

**A HOT ONE.**



Mrs. Jones—Did any of the workmen escape with his life?  
Jones—Well, I don't think anyone escaped without his life.

**Mother Goose.**  
There was an old woman  
Who wanted a fat,  
She had seven children,  
So that settled that.

**Usual Thing.**  
"I felt a presentment at that wedding everything was not going to turn out well."  
"That's nothing. There is generally a miss-giving at a wedding."

**Get The Habit.**

This neglect on our part in not fitting every building with good, reliable screens has merely come to be a habit, handed down from the years that have passed, and the time has arrived to offset it.

Get the fly screen habit! Did you ever attempt to spend the night at the home of a friend whose house although screenless appeared mighty inviting and cool by day?

The plan of attack is comparatively simple. Keep screens and covers over refuse and everything likely to offer a breeding place for flies.

Screen every window and door and banish the fly from the house.

In this way the amount of disease and discomfort will be greatly reduced.

Every careful householder will see that his home is properly screened. In spite of this precaution flies will invade houses. Should they do so no mercy must be shown them. They should be killed whenever found. There is no telling from whence they come, but one thing is certain, they come from no clean place. There is not one chance in a million that they have not come from a manure pile, a garbage can, a privy, or a sick room.

During the summer months especially, we should drink an abundance of water. Many people make the mistake of drinking too little water at all times. But in warm weather more water is needed to keep body functions properly working and to maintain physical health and vigor.

Now is the time to suit your diet to the season. From now on until the coming of cold weather you will need less meats and rich gravies and can make larger use of fruits and vegetables.

When your baby that is being fed cow's milk gets suddenly sick, ask your dairyman to what other homes in which there are babies is he delivering milk; call up those homes and ask if their baby became sick on the same date that your baby became affected. If you find that the dairyman was furnishing milk to three or four families in which there were babies who became sick on the same date change your dairyman.

**Swat The Fly.**

Raleigh, N. C., June 3, 1912.—In discussing the "real facts about flies" the State Board of Health, in a bulletin now in press says: "Flies are the vilest creatures afflicting mankind." After taking this stand the Board proceeds to explain that the only objections to flies used to be because they were pests and torments. "Later," says this authority, "we learned about the fly's breeding places, his habits of life, and the possibility of his carrying nauseating filth on his body from stables, garbage cans and privies to our houses, or our persons, and our food. Then it was that flies became extremely disgusting, to say the least. By far the greatest objection to flies, however, now comes from the fact that we know conclusively that, besides being a discomfort and carrying filth, they spread tremendous amounts of disease. Besides actually dropping bacteria and filth from their feet and legs, flies may transmit disease by discharging their vile, disease laden excreta either directly or indirectly upon our food.

In summing up the remedy the article states that "for immediate protection and probably for many years to come we shall have to resort to screening all doors and windows. But the time will come when our municipal authorities will waken up to the gravity of the situation and abolish flies by abolishing their breeding places. Then we shall pass and enforce ordinances requiring the screening of all manure and the general use of sanitary privies. Until then, however, the individual householder may do much with wire swatters and sticky fly paper in the house and fly traps on his garbage can outside."

**The Value of Good Roads.**

The great value of living on a good road is illustrated in a striking way by the trouble and expense men put themselves to by building on the roads. Often a man is seen to build far from his cultivated lands that he may be out where he can see the public and in a way keep in touch with the world. The man who lives on a road where many people are passing has great opportunities for keeping informed that the man who lives in an isolated place does not possess. There are many men who would not live on a farm back in a field away from any public highway if you would make them a present of the farm.

In the light of these facts it is surprising that men want damages when citizens ask for a change of the roadway in order to make a better road. The facts are that but very few men do ask for damages. Most men are glad to give the land.—The Mount Airy News.

Anyway, wrinkles that are the result of smiles do not count.

**Deafness Cannot Be Cured.**

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.  
F. J. CHENEY & CO., Toledo, O.  
Sold by Druggists, 75c.  
Take Hall's Family Pills for constipation.

**N. C. Delegates to The National Democratic Convention at Baltimore.**

The North Carolina delegation to the national democratic convention at Baltimore will be quartered at the Emerson hotel in the Monumental city, according to the action taken by the members of the delegation last Friday, following the adjournment of the state convention.

National Committeeman Josephus Daniels reported to the meeting that he had made tentative arrangements for the quartering of the North Carolina delegates at the Emerson, and gave the expense as \$5 per day per man.

This was perfectly satisfactory to the members of the delegation and it was decided to approve heartily the work of the national committeeman in securing the quarters reported on.

The state delegation will leave for Baltimore on the morning of June 24th, according to present plans although it is known that there will be a number of the delegation in Baltimore before that date. Several of the delegates at large will precede the state delegation it is believed, but the big body of the delegation will reach Baltimore the night of June 21 just ahead of the opening of the convention at noon June 25.

