## Trust to Nature.

Trust to Nature.

A great many Americans, both mea and women, are thin, pale and puny, with poor circulation, because they have illitreated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach must be treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin and thim-bleaded person, do their work with great difficulty. As a result fatigue comes early, is extreme and iasm long. The demand for nutritive aid is ahead of the supply. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach, liver and blood. These are: Golden Seal root, Queen's root. Stone root, Bloodroot, Mandrake root. Then there is Black Cherrybark. The medicinal principles residing in these native roots when extracted with glycerine and solvent make the most reliable and efficient stomach tonic and liver invigorator, when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is bankrupt vitality—such as nervous exhaustion, bad nutrition—and thin blood, the body acquires vigor and the nerves, blood and all the tissues feel the favorable effect of this sovereign remedy. Although some physicians have been awar of the high medicinal value of the above mentioned piants, yet few have used pure glycerine as a solvent and usua

TO MAKE MONEY IN YOUR 1907 FARTING.

Some Suggestions to Be Consider-ed in the Year's Plans—Out Hay to Supplement the Corn Supply, Pigs Enough for Next Year's Pork, and the Best Garden You Have Ever Had.

At this season the farmer is planning his farming operations for the year, securing his labor supply and getting things in readiness for the busy spring season. And never was there a time when he needed

searcity of labor. We certainly eights or half an acre. At this we will make too much cotton has seed catalogue and from this catabecome as a nightmare to the cotton farmer already. logue select a list of such vegetables as you desire, with due reton farmer already.

But we have not started to write gard for earliness. about immigration. We want to HOW TO FERTILIZE THE VEGE talk about farming, and we mean farming-not merely cropping or robbing the land; and if we can

PLANNING FOR 1907.

what kind of planning have you Do you love your work! Why are be living like a king. you farming!

PREPARE NOW FOR YOUR MEAT SUPPLY.

meat this winter to do you until cultivating.

Plant Wood's Garden Seeds FOR SUPERIOR VEGE-TABLES & FLOWERS.

Twenty-eight years experience—our own seed farms, trial grounds—and large warehouse capacity give us an equipment that is unsurpassed anywhere for supplying the best seeds obtainable. Our trade in seeds both for the

Garden and Farm

is one of the largest in this country.
We are hesdquarters for
Grass and Clover Seeds, Seed
Oats, Seed Potatoes, Cow
Peas, Soja Beans and
other Farm Seeds.

ood's Descriptive Catalog faller and more complete infor about both Garden and Farm

W. Wood & Sons, Seedsmon,

do you, get two; if 1,000 pounds, get four. If you have no pasture, fence a lot in a shady place and feed kitchen slop, pull grass and weeds for them. There is always plenty of these. Clover, oats and rye would be better. Give a little grain or mill feed; but don't make the mistake of feeding all corn. If

pigs. Plant two or three patches of corn for roasting ears, at different dates—the last about July 10th or 15th; and when you eat corn give the pigs some, stalk and all. You should have a sorghum patch near by for feeding in late summer and fall: this will be good for your stock

and cattle also. You can finish by

feeding corn for a few weeks.

stage. We have never fed any who migrated to America upon the thing that stock and cattle relish so revocation of the edict of Nantes money and he canvassed the town By this time we were well out of

year. The first of January, 1902, scendants are some of the best citican Express Company, much less along is "by main strength and we had thirty bushels of corn, and zens in our country. But before cash a check on it. I decided to awkwardness." Sometimes I get

By the time you have gone this help some struggling farmer to get far you will find the whole family out of the ruts and get on the intensely interested in that garden, smooth track, the purpose of this article will be accomplished. ty than your Congressman has ever sent you and better suited to your needs, too. This done, get you We said in the beginning of this some truckers' fertilizer, or some article that at this season the far. high grade fertilizer, and 50 or 100 mer was planning. Now, reader, pounds nitrate of soda and you are ready for business. I should have been doing! Have you been study. said for you to order your cabbage ing to improve in your methods! plants for early cabbage. Use the Have you been storing your minds fertilizer lavishly in the drills, and with ideas and suggestions to be when your plants and vegetables put into execution during the year! begin to grow in the spring, Have you been keeping abreast of sprinkle a little of the nitrate of the times by reading the best agri. soda around them, taking care not cultural thoughts of the day? Are to touch the plants with it. Cultiyou interested in your business! vate frequently and you will soon

> WITH A GOOD GARDEN YOU LIVE splendid steak. LIKE A KING.

