WORKING WOMEN, WHAT THEY SHOULD KNOW

MRS. SADIE ABBOTT — MRS. PREE McKITRICK

Women for the most part spend their lives at home, and it is these women who are willing and ambitious that their homes shall be kept neat and pretty, their children well dressed and tidy, who do their own cooking, sweeping, dusting and often washing, ironing and sewing for the entire family, who call for our sympathy.

Truly the work of such a woman is "never done" and is it any wonder that she breaks down at the end of a few years, the back begins to ache, there is a displacement, inflammation or ulceration of the abdominal organs, a female weakness is brought on, and the struggle of that wife and mother to continue her duties is pitiful.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, is the exact medicine a woman needs whose strength is overtaxed. It keeps the feminine organs in a strong and healthy condition. In preparing for childbirth and recuperating therefrom it is most efficient. It carries a woman safely through the change of life and in making her strong and well assists her to be a good wife and mother.

Mrs. Sadie Abbott, of Jeannette, Pa., writes:

Dear Mrs. Pinkham—

"I suffered severely with pain every month and also a pain in my left side. My doctor prescribed for me but did me no good; a friend advised Lydia E. Pinkham's Vegetable Compound and I wrote you in regard to my condition. I followed your advice and am a perfectly well woman. The pains have all disappeared and I cannot recommend your medicine too highly."

Mrs. Pree McKitrick, of La Farge, Wis., writes:

Dear Mrs. Pinkham:

"For six years I suffered from female weakness. I was so irregular that I would go from three weeks to six months, so I thought I would give Lydia E. Pinkham's Vegetable Compound a trial.

"Now I am once more well and can do my work without a pain. Any one who wishes, can write to me and I will answer all letters gladly."

Women should remember that Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of actual cures of female ills. Every suffering woman in the United States is asked to accept the following invitation. It is free, will bring you health and may save your life.

Mrs. Pinkham's Invitation to Women.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised. Out of her vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Her advice is free and always helpful.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

THE MID-WAY CAFE!

COME IN AND GET A GOOD DINNER

FISH, OYSTERS AND BEEF STEAK

Cut to suit you. Hot Coffee served with lunches all times a day.

GROCERIES FOR EVERYBODY.

T. G. HUNTLEY,

MAIN STREET - HICKORY, N. C.

GOOD OLD SUMMER TIME

Goods is What You Are Looking For

The most handsome line of Dress Goods, Silks, Embroideries and beautiful Shirt Waist Goods.

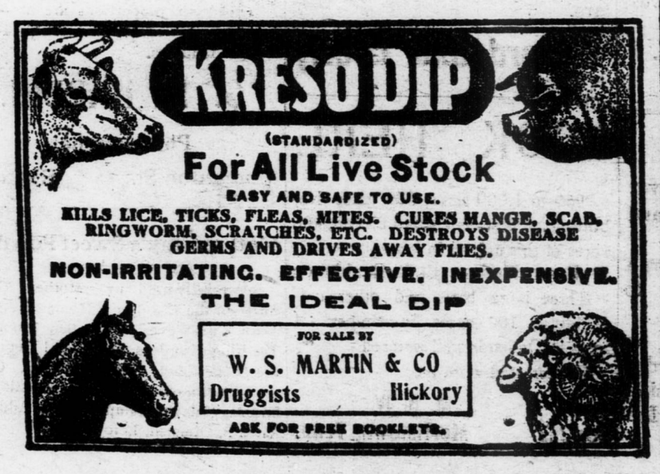
We Have the Stock to hoose From

EVERYTHING IN THE NOTION LINE IS FOUND IN OUR STORE.

Come and get a bargain

W. G. FOX

Hickory, N, C.



The James and the Jamestown Exposition.

Continued from last issue.

and completed in the most substantial and perfect manner. Especially interesting was the Post Office exhibit, showing the various ways of carrying the mails at different eras, and in different parts of Uncle Sam's domain from Alaska to Puerok Rico. A mail pouch, slit open and stained with dark splotches showed where a mail carrier in Arizona, F. M. Petersen, of Pima county, had given his life for his duty in a fight with Apaches. An expert from the Government Library shows the various exhibits brought from the great collection in Washington. She ever has charge of a well-selected collection of books wnich are loaned to employees on the Grounds after Government methods. Here is the first edition of John Smith's Narrative of the settlement of Virginia.

