

TAKE PLENTY OF TIME TO EAT
There is a saying that "rapid eating is slow suicide." If you have formed the habit of eating too rapidly you are most likely suffering from indigestion or constipation, which will result eventually in serious illness unless corrected. Digestion begins in the mouth. Food should be thoroughly masticated and insalivated. Then when you have a fullness of the stomach or feel dull and stupid after eating, take one of Chamberlain's Tablets. Many severe cases of stomach trouble and constipation have been cured by the use of these tablets. They are easy to take and most agreeable in effect. Sold by all dealers. (Adv.)

Things are not always what they seem—especially complexion.

STOMACH TROUBLE.
Many remarkable cures of stomach troubles have been effected by Chamberlain's Tablets. One man who had spent over two thousand dollars for medicine and treatment was cured by a few boxes of these tablets. Price, 25 cents. For sale by all dealers. (Adv.)

Much of the average man's generosity is due to a desire to show off.

SORE NIPPLES.
Any mother who has had experience with this distressing ailment will be pleased to know that a cure may be effected by applying Chamberlain's Salve as soon as the child is done nursing. Wipe it off with a soft cloth before allowing the babe to nurse. Many trained nurses use this salve with best results. For sale by all dealers. (Adv.)

--Stop at The--
BARRINGTON HOUSE
While in Norfolk, 908 Main Street
Z. V. BARRINGTON, Proprietor.
Rates: \$1.50 Day; \$7.50 Week
Hot and Cold Baths, N. C., Clean, Airy Rooms, Special Attention to Traveling Men, and Excursion Parties—Home Privilege

"There's a Difference ASK YOUR DOCTOR
Pepsi-Cola
For Thirst Thinkers.
SAVE THE CROWNS they are valuable. Write for catalog
Pepsi-Cola Co.,
New Bern, N. C.

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OFFICE 50 CHAYEN STREET
Telephone No. 77 and 801
NEW BERN, N. C.

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Attorneys and Counselors at Law
Office, Rooms 401-2-3 Elks Building,
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Practices in the counties of Craven, Duplin, Jones, Lenoir, Onslow, Carteret, Pamlico and Wake, in the Supreme and Federal Courts, and wherever services are desired.

DR. ERNEST C. ARMSTRONG
Osteopathic Physician
(REGISTERED)
Rooms 330-331 Elks Temple.
Hours: 10 to 12, 2 to 4 and 7 to 9.
CHRONIC DISEASES A SPECIALTY
Ten years experience in treating chronic diseases.
Complete Electrical Equipment.
Do you wear a truss? If so, let me show you my special make. For all ages, from babies up.
PHONE 704.

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Attorney and Counselor at Law
Practices wherever services are required.
Office in Masonic Building.
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Local and Long Distance Phone.

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ATTORNEY AND COUNSELLOR AT LAW
Hughes Building, Craven Street
NEW BERN, N. C.
Practices in State and Federal Courts, Duplin, Craven, Carteret, Onslow and Pamlico and wherever services are desired.

Marrying a man with an impediment in his speech is all right, if there is no impediment in the hand that reaches for his pocketbook.
CHAMBERLAIN'S COLIC, CHOLERA AND DIARRHOEA REMEDY
Every family, without exception should keep this preparation at hand during the hot weather of the summer months. Chamberlain's Colic, Cholera and Diarrhoea Remedy is worth many times its cost when needed and is almost certain to be needed before the summer is over. It has no superior for the purposes for which it is intended. Buy it now. For sale by all dealers. (Adv.)

A man of words is a person, but a man of deeds is a personage.
The seamy side of life is much like the other with the polish rubbed off.

CAN'T KEEP IT SECRET.
The splendid work of Chamberlain's Tablets is daily becoming more widely known. No such grand remedy for medicine and treatment has ever been known. Sold by all dealers. (Adv.)

No, Cordelia, dignity and the swell head are not the same.
Congressmen will be happy as long as they can mail their speeches free.

SHAKE OFF YOUR RHEUMATISM.
Now is the time to get rid of your rheumatism. Try a twenty-five cent bottle of Chamberlain's Liniment and see how quickly your rheumatic pains disappear. Sold by all dealers. (Adv.)

A man has to have considerable of the divine afflatus to find poetical inspirations in his back yard.

Children Cry FOR FLETCHER'S CASTORIA
"Scientific management" is not always the most practical.

ULCERS AND SKIN TROUBLES.
If you are suffering with any old, running or fever sores, ulcers, boils, eczema or other skin troubles, get a box of Bucklen's Arnica Salve and you will get relief promptly. Mrs. Bruce Jones, of Birmingham, Ala., suffered from an ugly ulcer for nine months and Bucklen's Arnica Salve cured her in two weeks. Will help you. Only 25c. Recommended by all dealers. (Adv.)

