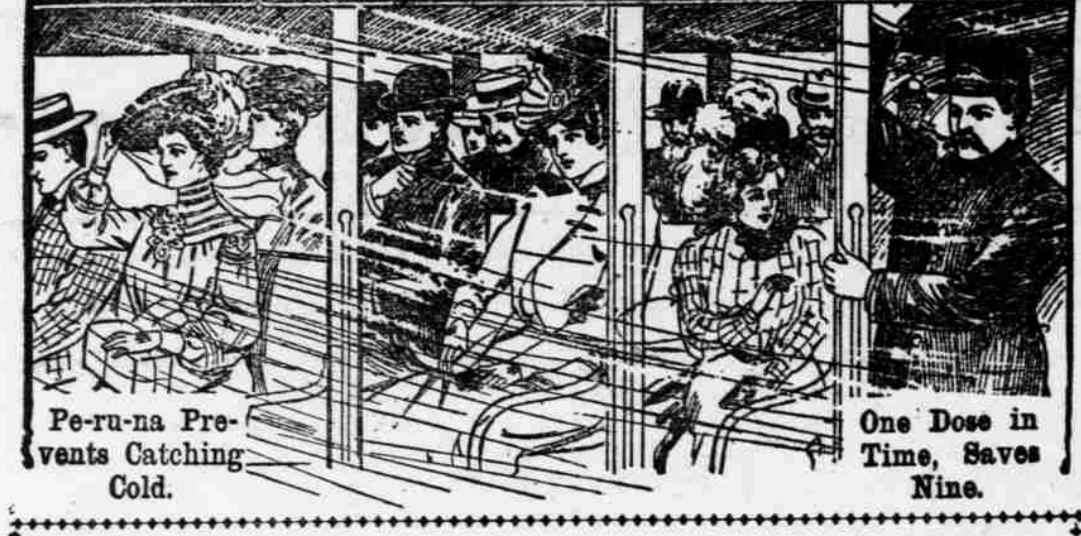


NO ONE CAN ALWAYS AVOID

Catching Cold on the Street Car



Many people persist in riding on the street cars, insufficiently protected by clothing. They start out perhaps in the heat of the day and do not feel the need of wraps. 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 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 precautions, 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.

Bad Effects From Cold.
Mr. M. J. Deutch, Secretary Building Material Trades Council, 151 Washington St., Chicago, Ill., writes: "I have found your medicine to be unusually efficacious in getting rid of bad effects from cold, and more especially in driving away all symptoms of catarrh, with which I have frequently been troubled. Peruna gives in catarrhal troubles alone is well worth the price per bottle. I have used the remedy for several years now."

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 easily, and would wheeze. Peruna is sold by your local druggist. Buy a bottle today."

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 druggists.

Young men should settle up before they settle down.
Ladies Can Wear Shoes One size smaller after using Allen's Foot-Ease, a powder. It makes tight or new shoes easy. Cures swollen, hot, aching feet, itching, burning, corns and bunions. At all druggists and shoe stores. Don't accept any substitute. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N.Y.

MACHINE-GROUND PAINT.
Occasionally one hears the "hand-mixed" paint of the painter slightly spoken of as "unscientific" and "not thoroughly mixed." The facts are all on the side of the painter and his hand-mixed 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 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 is 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.

ARBOR DAY SUGGESTION

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

The suggestions given in this bulletin 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 observed and that our young people shall be brought to a realization of the value of 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 during 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 significance of 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 our people.

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 to be able to perform.

The life of the tree is closely associated 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 and crates for shipping.

Within itself, moreover, the forest sustains a vast industry, employing more than 20,000 of our men in handling and saving and reconverting its lumber and other products. The lumber is used for building our towns and it keeps the factories of many of them busy, churning the rough lumber into pulp for paper, as is done in the mountains at Canton; or making tanning materials from wood, which is done at Old Fort.

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 in adding to the usefulness of the rivers. The more forest there is on the streams and the thicker the sponge of leaves and litter on the ground beneath the trees the more 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. 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 real lesson of Arbor Day can be 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, it 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 the State we cannot grow grass on lands which have become washed or worn, such land should be planted in trees that it may be growing something of use and value, for idle lands like idle hands are a reproach to both owner and State. And since the forest is one of the primary sources of wealth like our waterpowers and our fisheries, the State should seek by wise laws to perpetuate them, and we should try to retain their ownership and use so far as possible among the people who live in the State, and have their homes here, in order that the wealth that the forests create as they rise in value, may remain at home; and we should look forward with the hope that eventually the greater portion of our hardwoods will be manufactured into finished products within the State, keeping skilled men busy, and building cities where only towns stand today; and that the wood will not go out as mere rough lumber to supply the factories of other States.

