A BUSINESS THAT IS Worth Having IS Worth Advertising EVERY DAY IN THE YEAR.

Be Sure You are right by first writing an advertisement setting forth the bargains you offer, and insert it in the GOLD LEAF. Thus prepared for business, you can Then Go Ahead.

GOLD LEAF.

ADVERTISING IS THE FOUNDATION OF SUCCESS IN ANY BUSINESS

If You Want To reach the people of Henderson and surrounding country, let them know the inducements you hold out to get their trade by a well displayed advertisement in The GOLD LEAF

THAD R. MANNING, Publisher. "CAROLINA, CAROLINA, HEAVEN'S BLESSINGS ATTEND HER." SUBSCRIPTION $1.50 Cash.

VOL. XXVII. HENDERSON, N. C., THURSDAY, AUGUST 27, 1908. NO. 36.

The Knock-out Blow.

The blow which knocked out Corbett was a revelation to the prize fighters. From the earliest days of the ring the knock-out blow was aimed for the jaw, the temple or the jugular vein. Stomach punches were thrown in to worry and weary the fighter, but if a scientific man had told one of the old fighters that the most vulnerable spot was the region of the stomach, he'd have laughed at him for an ignoramus. Dr. Pierce is bringing home to the public a parallel fact; that the stomach is the most vulnerable organ out of the prize ring as well as in it. We protect our hearts, throats, feet and lungs, but the stomach we are utterly indifferent to, until disease finds the solar plexus and knocks us out. Make your stomach sound and strong by the use of Doctor Pierce's Golden Medical Discovery, and you protect yourself in your most vulnerable spot. "Golden Medical Discovery" cures "weak stomach," indigestion, or dyspepsia, torpid liver, bad, thin and impure blood and other diseases of the organs of digestion and nutrition.

The "Golden Medical Discovery" has a specific curative effect upon all mucous surfaces and hence cures catarrh, no matter where located or what stage it may have reached. In Nasal Catarrh it is well to cleanse the passages with Dr. Sage's Catarrh Remedy fluid while using the "Discovery" as a constitutional remedy. *Why* the "Golden Medical Discovery" cures catarrhal diseases, as of the stomach, bowels, bladder and other pelvic organs will be plain to you if you will read a booklet of extracts from the writings of eminent medical authorities, endorsing its ingredients and explaining their curative properties. It is mailed *free* on request. Address Dr. R. V. Pierce, Buffalo, N. Y. This booklet gives all the ingredients entering into Dr. Pierce's medicines from which it will be seen that they contain not a drop of alcohol, pure, triple-refined glycerine being used instead.

Dr. Pierce's great thousand-page illustrated Common Sense Medical Adviser will be sent free, paper-bound, for 21 one-cent stamps, or cloth-bound for 31 stamps. Address Dr. Pierce as above.

INSURANCE

Life
Fire
Health
Fidelity
Accident
Casualty

Insurance Department Citizens Bank.

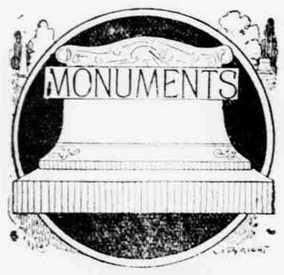
RICHARD C. GARY, : Manager.

DR. F. S. HARRIS, DENTIST,
Henderson, N. C.
OFFICE: Over E. U. Davis' Store

HENRY PERRY, INSURANCE.
A strong line of both LIFE AND FIRE COMPANIES represented. Policies issued and risks placed to best advantage.
Office: : : : : In Court House.

City Barber Shop
Murrell & Page, Proprietors
(Next to Barnes Clothing Store.)
An Easy Shave, ...
A Satisfactory Hair Cut . . . . .
Is what you get every time you patronize this shop. We are experienced Barbers, and give every customer our very best service. Shop newly furnished throughout. Chairs upholstered in leather—clean, cool, sanitary.
We solicit your patronage.
MURRELL & PAGE.

Henderson Marble Works,
(Branch of the Suffolk Marble Works.)



