

THE LAURINBURG EXCHANGE.

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LAURINBURG, SCOTLAND COUNTY, NORTH CAROLINA, JUNE 10, 1909

ONE DOLLAR PER YEAR IN ADVANCE



JUNE WEDDINGS

Come but once a year. To some men they come never. Perhaps they squeeze the dollar too tight. Quit it.

BUY A WEDDING RING and squeeze yourself into the affections of she who'll become your June bride. Get it here. Our wedding jewelry is best but not dearest.

R. G. STONE

Do Not DELAY!

HAVE the matter of SELECTING A SUITABLE MEMORIAL attended to at once. Let us show you our beautiful and artistic designs. And in dealing with us you deal direct. One profit, one responsibility. Most Memorial sellers take orders, turn them over to a commission house, and have no direct responsibility to you. If it is

A Monument, a Tombstone,
See us at once. We can save you money!

EFFIRD & DEES

The Cough Syrup that rids the system of a cold by acting as a cathartic on the bowels is

BEES LAXATIVE COUGH SYRUP

Bees is the original laxative cough syrup, contains no opiates, gently moves the bowels, carrying the cold off through the natural channels. Guaranteed to give satisfaction or money refunded.

J. T. Fields

Heart Strength

Heart strength, or Heart Weakness, means Nerve Strength, or Nerve Weakness—nothing more. Poorly, not one weak heart in a hundred is, in itself, actually diseased. It is almost always a hidden tiny little nerve that really is all at fault. This obscure nerve—the Cardiac or Heart Nerve—simply needs, and must have, more power, more stability, more controlling, more governing strength. Without that the heart must continue to fail, and the stomach and kidneys also have these same controlling nerves.

This clearly explains why as a medicine, Dr. Shoop's Restorative has in the past done so much for weak and ailing hearts. Dr. Shoop first sought the cause of all this painful, distressing, suffocating heart distress. Dr. Shoop's Restorative—this popular prescription—is aimed directed to these weak and ailing nerve centers. It builds; it strengthens; it offers real, genuine heart help. If you would have strong hearts, strong digestion, strengthen these nerves—re-establish them as needed, with

Dr. Shoop's Restorative

PRINCE & BLUE.

TWO OR THREE CAR-LOADS
Pea Vine Hay

at almost your own price. Sell you any quantity. Better hurry—am almost giving it away.
4-22tf H. O. COVINGTON.

IF YOU WANT FAMILY SEWING DONE

FOR YOURSELVES OR THE CHILDREN,

Call or phone me. I have two Dressmakers regularly employed to serve the public, as well as private families.

Yours obediently,
(MRS.) W. P. EVANS.

SHOULD THE GIRLS LEARN TO COOK?

A Discussion of Her Mission in Life. Where Emphasis Should be Placed in the Matter of Education.

Wadesboro Ansoolan.

Commenting on the Ansonian's report of the Hon. T. W. Hickett's speech here recently, in which he declared that every girl should know how to cook, the Statesville Landmark submits the following sensible remarks:

"This sort of talk isn't popular, but every individual of sense knows it is practical common sense, and it should be emphasized again and again until it takes hold of the mind and hearts of parents especially. In this connection it is gratifying to note that Dr. C. M. Richards, of Davidson, in his annual sermon before the Young Woman's Christian Association of Statesville Female College, discussing the character of Ruth, the Moabitess, gave her first distinction for industry and called attention to the fact that industry is the chief virtue ascribed to the virtuous woman described in the Book of Proverbs. And then Dr. Richards stated plainly, and with emphasis that it is a discredit to a woman in any position to be an idler; that it is a distinct discredit to her not to know how to work, no matter what her position, and it is to her shame to be unwilling to work when necessary.

"This sort of talk, we repeat, is not popular. When a girl is told that she should know how to cook and keep a house she is more than likely to answer that cooks can be hired, with further sarcastic remarks to the effect that a man who wants a woman for the work she can do, as a slave, a drudge, or a low ideas of the married state. That is all very fine, but it possibly might occur to the daughters of Eve who entertain these high flown notions, that the woman who worries with the idea of getting a man to support her, and who is willing to let her husband slave and wear his life out in the struggle to provide for her, without doing all in her power to assist in making the mutual partnership a success, hasn't a very elevated conception of the married state.

"But modern society, in which extravagance—and extravagance that involves more or less of dishonesty—is a national vice, modern education and the silly ideas of foolish parents are responsible for this condition of affairs; and the idea is more or less prevalent among some women that it is a sort of distinction to profess to know absolutely nothing about the management of household affairs. This kind is of course to be pitied for not knowing any better than to think that what is really to their discredit is meritorious, but the parents and modern education, as has been said, are to blame.