As fast as one crop is off, put in Now while you are answering another to come on in its season these questions we will ask some And if you live near a town or city more and offer some suggestions. you can sell enough to more than Have you killed and cured enough pay the expense of fertilizing and

You will be surprised at the vastrawberries, gooseberries, and dewberries; you can grow corn, border, the French language is not beans, peas, okra, cabbage, pota-that spoken at Paris, and the Spantuce, tomatoes, cucumbers, tur- Like the waters of a clear stream nips, squashes, melons, peppers, and of a muddy one coming togeth-

wish, and many other things. is for you to have a real garden, Spanish borders is called Basque. and take an interest in it and you It was Basque to me. Their dialect will soon find it a source of profit, is a cross between the goose and health and pleasure. It will save the guinea. It was impossible for

joying that privilege! Union County, N. C.

A Valuable Lesson.

'Six years ago I learned a valuable very good terms, especially in busilesson," writes John Pleasant of ness matters. I could not buy a Magnolia, Ind. "I then began tak- ticket in France beyond the Spaning Dr. King's New Life Pills, and ish line. No connection is made the longer I take them the better I and one must spend the night at find them." They please every- the line. Before reaching Spain I body. Guaranteed at English Drug found that the French would not receive Spanish money, even near

## Letters From Abroad.

a Hard Time, but Are Cheerful ish. When I got over into Spain, I found that the Spaniards looked

and the Prize Fight.

Leaving Paris for Spain we passed ell.

You remember 1901 was a wet Virginia and Maryland. Their de-

to proceed with more caution and painstaking calculations than right of oat hay. We follow with peas, cross. Very few English speaking not take painstaking calculations than right or peas and sorghum, and thus get people visit this section of France, services.

rect principles of agriculture into no time to be lost. Put plenty of Judge Tourgee once resided in my large which restled in a cover show the minds and practices of the recovery stable manure on it broadcast and ple we already have, and nothing —we should have said—make it dead for quite awhile. As I was will enforce them so much as the plenty large: not less than three aware of no method by which I with an according on his lap. By could open up communication with with an accordion on his lap. By scarcity of labor. We certainly eights of han an account open up count o formation desired. While strolling about the Bordeaux harbor one day looking at the ships, the dinner hour arrived and we entered a restaurant for a lunch. I gave our orders in English-but in vain. I tried my French again and succeeded in making the good lady of the house understand the word

beef. I gave her enough money to pay for two dinners, leaned back in my chair and began boasting to my wife about my French scholarship. Meantime our landlady had darted out the door and up the street. In a few moments she placed in front of me a piece of raw beef big enough to feed a cage of tigers. The word beef was all she had caught and she was filling my order. I was sorry then that I had boasted. I returned to the primitive language of man, blew in my hands and rubbed them and at the same time nodded at a portion of the raw beef. She understood that much better than she could my French and soon had before us some

No Exchange of Courtesies Between France and Spain. small plants, you can have grapes, language and complexion of the people. On the Franco-Spanish border, the French language is not toes, onions, radishes, beets, let- ish is not that spoken at Madrid. sage, asparagus, and celery if you er, that below the confluence is unlike that of either above. The But the point we want to make language spoken on the French and doctor bills and be a joy to you me to get any of my ideas into every day in the year. their thick craniums. If they had It is a farmer's privilege to live any ideas in their heads they had like a king. Reader, are you en- an awfully poor way of letting it be known. Another thing makes it more annoying to travel in that particular section: the French and

Spaniards do not seem to be on

poor to sprout peas, and yet many people occupy the land. How they make a support is not apparent. As Judge Bennett would say, in comparison with them Lazarus was a capitalist. Their conveyances and farming implements are crude and their dress comical. Their omes are huts and their life primyou do they will always remain A Cheerless Time in Spain-The the border. The French, like the litive. Yet they would not ex-Jews towards the Samaritans, seem change conditions with a Vander-People of that Country Have to have no dealings with the Span-bilt. Contentment is their greatest

would have no dealings with them. Lord, what a mess we ran into This foolishness got me into trouble. We fell into a surging sea of noisy humanity, all trying to talk at Stranded Without Money. once and none of them able to talk When I went to leave Irun I at all. One scamp grabbed one up the fertile valley of the Seine for a few miles. The valley is learned that they would have noth piece of baggage and made off one feeding corn for a few weeks.

Kill one hog for Thanksgiving, another for Christmas, and if you have others, a week or two after Christmas. By following this method you will have spareribs, backbones, and sausage all winter and plenty of meat to do you until the next Thanksgiving, and when you try to figure the cost it will be like trying to figure the cost of a glass of soda water at a drug store.

Sow some care weeks.