**State Delegation.**

Below appears the complete delegation from North Carolina:

- Delegates at Large.**  
W. C. Dowd, Charlotte.  
A. W. McLead, Lumberton.  
R. B. Glenn, Winston-Salem.  
J. S. Carr, Durham.  
W. C. Newland, Lenoir.  
E. J. Justice, Greensboro.  
W. C. Hammer, Ashboro.  
E. J. Hale, Fayetteville.  
W. T. Dortch, Goldsboro.  
**First District.**  
W. G. Lamb, Williamston  
L. L. Smith, Catesville  
E. F. Aydtlett, Elizabeth City  
F. C. Harding, Greenville  
**Second District.**  
W. A. Finch, Wilson  
A. S. Rasco, Windsor  
W. C. Clark, Tarboro  
M. W. Ranson, Littleton  
**Third District.**  
Nathan O'Berry, Goldsboro  
E. J. Hill, Warsaw  
A. F. Howard, Clinton  
Thomas Daniels, New Bern  
**Fourth District.**  
Ed. S. Abell, Smithfield  
R. B. White, Franklinton.  
Albert L. Cox, Raleigh  
J. B. Ramsey, Rocky Mount  
**Fifth District.**  
A. W. Graham, Oxford  
G. H. Hastings, Winston-Salem  
V. S. Bryant, Durham  
C. H. Haynes, Mount Airy  
**Sixth District.**  
O. L. Clark, Clarkton  
Joseph B. Underwood, Fayetteville  
H. C. McQueen, Willmington  
A. J. McKinnon, Maxton  
**Seventh District.**  
T. B. Bailey, Mocksville  
D. E. McIrrver, Sanford  
J. R. Blair, Troy  
L. D. Robinson, Wadesboro  
**Eighth District.**  
R. A. Doughton, Sparta  
Hayden Clement, Salisbury.  
Dr. R. S. young, Concord  
R. L. Smith, Albemarle  
**Ninth District.**  
Chase Brenizer, Charlotte  
Guy Roberts, Marshall  
W. A. Self, Hickory  
W. C. Erwin, Morganton  
**Tenth District.**  
John C. Mills, Rutherfordton  
H. B. Weaver, Asheville  
Hugh Lovill, Waynesville  
J. H. Dillard, Murphy

Cheer up, the flies and mosquitoes have come.

**Mr. Simmons and The State.**

North Carolina seems to be well represented in the United States Senate. Her representatives stand well with their associates. Senator Simmons has become the ranking Democrat at the head of a committee which corresponds in importance to the one which Mr. Underwood heads in the House. It is something to have achieved a position commanding such respect, together with great influence both in the Senate and in the House. All know that no member of Congress rises thus above his fellows without talent and arduous labor. To elect a new man in Senator Simmons' place now would be to sacrifice this hard-won advancement, with the eminent opportunity afforded for serving the country and the State.

It is charged that Mr. Simmons made a mistake in voting for Lorimer. Admitting this, what then? Calhoun, Webster, Clay and others made mistakes, and plenty of them, but their States supported them for their constructive work in the Senate. Was there ever any Senator who did so much or half so much that escaped making a mistake at some time in his senatorial career? No one can say that the Senator's capacity for usefulness has suffered because of the Lorimer vote. In the matter of his vote for retaining a small duty on lumber, Mr. Simmons needs no defence. However strenuously a man may advocate tariff for revenue only, he should demand a fair proportion of the revenue tariff, in order to place his State upon a basis of equality with the rest. In other words, if we are compelled to have tariff for revenue—as we are—why should not North Carolina receive her pro-rata benefits? His vote on lumber was all right, and every body should know it was.

As a Senator Mr. Simmons has obtained excellent results all around. He has served the whole country well and North Carolina better. If he had done nothing beyond what he contributed to legislature for navigable waterways in the eastern part of the State, he would deserve re-election. He has just attained the position in which he can render the State greater service—a position which no new man could hope to gain in less than two terms or twelve years.—Charlotte Observer.

**A. & M. College Catalogue.**

The annual catalogue of the North Carolina College of Agriculture and Mechanic Arts, at Raleigh, has been received. It shows an enrollment for the year of 619 students, divided as follows: Agricultural 293, Mechanical Engineering 106, Electrical Engineering 90, Civil Engineering 77, Chemical 27, and Textile 26. Persons interested in technical education will do well to read the catalogue of this growing institution. Address, The Registrar, West Raleigh, N. C.

**Cotton Fire at Lexington.**

Lexington, June 9.—At one o'clock this morning fire was discovered in one of the warehouses of the Nokomis cotton mills, and before it could be gotten under control 295 bales of cotton was burned.

The loss will be in the neighborhood of \$17,000, but it is fully covered by insurance.

It is believed that the fire originated by tramps taking shelter in the building Saturday night and carelessly throwing a lighted match among the cotton.

**Value of Cowpeas.**

Again we desire to remind farmers of the importance of planting every available, cultivated acre to cowpeas. They are valuable for the following reasons:

They are a fairly good human food.

They are one of the most nutritious foods for stock.