Nearly every woman expects to marry and of course keep a house, but how many are educated or trained in any way for the important duties of homemaking? It is amazing that so many mothers make of themselves the veriest drudges to save their daughters from housework; they not only do not train them to housework, but distinctly avoid training them, offering as an excuse that they want the girls to "have a better time" than they had. By and by the girl marries and she has to learn, under unfavorable conditions, what her mother should have taught her, or she should have been taught at school. Entirely ignorant of managing a home, she not only has a hard time, but it is thus that dissatisfaction and unhappiness begins that may make the married state anything but what it should be. It is the crown and glory of a woman to make a home, and on the home everything—government, morality, re-

ligion, pure living and higher living, social, educational and material progress—is based. The home is the foundation of all that is good, and a home is a woman—usually a wife and a mother. There can be no home without her. And yet for the training of these home-makers, on whom rests practically all that is good in this life or in that which is to come; no provision is made in the schools and little or no attention is given the training in too many homes.

"It is all right that girls are taught music and painting and other accomplishments. All these help to adorn and make attractive the home. But the practical side cannot be neglected. The material things—what we shall eat and drink and wherewithal we shall be clothed—are absolutely necessary. In towns, especially, women usually do the buying for the family. Dr. Knapp, in an address before the State Legislature at its recent session, said that the ignorance of the women in not knowing how to buy and what to buy cost the nation two billion dollars annually; that few women know how to select the proper kind of food, and that many a baby has died prematurely because its mother did not know to take care of it.

"There are three things, says Dr. Knapp—and the Landmark wants Mr. Bickett to include them in the cooking school law—that a girl ought to know, and a girl isn't fit for marriage until she does know them. They are: (1) What food to purchase and how to cook it; (2) how to make her own clothes and those of the family; (3) how to nurse and doctor the family. These are necessary accomplishments for the home-maker. If the husband is able to hire the cooking done, the clothes made, hire a nurse and governess (and few of our people are able to provide all these or can get efficient help if able), all well and good; but it is necessary for the home-manager to know how the work should be done, that she may see to it that it is done satisfactorily and economically.

"There is one class of women, and one only, who are in some measure excusable for lack of knowledge of home duties. These are the young women who, as soon as they can be equipped as bread-earners, go out as teachers, stenographers and the like. These may lack knowledge of housework, but it is usually for lack of opportunity; and if they are industrious enough to go bravely and early into the field as bread-earner, they will make good home-makers, for they would soon acquire the knowledge necessary. In fact experience as a teacher for a business woman usually makes such an one more appreciative of what a home is and what it should be, so that if opportunity comes they will, while possibly lacking practical experience, make the better home-makers for their other experience.

All honor to the apostles of this crusade—such as Messrs. Bickett and Richards—who have the courage to talk common sense. May their tribe increase.

Angry Patron—That's the third time you have given me the wrong number. You must have what they call the telephone ear. Girl in Central Office—I beg your pardon sir, but that isn't the trouble. You have what we call the corn-meal-mush voice.

Stella—What bankrupted him? Della—His wife dressed so that people would not think he was becoming bankrupt.

Wife (on her return home)—Have you noticed that my husband missed me very much while I was away, Mary? Maid—Well, I didn't notice it so much at first, but yesterday he seemed to be in despair.

MEMORIAL EXERCISES HELD; AND CROSSES OF HONOR DELIVERED.

As we were at press with our last issue, exercises were being held in the Opera House commemorative of the honor of Jefferson Davis, President of the Confederate States of America.

The exercises were opened by singing the doxology, after which there was a scriptural reading and prayer by Rev. John M. Rose. Then the address of the occasion was delivered by Rev. N. H. D. Wilson, his subject being Jefferson Davis. The address was a masterpiece, delivered with great earnestness, and showed that the speaker had delivered much time to the preparation of his speech.

Next, "Should Old Acquaintance be Forgotten?" was sung, and then came the delivery of the crosses of honor to those old soldiers present who had qualified themselves for such, the delivery being made by Capt. William H. McLaurin, Mrs. L. A. McLaurin pinning them on those old soldiers fortunate enough to get them. The audience was dismissed with the benediction, all going home glad that they had attended such an enthusiastic reunion exercises.