The valley is densely populated and the villages are so thick that it is almost one in the villages are so thick that it is almost one in the continuous town. Leaving the money. And of that kind of money I didn't have quite enough to get us to Madrid. I looked at mother piece and lit out in the opposite direction, both jabbering and motioning for us to follow. In which was good at over 1,800 and motioning for us to follow. In the valley of the Loire and follows although it was good at over 1,800 and motioning for us to follow. In the valley of the Loire and follows are so thick that it is almost one in money. And of that kind of money I didn't have quite enough to get us to Madrid. I looked at my letter of credit and found that, although it was good at over 1,800 and motioning for us to follow. In vain did I insist that there was no occasion for excitement and haste. My plea for deliberation caused in Spain was 400 miles away. I tried to get some checks of the trying to figure the cost of a glass of soda water at a drug store.

Sow some cars for hanksgiving, and made off one densely populated and the villages are so thick that it is almost one ing to do with anything but Span another piece and into the opposite direction, both jabbering to get us to Madrid. I looked at mother piece and it out in the money I didn't have quite enough to get us to Madrid. I looked at my letter of credit and found that, although it was good at over 1,800 in Spain was 400 miles away. I tried to get some checks of the ferrice and into out in the money I didn't have quite enough to get us to Madrid. I looked at my let sow some cars for hay.

Have you got corn enough to feed your stock until next October! If not, take Charles Cotton Moore's advice and sow oats for hay. Put them on good land and manure or fertilize them well. You can begin cutting and feeding any time after they head out, but cut the whole crop just as it reaches the dough stage. We have never fed any-

pigs along and arrived at October total annihilation by the Moham with about three pecks of corn left.

Necessity forced us to adopt this ious fanatics which entered Europe count, I was ready to resume our have been consecrated by Clio and

honest. his side stood a thinly clad little Receives the Attention of Dark

ery. When the cars had fully stopped he began to play a beautistopped he began to play a beautiful Spanish air. The effect was Almost the entire country is mounelectrical. Under the magical touch tainous and devoid of timber. The information and otherwise assisting by cure the cough and restore me of his fingers the sweet tones of the instrument struck a sympathetic cord in human hearts. The mute level soil has been exhausted of its instrument struck a sympathetic cord in human hearts. The mute level soil has been exhausted of its dark. The women are perfect brunettes. I see no more blue eyes, county, Ind. This king of cough health," writes Mrs. Mountain Tea what a wonderful benefit it will be to you. 35 cents, county, Ind. This king of cough health, and the county in the magnetic field of the county in the county in the magnetic field of the county in the co appeal of those sightless eyes met rural sections are forsaken by the light hair and ruddy faces. I see and cold cures and healer of throat a prompt and generous response. people and the cities are teeming no more of those pretty blondes, and lungs is guaranteed by English Out of the car windows rained a with paupers and beggars. In no They are up yonder north of the Drug Co. 50c. and \$1. Trial bot perfect shower of pennies, and as the girl would pick them up she so many whose only occupation is pretty black eyes, raven hair, dark Aa et would smile and put them in the begging; grown, able-bodied men, evebrows and a complexion which old man's coat pocket. The fre- healthy boys and women galore rivals the glory of an Eastern dawn. quent touch of that shivering little begging. The government is pow- Lord Byron, in his rambles in hand informed the old man that he erless to stop it. They cannot pay Spain, found nothing half so pretty had reached the hearts of many. a fine and the worthless govern-A smile of gratitude adorned his ment is too poor to feed them if it wrinkled face and his music be- undertook to imprison them. The came sweeter. As the train pulled King is a mere non-entity and the I saw one the other day up at Me out the poor aged and blind man men in other branches of his gov- dina whose charming beauty would straightened in his chair slightly, ernment are grandees and grand melt even the heart of my good bination. tilted his head back and, like the dunces. If Spain had a man for friend, Col. James T. Morehead of dying swan, seemed to pour out a King like the Emperor of Ger. Greensboro.

his soul in divine melody. rocky plateau with mountains on Dutchman up at The Hague, new

Valladolid was our next halt and and Contented-The Bull Fight upon the French as Samaritans and we reached it in the night. My

ten, I can deceive them into being distance on the train they always

Eyed Beauties.

Spain is an exceedingly poor

ENGLAND SAYS NO ALUM In Food

In England and France the Sale of Alum Baking Powder is prohibited by law because of the injurious effects that follow its use.

