accomplished before the painter gets it. To know hov to tell pure white lead is a great advantage to both painter and house-owner. National Lead Company will send a tester free to anyone interested. Address the company at Woodbridge Building, New York, N. Y.

It is a good deal easier to earn money than to get a living out of it. BORAX, NATURE'S DISINFECT. ANT, CLEANSER AND PURIFIER.

Everybody realizes the necessity of some method of purification of sinks, drains and utensils in which may lurk the germ of a dreaded disease.

Health is a question of cleanliness

Most people are familiar with the use of disinfectants in their ordinary sense-all of which are unpleasantly

fying purposes-Borax.

Disinfectant."

flushed through a disease-laden drain, ever happened to me, I am sure, was home; and we should look forward

sick room can be made hygienically gained four pounds. clean and snowy-white, if washed in

during illness will be kept from all me, and you are perfectly free to possibility of contagion if Borax is publish this letter if it will send used when washing them. Pure as some poor sufferer relief, such as has the wood will not go out as mere rough lumber to supply the factories of other States.

These are all profitchle suggestions. snow and harmless as salt, and be- come to me."

ARBOR DAY SUGGESTION

Matter of Interest Discussed by the North Carolina Geological Survey, Chapel Hill, N. C.

The suggestions given in this buletin for a lesson in the observance of Arbor Day have been made by W. W. Ashe, Forester of the Geological Survey. It is to be desired that this day shall be more generally observof our forests and the beauty and need of trees for shade and decorative purposes. Arbor day is May 10, and how soon many of our school yards could be made places of beauty if on each Arbor Day the school would plant a certain number of trees or shrubs and then care for them durng the year.

While the same sentiment which is attached to the observance of Arbor Day in the scantily forested western states cannot be applied in a well wooded State like North Carolina, yet the observance here of such a day has its significance. Arbor day in North Carolina could be set aside for the school children to learn of the great natural gift which we have in the forests, and the relation of the forest to the well-being and wealth of

The right way to plant a tree, how the roots and crown should be, the manner of pressing the earth firmly about the roots, and how to prune the branches—this is a manual exercise but one which it is well for everyone

sociated with the smallest roots which absorb moisture and the need for preserving these when transplanting should be emphasized. The moisture the tree must have, its use of manure (leaf, mould and humus), how it grows and bears its fruits are elementary to the fundamental truths of the relation of the forest to the happiness and progress of our people.

Next to the very soil itself, which in North Carolina was originally nearly all forest covered, the forest has been the chief source of livelihood for our people. If it at one time temporarily barred the progress of the farm, it yielded at the same time a revenue in furnishing both warmth and shelter. When the farming land became worn and thin or gullied, the thickets of pine again covered the soil, restoring its fertility and making it productive. The relation of the forest to the farm is paramount. It is so intimate as to be almost inseparable. On the farm the uses of wood are manifold, for fuel, fencing, building tools and barrels

Within itself, moreover, the forest sustains a vast industry, employing more than 20,000 of our men in handling and sawing and reconverting its lumber and other products. The lumstored to its normal condition, hearing will ber is used for building our towns and are caused by catarrh, which is nothing but an then it keeps the factories of many of We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that canthem busy, chaning the rough lumber into furniture, as is the case at High Point and Lexington; or turning wood into pulp for paper, as is done in the mountains at Canton; or making tanning materials from wood, which is done at Old Fort. American singer, once unconsciously

But even this is not the limit of the direct usefulness of the forest. The value of the many rivers of North Carolina for manufacturing depends largely upon the uniformity of their flow, upon the absence of great floods. and the shortness of the period of low water, and upon how small a quantity of sand and earth is washed from the soil of our hills and mountains. Great unevenness in the flow of the streams makes it difficult to use the power. Large amounts of earth in the water fill up the ponds and reservoirs and prevent the water being stored. The forest is very important ment and comply with the queen's in adding to the usefulness of the behest only a Lord Chamberlain rivers. The more forest there is on the streams and the thicker the Even a Lord Chamberlain could sponge of leaves and litter on the not prevail on her to break her rigid ground beneath the trees the more resolution against wearing a low uniform is the stream flow and the freer the water from sand and earth. And this is true not only of the big rivers but the small streams as well. venge on the American by present- The bottoms along many of them, at one time cultivated in corn, are now covered with sand bars or have been washed into deep gullies by the floods as the influence of the forest has been lessened by burning and destroying its humus in addition to clearing the land.

