

## Good Blood!

Your heart beats over one hundred thousand times each day. One hundred thousand supplies of good or bad blood to your brain. Which is it?

If bad, impure blood, then your brain aches. You are troubled with drowsiness yet cannot sleep. You are as tired in the morning as at night. You have no nerve power. Your food does you but little good.

Stimulants, tonics, headache powders, cannot cure you; but



**Ayer's Sarsaparilla**

will. It makes the liver, kidneys, skin and bowels perform their proper work. It removes all impurities from the blood. And it makes the blood rich in its life-giving properties.

**To Hasten Recovery.**

You will be more rapidly cured if you will take a laxative dose of Ayer's pills each night. They arouse the sluggish liver and thus cure biliousness.

**Write to our Doctors.**

We have the exclusive services of some of the most eminent physicians in the United States. Write to any of the particulars in this paper.

Address, Dr. J. C. AYER, Lowell, Mass.

**IF YOU WANT TO PLANT**  
Nut Bearing Trees and  
Grape Vines, write to Pinebluff  
Grape & Pecan Co.

**NOTICE.**

Notice is hereby given that application will be made to the General Assembly to amend the charter of the town of Seaboard.

1-25-4

**NOTICE OF DISSOLUTION.**

The partnership heretofore existing under the firm name of W. J. Lassiter & Co., is this day dissolved by mutual consent. Any claims against said firm must be presented at once to either of us for settlement.

W. J. LASSITER,  
S. M. LASSITER.

**For Rent.**

One modern new dwelling, with out-houses, lot and garden, in the town of Rich Square, within 100 yards of Express office. For further information apply to

MILLS H. CONNER,  
Rich Square, N. C.

**Wall Paper**

I have several styles of Wall Paper on hand which I will sell cheap.

M. H. CONNER,  
Rich Square, N. C.

**NOTICE.**

Notice is hereby given that application will be made to the General Assembly to incorporate the Roanoke Game Preserve Association.

1-25-4

**Job Printing.**

J. H. Parker & Co., Woodland, N. C., are now prepared to do your Job Printing at low rates.

**Cured Sage.**

I have a lot of nicely cured sage put up in 5 and 10 cent packages, for sale. This sage was grown and put up by G. H. Barnes of Roxobel to supply the large demand for it. Let me sell you

MILLS H. CONNER.

**The Jackson and Rich Square Telephone Co**  
INCORPORATED UNDER THE LAWS OF NORTH CAROLINA.

Splendid service.  
Pellegrino.  
Has connection with Jackson, Rich Square, Bryantown, Lasker, Fote and Woodland.

Messages sent to any point on the line for 10 cents.

Connects with Western Union Telegraph Company at Rich Square.

DR. W. P. MOORE, President.  
J. M. WEAVER, Secy. and Treas.  
General offices: Jackson, N. C.

### THE DISCREDITED KITCHEN.

The Question of how to Live of Supreme importance—Cooking a Beautiful Art.

A conspiracy of causes in bringing the American kitchen into disrepute. The girls of the average household have come to scorn it and its belongings. Its work has been relegated either to poor overworked self-sacrificing, drudging mothers, or to ignorant, slovenly, incompetent, shirking, and poorly paid servant girls. In our towns and cities, the American young women who can cook plain food, and properly take care of a kitchen has practically disappeared. As a rule, the girls proud of her incompetence and does not hesitate to boast of it. She seems to feel that ignorance of housework is a badge of good social standing, and too often, her mother encourages this notion.

These things are true, not alone of the wealthier classes but of the working people as well. The average working man gets good wages, he sends his daughters to the public school and quite often to a private seminary or academy. Both he and his wife fondly hope that by giving the girl an education she will be enabled to hold her head higher socially, and "have an easy time" in life, than her parents. Hence they are willing to toil and sacrifice, keeping their daughters in school steadily, giving her "musical advantages" even to the extent of going in debt for a \$300 piano, excusing her from all disagreeable household duties, and being only proud of her lady-like airs and evident superiority to the parent at stock. Thus the girl grows up to despise homely household labor, and those who live by it. She feels that the position of domestic even in the home of a neighbor or a friend, is one of social degradation. Driven by necessity she will go to work in a printing office, or a store, or a factory where she has long hours at wearing work and small pay, but she will not be "a drudge in somebody's kitchen," not even her mother's. Later, in the natural course of events she marries and then comes the real trial of her life. She finds herself responsible for the success of a home, which her young husband fondly hopes will be an ideal one, yet she cannot cook, or bake, or sew, or do any kind of house work satisfactorily, simply because she has never been taught.

