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ADVERTISING
1877
BUSINESS
WHAT STEAM IS TO
Machinery,
THE GREAT PROPELLING POWER.

Black Hair

"I have used your Hair Vigor for five years and am greatly pleased with it. It certainly restores the original color to gray hair. It keeps my hair soft."—Mrs. Helen Kilkenny, New Portland, Me.

Ayer's Hair Vigor has been restoring color to gray hair for fifty years, and it never fails to do this work, either.

You can rely upon it for stopping your hair from falling, for keeping your scalp clean, and for making your hair grow.

\$1.00 a bottle. All druggists.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address, J. C. AYER CO., Lowell, Mass.

Kodol

Dyspepsia Cure

Digests what you eat.

This preparation contains all of the digestants and digests all kinds of food. It gives instant relief and never fails to cure. It allows you to eat all the food you want. The most sensitive stomachs can take it. By its use many thousands of dyspeptics have been cured after everything else failed. It is unequalled for the stomach. Children with weak stomachs thrive on it. First dose relieves. A diet unnecessary.

Cures all stomach troubles

Prepared only by E. C. De Witt & Co., Chicago
The St. Louis bottle contains 2 1/2 times the dose.

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Designs sent to any address free. In writing for the same, please give age of deceased and limit as to price.

Prepay Freight on all Work

THE EDITOR'S LEISURE HOURS.

Points and Paragraphs of Things Past, Present and Future.

It is gratifying to learn from farmers here and there that they are planning to sow wheat in this region more extensively than formerly. It does seem that almost every farmer could sow a few acres of land in wheat and realize good profit from it. A farmer said to-day that his observation and experience lead him to believe that wheat is a good crop for stock. Horses do well on wheat and he said that with the proper care an acre of land will produce as much in wheat as in corn. This is the season of the year for farmers to commence planning for a wheat crop. It ought to be planted reasonably early.

There seems to be a deep laid plan in the Fifth district to defeat W. W. Kitchin for Congress. At first it was sent out through the papers that Mr. Lindsay Patterson had declined to accept the nomination as an independent candidate for Congress against Kitchin, but it transpires that later he accepted.

Hon. W. W. Kitchin has been up in Maine doing some good work for Democracy. Hon. E. W. Poo has also been campaigning in the "Pine Tree State," and The News and Observer makes the following comments on their work:

"The vote of Maine's Republican Governor is 11,153 less than two years ago. That's what Will Kitchin's and Ed. Poo's speeches did for the Radicals in Maine. If we could spare them to Maine for a whole campaign and the people would go out to hear them, Maine could be brought into the Democratic column."

The following which appeared in the Biblical Recorder recently is well worth reading.

"It was stated that 10,000 negroes attended the recent Race Congress in Atlanta. We carefully examined the reports of the speeches. It seems to us that one might have given words to be there and to speak compellingly one message to the colored people. Their leaders seem never to know. They talked about the status of the race. They took stock of the public advancement of the race. They were much concerned, every one of them, to be leaders. Every negro that wants anything appears to want to lead—to be a great preacher or politician. Their thoughts are all bent this way. And they talk to the race as if they expected every one of them to be 'leaders.'

They overlook a great fact. It is this: The average negro must serve. Only a few can lead, and they must lead men who serve, and they must lead men, if any progress shall be achieved, into better service, not out of it.

The negroes do not care to serve each other. They aspire to lead each other; they must serve the white people. No matter about theories, this is the truth. The negro must serve the white race or die. This is his mission in America, and will be until all people now living shall be dead and forgotten—yes, forgotten.

The negro must perform the lower grades of service. Cook, washer-women, hostler, janitor, hand. This is true as truth can be. And in light of it this great conference fooling about relation to the white man, social progress, religious standing and political condition, is most pathetic and ludicrous. The line of the negro's advancement lies along progress in cooking and other such work. What did the Conference do to give the world intelligent and honest and skillful cooks, nurses, butlers and hands? That is the big question. That is the real question. The negroes in conference are preachers, teachers, politicians, leaders. And they are preaching to and teaching and leading only themselves—standing off and having a big time while the negro race back at home cooks miserably and the white race threatens to go to Scandinavia for cooks and servants.