The cause of the old soldiers is quite a live one in this county, and our county commissioners could not do anything that would meet with more favor than to take advantage of the act of the last Legislature, and the matter is now up to them to do what they think best. Personally we believe that the people of the county have enough patriotism about them, and love for the old soldiers, to approve of a reasonable amount raised annually for the benefit of the old soldiers of the county. We have but few of them left, their ranks are getting thinner every year, and we must do what we are going to do for the needy ones among them at once, for they will soon be gone, and their existence will soon be but a memory.

DOES THE BIBLE JUSTIFY FLESH EATING?

Magnazine of Mysteries.

Are you a vegetarian? Are you interested in the progressive purification of your life?

Do you believe that your body is a temple for your soul to dwell in?

Do you think that dead flesh is the best form of food for a spiritual man or woman to build life and health from?

If you think that there is a better way, you should carefully study, practice and experience the effects of other methods and substitutes.

Why should it be better to feed on death than on life?

The ox gets its strength from the living grass. Look at the vegetarian elephant and think of his strength. Is it not reasonable for us to absorb life from fruits, grains and nuts—from that which lives rather than from that which is dead?

Peanuts are more nourishing than porter-house steak. They have twice the protein and six times the energy.

Prof. F. Jaffa, of Berkeley, Cal., who has been connected with the State University for thirty years, says in a bulletin just prepared for the United States Department of Agriculture, that ten cents' worth of peanuts contain more than twice the protean and six times the amount of energy contained in a porter-house steak.

These conclusions were arrived at after exhaustive studies and experiments carried on in Berkeley with students and others as subjects. Purify the "Temple" and make it fit for your holy Spirit to dwell in. Enjoy the gifts of the true life!

PINEULES for the Kidneys
30 DAYS' TRIAL FOR \$1.00.

A PROSPECTIVE.

Charlotte Observer.

For the reason that "All work and no play makes Jack a dull boy," or that all North Carolinians in order to get the best results for themselves and the public they serve, need periods of recuperation; and the greater the change from the daily routine and grind, the more benefit will be derived.

Now the modern summer resort is a burlesque on everything that pertains to rest. In these delightful days of June, the old man is in his sweat box levying on every ounce of available vitality, not that he expects to unharmed in July and August, but that he may be able to supply the demand for the extra quantity of shekels required to give his blooming daughter a much needed outing at a fastidious fashionable resort that wears the blue ribbon for being the most delightfully expensive place at all. The mother, whose strained and nervous expression, pallid cheek and hollow eyes—all send up a cry for rest out in the sunshine and shadows of some sweet-scented forest—is doubled over some fancy handwork or the sewing machine clattering down long rows of white stuffs like a runaway train down a steep grade. The goal of these days and nights of strenuous toil; That Mary Ann may be somebody's "tootsy-wootsy in the good old summer time."

Listen, if what has been said is happening in your home in a less or more exaggerated form, and if you have not ceased to have a "call from the wilds," you may be interested.

Owned by no stock company, but monopoly; leisurely, sinuous, winding through the sand hills and plains of southern Carolina is a stream of pleasure—the Lumbee river. Like the sunshine and fresh air, it is free. The negro in his pineboard bateau, the Croatian Indian in his "dug-out," the white man in his neatly turned canoe, and the sun-burned boy dressed in straw hat and freckles seated on a cypress knee have each a hearty welcome to its mysterious enchantments found in such superabundance. No man being able to own or control is the only reason why it has not been boosted, heralded or advertised.

The climate, ease of access, and results from expenditure make it an ever present source of pleasure in time of need. 'Tis a puzzling question to ask those who are best informed, the season of most attraction. The S. A. L. and the Coast Line railroads cross the stream at seven different points, affording days of pleasure to canoe-men and launchmen between points. It is the only clear-water, gravel-bottom stream of anything like its dimensions between the mountains end the sea. Pickerel, black bass and red-breasts are found throughout its length. The easy flow of its waters makes it an ideal stream for the canoe. High, dry bluffs, plentifulness of fuel, fewness of mosquitoes, and general air of the wilderness make it attractive to the nature-loving camper. Northern men of influence and leisure propose organizing a mid-winter canoeing club on the Lumbee river on account of the beauty of the stream and the mildness of our winters.

Why not you office-tired men and care-worn women invest a little money in a nice canoe, row-boat or launch and hie away for the most delightful rest and least expensive trip of your lives. With one-tenth the cost of an automobile you enjoy all the pleasure of motion without the jolt and dust.

It would be a great plan for the young men in the villages and towns in a short distance of the Lumbee to organize a boating club—build nice boating houses and three or four room

LAURINBURG DEFEATS ROCKINGHAM.