The family income will not permit her to "keep a girl," and even if it does she is but little better off, as she has not one chance in ten of finding a domestic that is any more capable than herself. The usual results follow: an untidy, ill-kept house; unwholesome badly cooked meals; a morose, disappointed husband; a peevish, sullenly complaining wife, sickly, neglected, ill-governed children, with perhaps the tragical ending of divorce, suicide, and more homeless waifs for some orphan asylum.

This unpleasant domestic picture is becoming all too common in this Christian land. Why? Chiefly because the training forces of both school and home are neglecting the most important thing of life. This world offers us no hope or happiness not based on sound and wholesome physical conditions. Man and woman are sacrificing the ideal, by sacrificing the practical upon which the ideal must rest. There is need for a revival of the old-time gospel of homely every day work, and our schools ought to help in bringing this revival about. The question of how to live, is prominent in importance to every human being, and every school ought to contribute as much as possible to its correct answering. There is no recent educational movement more deserving than that which proposes to dignify the work of the kitchen by giving it educational treatment under the name of Domestic Science.

In the education of every girl there should be some provision for having her to honor household duties by making her proficient in them. Nothing so enhances the worker's respect and love for his work as skill and intelligence in the doing of the work. Teach a girl that cooking is an exact and beautiful science, art, and that the keeping of a house sweet and clean, and attractive is a feminine accomplishment of high rank, and she will not consider proficiency in these duties a badge of social inferiority—Learning by Doing.

**Hood's Pills**

Stimulate the stomach, rouse the liver, cure biliousness, headache, dizziness, sour stomach, constipation, etc. Price 25 cents. Sold by all druggists. The only Pills to take with Hood's Sarsaparilla.

**He Said Too Much.**

The danger of paying too much is always more imminent than that of saying too little. The man who is convinced he has approximated the virtues of the Creator, and insists upon it to his fellow-men, is always more offensive than the man who secretly believes it, but spares his acquaintances the knowledge of the awful truth.

A story recently related to a representative of Hardware by the head of a large hardware house in New York illustrates the case in point. Something of this merchant's disposition may be gleaned from the fact, when speaking of his employees, he says "the boys," with an affectionate intonation, born of appreciation of their good points, and kind toleration for their occasional errors. It was the intention of the house to put another representative on the road, and the man they had in view had been favorably, though not thoroughly, known to them for a long time. Negotiations were about concluded, and the signing of a remunerative contract by the salesman was regarded by him as a matter of form. At a final interview with his prospective employer, and evidently with the desire of further impressing the latter with his desirability, he said, "Mr. X, I am an older man than you. I have been in this business for twenty-five years, and I wish to add that I have never made a mistake."

As the would-be employer reached out on his desk in an abstracted manner, and gathered in the unsigned contract, which he slowly tore up in the same absent-minded manner, he remarked that it was a source of keen regret to him that he simply couldn't afford to employ such a valuable man; that there was not a man connected with the house, from himself to the dago who sorted the refuse paper every morning, who was not constantly making mistakes and profiting by the experiences; and that the direct result of the placing of a perfect man among the force would be immediate demoralization. As the perfect man slowly wended his weary way up the street it probably occurred to him that he had smashed a beautiful record.

**A Market For Silver.**

It will interest some of our readers to know that our fellow citizens in the Philippines have no money but silver. They obtain their supply from Mexico, in the shape of Mexican coin. They are wedded to the Mexican dollar. It will not be an easy task to teach them that a United States dollar is worth twice as much as the Mexican, although both contain the same amount of silver.

They are to be pitied rather than blamed for their ignorance. With all the lessons taught by learned political economists there are many persons in this age of advanced civilization who think that the value of coin inheres in the metals. With them all trade consists in barter—the exchange of one commodity for another. More than two thousand years ago Aristotle taught that money is a creation of law, and not a natural product. Aristotle taught the truth. He comprehended the fact that money was a fiat of Government. The fact that the Mexican dollar is not worth as much as an American coin of the same denomination proves the soundness of the doctrines of the old philosopher.—Cincinnati Enquirer.

**Flour Mill Starts.**

The Weldon flour mill started up in good shape Tuesday and it is turning out the very finest flour. Only the best wheat will be used at this mill and our people may now expect to get choice flour, home made. The capacity of the mill is 75 barrels daily and the trade will be supplied in quantities to suit. The consumers will get their supplies from the family grocery.—Roanoke News.