The Exposition itself is not so interesting as are the environs of the city of Norfolk. Going over to Portsmouth one morning we remained until noon looking over the Navy Yard. In the Park are cannons used from Revolutionary times down to the present day. Cannon taken in the fight on the Lakes, cannon taken in the Mexican War, a huge stone ball fired at our ships when we were chastising the Algerian pirates, cannon smashed by us during the Civil war and cannon captured from us, guns taken at Guantanamo and San Juan during the Spanish war—all these are here. Then we saw the destroyers in for repairs, and one immense ship of the Auxiliary branch, in the dry dock for repairs, also a sub-marine in the floating dry dock and one on dry ground that looked like a dead fish. But we were told she'd "Be all right after they got through with her. "We might have been allowed to go down and inspect her, inside, but that was the one time during the trip that we lost a chance of acquiring useful information. Somehow, our thirst for knowledge weakened. We went over to the Virginia, and were shown round her decks, the inside being all over paint, as he was being cleaned after coaling. She had broken all records in that line, having loaded 1138 tons of coa in four hours. Be it known to all men that we make this statestatement on the authority of the officer of the day, who told us that the best way to realize what this meant was to remember that this amount of coal on the dock was as large as two of the very largest steamers that paly on this coast.

Our last afternoon was partly spent at Foet Munroe, otherwise known as Old Point Comfort whichever you please. The earth works of fortifications, are something like 3 miles round, and it is a tremendous effort to walk them even if the officers cared to serve the general public there. The sentries virtually let you go anywhere ynd are polite above all things. The inside of the fort is just like any other pretty village and so clean that it might be an objpct lesson to Hickory. The very last thing anyone would think of would be war. Really, it puzzled us to think were all the things could be that are to keep the nations of Europe from gobbling us up. There are some funny little openings in the beautifully green glacis, and there is a moat that makes you think of pictures of Arthur's England this about all the untrained eye can notice, unless you go around behind where are a few mounted guns for practice. Coming across the bay, the sun was setting, and straight across his red dik, went 3 pretty little sailboats as though placed thvre for effect. The bay was as a sea of glass mingled with fire, and the spires building of the dist and city were rosy and faint as those of a dream city. It was a scene to live in ones memory, and companion it is the one at Jamestown Island, where we were allowed to stop half an hour on the way nown the River. The church is the main object of nterest and is close to the landing but away off down at the other end of the island your correspondent spied a ruin that promised something. So we hurried down to it tnrough a field knee deep in such clover as grows only here, and an orchard of apple trees that is over a century in growth. There were the remains of what had been a handsome brick house and let into the wall a plate reading as follows.

Residence of Sr. Fracis Wyatt burned in Bacon Rebellion, burned by Tarlton's dragoons, burned in the civil war, burned in 1890. The church or the remains of it have been so restored by tne Antiquarian Society that they are safe from further decay. Tablets on the walls bearing insnriptirns of the Claiborne Family, to Lord Delaware ahd to the women who have done and are doing so much to preservr the few memorials left of our colonial history. In this churcg Pocahontas was married and to this spot her heart turned to gloomy England until it broke. Here too are the wonderful earthworks erected by the Confederate soldiers curing the civil war. The redoubl on the water front has been cnt down erection of breakwater. The U. S. Government is now putting up certain works here. The Island which is 1600 acres in extent is the propepty os the Bonny family and Mri Bonney has given the saciety 22½ acres as a reservation.

Mrs. S. F. Watson.

NEW FIRE ESCAPE.

An Invention of Great Merit That is Making With Success.

There is now being exhibited in this city a modern and model fire escape. The demonstrations of it made already in Raleigh showing it to be of great value where lives are to be saved.

The new escape is put on the market by the Flowers Fire Escape Company, of Hickory, and Mr. E. L. Flowers, the inventor, is here and has shown from the Park Hotel and other high buildings how easy It is to reach the ground safely. Some fifteen successful demonstrations were made and even parties who had never seen the escape before trieu it. This fire escape is a cheap one in price not in value, and Mr. Elowers will remain for a day or so to further exhibit the escape

This fire escape was patented the fourth of April, 1907, but it has already been adopted in many hotels and boarding schools, and it promises to be generally used. It is a brass machine with sufficient cable to reach the ground, being placed stationary in the windows, and when there is a fire it is only neccessary to make decent. It was the burning of the Hickory Inn on February 25 that prompted Mr. Flowers to work up the fire escape. He agrees that necessity is the mother of all good inventions.

Mr. Flowers has organized a stock company at Hickory and it has the assurance of a great business as this fire escape is greatly in advance of the ones now in use, as it gives a chance of immediate escape to e ach individual and averts the panic that often goes with the old type of escapes. The invention is meeting with much favor and it is probably will be adopted by the hotels and schools here. —News and Observer.

Mrs. Sarah Ingold's house caught on fire Wednesday from a deffect in the flue. The fire company responded at once and the fire was put out without any serious damage.

We are glad to have Dr. J. A. Childs and wife back with us again.

JAMESTOWN EXPOSITION

Norfolk, Va., April 26th-Nov 30th, 1907.

Southern Railway announces extremely low rates to Norfolk, Va., and return on account of the above occasion. The following round trip rates will apply from Hickory, N. C.

