HEALTHY WOMEN

Praise Pe-ru-na as a Cure for Colds and a Preventive of Catarrh.





MRS. M.J. BRINK FIRST STAGE OF CATARRH. A Serious Mistake Which Thousands Are Making.

Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarra, and hence it is that nearly one-half of the people have chronic catarra in some catarra for me, and some form the use of Peruna half of the people have chronic catarra forms. M. J. Brink.

Which developed a catarral condition attack of influence, My hearing became had, my eyes became half and fover sh. Nothing seemed to through my entirecystem, and sonffected my general health that I was ecompletely broken down, and became nervous and hysterical and fover sh. Nothing seemed to through my entirecystem, and sonffected my general health that I was ecompletely broken down, and became nervous and hysterical and fover sh. Nothing seemed to through my entirecystem, and sonffected my general health that I was ecompletely broken down, and became nervous and hysterical and fover sh. Nothing seemed to through my entirecystem, and sonffected my general health that I was ecompletely broken down, and became nervous and hysterical and fover sh. Nothing seemed to through my entirecystem, and sonffected my general health that I was ecompletely broken down, and became nervous and hysterical and fover sh. Nothing seemed to the properties my home. My physical and the tasted good. I took prefered to the prefered to

in some form.

To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching cold be should at once begin the use of Peruna.

Stbyl A. Hadley, 20 Main street, Runting be glad to give you his valuable advice ton, Ind., writes: "Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was sore and raw. Ordinary remedies and not The Hartman Sanitarium, Columbus O.

CURES__

CAPUDINE

HEADACHES, LaGRIPPE, COLDS, FEVERISHNESS,

SICK HEADACHE.

GEO. W. SPARGER,

MOUNT AIRY, N. C.

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WHOOPING

W. F. CARTER,

according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peruna was taken every time one has a cold or cough, chronic catarrh would be practically an unknown disease.

Miss Elizabeth Uber, No. 57 Bassett street, Albany, N. Y., writes; "I have always dreaded unsettled weather because of my extreme liability to catch cold, when a entarrhal trouble would quickly develop through my entire system, which it would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this anymore. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of PERUNA, and it throws out any hint RUNA could do, I decided to try a bottle, of sickness from my system."—Miss Eliza- and you can imagine now glad I felt when

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs.

Its beginning is sometimes so sewere as through my suffice system, and so affected my which developed a catarrhal condition through my suffice system, and so affected my the same beginning seemed to through my suffice system, and so affected my the same beginning seemed to through my suffice system, and so affected my the same beginning beginning seemed to through my suffice system.

with growth, and its effect in that regard is very measurable. At Yale FAILURE OF during the four-years' course the non-users of tobacco, altflough taller when they enter, gain 24 per cent. more in height and 26 7 per cent. more in girth of chest than do the habitual users. Doctor Hitchcock men who do not get appointments, foredoomed to dismal failure. * sixty per cent. use it. It is not the use of tobacco by young men, for there are other factors to be considered; but it is certainly not conducive to the best work.

NEGRO WAS DEFEATED.

city have their Summer homes. Most of these men are Republi-They have parties there as in other towns and the offices seem this year a new element has inthe person of one Thomas Harcandidate for the office of receiver of taxes, a fat job on account of the number of fine houses owned by the rich New white candidates, but Harris is a representation in congress remains o her State in the Union. So much man of some means and has been hustling to secure delegates to

the Republican convention. He started by giving a big lay. the queston in this wise : from Larchmont. I think they are carrying this joke too far, and now Harris thinks he should be elected." Harris, who doesn't see any joke in it, undoubtedly thinks he should be elected, that he has as good a right to that office as any of the white folks, and he is going to do his level best to be elected. They may buy him off, but they are not bluffing him. He celebrated Washington's birthday electioneering, and at the close thus discoursed to an

Associated Press reporter: 'They can't prevent my nomination unless they dig up the dead ones in the cemetery. panied them. They selected a mark on a tree and Walker, who owned the pistol, said he would is a swell place and I like all the

hold a political office.' These rich New York Republicans do not subscribe to President Roosevert's "door of oppor- has been adopted exept in a few or Biliousness. Doctors were scarce tunity" declaration, at least, as southern states. It may be that in and they seldom heard of Appendi far as Larchmont is concerned, for they don't propose to open ing and says that he would not the tax receiver's door to this negro aspirant if they can prevent it. The color line doesn't stop at the dividing line between and this story was to the effect the South and the North. It runs away up there.