**If you Wish Chickens and Eggs.**

And a plenty of them, give us Dixie's Chickens and Eggs. We have the best of the breed, and our people may now expect to get choice flour, home made. The capacity of the mill is 75 barrels daily and the trade will be supplied in quantities to suit. The consumers will get their supplies from the family grocery.—Roanoke News.

Good health is worth more than anything else to you, and every bottle of Hood's Sarsaparilla contains good health.

**TOO LATE.**

We should do something to cheer and comfort the living rather than shed tears over the dead.

The old farmer died suddenly; so when Judge Gilroy, his only son, received the telegram, he could do nothing but go up to the farm, or the funeral. It was difficult to do even that, for the Judge was the leading lawyer in the county, and every hour meant dollars to him.

As he sat with bent head in the grimy little train that lumbered through the farms, he could not keep the details of his case out of his mind.

Yet bitter grief he felt was un-called for. He had been a good, respectful son. He had never given his father a headache; and the old man had died full of years and virtues, "a shock of corn fully ripe." The phrase pleased him; it seemed to close the story of his father's life, leaving room for no regrets.

The village doctor met him at the station, and they walked together to the farm-house together. "I wish to tell you," said the doctor, gravely, "that your father's thoughts were all of you. He was ill but an hour; but his cry was for 'John' John' unceasingly."

"If I could have been with him!" said the Judge.

"He was greatly disappointed that you missed your half-yearly visit last spring. Your visits were the events of his life. There were no others," said the doctor. "Last spring? O, yes; I took my family to California."

"I urged him," said the doctor, "to run down to see you on your return, but he would not go."

"No, he never felt at home in the city."

The Judge remembered that he had not asked his father to come down. The old gentleman did not fit into the life of his family, who were modern and fashionable. Ted was ashamed of his grandfather's wide collars, and Jessie, who was a fine musician, scowled when she was asked to sing the "Portuguese Hymn" every night. The Judge humored his children, and had ceased to ask his father into his house.

The farm house was in order and scrupulously clean; but its bareness gave a chill to the Judge, whose own home was luxurious. The deaf old woman, who had been his father's servant, sat grim and tearless by the side of the coffin.

"Martha was faithful," whispered the doctor; but she is deaf. I don't suppose she spoke to him once a week. His life was very solitary. The neighbors are young. He belonged to another generation."

He reverently uncovered the coffin, and then, beckoning to Martha, went out and closed the door.

The Judge was alone with his dead.

Strangely enough, his thought was still of the cold bareness of the room. Those hacked wooden chairs were there when he was a boy. It would have been so easy for him to have made the house comfortable—to have hung some pictures on the wall! How his father had delighted in his engravings and poured over them!

Looking now into the kind old face, with the white hair motionless on it, he found something in it which he had never taken time to notice before—a sagacity, a nature, fine and sensitive. He was the friend, the comrade, whom he had needed so often. He had left him with the deaf old Martha for his sole companion!

There hung upon the wall the photograph of a young man with an eager, strong face, looking proudly at a chubby boy on his knee. The Judge saw the strength in the face.

"My father should have played a high part in life," he thought.

**ROYAL BAKING POWDER**  
ABSOLUTELY PURE  
Makes the food more delicious and wholesome

There is more promise in its face than in mine."

In the desk were a bundle of old account books, which showed the part he played. Records of years of hard drudgery on the farm, of work in winter and summer, and often late at night, to pay John's school bills and to send John to Harvard. One part of ground after another was sold to keep John while he waited for practice; to give him clothes and luxuries which other young men in town had, until but a meagre portion of the farm was left.

John Gilroy suddenly closed the book. "And this was the end!" he said. "The boy for whom he lived and worked with fortune and position—and how did he repay him?"

The man knelt on the bare floor and shed bitter tears on the quiet face. If he would come back, it would be so easy to make a little home for him in the city, to go to him every day with gossip of cases, or to take him to hear music, or to see noted men—to make his life happy and full! So easy!

"O father! father!" he cried. But there was no smile on the quiet face. He was too late.—Youth's Companion.

**Death of Margaret Copeland.**

On the 26th, of 1st month 1899, one of the saddest scenes ever witnessed by any of our neighbors, was in the death of Margaret Copeland, wife of Elisha Copeland. She was alone in the house by the fire, seated on her chair; her clothes taking fire in some way not known by any mortal, and she was burned to death.

Maggie, her youngest daughter with her aunt was visiting at the home of a neighbor near by, when the sad news reached them. It was heart rending when the other children saw her lifeless body on the floor. This dear mother was born in the year 1830. She had just passed her 69th birthday.