In Heaven's name let the "big" negroes quit fooling and get to leading their race in pastures that the race is fit for. It must make progress along natural and easy lines. It cannot possibly make progress in any other way. The hope of the negro is wholly in improving him there where he stands—not in lifting him out of his capabilities. Make a better cook or servant or worker of him or her and you have taken the first step. Only then can you begin to take the second. This is the law of God, and it has

PECULIAR HABIT.

ought to be avoided.

Mannerisms Shorten Life.

Selected.
One's health may be seriously impaired, one's life may even be shortened by permitting mannerisms to grow into fixed habits. There are a score of such mannerisms which are likely to do one serious injury.

Such apparently harmless practices as blinking the eyes rapidly, moistening the lips with the tongue, picking the teeth, scratching one's head or breathing through the mouth when carried to excess become very bad habits.

Take, for instance, the common "trick" of moistening the lips with the tongue. If you make a habit of this you will make your lips drier and drier and render the nerves of them extremely sensitive. Eventually you will contract permanently cracked lips, which besides being painful and annoying are likely to produce cancer. If this disease be hereditary you run a good chance of getting it.

Why any man should blow his nose when he does not want to is a mystery, but hundreds of people, especially elderly ones, have the habit. It is extremely bad for the nasal nerves and membranes. If done constantly when in health it will, sooner or later, produce chronic nasal catarrh.

If you find yourself blinking your eyes rapidly without any cause, stop it at once or it will grow into an incurable habit, that will make your eyesight fall comparatively early in life.

Natural blinking is necessary to clear and moisten the eye. The average number of natural blinks is about twenty per minute. But a nervous blinker will get in something like a couple of hundred in a minute in bad cases. The result of this is a big development of the eyelid muscles. It besides involves counterirritation which acts on the optic nerve, and renders the sight daily more weak and irritable.

Once contract this habit, and you will find you cannot bear a strong, light or read small type, and the eyes will get worse and worse. The cure consists in keeping the eyes shut for at least ten minutes every hour, and bathing the lids in warm water.

It is unwise to breathe through your mouth. If you do you will let the lower half of your lungs fall almost entirely into disuse. They are not filled if you breathe through your mouth, and the lungs will be weakened and left an easy prey to maladies of the chest. The system will besides be fed by only about one half the oxygen it requires. Thousands of people contract this dangerous habit, which is really a life shortener.

If you sleep with your mouth open you will get about half the benefit of a night's rest. This frequently is the cause of "that tired feeling" on waking in the morning. If there be any epidemic floating you double your chance of catching it, and halve your chances of recovering, as you weaken the lungs.

Never pick the teeth. It will make a difference of years in the life of your teeth, and send you to the dentist before your time. The habit, even after meals, will, sooner or later, start the enamel of the teeth and cause decay. Some people contract the habit of picking the teeth when they have nothing else to do. This will put a good, sound set of teeth on the road to decay at least six or seven years before they ought to go. You will lose your sleep, pay a dozen dentist's bills and then wish you had left toothpicks alone. Brush your teeth, instead, with a good powder after every meal, if possible.

No Food In Alcohol.

The Liberator.

A number of soldiers of the same age, of the same type of constitution, living under the same circumstances, eating the same food, breathing the same atmosphere, were divided into two gangs—an alcoholic gang and a non-alcoholic gang—and engaged in certain work. The alcoholic gang went far ahead at first. They had buckets of beer at their side, and as they got a little tired they took beer, and the non-alcoholic gang were in an hour or two left nowhere; but the energies of the beer drinkers speedily began to flag, and, do what they would, before the end of the day the non-alcoholic gang had left them far behind.

Thus goes an old-time argument for using alcohol. There is no fool, no strength, no good in it.

The Model Church.

Vicker's Monthly.
Well, wife, I've found a model church, And worshipped there to-day: It made me think of good old times, Before my hair was gray. The meeting-house was finer built Than they were years ago, But then, I found when I went in It was not built for show.

The sexton did not sit me down A way back at the door, He knew that I was old and deaf, And saw that I was poor. He must have been a Christian man, He led me gently through The crowded aisle of that grand church To find a pleasant pew.

I wish you'd heard that singing, wife, It had the old-time ring; The preacher said, with trumpet voice, "Let all the people sing!" Old Coronation was the tune, The music upward rolled, Until I thought the angel choir Struck all their harps of gold.

