

A LITTLE GIRL

My body trips the daisies
To greet the rays of morning,
Which gladden round her head and crown,
Her natal day adorning.

What age's my lady? Just thirteen,
You'd think she was far older,
Her winking eyes have grown more keen,
Her teeth, too, make her colder.

Alas! her childhood with a whirl
From yesterday is fleeting,
I called her then "a little girl!"
To-day she scorns this greeting.

Till on, my lady, through the years
Which give to youth their plenty
Of love and grief, of hopes and fears,
Till age proclaims you twenty.

Then as each year time steals a curl
And flees from you (doubtless),
I think I'd call you "little girl!"
Without disdainful posings.

—W. C. Nichols in Boston Transcript.

To Ward Off Influenza and Bronchitis.

To be able to ward off attacks is better far than to cure them. This will hardly be effected by the constant use of medicine, cordials, stimulants, etc., which I can never tire of deprecating; nor by too much cooling indoors, for no man or woman can have a hardy chest who does not breathe pure air. This is an essential as food, if not more so; nor by a too warm temperature in the bed-room, which ought to be about 60 degrees Fahrenheit all night and kept uniform by a judicious banking of the fire; nor by too great a weight or pressure of bed clothing, which is always prejudicial in directly, if not indirectly, by weakning the system. Nor by wearing a great quantity of clothing out of doors, which also weakens not only the chest, but the whole system. Daily exercise of a pleasant but non-fatiguing kind is imperative. The sufferer should not be too much afraid of the weather, but be protected against it. Light warm clothing defends against the cold, a light waterproof should be worn, but only when the rain falls, while as for dry powdery snow it hardly signifies.

Sunshine should be courted. Gentle exercise taken in the sun and out of a draught cannot be too highly recommended.

Avoidance of chills should be studied. Exercise should be taken it should be on a day when high wind flows against the person. The only bad effects ought to be in its being colder and more damp than that of day. A sudden change from a warm room to a stone, if one stands about in it, very often gives a disagreeable chill, or coming out of heated apartments into the air of night without being well wrapped up.

Weak-chested people would do well not to take the morning tub cold, but tepid. There is a plan of bath I have recommended to many, and which is very beneficial in securing that action of skin so necessary. But, indeed, it is an Irish bail to call it a bath, for it consists in simply well rubbing the body every morning with dry rough towels.

I have recommended also the rubbing of the chest with a saturated solution of the ordinary sea salt of the shops, and the wearing of a light chest-protector. The strength of the weak-chested should be kept up to par, but not beyond it. Any approach to grossness or overfulness of blood is favorable to a return of the cough, as the secretions become vitiated.

Milk is a good thing. A small cupful in the morning before getting up will do good, but I cannot approve of adding any rum to it. Plain, easily digested food is the best; the meat should be tender, or it will not be easily assimilated; fish and game in sea or very water with meals occasionally does good, or lemonade and blue juice. —[Casey's Magazine.]

How to Drink Milk.

If a glass of it is swallowed hastily it enters the stomach and then forms in a curdled mass, difficult of digestion. If, on the other hand, the same quantity is sipped and three minutes at least are occupied in drinking it, then on reaching the stomach it is so divided that, when coagulated, as it must be by the gastric juice while digestion is going on, instead of being in one hard, condensed mass, upon the outside of which only the digestive fluids can act, it is more in the form of a sponge, and in and out of the entire bulk the gastric juice can play freely and perform its function.

The most common error of men and women is to look for happiness outside of useful work. It has never been found when thus sought, and never will be while the sun revolves and the earth stands.

Johnston's Vegetable Nolandine, unexcelled as a tonic, liver regulator and blood purifier. For sale by all druggists. The Nolandine Co., Richmond, Va.

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Friday, April 18th.

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Vaudeville Comedy Company,
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MR. CHARLES BOWSER,
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POPULAR PRICES: 25c, 35c, and 50c.
Reserved seats at Davis, Thomas & Co. S.

NOTICE OF INCORPORATION.