The law in the District of Columbia also prohibits Alum

You may live where as yet you have no protection against Alum The only sure protection against Alum in your Baking Powder is to

Say plainly-

ROYAL BAKING

ROYAL is made from Absolutely pure Cream of Tartar,-a pure Grape product. Aids digestion-adds to the healthfulness of food.

we had thirty bushels of corn, and two mules and three pigs, and a family of five to feed. By pursuing the method outlined above, we inger the power of the Moorish invaders kept our mules fat, carried our mules fat, it was in this territory near it was in the mannoyed and lose my temper, but it all there is lots of fun.

The poor facilities for handling and said let us try the litalian restriction in the mannoyed and lose my temper, but it all there is lots of fun.

The poor facilities for handling and said let us try the incidents and experiment in the mannoyed and lose my temper, but it is a savage. That is not true. The Inquisition, and not all the Spanish above the sea, and I dare say it is cause of the short crop this year. people attend the bull fights. Only as cold here now as it is in Ver- The acreage has been reduced onemethod, and it has proved so profit able we have been following it ever since.

The boy refused pay for the Muse, but it is sometimes a difficult job. One of the most troublesome things is money. In very some things is money in the form of oat hay. We follow with peas, cross. Very few English speaking not taken something for his kind all evil. Every traveller sometimes fight. It would be unfair to judge reached Spain I had a real good are no cars to ship them in. Thoupainstaking calculations than right now. We write from the view-point of a cotton farmer. The scarcity and high price of labor, the increased cost of farm supplies, coupled with the uncertainty of the price of cetters and the scarcity and the scarcity and the scarcity and high price of cetters are a coupled with the uncertainty of the price of cetters and the scarcity and the scarcity and high price of cetters are a coupled with the uncertainty of the price of cetters and the scarcity and high price of labor, the increased cost of farm supplies, coupled with the uncertainty of the price of cetters and those who pair of shoes, but I have nearly although it belonged to Eagland sands of the point of a cotton farmer. The scarcity and high price of labor, the increased cost of farm supplies, coupled with the uncertainty of the price of cetters and those who pair of shoes, but I have nearly although it belonged to Eagland sands of the point witches and those who pair of shoes, but I have nearly although it belonged to Eagland sands of the point witches and those who pair of shoes, but I have nearly although it belonged to Eagland sown in fall, and the land improved train passes around the west end of the price of the price fight. The Spandard function is people are warm hearted, genial at meal time and have to buy some train passes around the west end of the rogues will swindle you in some train passes around the west end of the rogues will swindle you in some train passes around the west end of the rogues will swindle you in some train passes around the west end of the rogues will swindle you in the rogues will swindle you in standard their money worn them out walking to every transaction. Experiences has the rogues will swindle you in the rogues will swindle y has to deal with the dishonest. If American character by those who pair of shoes, but I have nearly sands of dollars have been lost in scarcity and right price of labor, the increased cost of farm supplies, coupled with the uncertainty of the increased cost of farm supplies, coupled with the uncertainty of the increased cost of farm supplies, the increased cost of farm supplies of actions and the certainty of the increased cost of farm supplies, the increased cost of farm supplies, the increased cost of farm supplies of actions, and the exitation in the increased cost of farm supplies, the increased cost of farm supplies of actions, and the exitation in the increased cost of farm supplies, the increased cost of farm supplies the price of farm supplies the increased cost of farm supplies the price of farm supplies the supplies the price of farm supplies the price of farm supplies the supplies the price of farm supplies t some seem to think, but it is the ground near the house and wire it into another province. When our inculcation of right ideas and corbin right now. Don't wait; there is his name was "A. W. Tourgee." I have had several very pleasant warn my brethren and friends over worked that scheme with remark. I have had several very pleasant warn my brethren and friends over the minds and practices of the people we already have, and nothing

stable manure on it broadcast, and

we should have said—make it dead for quite awhile. As I was

An "Early Riser."

An "Early Riser."

DeWitt's Little Early Risers, safe, safe, so fine that, in nine times out of the clouds, in a chair in front of the clouds, in carry along lunch and a bottle of Neighbors Got Fooled. wine. They rarely ever fail to of-

"I was literally coughing myself to fer you some of both. And not with- death and had become too weak to standing the very clerical look leave my bed, and neighbors prewhich I try to assume, still they dicted that I would never leave it four one dollar bottles to complete nerves and muscle. You will realare very clever also about giving

> is said to have shaved the cuticle from one hand, leaving the nerves on the surface almost, in order that he may turn the combination on safes and secure their contents. It is said that when he turns the lock he actually can feel lish Drug Co.'s. when he has made the right com-

Neglected Colds Threaten Life. From the Chicago Tribune: Don't trifle

"Her glance, how wildly beautiful."