These are all profitable suggestions for Arbor Day, and will serve to show what the true significance of the day should be; the relation of our forests to our wealth and prosperity.

EPILEPSY ITS

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 sample.

WAS DELIRIOUS WITH ECZEMA.
Pain, Heat and Tingling Were Excruciating—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 bad 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 unendurable. 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 Soap, 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."



DOES ADVERTISING PAY?
It does and it does not. Here is an article from The Fourth 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 unexplained 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.
A Western merchant, in a conversation with a competitor, remarked that "advertising does pay" and as incident thereto stated that the week previous he had advertised in their daily paper for a boy, and sure enough the following morning his advertisement was more than covered in the fact that his wife had presented him that same morning with twins—both boys.

FACTS FOR SICK WOMEN.
For thirty years Lydia E. Pinkham'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.

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

DOVE-TAILED PUTTY LOCK SASH.
No builder can afford to use the old kind when he can get the Putty Lock Sash just as cheap. For sale by Randall Bros., Mfg. Sash, Doors and Blinds, ATLANTA, GA.

AN UNCULTURED WOMAN.

"What makes you think she is uncultured?"
"She thinks Esben's plays are stupid."
"Well, a lot of people think so."
"Yes, but she says so."—Cleveland Leader.

ROSEMA CURED.
J. R. Maxwell Atlanta, Ga., says: "I suffered agony with a severe case of eczema. Tried six different remedies and was in despair, when a neighbor told me to try Esben's 'Treatise.' After using \$3 worth of your TREATISE and soap I am completely cured. I cannot say too much in its praise." Treatise at druggists or by mail. Soap 25c. Dr. T. S. SURBER, 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 companion, "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.
Vividly Described by One Who Has Suffered From It.
Mrs. H. M. Mutschbach, 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. I had another spells, flashes of heat over the kidneys, and pain in passing the kidney secretions, which contained sediment. My husband urged me to try Doan's Kidney Pills, and at last I did so. They did me much good, and I used in all eight boxes, which restored me to perfect health." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

W. L. DOUGLAS SHOES \$3.00 \$3.50
SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MISSES AND CHILDREN.
W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, are better, wear longer, and are of greater value than any other shoes in the world to-day.
W. L. Douglas \$4 and \$5 Blk Edge Shoes Cannot Be Equalled At Any Price.
Sole by E. A. FRYER, W. L. Douglas name and price stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Free Catalogue free to any address.
W. L. DOUGLAS, Brockton, Mass.

Habitual Constipation

May be permanently overcome by personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance in future may be gradually dispensed with when no longer needed as the best 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 generally. To get its beneficial effects, obtain by the genuine Syrup of Figs and Elixir of Senna manufactured by the CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle.

SAVE MONEY PAINTS
Direct from the MANUFACTURERS. Good House Paints of all colors, hard wood stains, varnishes, etc. in 10¢ and 20¢ cans. These paints wear well, and give excellent service. Special prices on 10¢ cans. TWIN CITY PAINT CO., 87-89 Market Place, Norfolk, Va.

THE DUTCH BOY PAINTER STANDS FOR PAINT QUALITY
IT IS FOUND ONLY ON PURE WHITE LEAD MADE BY THE OLD DUTCH PROCESS

\$60,000 Value Given Away
THE RECYCLE
On the market longer than any other brand of paper. It is the largest selling high-grade paper in the world. Will save lifetime. We make it cheap. It's the best. An agent for the AT FACTORY PRICES by securing the log and pamphlet sent FREE. It tells about the RECYCLE and how to get the \$60,000. MANUFACTURERS OF THE RECYCLE, MILWAUKEE, WIS.

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 weak muscles.

Because of its antiseptic and healing properties, Sloan's Liniment is the best remedy known for cuts, wounds, bruises, stings, burns and scalds.

PRICE 25¢ 50¢ & \$1.00.
Dr. Earl S. Sloan, Boston, Mass.

'Twill Help You

Wine of Cardui

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, irritability, 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. Sent free on request in plain wrapper, by mail. PREPARED BY THE CHATTANOOGA MEDICINE CO., CHATTANOOGA, TENN.

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GERMAN KALI POTASH

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. Address: GERMAN KALI WORKS, 93 Nassau Street, New York. Chicago—Hondroch Building