

SUNSHINE COLUMN

NORTH CAROLINA DIVISION OF INTERNATIONAL SUNSHINE SOCIETY.

Mrs. J. M. Ransier, State President, Hendersonville, N. C.
The constitution, by-laws and names of officers of the society will be furnished on application. Each correspondent should enclose stamp for reply.
International Colors—Yellow and White.
State Colors—Turquoise, Blue
International Flower—Coreopsis.
State Flower—Marguerite.
Motto—Good Cheer.
Society Song—Scatter Sunshine.

Rural Schools.

Just now most everybody is thinking of two things, the first of which is our rural schools. How to beautify them outside and in, how to improve them. This is right, for what we see with our eyes has as much influence upon our characters as any impression made upon us through any of our other senses. So while the mind is young and plastic, no lesson of order, neatness or beauty, is ever lost. Froebel proved many years ago that the young mind absorbs and makes its own, what it sees, hears and feels, and that object lessons are the most effective way of imparting knowledge to an untrained mind; but hand in hand with the intellectual development must go the moral, for the welfare of our nation as well as the individual. And the development of the moral nature resulting in honor, truthfulness and kindness is as much a part of a teacher's duty as to see that no misspelled words escape attention or correction. How shall this result be obtained?

One of the very best ways of keeping a school running harmoniously and maintaining order and discipline is to form them into a Sunshine Society. Try it. When pupils are banded together for mutual kindness, much discipline is not demanded, and the instilling of Sunshine thoughts in young, receptive minds is simply invaluable. It is not an experiment, but is getting to be the popular thing in schools. One teacher writes:

"How did we organize our Sunshine Society in the school-room? Why, we did it in such a simple, easy way that we were a band of Sunbeams before we knew what had happened. We had been learning as memory gems, helpful little verses—just such as every teacher selects to brighten cloudy days and waken cheery thoughts. Then, when these cloudy days came, we recited these and sang bright, happy songs. Then we called ourselves a Sunshine Band, and to make the children feel the importance of belonging to a club, we chose our president by allowing the children to nominate and ballot. So the matter grew. Little by little our school became a full-fledged Sunshine Society. It was not hard. It took but a few minutes from daily tasks; it brightened other lives and widened childish experience. Try it, teachers. It will help to make healthy, vigorous childhood realize what comfort each may be able to send out into cold dark corners that need the sunlight of smiles and good cheer."

Then another teacher writes:
"Dear Mrs. R.:—The children at

school unanimously decided they wished to have a "Sunshine Club," and elected officers Friday. As soon as they have selected a name, I shall have them send in a report to you. Perhaps you can suggest a few things they could do some time in the future."

Now teachers who read our Progressive Farmer, won't you band your little ones together in a Sunshine circle? If you are not a teacher, but have some little folks in school, won't you send the teacher this Progressive Farmer? Do that much for Sunshine, and tell her all about it, or tell her to write to me and I will; so that she may give the little ones a chance and help herself to bind the whole State in a golden chain of sunshine.

Thanksgiving.

I said there was too things we were all thinking about—one we have and the other will soon be here. Only one more Progressive Farmer before Thanksgiving number. Can't we make it a happier and brighter time for some one? But what can we do? That is the question. Our Farmer readers are all warm-hearted Sunshiners, but the puzzling thing sometimes is to know what those of us, with limited means, can do. Now right here, let me say there are a good many "wills" at headquarters that might be "passed on" and brighten a good many corners, if there were postage to send them. Now, if all those interested in Sunshine would contribute a few stamps, we might make it a season of rejoicing to many.

The very happiest time your State President could possibly have would be to be "snowed under" with Sunshine letters from every one of you. It would indeed be a glorious Thanksgiving for her. Wouldn't it, now?

Please do not forget that I need your letters and your reports to enable me to keep on with my work.

Several bright, cherry letters in each mail, telling of your Sunshine work, give me the needed encouragement, and I go right on working and never think of being tired. Some have written of increased interest in the Sunshine work and the winning of new members, and making new plans for the future.

Each Circle has a firmer hold on the hearts of all with increased membership.

Wants.

A rubber bed sheet is very much needed by the lady at D. H. that we told you about in The Progressive Farmer of November 3rd, who has the twelve year old insane boy who "has one hand paralyzed and the

DOESN'T RESPECT OLD AGE.

It's shameful when youth fails to show proper respect for old age, but just the contrary in the case of Dr. King's New Life Pills. They cut off maladies no matter how severe and irrespective of old age. Dyspepsia, Jaundice, Fever, Constipation all yield to this perfect Pill. 25c, at all druggists.

other burned to ruin." Among ailments, he has kidney trouble, but we can only say here, if any of our readers has a rubber sheet that is not in use, will you not please pass it on to the poor sister whose life is so dark with shadows and clouds that at times she "can not help wishing that she might pass quietly away and be out of so much trouble." If you have one, or will donate one, write to me to that effect, and I will send you her address that you may send it direct to her.

Sunbeams.

Mrs. M. P., of Randolph County, who is a "shut in," and a bright sweet Sunshiner, of two years standing, writes such a nice letter we will give it to you soon. She is unable to read, write or do any kind of work, but has just learned that there are other Sunshiners in the State besides herself, and so has had her daughter write us, and says among other things: "How glad I was to learn of our Home Sunshine. I dearly love the Sunshine cause. Your letter is the first I have received from our own loved State."