It is from these thoughts that the young man who will let a sweet, modreal lesson of Arbor Day can be est girl do the proposing, because it drawn. The forest is one of our greatest and most valuable natural gifts and one which, when destroyed, lessens our prosperity, reduces our sources of wealth, and brings great damage to other industries; while it is not possible on steep and poor land except after a great many years and at great expense. As such a resource, t should be wisely used and in such a way that young trees come up in the forest land to take the place of those that are cut. It is important to the owner that every acre of his land should be producing something of value, and since in many parts of wrong eating, it is hard to make the he State we cannot grow grass on land-which has become washed or worn, such land shauld be planted in trees that it may be growing something of use and value, for idle lands "I had been a victim of nervous like idle hands are a reproach to both dyspepsia for six years and spent owner and State. And since the three hundred dollars for treatment | forest is one of the primary sources in the attempt to get well. None of of wealth like our waterpowers and our fisheries, the State should seek by "Finally I tried Grape-Nuts food, wise laws to perpetuate them, and and the results were such that, if it | we should try to retain their ownercost a dollar a package, I would not ship and use so far as possible among be without it. My trouble had been the people who live in the State, and Two tablespoonfuls of Borax in a caused by eating rich food such as have their homes here, in order that the wealth that the forests create as "The most wonderful thing that they rise in value, may remain at cleanses and purifies it, leaving it the change in my condition after I with the hope that eventually the began to eat Grape-Nuts. I began greater portion of our hardwoods will Bed clothing and clothes used in a to improve at once and the first week be manufactured into finished pro-"I feel that I cannot express myself in terms that are worthy of the
where only towns stand today; and ducts within the State, keeping skill-Kitchen and eating utensils, used benefit Grape-Nuts has brought to that the wood will not go out as

These are all profitable suggestions cause it can be used for almost every |. Name given by Postum Co., Battle for Arbor Day, and will serve to show domestic and medical purpose, Borax | Creek, Mich. Read, "The Road to what the true significance of the day should be; the relation of our forests to our wealth and prosperity.

SURES ALL ITCHING EXUPTIONS. Glencoe, Md., Nov. 21st, 1807: "I have head conema on my hands for 12 years, and have tried everything. I have been using TETTERINE 4 days and the results are great." Signed, Mrs. M. Harvay. TETTERINE is the surest, safest, speediest cure for ecsema and all other skin diseases. Sold by druggists or sent by mail for 50c. by J. T. Shurtrine, Dept. A, Savannah, Gs.

The fellow whose work is grinding soon wears away.

WAS DELIRIOUS WITH ECZEMA.

Pain, Heat and Tingling Were Excruclating—Cuticura Acted Like Magic.

"An eruption broke out on my daughter's chest. I took her to a doctor, and he pronounced it to be eczema of a very had form. He treated her, but the disease spread to her back, and then the whole of her head was affected, and all her hair had to be cut off. The pain she suffered was excruciating, and with that and the heat and tingling her life was almost unbearable. Occasionally she was delirious and she did not have a proper hour's sleep for many nights. The second doctor we tried afforded her just as little relief as the first. Then I purchased Cuticura Scap, Ointment, and Pills, and before the Ointment was three-quarters finished every trace of the disease was gone. It really seemed like magic. Mrs. T. W. Hyde, Brentwood, Essex, England, Mar. 8, 1907."



This woman says she was saved from an operation by Lydia E. Pinkham's Vegetable Compound.

Lena V. Henry, of Norristown, Ga., writes to Mrs. Pinkham: "I suffered untold misery from fe-

male troubles. My doctor said an operation was the only chance I had, and I dreaded it almost as much as death. "One day I read how other women had been cured by Lydia E. Pinkham's Vegetable Compound, and I decided to try it. Before I had taken the first bottle I was better, and now I am en-

"Every woman suffering with any female trouble should take Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pink-ham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

EPILEPTICIDE CURE Complies with Food and Drugs Act of Congress June 30th 1908. Complete directions, also tes imonials of OURES, etc., FREE by mail. Express Prepaid. Give AGE and full address

It is not a disgrace to fail, but it is a crime not to try again.

W. H. MAY, M. B., 548 Pearl Street, New York.

Hicks' Capudine Cures Headache, Whether from colds, heat, stomach or nervous troubles. No Accetanilid or dangerous drugs. It's liquid and acts immediately. Trial bottles 10c. Regular sizes 25c, and 50c., at all druggists.

Some men just wont foot a bill without kicking.

Garfield Tea, the herb medicine, insures a healthy action of liver, kidneys, stomach and bowels. Take it for constipation and sick-headache. Write Garfield Tea Co., Brooklyn, N. Y., for free samples.