Mr. Bryan took home the bacon, or rather a Smithfield ham.
BEST LAXATIVE FOR THE AGED.
Old men and women feel the need of a laxative more than young folks, but it must be safe and harmless and one which will not cause pain. Dr. King's New Life Pills are especially good for the aged, for they act promptly and easily. Price 25c. Recommended by all dealers. (Adv.)

Life seems to be one continuous investigation in Washington.
Children Cry FOR FLETCHER'S CASTORIA
The railroads will observe that the States still have some rights.

QUICK RELIEF FOR RHEUMATISM.
George W. Koons, Lawton, Mich., says: "Dr. Detcheon's Relief for Rheumatism has given my wife wonderful benefit for rheumatism. She could not lift hand or foot, and had to be lifted for two months. She began the use of the remedy and improved rapidly. On Monday she could not move and on Wednesday she got up, dressed herself and walked out for breakfast."
Sold by Bradham Drug Co. (Adv.)

Fighting the storm drains seems to have been a happy suggestion.
Children Cry FOR FLETCHER'S CASTORIA

Trust not to luck if you would be lucky.
GURANTEED ECZEMA REMEDY.
The constant itching, burning, redness, rash and disagreeable effects of eczema, tetter, salt rheum, itch, piles and irritating skin eruptions can be readily cured and the skin made clear and smooth with Dr. Hobson's Eczema Ointment. Mr. J. C. Eveland, of Bath, Ill., says: "I had eczema twenty-five years and had tried everything. All failed. When I found Dr. Hobson's Eczema Ointment I found a cure." This ointment is the formula of a physician and has been in use for years—not an experiment. That is why we can guarantee it. All druggists, or by mail. Price 50c. Pfleiffer Chemical Co., Philadelphia and St. Louis. (Adv.)

If a fellow could only utilize his castles in the air for airplane gasoline!
Children Cry FOR FLETCHER'S CASTORIA

FELT BAD ALL THE TIME
Shellhorn Lady Suffered a Great Deal, But Is All Right Now.

Shellhorn, Ala.—In a letter from this place, Mrs. Carrie May says: "A short time ago, I commenced to have weak spells and headaches. I felt bad all the time, and soon grew so bad I couldn't stay up. I thought I would die. At last my husband got me a bottle of Cardui, and it helped me; so he got some more. After I had taken the second bottle, I was entirely well. I wish every lady, suffering from womanly trouble, would try Cardui. It is the best medicine I know of. It did me more good than anything I ever used."
Cardui is a woman's tonic—a strengthening medicine for women, made from ingredients that act specifically on the womanly organs, and thus help to build up the womanly constitution to glowing good health.
As a remedy for woman's ills, it has a successful record of over 50 years. Your druggist sells it. Please try it.
N. B.—Write for Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for circular instructions, and 64-page book, "Home Treatment for Women," sent in plain wrapper, on request.

LOOK FORWARD TO GREAT WEEK
WORKERS IN TENT MEETING TO WORK WITH RENEWED ENTHUSIASM.

The services at the Tabernacle tent meetings were well attended all last week in spite of the very inclement weather. The workers felt greatly encouraged and will enter into this week with renewed enthusiasm.
There will be three services today as follows: Sunday school at 9:45 a. m., preaching at 11 a. m., and 7:30 p. m.

Rev. J. B. Phillips, the pastor, will preach morning and evening on Nehemiah and his great work and is anxious for every member of the Tabernacle to be present that they may catch the inspiration of this old testament leader.
Mr. J. Q. Brown has arranged for special music for both services and every lover of music will enjoy the feature of the service. Mrs. Brown will have her junior chorus render a special selection before the evening session.
The public is invited and attendance will be made to feel at home.

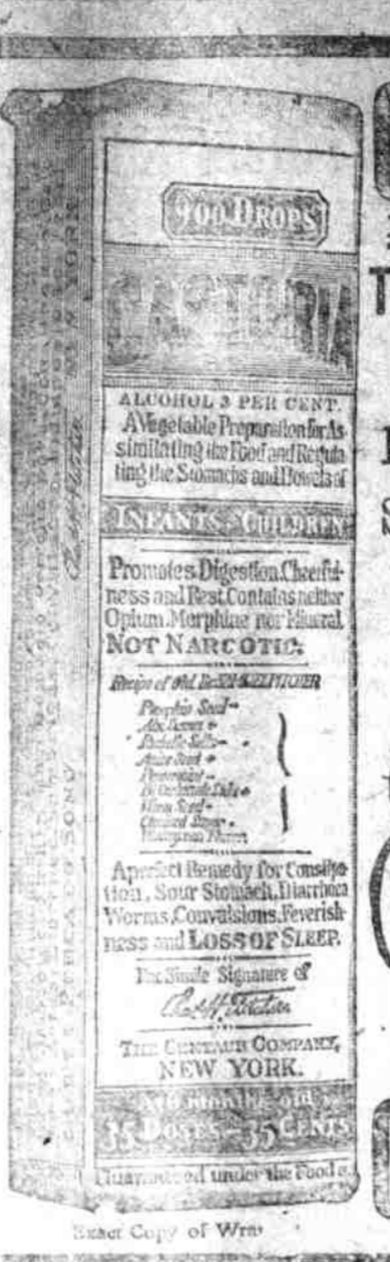
THE MARKETS.
June 14 1913
COTTON
(Quotations furnished by G. W. Taylor & Son.)
Middling 12 cents
Strict Middling 12 1/8 "
Good Middling 12 1/4 "
POULTRY, EGGS, ETC.
(Quotations furnished by Coast Line Meat Market.)
Chickens—Grown, pair.....60-80
Chickens—Half-grown pair..... 60-70
Geese, per pair.....\$1.25-\$1.50
Ducks, per pair..... 50-1.00
Eggs, per doz..... 15
Hams, country, smoked, lb..... 75
Beeswax, lb..... 22
Wool..... 16 to 1
Wool..... 16 to 17
Hogs, dressed, lb.....10-10 1/2
Beef, dressed, lb..... 8-9
Hides—C. S., lb..... 9
Green, lb..... 12-14
Dry Flint, lb..... 10-12
Dry Salt, lb..... 10-12
FRUITS AND VEGETABLES.
(Quotations by New Bern Produce Company.)
Cabbage, crate..... 75 to \$1.00
Beets Bunch..... .65-1.2
Garden Peas, crate..... .60 to .75