My deafness seemed to melt away, My spirit caught the fire; I joined my feeble, trembling voice With that melodious choir. And sang as in my youthful days, "Let angels prostrate fall; Bring forth the royal diadem And crown him Lord o' all!"

I tell you, wife, it did me good To sing that hymn once more, I felt like some wrecked mariner Who gets a glimpse of shore. [almost want to lay aside This weather-beaten form, And anchor in the blessed port Forever from the storm!]

Oh preacher! well, I just can't tell All that the preacher said, I know it wasn't written— I know it wasn't read; He hadn't time to read it, for The lightning of his eye Went flashing 'long from paw to paw, Nor passed a sinner by.

'Twas not a flow'ry sermon, wife, But simple Gospel truth, It fitted humble men, like me; It suited hopeful youth; To win immortal souls to Christ The earnest preacher tried; He talked not of himself or creed, But Jesus, crucified.

How swift the golden moments flew, Within the holy place! Heaven How brightly beamed the light of From every happy face! Again I longed for that sweet time When friend shall meet with friend, "Where congregations ne'er break up, And Sabbaths have no end."

I hope to meet that minister— That congregation, too,— In that dear home beyond the stars That shine from heaven's blue; I doubt not I'll remember, Beyond life's evening gray, That happy hour of worship In the model church, to-day, Dear wife, the toil will soon be o'er, The victory soon be won; The shining land is just ahead, Our race is almost run. We're nearing Canaan's happy shore, Our home so bright and fair, Thank God, we'll never sin again; "There'll be no sorrow there!"

USE ALLEN'S FOOT EASE,

A powder to be shaken into the shoes. Your feet feel swollen, nervous and hot, and get tired easily. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It cools the feet, and makes walking easy. Cures swollen, sweating feet, ingrowing nails, blisters and callous spots. Relieves corns and bunions of all pain and gives rest and comfort. Try it today. Sold by all druggists and shoe stores for 25c. Don't accept any substitute. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

OWES HIS LIFE TO A NEIGHBOR'S KINDNESS.

Mr. D. P. Daugherty, well known throughout Sumner and Mercer counties, W. Va., most likely owes his life to the kindness of a neighbor. He was almost hopelessly afflicted with diarrhoea; was attended by two physicians who gave him little, if any, relief, when a neighbor learning of his serious condition, brought him a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, which cured him in less than twenty-four hours. For sale by E. T. Whitehead & Co., Scotland Neck, N. C.

PE-RU-NA WOMAN'S BEST FRIEND,

IS THE So Says Mrs. Rose, of New York City, And Tens of Thousands of Other Women.



Mrs. Jennie Rose, 362 W. Twenty-Second Street, New York City, writes: The Peruna Medicine Co., Columbus, O. Gentlemen: "Peruna is a blessing to suffering women. I suffered with female trouble since I began menstruation, and every month I suffered two and three days of untold agony, and had to arrange my work and duties so as to be in bed every month for two days at least. "My brother was cured of Bright's Disease from the use of Peruna and so I determined to try it for my trouble. "Imagine my great joy when I found that it relieved me quite a bit the first month and I was entirely without pain during that period after having used Peruna only four months. "This is about two years ago and all during that time I have suffered no pain. I can now come and go as I like and consider Peruna woman's best friend and wish that every suffering woman might know that she can find relief through the use of this medicine."

Truly yours,
MRS. JENNIE ROSE.

Mrs. Ellen Thompson, Battle Town, N. Y., writes: "When I wrote you for advice I was very bad off. When I received your letter I commenced using Peruna and it did just what you said it would. I have had a cough for about fifteen years and your medicine has done me more good than anything I have ever used. I am so thankful to you for your advice to me."—Mrs. Ellen Thompson.

Mrs. James Eighmey, Grape, Mich., writes: "I have been troubled with pain before and during my months ever since I was seventeen. I was also troubled with other female weaknesses. I took your treatment, and an new well, and thank you for your kind advice."—Mrs. James Eighmey.