DOES ADVERTISING PAY?

It does and it does not. Here is an article from The Fouth Estate, a newspaper trade paper of New York: "The Success Publishing Company, whose offices are situated on the eighth floor of the New York University Building, 32 Waverly Place, New York, wanted a clerk, and the Accountancy Publishing Company, in the same building, needed an office boy one day last week.

"Each concern put a small ad. in one of the daily newspapers and more than 400 men and boys applied for the positions.

"The two crowds met and in some anexplained way the doors of the Accountancy office were forced and a lot of the office furniture was broken. "After a riot call the police arrested twenty-three men, who were later discharged in a magistrate's court for want of evidence."

The Accountancy Company, viewing the wreck of its office furniture, would no doubt declare, if closely pressed, that in the case in question it has ascertained that advertising did not pay.

ANOTHER INSTANCE.

sation with a competitor, remarked good, and I used in all eight boxes, that "advertising does pay" and as which restored me to perfect health." incident thereto stated that the week | Sold by all dealers. 50 cents a box. daily paper for a boy, and sure enough the following morning his edvertisement was more than covered in the fact that his wife had presented him that same morning with twinsboth boys.

There is little to be feared from the fellow who is mad. The fellow who is in a good humor is the dan-

M'f'g Sash, Doors Randall Bros., and Blinds, ATLANTA, GA.

AN UNCULTURED WOMAN. "What makes you think she is un-"She thinks Ibsen's plays are stu-

"Well, a lot of people think so." "Yes, but she says so."-Oleveland

Men enjoy doing anything they don't have to do for a living

FITS, St. Vitus'Dance: Nervous Diseases permanently cured by Dr. Kline's Great Nervo Restorer. \$2 trial bottle and treatise free. Dr. H. R. Kline, Ld., 931 Arch St., Phila., Pa.

One trouble with the "dead-beat" is that he isn't dead.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. At druggists. A man who whines is worse than an owl screech.

J. R. Maxwell, Atlanta, Ga., says: "suffered agony with a severe case of cenema. Tried six different remedies and was in despair, when a neighbor told me to try. Shuptrine's TETTERINE. After using \$8 worth of your TETTERINE and soap I am completely cured. I cannot say too much in its praise." TETTERINE at druggists or by mail 50c. Soap 25c. J. T. SEUPTRINE, Dept. A, Savannah, Ga.

His Misfortune.

"I was a celebrated pianist and a great success with the public," confided the sad-eyed man to his com-panion, "but I had a misfortune which threw me out of favor with my audiences and cut off my revenue as a performer!" "What was your misfortune?" asked his friend. "My hair fell out!"-From the April Bohemian.

SPRING KIDNEY TROUBLE.

Vividiy Bescribed by One Who Has Suffered From It.

Mrs. H. Mutzabaugh, of Duncannon, Pa., says: "I was sick and miserable all last Spring, and as I did not know what was the matter, I kept going down and down until I was a physical wreck. had smothering spells, flashes of heat over the kidneys, and pain in passing the kidney secretions, which con-

tained sediment. My husband urged me to try Doan's Kidney Pills, and at A Western merchant, in a conver- last I did so. They did me much Foster-Milburn Co., Buffalo, N. Y.

Trust no man's memory-nor your

Constipation May be permanently overcome by prepersonal efforts with the assistance
of the one truly beneficial laughter
remedy, Syrup of figs and Lintro Sea
which enables one to form repula
habits daily so that assistance to no
ture may be oraquelly disposed.

Habitual

ture may be gradually dispensed when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment proper efforts, and right living general Toget its beneficial effects, along buy the genuine

Syrup Figs and Elixir & Senny FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per Bottle

Paint 50e per gallon; Red of Brown Roof Paint 50e per gallon; Creosote Shingle Stain 60e per gallon. These paints wear well, lock well and give excellent service. Special paints of a kinds.

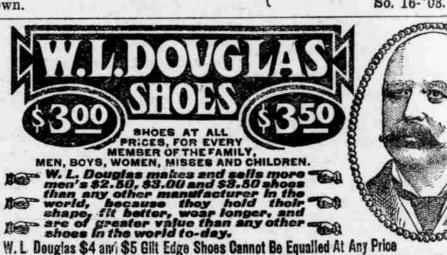
TWIN CITY PAINT CO...

87-89 Market Flace. Norfelk, Va.