We are located on Garnett street, next to A. T. Barnes' new brick building. We are prepared to handle or execute any work in the Marble or Granite line. No larger dealers in the marble business in the South. It will be to your interest to pay us a visit.
Henderson Marble Works.

A. G. Daniel,
Wholesale and Retail Dealer in . .
Shingles, Laths, Lumber, Brick, Sash, Doors and Blinds. Full stock at Lowest Prices. Opposite Southern Grocery Company.
Henderson, N. C.

The Country Boy.

You Want to Make a Man of Yourself, the Brightest and Best and Most Useful Man That Can be Made Out of You—Improve Your Opportunities, Arise and Use the Means at Hand For They Are Thick on Every Side.

Raleigh Biblical Recorder.

Dear boy of field and wood and brook, stop awhile your work and play and let us talk of the days to be.

You are thinking of the time when you will be a man, whom you will be like, and what you will do. You want to do something good and great, to be a force and factor in your day, to make the world richer while you live and poorer when you die. Very well. Have your hopes and hold them fast; and may you go beyond them!

Then learn, dweller in sunny home, that these golden days of the morning time, they are your days of preparation. As they fly, you must get ready for life or live in vain. You must sharpen your axe before you are ready for the wood. You prepare the land before you plant or sow. You make ready the barn before stock is housed or harvest gathered. And thus yourself, body, mind, and soul—your entire self—you must prepare thoroughly and well or you will never, never be able to fill your measure of life.

You know this, perhaps you feel it, and maybe you are yearning, struggling upward; if so, cherish this spark of aspiration as a live coal from heaven's altar for it can make of you a being of power and set you in a large place; but if not, awake and see and do, or your lot is cast by your own will among the servile "hewers of wood and drawers of water."

But, dear, broad-acre boy, you want to make a man of yourself, the brightest and best and usefulest man that can be made out of you. Then loll not in idleness awaiting but not ready for the opportunities of life. Arise and use the means at hand, for they are thick on every side.

Manage that tricky, stubborn mule and he will teach you to manage men.

Keep your tools in order, and rust and dust will not be so apt to gather on your brain.

Train soul as well as sinew while you plow that stumpy field or split that knotty log or dig shat tussocky ditch.

Broaden your vision and sympathy under the open sky, blue with light or black with storm.

With attent eye study Nature in all her charming, changing moods, and she may tell you things yet unconfided.

And when the rainy day and leisure hour come, prize them as the very gold of Ophir.

Read the good books. Think while you read; read again; and you will never be the same boy again, but a broader, larger, better!

And the first-class newspaper—you must not live without it; it will be an education in itself.

Seek the company of the best informed, the sages aad wise men of the neighborhood.

Cultivate your social instincts not in heedless gossip or heartless gibe and jest, but in the pure, ennobling atmosphere of the brightest and best fellowship around you.

Go miles and miles to hear on special occasions the speaker who can speak, the man with a message.

Attend church for the good you can get and give, for nothing is more vital than the culture of conscience.

Go to school study hard, learn well if not fast, and develop roundly if not brilliantly. Go to school, if you have to borrow books, live on bread and water, wear patches, and go in debt! Go to the best school in reach; in your heart of hearts determine to be a man in culture, character, conduct; and keep going till your powers have been tested, trained, capacitated for the best service they can render. And then—you are ready for the real business of life!

These things do; and your foundational days on the farm will, from whatever heights you attain, glow in memory throughout the years.

Ah, my lad, you often think you are in the weeds or woods lost to view, now and ever; but fret not! The world is abroad in search of men. For all the centuries it has looked from its turrets to the far, deep country for strength and stamina. You and your like are needed and wanted the moment you are ready. Wanted, a Moses: and he responds from the back sideof the desert. Wanted, a Gideon: and the calling angel finds him at the threshing floor. Wanted, a David: and the anointing prophet must summon him from the flocks a-field. Wanted, a Messiah: and He comes from the carpenter's bench. Wanted, a statesman-apostle: and Paul, the tent-maker, answers the call. And wanted to-day: men who can do well what the world needs done, men who can bring the worth while things to pass. The world's work is not over; it is just begun. To be ready for your part and post, you must prepare. That is your word—Prepare! Prepare!! Remember, "There is room at the top," and "Hitch your wagon to a star." And God bless you, my lad, God bless you!

