

THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor.

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NO 9

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You can eat whatever and whenever you like if you take Kodol. By the use of this remedy disordered digestion and diseased stomachs are so completely restored to health, and the full performance of their functions naturally, that such foods as would be one to a double-bow-knot are eaten without even a "rumbling" and with a positive pleasure and enjoyment. And what is more—these foods are assimilated and transformed into the kind of nutriment that is appropriated by the blood and tissues.

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The paper is not devoted to news, but literature, romance, fact and fiction, and gives the best of all within this wide field. The most noted southern writers are among its contributors.

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The Sunny South teases with the life of the great south. The gentle sun

warms everything into activity, and the season is never cold enough to check the hand of industry. The paper comes fragrant with the breath of the magnolia and pine, and gives out the very air of the orange, palm and bay. The beauty and pathos, the romance and mystery of the land where the stars store up the golden sunshine and the cotton whitens in the moonlight, will be given in the well-filled columns of this fascinating weekly.

Send on a Postal Card the names and addresses of six of your neighbors who would appreciate the opportunity to read a copy of The Sunny South, and one sample will be mailed free to each.

Address All Communications to The Sunny South, Atlanta, Ga.

EDITORS LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

WHILE a large section of the city of Baltimore proved anything but fire-proof as it related to its buildings, the spirit of the people of that city is fire-proof. The zeal and energy with which the Baltimore Fire-Proof people have literally pulled themselves out of the ashes of disaster, are a monument to the fire-tried heroes of trade in that city. It is stated that not a depositor in any Baltimore bank will lose a penny by reason of the fire. Soon every cog and wheel of business will be moving as though there had been no fire. The spirit which Baltimore is now exhibiting is a parallel to that which has rebuilt the entire South since the flames of civil war swept it down.

Mr. SHAFROTH was not the first Congressman voluntarily to give up his seat on the charge of fraud in his election. Congressman Black, of Georgia, it will be remembered, did the same. The

The South Set the Savannah News says: The case of John F. Shafroth, Democratic Representative from Colorado, who has voluntarily resigned his seat in Congress because some of the votes counted for him were fraudulent, is spoken of by some observers as without a parallel, but Congressman Black, of Georgia, did the same thing because of the mere charge of fraud. In the latter case a new election was called and Mr. Black was elected a second time. A similar course would no doubt seat Mr. Shafroth, for he has won legions of admirers by his honorable course.

QUITE a remarkable story was sent to the Richmond Times-Dispatch recently by a correspondent from Roxbury, Va. The correspondent says that "it may appear strange but it is true."

Hogs Hunt Rabbits. Here is the story: "Mr. Charlie Bowry, a prosperous young farmer near Quinton, has a drove of fine Chester hogs which have taken the place of the hounds, whose voices have been muffled by the law. Now Mr. Bowry's hogs go rabbit hunting every day. As soon as they strike a trail a noise is made by the leader which her brood understands, when all join in doleful sounds. As soon as the rabbit is on its feet the tune is changed, and the sound then would frighten a nervous person out of his wits. There is no escape for the poor rabbit. The hogs are relentless when once on its scent. Often it is run into the ground where he is not safe, for every hog begins to excavate with his snout for the hidden rabbit, and it is always found. The writer was present Monday when the mother hog came home with a dead rabbit in its mouth, followed by his little brood. The little pigs were squealing after the rabbit as if it had been an ear of corn. When at the house the rabbit was given to the pigs by the mother, and it was devoured in a minute. Mr. Bowry said that was the eighth rabbit that had been caught by the hogs in a week."

THERE are many reasons why all executions of capital punishment should be private. Recently a negro named Williams brutally assaulted a Mrs. Shields and her little daughter in Roanoke, Va.

Let Executions be Private. He was caught, tried and sentenced to be hanged in a short while. Mayor Kutchin, of Roanoke,

has asked that provision be made for Williams' execution to be public. The Richmond Times-Dispatch expresses surprise at such a request, and among other things says:

"Long ago it was discovered that public executions were demoralizing. In England it was the custom for persons belonging to the higher and middle ranks to be present at these exhibitions, and many persons hired windows at a considerable sum for the occasion. Even women and children attended, and a public execution became a public show. By and by the better class of people stopped attending, but they were still attended by people of the lower class, and so demoralizing did they become that in 1860 Parliament enacted a law which provided that all executions should take place within the precincts of a prison. This method had already been adopted in the United States, and in no civilized land to-day are executions public."