A dispatch says the Republicans all got together and fought down because of illegal negro disder, but was bound over to court the negro and beat him for the franchisement, these are events make you satisfied there is nothing might have expected it.

Wakeful Children,

For a long time the two year old child of Mr. P. L McPherson, 59 N. Tenth St, Harrisburg, Pa., would sleep but two or three hours in the early part of the night, which made it very hard for her parents. Her mother concluded that the child had stomach trouble, and gave her half of one of Chamberlain's Stomach and Liver Tablets, which quieted her stomach and she slept the whole cure and she is now well and strong.

Sick Headache? Food doesn't digest well? Appetite poor? Bowels

constipated? Tongue coated? It's your liver! Ayer's Pills pepsia, biliousness. 25c. All drupplets

Buckingham's Dye Waling

The New York Commercial Adof Amherst College found even vertiser is unable to find any satis. State or community which permits greater differences. The difference factory explanation of Secretary a really able citizen to depart from in the lung capacity is very striking Root's recent speech at the Union its borders, loses more than it would in the two classes and has been Lesgue Club in New York, in which through the destruction of a great noticed by all observers. It he substantially declared negro suf- industry. It is the man who makes shows the effect of tobacco on the frage to be a failure. The Com. the community, who adds luster and respiration, nicotine being a potent mercial Advertiser declares that the credit to the history of a State depressor. As regards the effect of effect of the speech in question has through his personality, and when nicotine on the mental process, it is been to greatly strengthen an al- a man, possessed of real personality more difficult to interpret the meaning of statistics. Out of the highest is unfit to exercise the suffrage and hard thing to make good the scholarship men at Yale only five per cent. use tobacco, while of the men who do not get appointments, foredoomed to dismal failure.

necessary to interpret this as mean- motives which led to the enfranchiseing that mental decrepitude follows | ment of the negro will refresh many | is the stake. memorice. Our northern contemporary says of the paramount mo-

The right of suffrage was conferred because it was regarded as the negroes of the south from being reduced to a second slavery differing in name only from that from which constitution was adopted.

The Commercial Advertiser goes years the south has nearly or quite the loss of the best citizens of a ected itself into the situation in nullified this amendment, and that place." it is beyond dispute that the north and commercial chaos.

of the fact that the south's basis of fered as much in this respect as any unchanged, "is it that the north does not cut down this represents the school boys used to memorize tion?" and then proceeds to answer and deliver on Friday afternoon was

the south in disfranchising him; but if the north were to decree by a matter to be expected at any time. egislation that southern representaion be reduced in accordance with would become open and formal.

There is no lawful way out of the difficulty save through repeal of the don't need the votes of the rich constitutional amendment. The know me around here. I am as an educational qualification for all straight as a die. There is noth- voters, or if it were to adopt the aling shady about me. Larchmont | phabetical arrangement of the Austrailian ballot system. Either one people around here, and because of these proceedings would be legal I have lived here for a score of and would result in disfranchising years I think I am entitled to the great body of negro voters. Either one would also disfranchise south, and for that reason neither polls upon the whole population, will adopt one of these methods, but there are tew signs of such a solution in the near future. But that negro suffrage will be formally shandoned by the American people, or that southern representation will be cut which may be set down as complete ly outside the realm of probability. Our contemporary has correctly

expressed the situation .- Atlanta C. Price 25c and 75c. Constitution.