Excellent Health Advice.

Mrs. M. M. Davison, No. 379 Gifford Ave., San Jose, Cal., says: "The worth of Electric Bitters as a general family remedy, for headache, billiousness and torper of the liver and bowels is so pronounced that I am prompted to say a word in its favor, for the benefit of those seeking relief from such afflictions. There is more health for the digestive organs in a bottle of Electric Bitters than in any other remedy I know of." Sold under guarantee at Melville Dorsey's drug store. 50c.

Study of Grammar and Compositon.

Raleigh Christian Advocate.

The study of grammar and composition receives little attention these latter days. We wish to call attention to two rules: (1) The possessive singular of English nouns is formed by adding "s" to the nominative. The possessive singular of Sam Jones should, therefore, be written Jones's. It is incorrect to write it Jones.' The possessive singular of Nettles is properly written Nettles's. (2) And does not take the place of a comma. John, Tom, and Dick study grammar, is the proper way to punctuate a series of words. If in a series of phrases commas are used, then the phrases should be separated by semi-colons. Tom Brown, of Aiken; John Smith, of Alcolu; and Bill Jones, of Arcadia, were in town yesterday, is the correct way to write it. The comma often takes the place of and, but and does not take the place of a comma, except among antiquated people. We would suggest to all educated persons, that once a year they carefully read a grammar. Especially do we suggest to the recent graduates of our colleges that they get a primary grammar and carefully read it from beginning to end. And, again, do not be too free in the use of capital letters. We respectfully commend to our correspondents the careful reading of a primary grammar.

A Vast Advance in Farming.

Carthage Blade

Referring to the opening of the A. and M. College at Raleigh nineteen years ago Prof. Massey says:

"Looking back to nineteen years ago when we opened the Agricultural and Mechanical College in Raleigh, we see that there has been a vast advance and that the advance in farming is largely the cause of advancement in other lines. We hope to keep the ball moving."

It is a plain and accepted truth that there has been a great advance made in the agricultural pursuits in North Carolina in recent years. Twenty years ago it was the exception in this State to gather a bale of cotton to the acre. Now it is the rule; and while this is true the yield of corn per acre has been greatly increased and all other farm products likewise.

Of course some progress would come in these respects from the plodding and experimenting of time. But it is due to the A. and M. College and the men that it has equipped; the Experiment Station and the knowledge that it has disseminated; and the work of the agricultural department at Raleigh and the agricultural journals, especially the *Progressive Farmer*, that this accelerated progress in farming has come about in North Carolina. Hence the duty and self-interest of the agricultural class to patronize, support and uphold all of these intitutions.

Caution Should be Exercised in Eating Canned Goods.

It is not infrequently that you hear or read of cases of ptomaine poisoning as a result of eating canned goods. This sort of thing would rarely occur, in all probability, if proper precaution was observed. In the first place one should never allow any canned goods to remain in the can for a moment after it has been opened. Turn the contents into a china or glass receptacle and cover it up. Otherwise you are courting a case of poisoning. Some times the goods may be spoiled, as in the case of canned oysters, lobsters, or even tomatoes or other vegetables containing acid, but this is of comparatively rare occurrence in cases where the contents are eaten immediately and not allowed to stand in the tin for any length of time after being opened. The safest plan, however, is to be careful what you eat and not eat too much of any one thing.

Cigarette Habit Cause for Divorce.

A new cause for divorce has been added to the list according to an exchange, which prints the following:

"The cigarette habit is sufficient cause for divorce in my court," said Judge John M. Broderick, of Ohio, when a young wife testified that her husband was accustomed to get up in the night to smoke cigarettes.