If wishes were automobiles the supply of gasoline would soon be exhausted.
MOST CHILDREN HAVE WORMS.
Many mothers think their children are suffering from indigestion, headaches, nervousness, weakness, irritability, when they are victims of that most common of all children's ailments—worms. Peevish ill-tempered, fretful children, who tees and grind their teeth, with bad breath and colicky pains, have all the symptoms of having worms, and should be given Kickapoo Worm Killer, a pleasant candy lozenge, which expels worms, regulates the bowels, tones up the system, and makes children well and happy. Kickapoo Worm Killer is guaranteed. All druggists, or by mail. Price 25c. Kickapoo Indian Medicine Co., Philadelphia and St. Louis. (Adv.)

People are always accusing an "alibi" inhabitant" of remembering things that never occurred.
CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of
J. A. MEADOWS
New Bern, N. C.
FOR THE BEST

SCHOOL TRUSTEES SECURE BIDS
CONTRACT FOR ERECTION OF NEW BUILDING WILL BE AWARDED SOON.

The Board of Trustees of the New Bern Public Schools yesterday received bids for the erection of the new building which is to be constructed on the grounds during the summer months. The contract will in all probability be awarded tomorrow and the work on the structure will begin just as soon as the material can be secured. This structure must be in readiness for occupancy by the time the fall term opens and in order to do this the fortunate bidder will be compelled to use haste.
With the addition of this structure, which will contain a number of classrooms, the public schools of New Bern will compare favorably with any in the Eastern section of North Carolina.



CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of
J. A. MEADOWS
In Use For Over Thirty Years
CASTORIA
THE BEST BRAND COMPANY, NEW YORK CITY.

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Respectfully,
E. J. LAND PRINTING CO.
Publishers
SEMI-WEEKLY JOURNAL.



Don't neglect the baby's health by keeping it cooped up at home—how wonderful if you will give him a daily outing in the bright sun and what you save in medicine and doctor's bills will more than pay for these dainty go carts or carriages. We have just received an assorted shipment of Reed body carriages, made of selected German reed, with hair filled cushions. Every carriage is made with the best steel gears and cushioned with the most substantial made. We have them ranging in price from \$35.00.

We give Pony Contest Coupons with every cash purchase or payments on accounts.
J. S. Miller Furniture Co.
99-101 MIDDLE STREET, PHONE 289.

RACES!
Fair Grounds New Bern
JULY 4th, 1913
Horse Races, Motorcycle Races, and Firemen's Tournament
Admission 50c.
GRAND STAND FREE

When in Maret For Horses, Mules, Buggies Wagons and Harness see **A. S. LEE**
POLLOCKSVILLE, N. C.
Fine Kentucky Horses and Mules on hand at all times
TERMS REASONABLE. SEE ME.

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DEALER IN
Hay, Corn, Oats, Bran, Hominy
AND ALL KINDS OF FEED. HIGH GRADE CORN MEAL. SEED A AND ED RYE. BRICK FOR SALE
Mail Orders Given Careful Attention.
Lower Middle Street, New Bern, N. C.

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GEOGRAPHICAL ENCYCLOPEDIA

FOR MEAL, CORN, FEED, HAY.

---See---

J. A. MEADOWS
New Bern, N. C.
FOR THE BEST

Map of the world with flags and portraits of rulers and chief officials including Wilson and Marshall. Map of Panama with full information about Panama Canal.
Large scale map of North and South Carolina with complete census gazetteer of towns and counties in those States.
Map of United States and PARCEL POST MAP with full information concerning this new branch of the Postal Service. Census statistics covering each State in the Union and its principal towns.
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