Four prisoners confined in the county jail at Appling, Ga., made their escape from prison last week by tearing up a portion of the jail floor and tunneling a path to the edge of the building. A pile of sand and dirt, found under the jail steps, showed that the men had been working for some time to effect their secape. A note left to the jailor said that the men had been working on the tunnel since Februsry 10 and declared that all offorts to recapture them would fail.

The Value of Expert Treatment. Everyone who is afflicted with a hronic disease experiences great difficulty in having their case intelligently treated by the average physician. These diseases can only be cured by a specialist who under stands them thoroughly. Dr. J. Newton Hathaway of Atlanta, Ga., is acknowledged the most skillful and successful specialist in the United States. Write him for his expert opinion of your case, for which he makes no charge.

HOLD YOUR BEST MEN.

The Newbern Journal says: "A The examination made into the the shortsightedness which will hold on to money, when a really able man

"A man to a community, is in the value point of view, as the employe is to the business house which may employ him. This does not apply to the citizen, who may be unable to the only thing that would prevent get ahead in one community, there fore seeks another place for a home But it applies to the man who is prominent in advancing and sustaining the commercial, educational, so they had been freed. It was argued ing the commercial, educational, so that the north would not continue cial or religious interests of a comto interest itself in the negro's con- munity. Such men are found in Larchmont, on Long Island dition unless it had political reasons every community, the more pro-Sound, is a place where a number of wealthy men of New York made a citizen no such reas in would number, for it is the progressive exist. That was an argument which places which not only hold these commanded such general approval men of value, but offer sufficient cans. The town is incorporated. that the fifteenth amendment of the inducement to such men in other places as to attract them and hold them for their own. It is this local to be worth striving for. But on to say that for the past thirty lack of valuing men which leads to

The citizens of whom the Journal ris, a negro and a Republican, has tacitly acquiesced in this nullifi speaks are the ones who make any who has announced himself a cation on the ground that negro community worth living in and the domination in the south means social removal of any one of them is the worst loss a town can sustain. North "Why," this paper asks, speaking | Carolina in the past has perhaps sufone to the effect that "the sons of Is this likely! Not unless the North Carolina by their sterling out, a champagne supper, which we are told the rich New York north is prepared to abandon negro which receiving every States are men did not attend, but their sons suffrage and to advocate the repeal that which gave them birth;" and did, and sampled his edibles and of the fifteenth amendment. It the the assertion that North Carolina his liquids. Harris has been republican party were to favor legis was a good State to be born in, but hustling ever since and with so lation reducing the representation equally as desirable a one to emimuch success that he has scared of the south by eliminating the ne- grate from has also been extensively up these rich New York Repub- gross from the body of its citizens circulated in days gone by. A glance licans, who want to defeat him it would thereby acquiesce in the at the list of notable men-natives for the nomination or in the elec- conduct of the south in disfranchis. of North Carolina but residents of on if nominated. One of them ing the negroes. In other words, other States-who are expected to is quoted as saying, "It would be the republican party would unite attend the reunion at Greensboro a fine thing to have my wife go with the south in nullifying the next fall also emphasizes the truth down to the negro's office to pay constitution unless, before reducting of these statements. Within the taxes. I want a white tax re the representation, the fifteenth past few years, however, there has ceiver, or else I will move away amendment should have been re been a great change and North Carpealed. There is no escape from olina is not only keeping a large this line of reasoning In not in- share of her able and progressive sisting that the full power of the citizens at home, but is attracting national government shall be ex | many from other States. The fact erted to protect the negro in the that the removal from our borders exercise of his right of franchise the of any one man should be the cause north for thirty years and more has of a protest is an example of the acquiesced tacitly in the conduct of changed conditions; formerly his departure would have been taken as

There is nothing so valuable as the citizenship of which the Journal such disfranchisement, this acquies. speaks, for possessing it a communicence would cease to be tacit and ty can easily secure everything else to be desired .- Charlotte Observer.

