

**DON'T FOR GIRLS UNDER SIXTEEN.**

(By Frances Wiley.)

Here are some "Don'ts" for the little girls. By little girls I mean girls of 16 and under. I know there is no age which feel quite so grown up and woman of the world as at 16; but, nevertheless, you are but little girls after all, for which fact you should be devoutly thankful. Remember that you will be grown up for a long time, but you are a little girl for such a fleeting space. So, first of all don't try to get away from your girl hood and act like a woman until you have to.

Don't be in too great a hurry to put your hair up and lengthen skirts.

Don't buy two yards of hair ribbon and wear it until it looks as though you used it for dust rag.

Don't make eyes at strange men; if you do, and they speak to you, don't be only yourself to thank for the result.

Don't write silly love letters to boys. You may wish you had never written them.

Don't let your mother wear her hair for you and sew for you. She has done that for you your own new dress.

Don't let your mother wash your face for you.

Don't let your mother kiss you.

Don't let your mother pay no attention to you. The boys will respect you more than if you allow them to.

Don't think that I have given you a great many "don'ts" but remember the years when your mother was forming.

It is the time to make up your mind to be fine women, fit to be wives of good men and the mothers of good children.

Cultivate yourselves, both mentally and physically.

Get all the fresh air you can; rosy cheeks and bright eyes are great beautifiers.

Keep your minds and hearts clean and pure.

Modesty is the best of all qualities in a girl, and the one that men most reverence.

Pin these "don'ts" over your looking glass and try to obey them.—Greenboro Telegram.

**Farmers' Institute.**

Farmers' Institute will be held at Roxboro Tuesday, August 1st, 1911, beginning at 10:30 o'clock. At the same place and date will also be held an Institute for Women by Mrs. C. R. Hudson and others. The object of these Institutes are to bring together the men from the farm homes, that they may become better acquainted and talk over among themselves subjects tending to the betterment of conditions in rural homes, such as better and more economical foods and better methods of preparing them, home sanitation, home fruit and vegetable gardening, farm dairying, poultry-raising, the beautifying of the home and surroundings, etc.

Let the wives and daughters come out to these meetings in large numbers.

A premium of \$1 will be given for the best loaf bread baked and exhibited by a girl or woman living on the farm.

A premium of \$1 will be given for the best five ears of pure bred corn.

A premium of \$1 will be given for the best pure-bred pig between 8 and 12 weeks old exhibited by a man or boy living on the farm.

This Institute will be conducted by Mr. Franklin Sherman, with competent assistants who will discuss agricultural topics of interest to the farmers.

A question box will be opened in the afternoon, and a full discussion of the subject presented will be given.

Morning session will open at 10 o'clock and afternoon session at 1 o'clock. Bring a book and pencil to take notes.

The boys are specially invited to attend the Institute.

W. A. Graham,  
Com. of Agriculture.

T. B. Parker,  
Director of Farmers' Institutes.

**NOAH WEBSTER AS A PIONEER**

**How the First Maker of American Dictionaries Traveled About Persuading Printers to Adopt His Ideas of Orthography**

Many persons, probably naturally, have the mistaken opinion that the first maker of American dictionaries, Noah Webster, and Daniel Webster were of kin. They were not of kin, however, unless the relationship was very remote. Noah Webster had colonial forebears and Daniel Webster had not. Noah Webster was a descendant on the maternal side of the second governor of Plymouth Colony, Governor Bradford.

Noah Webster's home was at New Haven, Conn., for many years, and one of the traditions associated with his career is that he wrote "Webster's Spelling Book" while living in a little frame house of colonial architecture near New Haven green. That classic however, was written a full fifteen years before Webster removed to New Haven and while he was a school teacher in New York state, although it was published at Hartford, Conn.

A few years prior to the Civil war these still lived in New Haven several citizens of venerable years who well remembered Noah Webster.

"There is a way all over some of these old citizens," I remember that he had a very kindly eye, and I know that with a little help, he had, in my opinion, a better recollection of the maker of Webster's Spelling Book than as the compiler of Webster's Dictionary, and that was because we were all taught spelling from Webster's spelling and there were told wonderful stories about the way that book was selling.

"I have always heard that Noah Webster was a sort of subscription agent for his own speller soon after it was published. He was accustomed to travel about the country stopping, whenever convenient, at towns where there was a printing office. He would enter the printing office and pass a few pleasant words with the proprietor, or the general printer, or even the printer's devil; he was a familiar figure in the printing offices of New Haven and Hartford. Then having by his kindly ways ingratiated himself into the good favor, Mr. Webster would say:

"My friend, observe that you are accustomed to spell the word 'honor' with a 'u', and the it is also your habit to spell the word labor with a 'u'. Now, I want to say to you that in my opinion, is not the American way to spell these words. That is the English way. The 'u' is not needed."