Mrs. John Meyers, Erhart, O., writes: "I have been a sufferer from chronic catarrh for years and have thereby lost the sense of smell entirely. I had four of the best physicians in this vicinity without receiving any benefit whatever. "Now I am once more a well woman. I find Peruna to be the best medicine in the world as it has done me more good than my physician could have done for me. My friends say I look ten years younger. I tell them Peruna did it. I can't thank you enough for your free advice."—Mrs. John Meyers.

Mrs. Ida Baker, Portsmouth, O., writes: "I am glad to say that I am well. I have taken Peruna and feel better than I have for ten years; have gained twelve pounds and am still gaining. When I wrote to you for advice I had given up all hope of being well again, and I feel that it has saved my life."—Mrs. Ida Baker.

Allie Scott, of Franklin, Ky., in a letter to Dr. Hartman, says: "For seven long years I had been a constant sufferer from catarrh of the pelvic organs which resulted in displacement of the uterus. I wrote you telling you all my complaints from the beginning to the present, made happy and much encouraged every time by your kind and fatherly letters of advice and instruction. I am now a strong woman weighing 118 pounds."—Allie Scott.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Harman Sanitarium, Columbus, Ohio.

Europe Unites To Protect Birds Useful to Agriculture.

Right along the line of the work done by the humane societies is the European International agreement which was concluded at Paris recently and provided for the protection of birds useful to agriculture. Belgium, France, Greece, Austria-Hungary, Portugal, Sweden, Switzerland and Spain are all parties to the agreement, besides several smaller provinces. Among the birds accounted useful and therefore to be protected are certain nocturnal birds, as well as bee-eaters, swallows, and several birds of the sparrow species. Ravens, magpies, jays, and a few others are branded as mischievous. In Italy the capture of northbound birds has become a regular trade, and as a natural consequence she does not appear among the signers to the agreement.

HE DIDN'T MEAN EUROPE.

The pastor was making a call. "Ab, Mrs. Fastleigh," he said, dolefully, "have you made any preparations for the journey to the other land?" "Oh, yes," was the animated reply. "My traveling-dress and several others are all done, and John is going to order the steamer-rug and a new trunk to-day."

TAKE CARE OF THE STOMACH.

The man or woman whose digestion is perfect and whose stomach performs its every function is never sick. Kodol cleanses, purifies and sweetens the stomach and cures positively and permanently all stomach troubles, indigestion and dyspepsia. It is the wonderful reconstructive tonic that is making so many sick people well and weak people strong by conveying to their bodies all of the nourishment in the food they eat. Rev. J. H. Holliday, of Holliday, Miss., writes: "Kodol has cured me. I consider it the best remedy I ever used for dyspepsia and stomach troubles. I was given up by physicians. Kodol saved my life. Take it after meals." E. T. Whitehead & Co.

Egyptian Women.

The Egyptian beasts of burden, the camel, the ox, the donkey, have the same patient look as the people. It may not be improper to add another beast of burden—woman. There is the same look of sad patience to every Egyptian woman's eyes as in the melancholy river boiling at its great task, and in the face of the camel, the donkey and the ox. They all look at you with the same expression of patience. They seem content to live, no matter what the conditions of their often wretched life—and not desirous of making change or resistance. The long swing of the camel, the measured stride of the ox or buffalo, the half trot of the donkey, are seen everywhere. The woman's face is covered—at least her mouth is always—for no Mohammedan woman may expose her mouth to the vulgar gaze of passers-by. All have the same expression in their eyes as the camel or other animal.

A REMARKABLE RECORD.

Chamberlain's Cough Remedy has a remarkable record. It has been in use for over thirty years, during which time many million bottles have been sold and used. It has long been the standard and main reliance in the treatment of croup in thousands of homes, yet during all this time no case has ever been reported to the manufacturers in which it failed to effect a cure. When given as soon as the child becomes hoarse or even as soon as the croupy cough appears, it will prevent the attack. It is pleasant to take, many children like it. It contains no opium or other harmful substance and may be given as confidently to a baby as to an adult. For sale by E. T. Whitehead & Co., Scotland Neck; Leggett's Drug Store, Hobgood.

The Only Safe Way Of Drinking.

F. W. FOSTER.
Cruikshank, the artist, offered one hundred pounds for proof of a violent crime committed by a total abstainer, and the money remains unclaimed to this day. I offer as much for proof of any one case—either in the church or out of it—where drunkenness has been cured without total abstinence. In the present shaky circumstances the only safe way of drinking, as an Irishman puts it, is to "leave off before you begin."

