



# THE HOME CIRCLE

## NOT MINE.

And if I share my crust,  
Of beauty, or intelligence, or power,  
With one whose need is greater than  
my own,  
Shall I not also give  
His soul, that it may live,  
Of the abundant pleasures I have  
known?  
And so, if I have wrought,  
Amassed, or conceived aught  
Of beauty, or intelligence, or power,  
It is not mine to hoard;  
It stands there to afford  
its generous service simply as a  
flower.

—Bliss Carman.

## A GRACEFUL CARRIAGE.

It is a sad thing to say, but it is true that comparatively few women know how to walk. They are not, to be sure, quite as helpless as the poor, foot-bound Chinese women; they are able to use their "inferior articulating organs of locomotion"—as a pedantic lecturer on science described the walking apparatus—to get over the ground; but they do it in so clumsy a way that there is no beauty in their movements, none of the grace which should mark feminine pedestrianism. But it should be remembered also that the graceful walk is also the healthful and easy walk, and so a graceful carriage should be cultivated for hygienic as well as aesthetic reasons.

But how secure this desirable accomplishment? In "The Delineator" for August, M. Landon Reed gives some instructions which will be found simple and practical, and which every woman, old or young, can follow. The first essential of graceful walking is poise. The weight of the body must be adjusted over the balls of the feet, the center of gravity falling between the instep while standing, and changing with each step naturally. In correct poise, the chest always leads, the abdomen recedes, the back and head assume their right positions. It goes without saying that there can be no grace in a hasty walk. Haste causes irregular and uncertain movements of all portions of the body, detracts from a woman's dignity, and makes rhythm impossible.

Activity and right use of the feet are the second essential of a graceful walk. It is strange that women rarely seem to associate the feet with grace. They recognize the importance of freedom in the hip, good poise of the head and often of the action of the arms, but the feet they apparently think unimportant.

The feet have a double duty to perform in bearing the weight and propelling the body. When the standing position is right, one leg is swung forward from the hip, the knee acting in harmony, and the ball of the foot touching first. The weight is quickly transferred that the heel makes no noise. Women who walk heavily leave the weight on the heel and are never graceful. The general saying that one should "walk on the balls of the feet" has led people to try not touching the heel at all. The result is a mincing gait wholly without dignity or grace.

A Dutchman once heard a sermon by a preacher who did not believe in immersion for baptism. In his discourse he attempted to explain the preposition "into," asserting that it meant simply going down to or near the water, and being sprinkled. At the close of this very labored discourse, the preacher gave an opportunity for any present to express their thoughts on the subject. The Dutchman accepted the invitation, and remarked as follows:

"Mr. Breacher, I ish so glad I vash here to-night, for I has had explained to my mint something dat I never could pebble pebore. Oh, I ish so glad dat into does not mean into at all, but shut close py or near to; for now I can pelieve manish things vot I could not understand before. We instep is. To correct the fault of a wandering walk, practice walking every day on a single board of the floor, putting each foot in front of the other.

In standing, the position of the feet is not so important, as the weight is equally distributed between the two feet, but in walking one foot bears the weight, and the strain is too great. There seems to be a growing tendency to have an artificial support for the instep. This is not necessary if young people are taught to use the feet correctly.

In walking upstairs the easiest and most graceful way is to put the foot on the stair and energize the instep. Then lift the chest and avoid that old look of the back which a woman has when she appears to be literally "climbing the stairs." In coming down, the weight should not fall on the heel because of the jar to the spine.

The carriage of the shoulders is an important element in graceful walking. Nervousness, self-consciousness and haste, show in stiffness of the shoulders, also in the aggressive elbows and closed hands. If the chest is well up and forward, the shoulders will take their natural position and the arms hang at the sides. Forget your shoulders, and think only of your chest.

"What to do with the hands"

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If you are thinking of buying an outfit for a special occasion, it will be to your advantage to write for our price list. We can save you at least one third of the price. Cash or installment. **AGENTS WANTED.**  
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## TAKE A SMILE.

Young Hopeful—"Mummy, have gooseberries got legs?"  
Mother—"No, dear."  
Young Hopeful—"Then I've swallowed a caterpillar."—Bellman.

...  
Mrs. Hit—"I don't take any stock in these faith cures brought about by laying on of hands."  
Mrs. Dix—"Well, I do; I cured my little boy of the cigarette habit that way.—London Opinion.

...  
"Only fools are certain, Tommy, wise men hesitate."  
"Are you sure, Uncle?"  
"Yes, my boy; certain of it."—Tatler.

...  
Little Harold had been directed by the teacher to write the word "foily."  
"I can't," said Harold, "because my pencil's busted."  
"Why, Harold! What did you say was wrong?"  
"It's busted."  
"Dear me! Children, can any of you tell what Harold means? I'm sure he hasn't used the right word."  
Up went the hand of Little Marjorie.

"Ah, Marjorie, dear, I thought you would know. What does Harold mean?"  
"He meant that hith penth[?] it huthlicated."—Chicago Record-Herald.