"So, Noah Webster would go from town to town, visiting the printing offices, to persuade the printers of that time to adopt his form of spelling. And I have some times thought he did more by this method so secure acceptance of spelling than at first he did with his spelling book."

Noah Webster must, then have been the first American advocate of the now so-called modified form of spelling. It used to be said by some of his descendants in New Haven that in all about fifty million copies of his spelling book were sold, and it is a well-known fact that, although the royalty which he received upon each copy was a little less than one cent, nevertheless this income was sufficient to support him and his family during the twenty years when he was engaged in the compiling of his great dictionary.

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**An Effective Chain of Sickness.**

There are upwards of one million deaths each year in the United States. In 90% of cases the people who die are less than sixty-five years old. The evils that are due to disease can be escaped just in proportion as the conditions and habits that bring on disease become more widely understood.

Then too a chronic disease which may build the skill of the general practitioner may yet be permanently cured by the Physician who has made one line of disease his specialty.

It would be just as absurd for the Professor in a medical college presuming to lecture on all subjects as for the one Physician to presume to understand the nature and cure of every disease.

That is why Dr. R. V. Pierce established the Invalids' Hotel and Surgical Institute many years ago—with a full staff of Physicians and Surgeons—both thoroughly educated to practice in all departments of medicine are here assigned to a special department only—to which each specialist devotes his entire time, study and attention.

The sick who have been treated at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., have much to say in regard to this wonderfully equipped Sanitarium, where all electrical apparatus, as well as electric water baths, Turkish baths, static electric machines, high-frequency current, and other most modern and up-to-date apparatus are used for the cure of chronic diseases. The treatment of chronic diseases that are peculiar to women have for many years been a factor in the cures effected at the Invalids' Hotel and Surgical Institute.

The physicians and surgeons employed are among the most experienced and skillful in the country, men who have made these diseases their life study, and whose highest ambition is to excel in their treatment.

How well they have succeeded may be judged from the fact that their practice embraces cases from every State and Territory of the Union as well as from foreign lands. Many thousands are annually treated, either through correspondence or at Dr. Pierce's Institution. It is an old adage that, "Experience makes perfect," and the skilled specialists in this field of practice cure thousands of cases which have been abandoned as incurable by general practitioners.

One of the most wonderful electrical appliances is the X-ray used at the Institute which may be used both in the treatment of various diseases and in the diagnosis of many obscure conditions. With its aid the interior of the human body is no longer the sealed book it has been heretofore. Abnormal states of the bones, gall stones, stone in the bladder or in the kidneys, are shown plainly by what are known as X-ray photographs. Internal tumors, and the enlargement of the deep-seated organs, are also discovered by this means and in the diagnosis of tuberculosis of the lungs this agent has proven a most valuable aid. When applied to some of the less fatal chronic ailments of germ origin it has proven very effective as a curative agent.

Another interesting proceeding is the violet-ray treatment produced by concentrating the violet or chemical rays from an arc light with a specially prepared carbon upon any portion of the body that may be the seat of pain. Sufferers from neuralgia, sciatica, rheumatism, strains, sprains, also from those obscure exhausting pains (the origin of which cannot at times be accurately determined) frequently find immediate relief from a single treatment and usually with a little persistence in the use of this aid, comfortable health or perfect recovery is obtained.

The incandescent light bath, consisting of a cabinet in which the patient is bathed in the combined rays of many electric light globes, has produced really wonderful results in diabetes, sciatica, rheumatism, obesity, anemia, and some forms of kidney and heart trouble. It has also proven valuable in chronic bronchitis, bronchial asthma and various skin diseases. As a general hygienic measure its efficiency can scarcely be over-estimated.

Hundreds are brought to this Institution from far distant states and they go home in a few weeks well and strong, and as many cures are effected through correspondence, while the patient remains quietly at home. Others consult in person, and after being examined are provided with especially prepared medicines and return home to carry out the treatment.

Everyone who consults the specialists, whether by letter or in person receives the most careful and considerate attention. Great care is exercised not to over-encourage those who consult the specialists of this institution that no false hopes may be raised.

Consultation by letter or in person is absolutely free, no charge whatever so that the public when afflicted are invited to write Dr. Pierce at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

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Look over these facts and figures and then let us get together so that I can show you how little money it really costs to carry absolute protection for yourself and family in one of the very best and safest INSURANCE COMPANIES represented in this section. Just fill out the blank form printed below and send it to this office. It is nothing more than an invitation to call at your home and have a talk with you on a question of vital importance to yourself, and when you send it a special representative of the UNION MUTUAL will drive out to see you—and you'll be glad to have him come.

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J. W. Noell,  
Roxboro, N. C.  
Dear Sir:

Please have your INSURANCE EXPERT call at my house as soon as possible and tell me about THE UNION MUTUAL and its POLICIES. It is understood that this call in no way binds me to take a policy.

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