"That is just as bad as the liquor habit, and habitual drunkenness is always cause for divorce," said the court.

The Southern Railway Company is taking back a large number of hands who were thrown out of work about fivs months ago; building expenditures throughout the country for August have increased 15.4 per cent over those for July; we are having abundant crops; men and women are traveling more than usual; marriages are not less frequent than formerly. After all, things might be worse.—Albemarle *Enterprise*.

Pineules for the kidneys. 30 days trial $1.00. Guaranteed. Act directly on the kidneys and bring relief in the first dose for backache, rheumatic pains, kidney and bladder trouble. Invigorate the entire system. Sold by Kerner-McNair Co.

Judge Moore, who died at Asheville last Friday night, was one of the youngest men on the bench. He was only thirty-nine years of age and was making a reputation as a jurist. Personally he was one of the most attractive men in the State and thus early in life had made a place for himself. His death was a shock to the entire State, and from the human viewpoint exceedingly sad.—Concord *Tribune*.

Attention, Asthma Sufferers!

Foley's Honey and Tar will give immediate relief to asthma sufferers and has cured many cases that had refused to yield to other treatment. Foley's Honey and Tar is the best remedy for coughs, colds and all throat and lung troubles. Contains no harmful drugs. Sold at Parker's Two Drug Stores.

Get the Most Money Out of Your Lands

by making them yield the biggest possible crops. Grain must get the nourishment that makes it grow out of the soil—and the more plant food there is in the soil, the quicker and bigger and more plentifully the grain will grow. But you must first put the food into the soil by liberally using

Virginia-Carolina Fertilizers

Then a big bumper crop is assured, because these fertilizers contain the necessary elements required by the soil to properly and fully mature the grain. Farmers invariably find that the more Virginia-Carolina Fertilizer they use, the bigger is the crop, and the greater their profit.

Have you gotten the latest Virginia-Carolina Year Book or Almanac, the most useful and valuable book any farmer or grower can read? Get a copy from your fertilizer dealer, or write to our nearest sales office and one will be sent you free.

Virginia-Carolina Chemical Co.

Richmond, Va. Norfolk, Va. Columbia, S. C. Atlanta, Ga. Savannah, Ga. Durham, N. C. Charleston, S. C. Baltimore, Md. Columbus, Ga. Montgomery, Ala. Memphis, Tenn. Shreveport, La.

Fertilizers Virginia-Carolina Chemical Co.

Have You Any Proof

that no accident will cross your path this Summer? Sometimes accidents happen on picnics and excursions.

THE WISEST PLAN

is to buy a 30-day Accident policy from the Henderson Loan and Real Estate Company before starting on a trip.

You get the protection for $1.00 for 30 days and ***it pays for loss of time and injuries sustained.***

We sell the best Health and Accident Policies on the market—separate or combined.

Henderson Loan & Real Estate Co.

Tobacco Flues.

I have made a great many flues this season and have repaired a large number of old ones, but I am still prepared to serve other customers. The labor and the material are here at your service.

Flues made of the best iron that cost you no more than inferior material. It will be to your interest to see me before giving your order for Flues. **Prices Reasonable.**

H. R. FUTRELL,
Henderson, N. C.

NEW WHEAT FLOUR.

Nice lot just received. Nothing better for the money. Keep constantly on hand a full stock of

General Merchandise,

Dress Goods and Notions, Shoes, Hats, White Goods, etc.

Staple and Fancy Groceries,

HAY AND FEEDSTUFFS.

Car load purchases enable us to sell at *Lowest Prices.*

ALWAYS HAVE SPECIAL BARGAINS.

H. THOMASON,

Phone No. 18. Henderson, N. C.

Farming in Rockingham County.

Reidsville Weekly.