She was a good wife, a kind and loving mother, and a remarkably patient good Christian, belonging to the Methodist denomination.

She leaves a husband, six children, and a host of friends to mourn her loss; but we are sure this loss is her eternal gain. The funeral was held on the 27th. A large concourse of people assembled to pay the last tribute of respect to the body. A solemn meeting was held.

In this sudden death we are reminded of the words of our Saviour, "Be ye also ready for it, such an hour as ye think not the Son of man cometh."

Sister thou art gone before us, And thy saintly soul has flown, Where tears are wip'd from every eye, And sorrow is unknown: Thou art sleeping now like others Upon thy father's breast, Where the wicked cease from troubling, And the weary are at rest.

"Earth to earth," and "dust to dust." The solemn words were said. Lo! we lay the turf above the now, And we seal thy narrow bed; But thy spirit, sister, has soared away Above the faithful blest, Where the wicked cease from troubling, And the weary are at rest.

And when the Lord shall summon us, Whom thou hast left behind, May we, untainted by the world, As sure a welcome find; May each of us depart in peace, To be a glorious guest, Where the wicked cease from troubling, And the weary are at rest.

HENRY T. OUTLAND, SR.

**Will Make no Mistake.**

"I had impure blood and was troubled with bad sores and heart disease. Since taking a few bottles of Hood's Sarsaparilla all symptoms of my illness have disappeared and my cure seems permanent. Those who take Hood's for a blood purifier will make no mistake." Raleigh J. Sally, Lancaster, Va.

Hood's Pills cure all liver ills. Easy to take, easy to operate, reliable, sure.

From Factory to Friends.  
**\$1.75**  
Buy this **Waller's** Removable Steel Bed in either 34, 42, or 48 inches. It has one inch pillars and is of silver. Guaranteed the strongest bed made.

Our great 36-page catalogue tells of thousands of bargains in Furniture, Clothing, Bedding, Crochery, Silverware, Sewing Machines, Clocks, Upholstery Goods, Baby Carriages, Refrigerators, Pictures, Mirrors, Tin Ware, Stoves, etc., and in buying from us you save from 40 to 60 per cent. on everything—don't forget this.

We publish a lithographed catalogue of Gents, Rugs, Art Squares, Portieres and Lace Curtains which are exact designs in the best painted colors—selections can be made as satisfactorily as though you were here at the mill.

Here's the celebrated **Hines Sewing Machine**—none better made. Guaranteed for 30 years. Catalogue tells you all about it. Price (3 Drawer Style), **\$13.25**

Why have we customers in every part of the United States, in Canada, Mexico, Bermuda, Cuba, Porto Rico, and even as far as Australia and South Africa? Send for our Free Catalogue. They will tell you. Address this way:

**Julius Hines & Son,**  
BALTIMORE, MD. Dept. 809.

**NOTICE.**

We the undersigned, have had our land posted for some time, and seeing that the violators haven't observed the notice in the past, notice is hereby given that our lands are situated on and near Ahoskie swamp, a part being in Rich Square township Northampton county and the larger part being in St. John's township, Hertford Co. are posted and all persons are forbidden to fish or hunt on same in any way, night or day with or without guns or dogs. All violators of the law will be prosecuted to the fullest extent.

B. F. Renfrow, D. L. Minton, C. T. Deans, T. J. White, Andrew Minton, Walter White, Arthur White, John White, Charlie White, Benjamin White, Miss L. A. Odum, J. R. Powell, Mrs. E. C. Watson, M. E. S. Odum, C. R. Odum, Matt. Hill.

**New Garden Seed.**

My store is still head-quarters for Field and Garden Seed.

Just received a lot of New Cabbage and other Garden Seed.

MILLS H. CONNER,  
Rich Square, N. C.

**I Sell**

Buggies  
One and two Horse Wagons,  
Cart Wheels,  
Cart Wheel Timber,  
Tires  
Harness  
Buggy blanket  
AND ROBES,  
All kinds of Buggy and Wagon Material,  
Iron Fencing  
Tombstones,  
Wall Paper,  
Paper Roofing  
Windows,  
Doors,  
Blinds, etc.

I also guarantee quality and price on everything I sell.

Ask for Estimates.

**JAMES H. BAUGHAM,**  
Rich Square, N. C.

**GROVES**

**MAKES CHILDREN'S FAT AS**

**TASTELESS CHILL TONIC**

IS JUST AS GOOD FOR ADULTS AS FOR CHILDREN. PRICE 50 CENTS.

Dr. J. C. Groves, St. Louis, Mo.

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