The news has gone out that a man was hanged at Whiteville in this State last week and that the execution was public. Perhaps three thousand people were present.

SOME days ago the Morning Post remarked that the peanut crop improves the land. THE COMMONWEALTH printed the following paragraph concerning the question:

Do Peanuts Improve or Injure Land? "The peanut crop is a good one in this part of the State, but isn't the Morning Post off a little in saying that a peanut crop improves the land? It says peanut vines make good hay, which is true; but the taking of the vines from the land impoverishes it. We have been of the opinion that a peanut crop is very exhausting to land."

We had heard it said many times that the peanut crop injures land, but somewhat in verification of the old saying that you must go from home to hear the news, the Post gives the following reply:

"Our friend is located in the heart of the peanut section and is well qualified to speak of the various advantages of the crop. But we have been informed by those who have cultivated this crop that because of certain little formations on the roots and rootlets of the vine—which are the concentration of certain valuable fertilizing elements, that it is really better for improving land than common peas or clover. We were recently told that the most successful farmer in Bertie county improved his lands altogether by the peanuts, which not only fattened his hogs but increased the fertility of his soil a very large per cent. At 50 cents per bushel and above it is claimed that a crop of peanuts—with anything like a normal yield—is more profitable per acre than 10-cent cotton. We know it makes the best of bacon hams. It is a crop from all we have heard, that our farmers in the northeastern section can not well afford to neglect."

Now, in view of the fact that it has been modestly claimed that Scotland Neck is the largest peanut market for Spanish peanuts in the world, THE COMMONWEALTH calls upon some of the good and intelligent farmers of this community to enlighten us on this subject for the general good, and incidentally for the benefit of the Morning Post.

Do peanuts improve or injure land?

The Rational Care of the Complexion

Facial Massage and Applications to The Skin.

THE DANGER OF COSMETICS.

Aids to the Complexion in Rational Outdoor Occupations.

BY CHRISTINE TEHHUNE HERRICK, Author of "Cradle and Nursery," "First Aid to the Young Housekeeper," "Housekeeping Made Easy," "What to Eat," "In City Tents," Etc.

(Copyright, 1904, by Christine Tehhune Herrick.)

Was there ever a woman who did not wish to be good looking? If so, she must have been, in the childish phrase, "too good to be true." That is, unless she was already so pretty that she felt that she had nothing more to ask of Fate.

Even the beautiful woman must take care of her good looks. Nature may bestow these but she does not undertake to keep them in order. Once in a rare season one finds a woman whose complexion seems to take care of itself, but she is such an exception that it is hardly worth while to bring her case into consideration. The majority of women have to work to keep their skins in order and their efforts must be the more strenuous if they have been careless of them in youth.

When I speak of care of the complexion I do not mean that one must devote herself too constantly to that work. Very few busy women can afford to give the time that complexion specialists declare essential to the preservation of beauty. When one sees a woman who does all demanded of her in this line, she is not likely to have leisure for anything else.

I know one such woman. In her girlhood she was the acknowledged belle of her native place. Her complexion was like a rose leaf, her figure was exquisite, her features were regular. Having won the reputation of a beauty she felt that she must live up to it. She has done so and it has taken all her time. At forty-five she is still engaged in preserving her charms. She never rises until eleven o'clock. She is



most diligent in the care of her diet. The time she spends upon facial and bodily massage leaves her little for anything else. Verily, she has her reward. Her golden tresses are plentiful and smooth, although there is a touch of something not entirely due to nature in their coloring. Her rose leaf tint of skin is still to be seen, although it may not be as fluctuating as when it was altogether home made. Her figure she has been able to retain by dint of exercise and she is still a beautiful woman. But has it been worth while? There are very few women who think it so, or thinking so would be able to give the time to achieve the result. Too few find it feasible to follow the rule by which Patti declares she has held her youth with her so long—three square meals a day, eight hours sleep at night and three hours exercise daily in the open air. It would be a good thing if every woman could allow herself this treatment, but it is not for those who must work in their homes or elsewhere.