Miss H. M. F., of Moore County, says she is happy to join us.

Wills.

If there is any one who would like some red raspberry plants they can have them, without money and without price, by writing to Prof. J. M. Ransier, Hendersonville, N. C., who will send them to you free, only you will have to pay their transportation charges, postage or freight, whatever it is.

There is some sheet music at headquarters to be "passed on."

Mrs. H. S. will pass on the Ladies' Home Journal each month.

Mrs. F. S., of Asheville, has some very pretty Sunday-school cards she has sent to headquarters to be passed on. Some have been placed, but there are still some. Who would like them?

A RUNAWAY BICYCLE,

Terminated with an ugly cut on the leg of J. B. Orner, Franklin Grove, Ill. It developed a stubborn ulcer unyielding to doctors and remedies—for four years. Then Bucklen's Arnica Salve cured. It's just as good for Burns, Scalds, Skin Eruptions and Piles. 25c, at all druggists.

SOUTHERN RAILWAY SPECIAL RATES.

\$25.75—Raleigh to New Orleans, La., and return on account of American Economic Association and American Historical Association. Tickets on sale December 25, 26 and 27, final limit January 5, 1904.

\$5.05—Raleigh to Winston-Salem, N. C., and return on account of Annual Conference Methodist Protestant Church. Tickets on sale November 16, 17 and 18, final limit November 25, 1903.

For further particulars, call on any agent of Southern Railway.

T. E. GREEN, B. T. A.,
Raleigh, N. C.

UNLIMITED QUANTITIES RAW FURS wanted
For London January Sale. Opossum, Muskrat, Mink, Skunk, Raccoon and others. Highest cash prices paid. Write A. E. Burkhardt, Main & 2nd, Cincinnati, O.

Children



must have constant attention from the mother. Their wants are numerous, but that palatable, simple, vegetable remedy

Frey's Vermifuge

meets most of them. Keeps the stomach sweet and well ordered; expels worms; induces natural sleep. Bottle by mail 25c.
E. & S. FREY, Baltimore, Md.

\$12.80 For 200 Egg INCUBATOR



Perfect in construction and action. Hatches every fertile egg. Write for catalog to-day.
GEO. H. STAHL, Quincy, Ill.

SOUTHERN RAILWAY
In effect June 14th, 1903.

This condensed schedule is published as information and is subject to change without notice to the public.

TRAINS LEAVE RALEIGH, N. C.

12.50 A. M. No. 111 daily for Greensboro and local points. Carries Pullman sleeper Goldsboro to Greensboro, connecting at Greensboro with No. 39, "Atlanta Express," Pullman sleeper and day coach to Atlanta, Pullman Tourist sleeper to San Francisco Cal., Tuesdays, Thursdays and Saturdays via New Orleans and Southern Pacific. No. 33, "Florida Express," for Charlotte, Columbia and Savannah. Pullman sleeper to Jacksonville, Fort Tampa. Charleston and Augusta connections for all points in Florida. No. 37, "Washington and Southwestern Limited," solid Pullman train drawing room sleepers, New York to New Orleans and Memphis. connection is also made for Winston-Salem, Wikesboro, Danville and local stations 5:30 a. m. No. 112 daily for Goldsboro and local stations; connecting at Goldsboro with Atlantic Coast Line for Wilmington, N. C., Wilson, N. C., Tarboro, N. C., Norfolk, Va., and intermediate stations, also at Goldsboro with Atlantic and North Carolina Railway for Kinston, N. C., Newbern, N. C., and intermediate stations.
8.40 A. M. No. 107 daily for Greensboro and local stations, connects at Durham for Oxford, Henderson, Keyville and Richmond. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 39, U. S. "Fast Mail" for Washington and all points north; Pullman drawing room sleepers to New York and Richmond; close connection for Winston-Salem, Mocksville and local stations, with train No. 7 for High Point, Salisbury, Charlotte and local stations.
10.30 A. M. No. 108 daily for Goldsboro and all local points, connects at Selma for Wilson, Rocky Mount and all Eastern North Carolina points. At Goldsboro for Wilmington, Kinston, New Bern, N. C., and Norfolk, Va., where close connection is made with Chesapeake Line for Baltimore and all other outgoing steamers.

3.25 P. M. No. 135 daily for Greensboro and intermediate stations; connects at Durham for Oxford, Clarksville, Keyville daily except Sunday. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 39 for Columbia, Augusta, Savannah, Charleston, Pullman sleeper and first-class coaches Washington to Jacksonville, Fla. No. 35 "U. S. Fast Mail" for Atlanta and all points south and southwest, Pullman drawing room sleepers to Birmingham and New Orleans, day coaches Washington to New Orleans, also with north bound trains, No. 34 and 38 for Washington and all points north; Pullman drawing room sleepers and observation car to New York; connection is also made at Greensboro for Winston-Salem and at Salisbury to Memphis.
4.50 P. M. No. 136 daily for Goldsboro and local stations.

C. H. ACKERT, Gen'l Manager.
W. A. TURK, Pass. Traf. Manager.
S. H. HARDWICK, G. P. A.,
Washington, D. C.
R. L. VERNON, T. P. A.,
Charlotte, N. C.
T. E. GREEN, City Ticket Agent,
Office in Yarborough House Building,
RALEIGH, N. C.