> If it's a bilious attack, take Chamberlain's Stomach and Liver Tablets and a quick recovery is certain. For sale by C. E. Gallaway and J. W. McPherson & Co.

CASTORIA. The Kind You Have Always Bought Chart Hetchira

Questions Answered. Yes, August Flower still has the largest sale of any medicine in the civilized world. Your mothers' and the great body of poor whites of the grandmothers' never thought of using anything else for Indigestion time the whole south, realizing the citis, Nervous Prostration or Heart disastrous effects of cheating at the Failure, etc. They used August Flower to clean out the system and stop fermentation of undigested food regulate the action of the liver, stim ulate the nervous and organic action of the system, and that is all they took when feeling dull and bad with headaches and other aches. You only need a few doses of Green's August Flower, in liquid form, to serious the matter with you. You can get this reliable remedy at I. W. West's drug store, Mount Airy, N.



FREY'S VERMIFUGE R. & S. PREV, Baltim

Dr. John E. Banner,

OFFICE OVER TAYLOR'S DRUG STORE PHONE 38. Hours-8.00 A. M., to 5.00 P. M. Mount Airy, N. C.

S. P. GRAVES, · Attorney-at-Law, · MOUNT AIRY, N. C. ser Practices in State and Federal Courts

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Chat H. Flitcher: sonal supervision since its infancy.
Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment-

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoza and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep, The Children's Panacea-The Mother's Friend.

GENUINE CASTORIA ALWAYS

7 Bears the Signature of The Kind You Have Always Bought

In Use For Over 30 Years.

Dry Goods and Notions.

When we tell you we are selling BARGAINS we are not merely talking. Talk is cheap but

We Mean Business,

AND IF YOU WILL COME TO SEE US WE WILL PROVE IT TO YOU.

YOURS FOR LOW PRICES.

Next Door to Prather's Clothing Store.



W. D. HAYNES & CO., PROPRIETORS,

Mount Airy, N. C. MANUFACTURERS OF AND DEALERS IN Fine Marble and Granite Monu-

ments, Tombstones, IRON FENGING, ETG. ORDERS PROMPTLY FILLED.

ALL WORK GUARANTEED TO CIVE SATISFACTION. WRITE FOR DEBIGNS AND PRICES.

Hague-McCorkle Dry Goods Co., Importers and Wholesalers, GREENSBORO, N. C. DRY GOODS, NOTIONS AND HATS.

We solicit trade of Merchants only, and sell nothing at retail. We cordially invite all Merchants to call on us when in Greenshore see our Travelling Salesman before placing orders elsewhere.

YOU CAN FIND

Also Tin and Iron Roofing.

Ornamental Galvanized Iron Work,

Valley and Shingle Tin, Sheet Old Copper, Copper and Rivets, Steam Brass, Lead, and Water Pipe Fit-Pewter and tings of all kinds. Rubber bought at Everitt's. T. M. EVERITT.

ASK YOUR

Neighbor to Take The MT. AIRY NEWS.



And what will the girle do if all the young men go West ! In every issue of this paper we tell of young men going west. Eight or ten left the Low Gap country for the land of the setting sun this week .- Elkin Times. What's In a Name?

COUCH SYRUP

Cures Whooping-Cough quickly_

Everything is in the name when it comes to Witch Hazel Salve. E. C. De-Witt & Oo, of Chicago, discovered, some years ago, how to make a salve from Witch Hazel that is a specific for Piles. For blind, bleeding, itching and protruding Piles, eczems, cuts, borns, braises and all skin diseases, DeWitt's Salve has no equal. This has given rise to numerous worthless counterfeits. Ask for DaWitt's—the sangles.

Railroad Wreck.