...  
An old Scotchman who was threatened with blindness consulted an oculist.  
"Will you have a little stimulant?" inquired the doctor.  
The old Scotchman smacked his lips in eager anticipation.  
"Oh, aye, I'll tak' a drink o' anything you have handy," was the quick rejoinder.

"Ah, that's the trouble!" exclaimed the oculist. "You'll have to stop drinking, or you'll lose your eyesight."  
The old chap pondered a moment.  
"A' weel, doctor, it doens much matter; I have seen everythin' that's worth seein', anyway."

...  
The "Circle" tells the following story of high tide and low tide in a small boy's affairs:  
"Willie," commanded the mother, as the little family were about to set out for the Sunday-school picnic, "you run right back to the sink and wash your face again; and when you come out don't let me see that black water-mark on your neck!"

A little later, as the mother and her two children were hurrying toward the suburban trolley depot, the boy and girl, unable to keep the mother's pace, dropped behind.  
"Willie," asked the little sister, stimulated to continual chatter by the thought of the joyful picnic, "did you manage to wash the water-mark off?"  
"Naw; I dinna!" the boy gleefully rejoined, casting a stealthy glance at his mother, "I only moved it further down!"

WASHINGTON'S PLAGUE SPOTS  
He in the low, marshy bottoms of the Potomac, the breeding ground of malaria germs. These germs cause chills, fever and ague, biliousness, jaundice, lassitude, weakness and general debility and bring suffering or death to thousands yearly. But Electric Bitters never fail to destroy them and cure malaria troubles. "They are the best all-round tonic and cure for malaria I ever used," writes R. M. James, of Louisville, S. C. "They cure Stomach, Liver, Kidney and Blood Troubles and will prevent Typhoid. Try them, 50 cents. Guaranteed by all druggists.

"LUCK!"  
The boy who's always wishing That this or that might be,  
But never tries his mettle,  
Is the boy that's bound to see  
His plans all come to failure,  
His hopes end in defeat;  
For that's what comes when wishing  
And working fail to meet.

The "luck" that I believe in  
Is that which comes with work,  
And no one ever finds it  
Who's content to wish and shirk.  
The men the world calls 'lucky'  
Will tell you, every one,  
That success comes not with wishing,  
But by hard work, bravely done.  
—Exchange.

'T WAS A GLORIOUS VICTORY.  
There's rejoicing in Fedora, Tenn. man's life has been saved, and now Dr. King's New Discovery is the talk of the town for curing C. V. Pepper of deadly lung hemorrhages. "I could not work nor get about," he writes, "and the doctors did me no good, but, after using Dr. King's New Discovery three weeks, I feel like a new man, and can do good work again." For weak, sore or diseased lungs, Coughs and Colds, Hemorrhages, Hay Fever, La Grippe, Asthma or any Bronchial affection, it stands unrivaled. Price, 50 cents and \$1.00. Trial bottle free. Sold and guaranteed by all druggists.

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A complete up-to-date stock all the season. Come to see me at my old stand (Spence Building), 126 East Martin Street, and ask for prices before you make your purchases elsewhere. Yours truly,  
126 E. Martin St., Raleigh, N. C. **R. G. BAIGHELOR.**

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Fuyquay Springs, N. C.

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Schedule of Passenger Trains. Effective Oct. 4, 1908.  
SOUTHPORT  
Daily  
5:50 a.m.  
5:15 p.m.  
STATIONS  
Lv. Raleigh, N.C. 8:30 a.m.  
Lv. McMillen, N.C. 7:30 a.m.  
Lv. Willow Springs, N.C. 7:37 a.m.  
Lv. Foyles Springs, N.C. 7:19 a.m.  
Lv. Vinton, N.C. 7:00 a.m.  
Lv. Lillington, N.C. 6:41 a.m.  
Lv. Linden, N.C. 6:15 a.m.  
Ar. Fayetteville, N.C. 5:30 a.m.  
NORTHPORT  
Daily  
5:50 a.m.  
5:15 p.m.  
STATIONS  
Ar. Fayetteville, N.C. 5:30 a.m.  
Lv. Linden, N.C. 6:15 a.m.  
Lv. Lillington, N.C. 6:41 a.m.  
Lv. Vinton, N.C. 7:00 a.m.  
Lv. Foyles Springs, N.C. 7:19 a.m.  
Lv. Willow Springs, N.C. 7:37 a.m.  
Lv. McMillen, N.C. 7:30 a.m.  
Lv. Raleigh, N.C. 8:30 a.m.  
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**DIRECT ROUTE**  
TO THE  
Great Atlantic Ocean Resorts  
Morehead City and Beaufort, North Carolina  
Attractive Low Fares For Season 1909