The peas alone are worth from \$5.00 to \$20.00 per acre.

Cowpea hay is easily worth \$20.00 per ton.

If left on the land and turned under the vines are worth from \$5.00 to \$15.00 an acre as fertilizer.

The roots and stubble are worth from \$2.00 to \$4.00 per acre as fertilizer.

The vines, roots and stubble furnish humus (vegetable matter), something nearly all lands are deficient in.

This humus helps to make the land cultivate easily. It absorbs and holds moisture that will aid a crop to continue its growth during a drought.

Humus furnishes the conditions necessary for the existence of beneficial bacteria.

The shade of pea-vines helps in the formation of valuable nitrates in the soil.

Pea-vine roots are good subsoilers. They go to considerable depths, opening up the earth so air and water can make a deep soil.

Peas get some of their nitrogen from the air, free of cost to the farmer, so that very little nitrogen (amonia) is needed for their fertilization except for poor soils.

Peas dray heavily upon the supplies of phosphoric acid and potash; therefore, these substances should be supplied to them in fertilizers. Many peas fail for lack of phosphates and potash.

Cowpeas fit in well in nearly all systems of rotations of crops. They are well adapted to growing corn and after small grain harvested in the spring.

Every farmer should at once arrange to plant abundantly of this important crop. Plant some on poor land for turning under; plant some for hay; plant some for grazing by horses, cows, hogs and other stock; and by all means plant, fertilize and cultivate a few acres of seed peas so you will not have to buy at high prices next season.

Nearly everything said above about cowpeas is also true of soy beans. The beans excel in being a little more valuable as stock food, a little better adapted to wet soils, stand droughts some better and usually make slightly larger yields of grain and hay.

**Man Coughs and Breaks Ribs.**

After a frightful coughing spell a man in Neenah, Wis., felt terrible pains in his side and his doctor found two ribs had been broken. What agony Dr. King's New Discovery would have saved him. A few teaspoonful ends a late cough, while persistent use roots obstinate coughs, expels stubborn colds or heals weak, sore lungs. "I feel sure its a God send to humanity," writes Mrs. Effie Morton, Columbia, Mo., "for I believe I would have consumption today, if I had not used this great remedy." Its guaranteed to satisfy, and you can get a free trial bottle or 50c or \$1.00 size at

At all druggists

And about the fly nuisance. Are you taking any sort of practical interest in its suppression? If not why not?

Almost any fool can distinguish between vice and virtue, but it takes a wise man to act according to his understanding.

The nicest thing about a few people is their obituary.

**Money in the Bank**

Thirty million Americans have money in the bank.

Have you money in the bank? Then you have personal interest in the soundness of the banking system.

Bankers are the servants of the public. Their chief duty is the running of the machinery of credit.

Credit is the life-blood of business. Nine-tenths of the business of the country is done on credit.

If the banking system breaks down, as ours did in 1907, and as it did in '73 and '93, the machinery of credit stops—the industry and commerce of the country is paralyzed—workmen are thrown out of employment. The losses suffered by this country in panics are incalculable.

This periodic collapse of the machinery of credit in a rich country like ours is a national disgrace.

We have 23,000 banks in this country. The vast majority of them are sound banks, conducting their business on sound banking principals.

Our banking resources are in excess of those of any other country in the world. We have the greatest stock of gold of any country in the world.

But we have today no system of co-operation between these 23,000 banks, whereby they may use their enormous resources and this great stock of precious metal most effectively for the common good—especially in times of commercial distress.

The suspension of cash payments by the banks and the collapse of credit over the entire country in 1907—a catastrophe impossible in Europe in a time of peace—was due, not to weakness of the banks, but to the weakness of the banking system.

If we are to make our credit machinery as efficient as that of other world commercial powers, and we are to prevent in the future the disastrous losses of money panics, we must remedy the recognized evils in our Banking system.

It is the duty of every bank depositor, every manufacturer, every merchant, every farmer, every wage-earner to do his part in bringing about this reform, so vital to the interests of all the people of the country.

It is a non-partisan question that ought to be settled without appealing to the passions and prejudices of partisan politics.

**Issues Proclamation.**

Red Springs, June 9.—J. N. Bui and A. B. Pearsall, justices of the peace, have issued a proclamation under the seal of their office calling on George Swann, the negro who murdered C. C. Gibson a week ago, to surrender and have empowered the sheriff of the county to take such power with him as he shall think fit and necessary for going in search and pursuit of and effectually apprehending the said fugitive.

Swann is described as 30 years old, coal black, weighs 190 pounds and has a scar on the chin. He is a fireman. There is a reward of \$900 offered for his arrest and delivery to the sheriff of Robeson county.

**Move On Now!**

says a policeman to a street crowd, and whacks heads if it don't. "Move on now," says the big, harsh mineral pills to bowels congestion and suffering follows. Dr. King's New Life Pills don't bulldoze the bowels. They gently persuade them to right action, and health follows. 25c at

All druggists