A wreck occurred on the railroad between Newton and Hickory Friday afternoon. Between these points the Carolina and North western runs over the Southern's track. The work train of the former going Oglesby, colored, who lives on south became disabled, and before Mr. Frank E. Alexander's place. Sold by All Druggists. a flagman got back proper distance about five miles from Charlotte, a Southern freight train came along | was shot and instantly killed yesand being unable to stop ran into terday afternoon by John Walker, · Attorney-at-Law, * the rear end of the work train. The a negro boy 17 years old. engineer and fireman on the freight practice in State and Pederal Courts. DOTARY PUBLIC. were demolished.

Every Church or institution supported by voluntary contribution will be given a liberal quantity of the Longman & Martinez +Attorneys-at-Law.+ Pure Paints whenever they paint.

Practice in the State and Federal Courts Note: Have done so for twenty-seven years. Sales: Tens of Prompt attention given to all business entrust millions of gallons; painted nearly two million houses under guarantee to repaint if not satisfactory. The paint wears for periods up to eighteen years. Linseed oil must be added to the paint, (done in two minutes). Acual cost then about \$1.25 a gal-STRONG LINE FIRE, LIFE & ACCIDENT lon. Samples free. Sold by our Agents, F. L. Smith & Co., Mt. Airy, N. C.

The Stemach Is the Man. Contractor -:- and -:- Builder, A weak stomach weakens the man, have done it for anything in the because it cannot transform the food world. he eats into nourishment. Health and of building. Workmanship first-class. Satisfaction guaranteed. Contracts so-licited. Estimates furnished for any kind strength cannot be restored to any sick man or weak woman without first re-storing health and strength to the stom-Call and get prices on mouldings. brackets, &c. Porch and stair work a specialty. Also dealer in all kinds of building material.

ach. A weak stomach cannot digest enough food to feed the tissues and revive the tired and run down limbs and organs of the body. Kodol Dyspepsia Cure cleanses, purifies, sweetens and strengthens the glands and membranes of the stomach, and cures indigestion, dyspepsia and all stomach troubles.

1. W. West, druggist, Mt. Airy, N. C.



The One Day Cold Cure.

BOY KILLED

The 15-year-old son of William

help me and cough remedies nauseated me.

it began to relieve me in a very short time. In less than two weeks I was completely

full statement of your case, and he will

Walker was brought to Charamped. No one was burt. The lotte this morning and a prelimsmokestack and other fixtures on inary hearing was held before top of the Sonthern engine were Squire S. H. Hilton. The facts battered up a little, while three of as brought out at the hearing the Carolina and Northwestern cars prove beyond a doubt that the killing was accidental.

The two boys, Oglesby and Walker, went out yesterday afternoon to shoot at a mark. Sevowned the pistol, said he would shoot first. Just as he pulled the trigger, Oglesby passed in front of him and the bullet struck him in the breast, near the heart.

Oglesby fell at the report of the pistol and expired in a few minutes. The boys ran to a nearby house and told of the occurrence. John Walker, who fired the fatal shot remained beside his dead companion until the boys returned. He seemed greatly grieved on account of the shoot-

All the witnesses told one story

Walker was discharged on the warrant charging him with murable to furnish bond, he went to ail.—Charlotte News.

THE EFFECT OF TOBACCO

The subject of tobacco is neces-sarily included in this chapter. Like all elements which have an effect all elements which have an effect night through. Two boxes of these upon the nerves, it differs widely in Tablets have effected a permanent its action upon different individuals and no sweeping statements can be For sale by C. E. Gallaway and J. writes Dr. F. M. Crandall in World's Work, its action is deleterious. It is always in jurious before the period of complete development and cannot be used before the age of twentyfive without barm. Doctor Seaver. Director of the Physical Laboratory at Yale, tabulated the record of the young men were examined and measured. The smokers averaged fifteen months older than the non-

that the shooting was purely acin the sum of \$100 for carrying a nomination about 5 to 2. He concealed weapon. Not being

made. Upon most constitutions, W McPherson & Co. students entering that university are liver pills; they cure dysduring nine years, when all the smokers. They were also shorter in stature. Nicotine interferes