

Geo E Beard

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\$1.00 PER YEAR.

Southern Pines Sanitarium.

DISEASES OF THE STOMACH AND BOWELS.

"Dyspepsia" simply means "difficult digestion," either of the stomach or bowels; but this difficulty may be of an hundred different degrees and variety. While in some cases the stomach alone seems affected, and in others the bowels alone, the truth is that the different parts of the digestive tract are so intimately connected that trouble in one part soon manifests itself in other parts.

IT IS BUT A FEW YEARS

Ago that the principal remedy of physicians in these diseases was pepsin or something similar. Modern methods of treatment are entirely different. When digestion is not thorough and complete, the remainder of the food is prone to decompose. This decomposition gives rise to various kinds of gases, and the lining membrane of the stomach becomes coated with catarrhal products. In advanced cases the gastric cells atrophy and disappear.

NOW IT SEEMS NATURAL

In such cases, instead of mixing medicine with this putrid mass, to thoroughly wash the stomach. When this is done it will often be found that Nature then completes the cure. In intestinal indigestion the same principal of treatment applies. Another advantage of this lavage treatment is that the water may be medicated with appropriate remedies and its action gotten just where it is needed. In this institution electricity is extensively used in the treatment of these diseases. By properly-fashioned electrodes the water in both stomach and bowel washes is impregnated with electricity, and the entire surface comes under its beneficent influence.

ADDRESS **EDWIN GLADMON, M. D.,**
SUPERINTENDENT.
SOUTHERN PINES. NORTH CAROLINA.

The Only Place in Town

Where You Can Get

Good Fresh Meat, Fish and
Turkeys for Xmas is at.....

COTTAGE MARKET.

PHONE 1.

Elliott & McQueen.
House and Sign Painting,
DECORATING,
Graining, Paper Hanging and
Hard Wood Finishing.

Estimates furnished on work for any place in North Carolina, South Carolina or Virginia.

ELLIOTT & MCQUEEN,
Southern Pines, N. C.

R. M. Couch Sons & Co.
General Feed Store.

HAY, CORN, OATS, SHIPSTUFF,
BRAN, CORN and OATS CHOP,
WHEAT, RYE, ETC.

**BREAD AND PASTRY
FLOUR,**
ENTIRE WHEAT FLOUR,
CORN MEAL.

**STOCK AND POULTRY
CONDITION FOODS.**
LIME AND CEMENT,
WOOD.

CORNER EAST RAILROAD STREET
& CONNECTICUT AVENUE,
EAST OF FREIGHT DEPOT

FREE DELIVERY
To All Parts of The City.

Southern Pines Hotel,
ACCOMMODATES 50 GUESTS.

Most convenient locality in town. Sanitary plumbing, electric lights, hot and cold baths. Terms, including heat and light:

**\$2 TO \$4 PER DAY,
\$7 TO \$15 PER WEEK.**

According to size and location of room. Careful attention given to table and service. Only hotel in town with open fires and sleeping rooms on ground floor. Long-er porches than any other hotel in town. No consumptives will be received at this hotel. Phone 15.

W. E. GILES, Proprietor.

Kimball Cottage,

SOUTHERN PINES, - - N. C.
G. A. KIMBALL, PROPRIETOR.
EXCELLENT BOARD FROM
\$7.00 TO \$9.00 PER WEEK.

BATH ROOM; SANITARY PLUMBING.
VERMONT AVENUE.

Hardy Flowering Shrubs

Planted this Winter will bloom in Spring.
The Golden Yellow Forsythia,
Scarlet Pyrus,
Pink Weigelia,
Red Cornus, and
White Philadelphus.

Are a mass of beauty when in flower.
If you wish to plant anything obtainable in the florist line ask
H. A. CATLIN, Southern Pines, N. C.

SHORT LOCAL MENTION.

L. E. Hazzard, has returned to his home in Baltimore.

Fine Picture Frames made to order, at J. N. Powell's.

Celery and fresh grated Horse Radish to-day, at A. S. & L. P. Ruggles.

H. A. Catlin advertises some hardy plants and flowers in another column. See him and find out about them.

Huffines has a lot of blankets and quilts, cheap, and wants to show them to you.