Get a free sample of Chamberlain's Stomach and Liver Tablets at E. T. Whitehead & Co's, Scotland Neck, N. C., and Leggett's drug store, Hobgood, N. C. They are easier to take and more pleasant in effect than pills. Then their use is not followed by constipation as is often the case with pills. Regular size, 25c. per box.

One on the Old Man—"Honesty, my son," said the millionaire congressman "is the best policy." "Well, perhaps it is, dad," rejoined the youthful philosopher, "but it strikes me you have done pretty well, nevertheless."—Chicago Daily News.

When you wake up with a bad taste in your mouth, go at once to E. T. Whitehead & Co's, Scotland Neck, N. C., and Leggett's drug store, Hobgood, N. C., and get a free sample of Chamberlain's Stomach and Liver Tablets. One or two doses will make you well. They also cure biliousness, neck headache and constipation.

WALSH'S CURATIVE
Best Cough Syrup, Throat Lozenges, Use in Time. Sold by druggists.

DR. MOFFETT'S TEETHINA

(TEETHING POWDERS)

DR. J. W. Barry (of Arkansas) published in the "Arkansas Democrat," Sept. 18, 1902, the following: "I have used Dr. Moffett's Teethina for several years and it has cured me of all my troubles. I have used it for my children and it has cured them of all their troubles. I have used it for my wife and it has cured her of all her troubles. I have used it for my mother and it has cured her of all her troubles. I have used it for my father and it has cured him of all his troubles. I have used it for my brother and it has cured him of all his troubles. I have used it for my sister and it has cured her of all her troubles. I have used it for my friends and it has cured them of all their troubles. I have used it for my enemies and it has cured them of all their troubles. I have used it for my neighbors and it has cured them of all their troubles. I have used it for my country and it has cured it of all its troubles. I have used it for my world and it has cured it of all its troubles. I have used it for my God and it has cured him of all his troubles. I have used it for my soul and it has cured it of all its troubles. I have used it for my life and it has cured it of all its troubles. I have used it for my death and it has cured it of all its troubles. I have used it for my resurrection and it has cured it of all its troubles. I have used it for my kingdom and it has cured it of all its troubles. I have used it for my glory and it has cured it of all its troubles. I have used it for my power and it has cured it of all its troubles. I have used it for my wisdom and it has cured it of all its troubles. I have used it for my knowledge and it has cured it of all its troubles. I have used it for my understanding and it has cured it of all its troubles. I have used it for my strength and it has cured it of all its troubles. I have used it for my courage and it has cured it of all its troubles. I have used it for my patience and it has cured it of all its troubles. I have used it for my kindness and it has cured it of all its troubles. I have used it for my gentleness and it has cured it of all its troubles. I have used it for my meekness and it has cured it of all its troubles. I have used it for my lowliness and it has cured it of all its troubles. I have used it for my temperance and it has cured it of all its troubles. I have used it for my chastity and it has cured it of all its troubles. I have used it for my modesty and it has cured it of all its troubles. I have used it for my self-control and it has cured it of all its troubles. I have used it for my self-denial and it has cured it of all its troubles. I have used it for my self-sacrifice and it has cured it of all its troubles. I have used it for my self-giving and it has cured it of all its troubles. I have used it for my self-love and it has cured it of all its troubles. I have used it for my self-hatred and it has cured it of all its troubles. I have used it for my self-compassion and it has cured it of all its troubles. I have used it for my self-mercy and it has cured it of all its troubles. I have used it for my self-forgiveness and it has cured it of all its troubles. I have used it for my self-reconciliation and it has cured it of all its troubles. I have used it for my self-restoration and it has cured it of all its troubles. I have used it for my self-renewal and it has cured it of all its troubles. I have used it for my self-improvement and it has cured it of all its troubles. I have used it for my self-perfection and it has cured it of all its troubles. I have used it for my self-fulfillment and it has cured it of all its troubles. I have used it for my self-actualization and it has cured it of all its troubles. I have used it for my self-realization and it has cured it of all its troubles. I have used it for my self-achievement and it has cured it of all its troubles. 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