Season Tickets	$17.55
Sixty Day Tickets	14.65
Fifteen Day Tickets	1305
Coach Excursion Tickets	7.50

Coach Excursion Tickets will be sold on each Tuesday, with limit seven days from date of sale, will be stamped "Not Good in Pullman or Parlor cars." Other tickers will be sold daily April 19th to Nov. 30th, inclusive.

The Southern Railway will afford excellent passenger service to and from Norfolk on account of this occasion.

For further information, and Pullman reservations address any Agent Southern Railway or Write

W. H. Tayloe, G. P. A,
Washington, D. C,
R. L. Vernon, T. P. A.,
Charlotte, N. C.

NOTICE! NOTICE!

A special meeting of the share holders of the First National Bank, Hickoy, N. C. is called to meet at their office Thursday July 18, 1907 at 3:00 o'clock for the purpose of voting on the question of increasing our Capital Stock from $75,000 to $200,000.

K. C. Menzies,
Cashier.

The North Carolina State Normal & Industrial College

Regular Courses leading to degrees of Bachelor of Pedagogy Bachelor of Arts. Bachelor of Science, and a new course leading to the degrees of Bachelors of Music.

BOARD, laundry, tuition, and fees for use of text books, etc., $170 a year. For free-tuition students, $125.

THE NORMAL DEPARTMENT gives through instruction in the subjects taught in the schools and colleges, and special pedagogical training for the profession of teaching. Teachers and graduates of other colleges are offered a one-year special course in Pedagogy and allied subjects.

THE COMMERCIAL DEPARTMENT offers practical instruction in stenography, typewriting book keeping and other business subjects.

The Department of Manual Arts and Domestic Science provide instruction in Manual Training and in such subjects as relate directly to the home and family.

The Music Department in addition to the degree course, offers a certificate course in vocal and instrnmental music.

To secure board in the dormitories, all free tuition applications should be made before July 15th The fall term opens September 18 1907. For catalogue and other information, address,

J. I FOUST, President,
GREENSBORO N. C.

Scott's Emulsion strengthens enfeebled nursing mothers by increasing their flesh and nerve force.

It provides baby with the necessary fat and mineral food for healthy growth.

ALL DRUGGISTS: 50c. AND $1.00.

WE CARRY

A FULL STOCK OF

Staple and Fancy Groceries

A line of Fine Candies, Cigars, Tobaccos, Etc

We want your Country Produce. Highest Prices Paid for Butter and Eggs

ALL GOODS DELIVERED PROMPTLY.

Morton and Peterson.

Phone 65 — Hickory, N. C

The Old Reliable.

Our Spring Clothing for men and boys

Is just what you want in quality and price. We are just opening up a beautiful line of these goods Come and get what you want.

WE SELL CLOTHING FOR NEARLY HALF WHAT IT WILL COST YOU AT OTHER PLACES.

SHOES, SHOES.

The best line in the city. We handle General Merchandise. Call on us for bargains.

Setzer & Russell,

HICKORY, N. C.

A Mineral Water that Defies Drugs

NATURE'S GREAT BLOOD TONIC

The recent drug exposures in this Country have proven to all that deadly poisons and stimulants lurk in many Patent Medicines. You never know when you might be taking some of that class.

Nature has made ample provision for restoring vigor and vitality to humanity, and the public, as well as doctors, resort to Natural Remedies, when all others have failed.

Are you troubled with **Dyspepsia, Nervousness, Malaria, Kidney or Bladder Trouble, Chronic Diarrhoea or Dysentery,** and above all, that dreadful disease **Scrofula,** which has almost baffled human skill, or **Diseases peculiar to Females?**

Piedmont-Bedford Concentrated Iron & Alum Water

Is Nature's Remedy for Nature's Ills. Yes, when you consider that disease comes from impoverished or run down conditions of the system, this Natural Mineral Water furnishes the system what it needs.

The analysis of this Water, shown on the bottle, tells you what **Nature thinks you should take when sick,** and the doctor who reads it will agree.

Do you think the grouping together in this Water of 17 different minerals, which are recognized by medical writers as **most powerful blood tonics,** could have been accidental? Reason answers, NO!

An 18-oz bottle of Piedmont-Bedford Concentrated Iron and Alum water contains all the minerals of 25 gallons of the average natural water—Then **why buy a barrel of water when you can get a bottle of minerals at the trivial cost of one dollar.** The dose is a teaspoonful in a glass of your own spring water.

How this Water acts upon the system is not clearly known. It is judged mainly by its works. It has cured all the diseases numerated above, and many more, evidently through its action as a powerful **BLOOD TONIC.**

We have many valuable certificates, which we will be glad to mail, if you are interested.

J. M. ECHOLS CO., Lynchburg, Va.