E. M. Foulton end family have returned and now occupy their very handsome residence. We are pleased to have them with us again.

If its something nice and good to eat for Christmas, you should call up phone 1, Cottage Market.

The popular play, What Became of Parker, will be presented at King's Daughter's Hall this evening commencing at 8 o'clock. The cast is a strong one, and you should not miss it. Price of admission 25c. and 35c.

A nice line Fruit, Nuts and Candies for Xmas trade at A. S. & L. P. Ruggles. Florida and California Oranges, Bananas, Apples, Pine Apples, Dates, Figs, Nuts, etc., etc.

W. E. Giles, proprietor of the Southern Pines Hotel is feeling very comfortable—likewise his guests; his steam heat promised for Xmas Day was turned on yesterday, which together with his numerous modern improvements, make his hotel a most desirable home for winter guests.

Why not send her a box of FINE stationery. She will appreciate it.
The News Depot.

A very choice and select stock of fresh homemade candies at A. S. & L. P. Ruggles, consisting of Chocolate and Walnut Creams, Peppermint and Winter Green Creams, Coconut bars, and others. Call and see them.

An ideal Xmas present is the new Crocker Fountain Pen. It fills itself by blowing in the cap. For sale by N. D. Wells.

A sad mistake occurred at Aberdeen last Sunday night, when J. A. Randall shot and killed his wife, thinking she was a burglar. He was awakened by his wife, she thinking some one was breaking in the house, and on going to find his rifle his wife also left the room and the above was the result.

A Talk on Flour

Pillsbury's spring wheat flour.
Purity—winter wheat flour.
Pillsbury's the best for bread.
Purity the best for pastry.
Pillsbury's is granular.
Purity is granular.
Pillsbury's ground on Hungarian system.
Purity ground on Hungarian system.

Pillsbury's and Purity each contain that which is healthy and nourishing in the wheat.

Each the best of its kind.
Do you want the best. Then use Pillsbury and Purity. For sale by
C. T. PATCH & BRO.

THURSTON & PARKER,

CIVIL ENGINEERS,

REAL ESTATE & INSURANCE.

SOUTHERN PINES, - N. C.

CORRESPONDENCE SOLICITED.

Pineshire Sanitarium,

FOR TUBERCULOSIS AND DISEASES OF THE RESPIRATORY ORGANS;

DR. LOUIS F. HIGH, SUPT.

The usual hours for consultation for persons not residing in the house will be observed.

DR. W. P. SWETT.

OFFICE HOURS,

10 TO 12 A. M. 4 TO 6 P. M.

INHALATORY

10 TO 12 A. M. 3 30 TO 5 30 P. M.

Dr. K. M. Ferguson

OFFERS HIS PROFESSIONAL SERVICES IN GENERAL PRACTICE

To the people of Southern Pines and surrounding country. Is also prepared to make chemical, microscopical and bacteriological examinations for practitioners, as aids to diagnosis and treatment.

BOARDING!

THREE OR FOUR BOARDERS CAN BE accommodated at Mill Cottage, Bennett Street, near Chandler's Mill. Good table, pleasant rooms with fires.

RATES—\$4.50 TO \$6.00 PER WEEK.

CUT FLOWERS IN

Roses, Violets, Hyacinths, &c., at Stringer's Bowling Alley for Xmas. Orders taken for future occasions.

H. A. CATLIN,

SOUTHERN PINES, N. C.

The Piney Woods Inn.

Modern in all its appointments. Entirely new and sanitary plumbing. Steam heat. Rooms with bath connecting.

Excellent Orchestras, Jan. 1st. Golf Links, Billiard and Pool Tables free to guests.

"The Inn" is always open for inspection. Rates gladly named and booklets gladly given.

No consumptives are received.

LEON St. JOHN,

Manager.

Glen View Cottage.

NICE ROOMS AND EXCELLENT TABLE,

MODERATE TERMS.

South Bennett Street.

MISS KELLER.

DRESSMAKING,

All kinds of DRESSMAKING, CUTTING AND FITTING.

MISS EDITH L. NEWTON,

SOUTHERN PINES, - - N. C.

At Mrs. Foster's cottage, No. 2, Bennett Street.