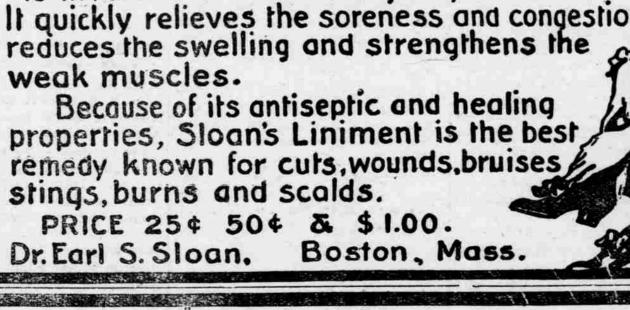
\$60.000 Value Given Away THERACYCLE has 27 % less pr less strain on chain, it runs and clim hills easier than other bicycles. Is the largest selling high-grade wheel in the world. Williastalifetime, We make cheap RACYCLES but you can get you AT FACTORY PRICES by securing MANUFACTURERS OF THE BACYCLE, MIDDLETOWN I

So. 16-'08.



A Sprain or Strain must have immediate attention Sloan's Liniment

is invaluable in an emergency of this kind.
It quickly relieves the soreness and congestion, reduces the swelling and strengthens the



Free Gure for Rheu-

matism, Bone Paln

and Eczema

Botanic Blood Balm (B. B. B.) cures the worst



Cardui, the woman's remedy, has been known for many years as "Woman's Relief," because of its great value in the treatment of female diseases. 'Twill help you, if you are a sufferer from any of the ills peculiar to women,

which can be reached by medicine. Why? Because it has helped other sick women.

for headache, backache, pressing-down pains, nervousness, irritablity, and other symptoms of general female weakness. Mrs. R. L. Denney, of Huntsville, Ala., writes: "Cardui does me more good than any medicine I have ever taken." Try.

WRITE FOR FREE BOOK Write for Free 64-page Book for Women, giving symptoms, causes, home treatment and valuable hints on diet, exercises, etc. Statt free on request in plain wrapper, by mail prepaid. Ladies' Advisory Dept., The Chattanooga Medicine Co. Chattanooga, Tenn.

Some men are born small and some grow smaller. by what he doesn't like to do. Mrs. Winslow's Soothing Syrup for Children

tion, allays pain, c res wind colic, 25ca bottle Still water soon grows stagnant.

Many Old People Suffer From cases of Rheumatism, bone pains, swollen muscles and joints, by purifying the blood. Thousands of cases cured by B. B. B. after all other treatments failed. Price \$1.00 per large bottle at drug stores, with complete directions for home treatment. Large sample free by writing Blood Balm Co., Atlanta, Ga. Bronchial Affections, particularly at this time of year. Brown's Bronchial Troches give immediate relief.

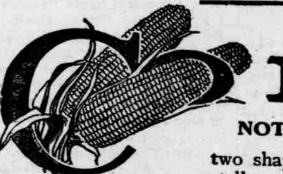
Small talk was invented to keep small minds from insanity.

There is Only One "Bromo Quinine"

That Is Laxative Bromo Quinine

USED THE WORLD OVER TO CURE A COLD IN ONE DAY. Always remember the full name. Look

It is always safe to judge a man ONE New S. H.P. Olds Gaseline Farm En- If afficted Thompson's with weak the deep with weak to be deep with the deep



NOT NUBBINS. BUT-

two shapely ears and more per

Ears that are solid from tip to butt. Every grain plump and heavy and rich. That is the common record when a worn soil is properly treated with

Let us send you our Free Booklet, "Plant Food." It is a scientific discussion of the agricultural problem, and is thoroughly simple and practical. It will show you how to double the value of a field. Write for it to-day. Add as GERMAN KALI WORKS, 93 Nassau Street, New You. Atlanta, Ca.-1224 Candler Bullding

associated with disagreeable odors, on which are depended to kill the contagion (which disinfectants must of necessity be of a more or less dan- losing a pocketbook containing the gerous character) and must be used for this purpose and for no other, and in consequence kept from children and careless handling.

There is, however, within the reach of all our readers a simple, safe and economical article that will not only answer for every disinfecting purpose or food. She writes: -but can also be used for a multitude of domestic cleansing and puri-

Borax is a pure, white harmless powder coming direct from Natura's laboratory; in fact Borax has of 21 been called "Nature's Cleanser and

pailful of hot water poured down the pastry and pork. grease-choked pipes of a sink, or

a hot solution of Borax water.

ed and that our young people shall be brought to a realization of the value

to be able to perform.

The life of the tree is closely as-

and crates for shipping.