Perhaps it was the late Governor Morehead, one of the really great men North Carolina has produced, who said that "Nature was on a frolic and made the Meadows rich." Byrd, who ran the line between North Carolina and the Old Dominion called this region his "Land of Eden." Neither exaggerated the situation much. We spent last Friday night in this enchanted region, the guest of Col. B. K. Terry, who showed us over two or three of the pretty estates Saturday, the Imperial farm, and the Fitzgerald place. We will not attempt details. We asked Mr. Fitzgerald with his holdings listed at $50,000, how much he expected to make on his investment this year, to which he promptly replied 10 per cent. It would do the farmers of other parts of the country good to visit the Meadows, where money and brains have combined with nature to show what can be done in old Rockingham. We feel more refreshed than if we had taken a trip to the mountains.

Violations of Hygiene Laws.

Mary E. Bryan, in Uncle Remus's Magazine.

It is not only in the rural districts that unsanitary conditions about the house cause diseases and the deaths that are set down as the dispensation of Providence. In towns and cities there are homes which are sepulchers with their clean, shining fronts, their freshly watered lawns, blooming flower-beds, inviting verandas and cool charming rooms. But the backyards! There is the inside of the sepulcher. Heaps of decaying rubbish, little stagnant cesspools—result of poor drainage—unclean stables, and hen-houses from which emanate odors, fraught with germs of disease. In many homes of cultured persons where the laws of hygiene are known, there is a strange disregard of these, a carelessness in the treatment of left-over food and of milk and butter—those prime absorbers of impurities; a neglect in the removal of rubbish and garbage and in the airing of beds and bed-clothing. Such neglect affects not only the one household, but those adjacent, the winds hastening to carry the poison afar.

An Example.

Charlotte Observer.

The curse of politics is that it destroys the intellectual honesty of men or often, when it does not do this, represses honest expression of opinion. Suggestive of this thought is this editorial paragraph from the Greensboro *Record* of Thursday:

"Here is the opinion of Hon. W. P. Bynum, of Greensboro, a life-long Republican, on the speech of Mr. Bryan delivered yesterday: 'It is one of the greatest speeches I ever read—clear and forceful and a genuine key-note speech. I might talk an hour and say no more.' The amusing thing about this is that his party associates will not criticise him, for they cannot do it. They know he is honest, and thoroughly competent to judge, and means what he says."

In this there is a lesson to men of all parties. The gentleman quoted—we use the word advisedly—will not be interrogated for ability, integrity or party fealty. The man on the other side makes a great speech, so Judge Bynum out of his intellect adjudges, and he doesn't palter or hesitate to say so. It will be a better day for our politics when all men, Democrats, Republicans, what not, reach that stage of intellectual and personal freedom when they may think their own thoughts, "free from the doting scruples that fetter our free-born reason," and utter them as they think them.

The Canning Year.

This from a State exchange needs no further comment or endorsement:

It is against the law of nature that the abundant yield of orchard, vineyard and field, such as the State is this year blessed with, could be distributed over a great length of time. The fruit must all come in as it ripens and the market overflow with it, yet there need be no cause for waste. What cannot be consumed now can be preserved for the time when the markets are bare and when it will taste as good as, if not better, than in the season of the tree and the vine. The art of canning has been reduced to simplicity and perfection, and now while the market wagons roll in with their abundant loads the household cannery should be working full time. The thrifty housewife can do much by her own endeavors. If she has a daughter to aid her, so much the better. The fruit jar and the preserving can are comparatively inexpensive, and every pantry in the State ought to be well stocked while the present opportunity is at hand.

Pain anywhere stopped in 20 minutes sure with one of Dr. Shoop's Pink Pain Tablets. The formula is on the 25 cent box. Ask your Doctor or Druggist about the formula! Stops womanly pains, headache, pains anywhere. Write Dr. Shoop, Racine, Wis, for free trial to prove value of his Headache, or Pink Pain Tablets. Sold by all dealers.

Pitcher Breaks World Record.

From a State exchange we take the following:

Pitcher Stohr, of the Anderson, S. C., club of the Carolina Association broke the world's pitching record at Charlotte last week against the local team when in his second game of the afternoon he held them wihtout a hit until the thirteenth inning of a fifteen round battle, and only two hits during the entire game. He yielded seven hits in the first game and won; and yielded two in the second and lost on an error of the first baseman.