Our good and estimable friend, Settle Dockery, has made the expression, "the best town at all," famous in its application to Rockingham, and in many respects he may have the evidence on his side, but it remains to be said that such was certainly not the case in the ball game between Rockingham and this city Friday, for our boys just took the bits in their teeth and ran away with the visitors. The game was comparatively long, and very uninteresting after the first inning, for it was in this inning that the locals got a lead of six runs on their opponents, thus assuring them the victory. The Rockingham boys put Weil in the box in the first inning, McCall in the second, and Morrow then finished the game. Morrow pitched good ball, except for an occasional streak of wildness. But for his wildness he would go in fast company, sure enough. He was late arriving, and hence did not pitch the first two innings of the game.

For Laurinburg, Crouch pitched the game, and he pitched a good one, too; the boys just struck out before him like new ones at the business. Seifrid, the new catcher, was given his initial appearance, and maybe he didn't show up all right; he is a regular Walley James behind the bat, and our boys are to be congratulated upon the acquisition. All the boys did fine, but the running catch of Frank Forde in center deserves special mention. The hitting of our boys was better this game than usual, and with practice we ought to win everything this season.

With a lead of six runs at the end of the first inning the locals were declared to have won the game at the time until the score stood thirteen to nothing in favor of Laurinburg, when the game was declared over. Slow and uninteresting describes a game, which might have been more interesting had Rockingham not become discouraged after the first, and from which time on all sides played listless ball.

Excursion to Wilmington, June 16.

The Seaboard announces its first excursion to Wilmington for the season of 1909, from Charlotte, Chester, Monroe, Sanford, Lumberton and intermediate stations. This train will leave Charlotte at 8.30 a. m., June 16th; returning, leave Wilmington at 9 a. m., June 18th. This will give a three days outing at the seashore, and as all the resorts will be open at that time, every one is assured of a pleasant outing. Separate cars will be attached for colored people.

For information as to rates and schedules, see large flyers which will be distributed in a few days, call on your nearest agent, or write to

C. H. GATTIS,
District Passenger Agent.

"An arm of aid to the weak,
A friendly hand to the friendless;
Kind words so short to speak,
But whose echo may be endless.
The world is wide—these things are small;
They may be nothing, but they are all."

"That drug cleak must be very old."
"Yes, he's an old-timer. He claims to have seen a prescription once.

club houses; these several clubs have an inter-boating committee who would arrange a programme for a gala day at a convenient point on the river during the harvest moon of Indian summer, when all the lads and lasses in carnival array would meet and proceed to have the time of their lives. WAYNE MCNEILL.



MAGIC RENOVATORS when in the hands of the skillful tailor. Our cleaning, pressing and repairing is skilfully, thoroughly done. If you appreciate good work and reasonable prices, it will pay you to patronize
The Climax
PRESSING CLUB

FOR SALE.

TWO SOWS, 11 PIGS, and several tons of good, nice hay.

J. T. FARMER & BRO.,
Laurel Hill, N. C. Route 1.

FOR RENT

One two-story, 7-Room HGUSE, on King street, thoroughly furnished. Possession to be given at once. For particulars call on
W. H. MURPHY.

NOTICE.

While I have my headquarters in Maxton, I am still working in Laurinburg. Drop me a card, end I'll come up and do your PLUMBING for you.
GEORGE W. MOONEY,
Maxton, N. C.

Cantaloupe

-Picking - Baskets-

If you want the best picking basket made write us for illustrated catalogue and prices.

South Side M'g Co.,
Petersburg, Va.

Contractor and Builder.

W. M. WHITE, Southern Pines, N. C., Contractor and Builder. Estimates furnished on application, and all work guaranteed to conform with architect's plans. Reference:—R. Warwick, J. A. McKoy.

FOR SALE.

MY RESIDENCE on Main St., large corner lot; also one new six-room Cottage, in the growing town of Raeford. Terms reasonable.
C. W. SEATE.

WHEN YOU PATRONIZE THE LAURINBURG PRESSING CLUB

You are patronizing the Club that has experience and that has proven itself competent. We specialize on

Cleaning, Altering and Pressing

Your Clothes. All work done on short notice. WE WORK ONLY FOR WHITE FOLKS, and give our latest attention to LADIES' WORK. Your patronage is solicited.

W. M. McRAE, Proprietor.
Phone 125. Laurinburg, N. C.

Electric Bitters

Succeed when everything else fails. In nervous prostration and female weakness they are the supreme remedy, as thousands have testified. **FOR KIDNEY, LIVER AND STOMACH TROUBLE** it is the best medicine ever sold over a druggist's counter.