The benefit to the skin must be wrought from within outward, not from without alone. That is, the body must be kept in good working order by vigorous exercise and proper food and then the foundation will be laid for a good complexion. Not all the external applications in the world will help without these fundamentals. But when these are secured, there are other things to be done to preserve the complexion in order to make the face attractive.

In the first place, the face must be kept clean. Not only by mere washing with water and a cloth or even by the use of soap and water, but by something more thorough than these. The surface soil may be taken from the skin by the ordinary washing, but to get the dust from the pores a more radical course must be followed. An unguent must be selected that will soften the skin and coax the dirt from its interstices.

Too much care cannot be given to the selection of the cream or skin food or whatever may be used for this purpose. Cold creams by the score may be purchased but a large proportion of these do more harm than good, especially if applied to a delicate skin. Either they make it so tender that it chaps and scales readily, or else they promote a growth of hair, or they clog the pores. But there are good cold creams and if one will take pains it is not hard to make a choice.

In order to get the best result for the face, it should be cleansed at bed time. First it should be washed with a soft cloth dipped in warm water and rubbed on a good soap, or dipped in almond meal. To some skins the latter is unselected and their owners would do well to confine themselves to a good soap. Highly scented soaps should be avoided. A sponge should not be used for the face, pleasant as is the touch of it. The best judge say it is impossible to keep a sponge entirely clean, whereas a cloth can be made anti-septic. When the face has been washed—and the cloth should go into all the corners and be applied again and again—the face must be rinsed in warm water and patted dry with a soft towel. In washing or in wiping stroke the face upwards.

Now comes the cold cream. A little should be taken on the finger tips and rubbed into the skin, with outward and upward strokes, from the middle of the face. The rubbing should not be too hard and yet there should be enough pressure brought to produce a glow and to stimulate the circulation. Each part of the face should be treated in detail. The forehead should be stroked from the middle towards the temples and up towards the hair. The temples should be rubbed and the corners about the eyes where the first fine wrinkles display themselves should receive special attention. All around the eyes the flesh should be massaged

The Grip Leaves Thousands in its Path Weak, Nervous, Dyspeptic, Catarrh Wrecks.



For Grip and the after effects like dizziness, nervousness, dyspepsia and other catarrhal conditions resulting from the Grip, in the entire Materia Medica I have found no remedy that equals Peruna for prompt action.—Dr. S. E. Hartman, President The Hartman Sanitarium.

Like a DEMON grip has crossed our country, leaving behind scores of physical wrecks. Victims of catarrh of the head, catarrh of the throat, catarrh of the lungs, catarrh of the stomach, catarrh of the kidneys, catarrh of the pelvic organs, are to be counted by hundreds of thousands. Grip is epidemic catarrh, and sows the seed of chronic catarrh within the system.

This is so true that few grip sufferers are able to make a complete recovery until they have used Peruna. Never in the history of medicine has a remedy received such unqualified and universal eulogies as Peruna.

A New York Alderman's Experience. Hon. Joseph A. Flinn, alderman Fifth District, writes from 104 Christopher street, New York City, as follows:

"When a pestilence overtakes our people we take precaution as a nation to preserve the citizens against the dread disease.

"La Grippe has entered thousands of our homes this fall, and I noticed that the people who used Peruna were quickly restored, while those who depended on doctor's prescriptions, spent weeks in recovering, leaving them weak and emaciated.

"I had a slight attack of la grippe and at once took Peruna, which drove the

disease out of my system in a few days and did not hinder me from pursuing my daily work.

"I should like to see our Board of Health give it official recognition and have it used generally among our poor sick people in Greater New York."—Joseph A. Flinn.