When the Stomach, Heart, or Kidney nerves get weak, then these organs always fail. Don't drug the Stomach nor stimulate the Heart or Kidneys. That is simply a make-shift. Get a prescription known to Druggists everywhere as Dr. Shoop's Restorative. The Restorative is prepared expressly for these weak inside nerves, strengthen these nerves, build them up with Dr. Shoop's Restorative—tablets or liquid—and see how quickly help will come. Sold by all dealers.

Bitter Race War.

And This in Springfield, Illinois, the Home of Abraham Lincoln—Two Negroes Are Lynched, Many Wounded and Property Destroyed by Mob Which Terrorizes the Capital City, Causing Many Negroes to Leave Town.

Baltimore Sun.

The rioting, lynching of negroes and destruction of property in Springfield, Ill., show that racial antagonism in the United States is not bounded by sectional and geographical lines. Illionois is a Republican state, Georgia is a Democratic state. Less than a year ago Atlanta was the scene of rioting. Negroes were lynched after a series of crimes against women which stirred the people of that Southern city to their profoundest depths. But the sober second thought of Atlanta prevailed. The conservative and law abiding South condemned the excesses of mob rule, and the mob was soon brought under control. The provocation was great, but enlightened public opinion in the South was no less outspoken in denouncing lawlessness in Atlanta than was public opinion in other parts of the United States.

It is essential to the proper solution to the race problem in this country that Americans should divest themselves of sectional and political prejudices when there are manifestations of racial antipathy and outbreaks of mob violence. Since last Friday evening the capital of Illinois has been the scene of mob violence on a scale greater than that which Atlanta witnessed two years ago. A negro committed an atrocious crime in Springfield. The result was an upheaval—two negroes have been lynched in retaliation—one of them a man more than 80 years old, who, according to the dispatches, had been guilty of no offense. A mob of 5,000 men established a reign of terror in Springfield. The torch was applied freely in the negro quarter. Lawlessness continued after the Governor of Illinois had taken measures to restore order by filling the city with State militiamen.

Southern white men who take the law into their own hands do not go to the extremes which have characterized the outbreak in Illinois. They do not, except in the case of Atlanta, wreak vengeance indiscriminately upon the guilty and the innocent black. They do not resort to incendiarism. They do not terrorize the city for 48 hours and degenerate into a pilaging, destroying mob. They act outside of the law, it is true. But they go about their law-breaking systematically and in the spirit of men who are defending their homes from the worst type of criminal. They do not lynch an octogenarian negro, as the mob did in Springfield, merely from the love of killing—the blood lust.

Hereafter let the virtuous Northern journalists who so dearly love to lecture the Southern people about the wickedness of lynch law, reserve their homilies for application at home. The Springfield outbreak demonstrates that politics and sectionalism have no bearing on popular lawlessness in such cases as this.

30 days' Trial $1.00 is the offer on Pineules. Relieve Backache, Weak Back, Lame Back, Rheumatic pains. Best on Sale for Kidneys, Bladder and Blood. Good for young and old. Satisfaction guaranteed or money refunded. Sold by Kerner-McNair Co.

Ask Repeal of Homestead Law.

Asheville Gazette-News.

The August number of the *Merchants Journal and Commerce* contains an interesting article by Archibald Nichols of Asheville, president of the North Carolina Merchants association, with a fine three-column cut of Mr. Nichols. The text of Mr. Nichols' article is "Better Laws Needed by Merchants," and is strong and convincing. In the course of the article Mr. Nichols says:

"If every merchant in North Carolina would refuse to vote or lend his assistance to the candidate for the Legislature who will not favor a bill allowing the people to vote on the question of repealing the homestead and exemption law, this iniquitous law will be repealed. Provided, however, that he will vote and lend his assistance to the man who will vote to submit this question to a vote of the people. There is no reason now why these laws should remain a part of the constitution. They are detrimental to the credit rating of any business man, and besides they contribute to rascality and shiftlessness among all classes."