Near the top the road enters a States, and a few judges like that Cold as Dakota and No Fires at All. with a cold, is good advice for prudent ture and will retire from active life. I would say, in conclusion, that the case of a child. Proper food, good either side. The railroad follows life would be put in the old land closely through the mountains and some of her former glory rea splendid highway, portions of turn. Outside of the beggars and historical associations and a few colds. If they are maintained through Southern educators. As a scholar From Bordeaux to Spain it is a which here and there recall the the average amount of rascals, the remnants of Moorish architecture, the changeable weather of autumn, and a student of the Bible and poor, dull country. Much of it is covered with small pines which are bled for rosin. When I saw so many pines and turpentine distilleries it made me home sick. As placeaux and the seaseer is poor. leries it made me home sick. As plateaux and the scenery is poor bull fighting have caused many to abominable. Go where you please germs of diphtheria what honey is to principle which drives out the cold some pigs. March pigs are presome pigs. March pigs are prefiety of things you can grow in a one goes south it is interesting to germs of diphtheria what honey is to one goes south it is interesting to germs of diphtheria what honey is to you must start in the night and get the bee. The greatest menace to child through a copious action of the bowthere in the night. There is no life at this season of the way of observe the gradual change in the there in the night. There is no life at this season of the year is the els, and a healing principle which lin-heat in the cars except hot water neglected cold." Whether it is a child gers in the throat and stops the cough under your feet in the first class or adult, the cold slight or severe, the cars, and you cannot keep warm. very best treatment that can be adop. Syrup. Safe and sure in its action, Every time the engine whistles ted is to give Chamberlain's Cough pleasant to take, and conforms to the some fool raises a window to look Remedy. It is safe and sure. The national pure food and drug law. Conout and lets in the cold air. There this preparation has been attained by and C. N. Simpson, Jr. is no heat in any depot. Nearly all its remarkable cures of this ailment the large cities are on branch lines A cold never results in pneumonia and close connection never dreamed when it is given. For sale by English of. The engines have no bells on Drug Company. them and the station agent, at most A man in Asheville is suing for places, gives notice to start by rat-

\$2,000 for a broken arm. He was tling a cow bell. arrested for being drunk, and he But the most serious objection is the exorbitant prices demanded by claims that when the officer put him in the cell, he slammed the stores and hotels. I am not surprised that the people are poor; I door too soon and caught his arm, breaking it. am surprised at their living at all. The necessaries of life are exceed- Gastonia and Reidsville, together ingly dear. Those with whom a with other progressive towns, will traveller must deal are very greedy. ask the legislature to grant them On him they delight to prey. The permission to hold an election for only difference in their method bonds to improve the streets, lights and that of the highwayman is, and water service. All progressive they allow you the privilege of North Carolina towns have outconsenting to the robbery. At first grown their public utilities and are class hotels here rates are \$3.50 and feeling the restrictions of limited up and no heat in the room. There improvements. A town that isn't

the guest rooms a fireplace, a stove er."

An "Early Riser."

Mrs. Knight, a fashionable young woman, is held in Asheville on a charge of stealing. There is evi-

dence also that she has been guilty

A stock company in Salisbury

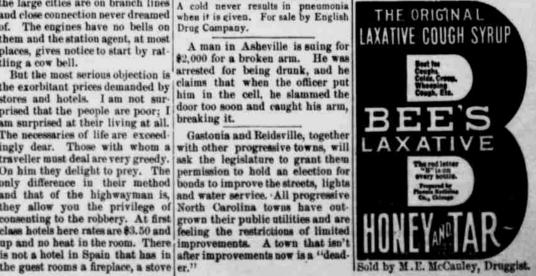
last week purchased a fine French coach stallion, the price being \$3,-

What to Do When Bilious.

The right thing to do when you feel bilious is to take a dose of Chamberlain's Stomach and Liver Tablets They will cleanse the stomach and regulate the liver and bowels. Try it. Price 25 cents. Samples free at Eng-

Dr. Thomas Hume, who has been connected with the University of North Carolina since 1885, has resigned his chair of English literamen and women. It may be vital in He has been given an annuity from

-that is Kennedy's Laxative Cough



Is your baby thin, weak, fretful?

Make him a Scott's Emulsion

Scott's Emulsion is Cod Liver Oil and Hypophosphites prepared so that it is easily digested by little folks.

Consequently the baby that is fed on Scott's Emulsion is a sturdy, rosycheeked little fellow full of health and vigor.

ALL DRUGGISTS; 50d. AND \$1.00.