STATE OF NORTH CAROLINA,
Granville County.
To whom it may concern:
This is to certify that W. A. Davis, N. A. Gregory, H. C. Herndon, J. G. Hall, B. E. Farham, C. R. Blackley, E. T. White, E. W. Jones, J. B. Koller, J. M. Gregory have associated themselves together under the name and style of The Davis & Gregory Tobacco Company; That the object of said Company is to buy, sell and manufacture leaf tobacco; The capital stock of said company is eight thousand dollars; The chief place of business, Oxford, N. C.; The duration of said corporation is thirty years; The number of shares of stock are three hundred and twenty of the par value of twenty-five dollars each; That no stockholder shall be individually liable for the debts of said corporation.
Said corporation having paid the twenty-five dollars required by the statute, and otherwise complied with the requirements of the statute has been duly incorporated.
R. W. LASSITER, C. S. C.
April 8th, 1890.

EXECUTOR'S NOTICE!

Having qualified as executor of the last will and testament of S. A. Puckett, all persons indebted to the estate of said S. A. Puckett are hereby notified to come forward and settle the same at once and those having claims against said estate to present them for payment on or before the 12th day of April, 1891, or this notice will be plead in bar of their recovery.
S. R. PUCKETT,
Executor.
April 12th, 1890.

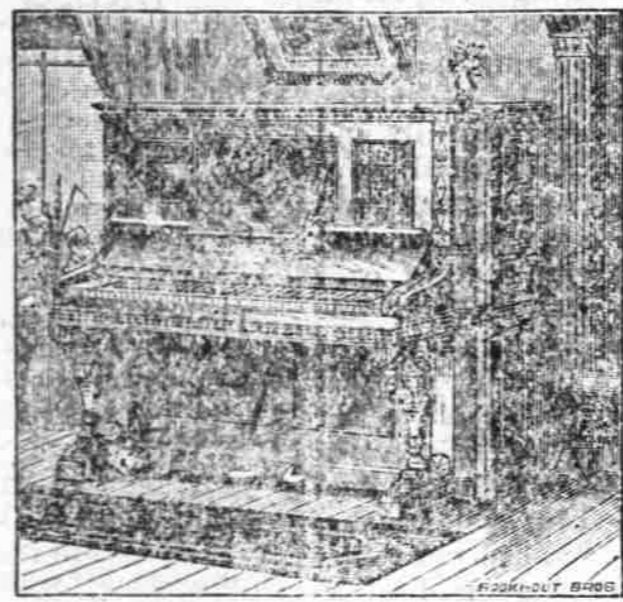
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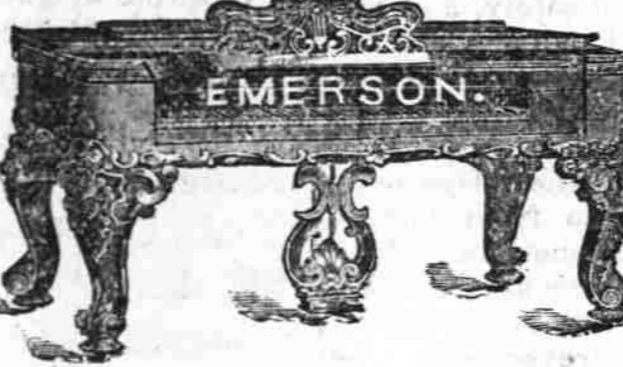
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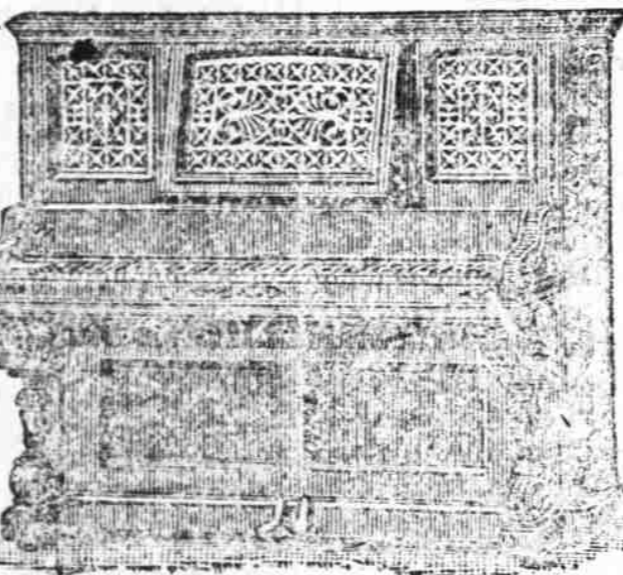
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Now our NEW FREE TONTINE POLICY is a simple promise to pay. The back of the policy may be blank, or have endorsed upon it the special privileges granted.

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Agent for Oxford and Surrounding Country, OXFORD, North Carolina.
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