It is for the repeal of the homestead law and the exemption law that the merchants of North Carolina stand. The State association is fighting the homestead and exemption law and the members of the association are firm in the opinion that sooner or later they will accomplish their purpose.

Continuing Mr. Nichols says: "And this is not the only law. You have heard much of radical legislation. You will hear more unless conservative business men show a lively interest in public affairs. United effort is required to correct abuses of trade. An organization is necessary. I make this appeal to the merchants to join an association. The benefits are many and the results are satisfactory."

Served as coffee, the new coffee substitute known to grocers everywhere as Dr. Shoop's Health Coffee, will trick even a coffee expert. Not a grain of real coffee in it either. Pure, healthful, toasted grains, malt, nuts, etc., have been so cleverly blended as to give a wonderfully satisfying coffee taste and flavor. And it is "made in a minute," too. No tedious 20 to 30 minutes boiling. Sold by all dealers.

Proof is inexhaustible that Lydia E. Pinkham's Vegetable Compound carries women safely through the Change of Life.

Read the letter Mrs. E. Hanson, 304 E. Long St., Columbus, Ohio, writes to Mrs. Pinkham:

"I was passing through the Change of Life, and suffered from nervousness, headaches, and other annoying symptoms. My doctor told me that Lydia E. Pinkham's Vegetable Compound was good for me, and since taking it I feel so much better, and I can again do my own work. I never forget to tell my friends what Lydia E. Pinkham's Vegetable Compound did for me during this trying period."

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.

FRANCIS A. MACON,
DENTAL SURGEON.
Office in Young Block.
Office hours: 9 a. m. to 1 p. m., 3 to 6 p. m. Residence Phone 88; Office Phone 25. Estimates furnished when desired. No charge for examination.

Can Live on Candy--Chocolate Creams and Peanuts Would Keep You Alive, Says Prof. Olson.

Professor JOHN C. OLSEN, Ph. D. United States Food and Drug Inspection Chemist, in his lecture on "Pure Foods and Their Preparation," among other things said: "It was shown that two-thirds of a pound of peanuts and two-thirds of a pound of chocolate creams contain sufficient nourishment to feed an adult twenty-four hours. A diet of this kind would not be expensive compared with the cost of other foods."

—WE HAVE IT!—
EAT HUYLER'S PEANUT CHOCOLATE
FOR HEALTH AND STRENGTH.

Physicians' Prescriptions Our Specialty.
KERNER-McNAIR CO,
DRUGGISTS.

ROANOKE BRICK CO,
WELDON, N. C.
Manufacturers of
BRICK OF ALL KINDS
FIRE BRICK A SPECIALTY.
Prompt attention given orders.
J. J. BETSCH,
Henderson, N. C. Local Agent.

PAIN

Pain in the head—pain anywhere, has its cause. Pain is congestion, pain is blood pressure—nothing else usually. At least, so says Dr. Shoop, and to prove it he has created a little pink tablet. That tablet—called Dr. Shoop's Headache Tablet—coaxes blood pressure away from pain centers. Its effect is charming, pleasingly delightful. Gently, though safely, it surely equalizes the blood circulation.
If you have a headache, it's blood pressure.
If it's painful periods with women, same cause.
If you are sleepless, restless, nervous, it's blood congestion—blood pressure. That surely is a certainty, for Dr. Shoop's Headache Tablets stop it in 20 minutes, and the tablets simply distribute the unnatural blood pressure.
Bruise your finger, and doesn't it get red, and swell, and pain you? Of course it does. It's congestion, blood pressure. You'll find it where pain is—always. It's simply Common Sense.
We sell at 25 cents, and cheerfully recommend

Dr. Shoop's Headache Tablets
"ALL DEALERS"

COAL AND WOOD.
Best and largest stock **Lump, Splint and Anthracite**
COAL
ever handled in Henderson. Also **Sawed and Uncut**
WOOD
Split ready for the stove, we solve the wood chopping problem for you. Prompt attention to all business.
Poythress Coal and Wood Co
Phone No. 88