FROM	TO MOREHEAD CITY and Return			TO BEAUFORT and Return		
	Season Tickets Sold Daily Ex. Sunday Oct. 31, '09	Five-Day Tickets Sold Daily Ex. Sunday Following Date of Sale	Week-End Tickets Sold Daily Ex. Sunday Following Date of Sale	Season Tickets Sold Daily Ex. Sunday Oct. 31, '09	Five-Day Tickets Sold Daily Ex. Sunday Following Date of Sale	Week-End Tickets Sold Daily Ex. Sunday Following Date of Sale
Raleigh Division						
Raleigh, N. C.	\$6.45	\$5.50	\$4.50	\$6.65	\$5.70	\$4.70
Knightsdale, N. C.	6.45	5.50	4.50	6.65	5.70	4.70
Eagle Rock, N. C.	6.45	5.50	4.50	6.65	5.70	4.70
Wendell, N. C.	6.45	5.50	4.50	6.65	5.70	4.70
Zebulon, N. C.	6.45	5.50	4.50	6.65	5.70	4.70
Middlesex, N. C.	6.45	5.50	4.50	6.65	5.70	4.70
Wilson, N. C.	6.45	5.50	4.50	6.65	5.70	4.70
Stantonsburg, N.C.	6.45	5.50	4.50	6.65	5.70	4.70
Winston-Salem, N.C.	6.45	5.50	4.50	6.65	5.70	4.70
Farmville, N. C.	4.85	4.00	3.00	5.10	4.25	3.25
Greensboro, N. C.	4.85	4.00	3.00	5.10	4.25	3.25
Greensboro, N. C.	4.85	4.00	3.00	5.10	4.25	3.25
Chocowinity, N.C.	3.45	2.75	2.00	3.80	3.10	2.40
Families Division						
Vanceboro, N. C.	2.60	2.30	2.10	1.50	2.00	1.45
Fredrick, N. C.	3.00	2.60	2.00	3.30	2.90	2.30
Washington, N.C.	3.00	2.60	2.00	3.30	2.90	2.30

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Harry K. Wolcott and Hugh M. Kerr, Receivers.  
**DIRECT ROUTE**  
TO THE  
Great Atlantic Ocean Resorts  
Morehead City and Beaufort, North Carolina  
ATTRACTIVE LOW FARES FOR SEASON 1909

FROM	TO MOREHEAD CITY and Return			TO BEAUFORT and Return		
	Season Tickets Sold Daily Ex. Sunday Oct. 31, '09	Five-Day Tickets Sold Daily Ex. Sunday Following Date of Sale	Week-End Tickets Sold Daily Ex. Sunday Following Date of Sale	Season Tickets Sold Daily Ex. Sunday Oct. 31, '09	Five-Day Tickets Sold Daily Ex. Sunday Following Date of Sale	Week-End Tickets Sold Daily Ex. Sunday Following Date of Sale
Beaufort Division						
Goldboro, N. C.	\$4.00	\$3.10	\$2.25	\$4.20	\$3.30	\$2.45
Besta, N. C.	3.75	2.90	2.15	3.95	3.10	2.25
LaGrange, N. C.	3.50	2.65	1.90	3.70	2.85	2.00
Falling Creek, N.C.	3.25	2.40	1.65	3.45	2.60	1.75
Kinston, N. C.	3.00	2.15	1.40	3.20	2.35	1.50
Caswell, N. C.	2.75	1.90	1.15	2.95	2.10	1.25
Dover, N. C.	2.50	1.65	0.90	2.70	1.85	1.00
Cove, N. C.	2.25	1.40	0.65	2.45	1.60	0.75
Tuscarora, N. C.	2.00	1.15	0.40	2.20	1.35	0.50
New Bern, N. C.	1.75	0.90	0.15	1.95	1.10	0.25
Riverside, N. C.	1.50	0.65	0.00	1.70	0.85	0.00
Croatan, N. C.	1.25	0.40	0.00	1.45	0.60	0.00
Havelock, N. C.	1.00	0.15	0.00	1.20	0.35	0.00
Newport, N. C.	0.75	0.00	0.00	0.95	0.10	0.00
Wildwood, N. C.	0.50	0.00	0.00	0.70	0.00	0.00
Onslow Beach	0.25	0.00	0.00	0.45	0.00	0.00
Roelobero, N. C.	2.10	1.45	1.10	2.30	1.65	1.30
Granboro, N. C.	2.25	1.60	1.10	2.45	1.80	1.30
Bayboro, N. C.	2.40	1.75	1.25	2.60	1.95	1.45
Stonewall, N. C.	2.70	2.05	1.55	2.90	2.25	1.75
Ostenon, N. C.	2.90	2.25	1.75	3.10	2.45	1.95

Fares for children five (5) years of age and under twelve (12), half of above fares. Season and Five-Day tickets on sale May 15, 1909, to and including Sept. 30, 1909. Week-end tickets on sale May 15, 1909, to and including Sept. 30, 1909. No stopovers in either direction will be allowed. No baggage will be checked on tickets sold at Sunday fares. Bagging, salting, and fishing. Through Sleeping Car Service between Greensboro, N. C., Morehead City and Beaufort, N. C., and through Parlor Car Service between Goldboro, N. C., Morehead City and Beaufort, N. C., will be in effect Oct. 1st, 1909. Express Train Service between Norfolk, Va., New Bern, Morehead City and Beaufort, N. C. The Atlantic Hotel, Morehead City, N. C., will be opened for the season June 1st, 1909.  
H. C. HUGHES, General Passenger Agent, Norfolk, Va.

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