D. L. Wallace, a charter member of the International Barber's Union, writes from 15 Western avenue, Minneapolis, Minn.:

"Following a severe attack of la grippe I seemed to be affected badly all over. I suffered with a severe headache, indigestion and numerous ills, so I could neither eat nor sleep, and I thought I would give up my work, which I could not afford to do.

"One of my customers who was greatly helped by Peruna advised me to try it, and I procured a bottle the same day. I used it faithfully and felt a marked improvement. During the next two months I took five bottles, and then felt splendid. Now my head is clear, my nerves steady, I enjoy food, and rest well. Peruna has been worth a dollar a dose to me."—D. L. Wallace.

Mr. O. H. Perry, Atchison, Kansas, writes:

"Again, after repeated trials of your medicines, Peruna and Manlin, I give this as my expression of the wonderful

results of your very valuable medicine in its effects in my case after repeated trials, my daily work.

"First, it cured me of chronic bronchitis of fifteen years' standing by using two bottles of Peruna in January, 1894, and no return of it.

"After I was cured of bronchitis I had la grippe every winter for several winters. But, through the use of Peruna, it got gradually weaker in its severity, until it dwindled down to a mere stupor for two or three days. Now the stupor does not trouble me any more."—O. H. Perry.

A Congressman's Experience. House of Representatives, Washington, D. C.

Peruna Medicine Co., Columbus, Ohio, Gentlemen—"I am more than satisfied with Peruna, and find it to be an excellent remedy for the grip and catarrh. I have used it in my family and they all join me in recommending it as an excellent remedy."

Very respectfully, George H. White.

If you do not receive 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 Hartman Sanitarium, Columbus, O.

Andrew Carnegie's Advice. Selected. Mr. Andrew Carnegie, in a recent address before a graduating class in New York, gave some excellent advice to the young men on how to attain success in life. Among other things, he said:

"There are several classes of young men. There are those who do not do all their duty, there are those who profess to do their duty and there is a third class, far better than the other two, that do their duty and a little more.

"There are many pianists, but Paderewski is at the head because he does a little more than the others. There are hundreds of race horses, but it is those who go a few seconds faster than the others that acquire renown. So it is in the sailing of yachts. It is a little more that wins. So it is with the young and old men who do a little more than their duty.

"No one can cheat a young man out of success in life. You young lads have begun well. Keep on. Don't bother about the future. Do your duty and a little more, and the future will take care of itself."

Cobwigger—Did the women's clubs have a harmonious convention? Merritt—No. The only time they got together was when they were having their pictures taken.—Judge.

Mistress—I am very much annoyed at your entertaining a poltlemee in the kitchen last night, Bridget. Bridget—Faith, mum, I didn't like to ax him into the drawing room.

MILLIONAIRE'S POOR STOMACH. The worn-out stomach of the over-fed millionaire is often paraded in the public prints as a horrible example of the evils attendant on the possession of great wealth. But millionaires are not the only ones who are afflicted with bad stomachs. The proportion is far greater among the toilers. Dyspepsia and indigestion are rampant among these people, and they suffer far worse tortures than the millionaire unless they avail themselves of a standard medicine like Green's August Flower, which has been a favorite household remedy for all stomach troubles for over thirty-five years. August Flower cures the torpid liver, thus creating appetite and insuring perfect digestion. It tones and vitalizes the entire system and makes life worth living, no matter what your station. Trial bottles 25c; regular size 75c. E. T. Whitehead & Co., Reg'rs.

CASTORIA. The Kind You Have Always Bought. Bears the Signature of Dr. H. P. Hatcher.

results of your very valuable medicine in its effects in my case after repeated trials, my daily work.

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Siouxseseighed. Selected. If an S and I and an O and a U, With an X at the end, spell Su, And an E and a Y and an E spell an I, Pray, what is a speller to do! Then, if also an S and an I and a G, And an H E D speller olde. There's nothing much left for the speller to do But to go and commit Siouxseseighed.

A FAVORITE REMEDY FOR BABIES. Its pleasant taste and prompt cures have made Chamberlain's Cough Remedy a favorite with the mothers of small children. It quickly cures their coughs and colds and prevents any danger of pneumonia or other serious consequences. It not only cures croup, but when given as soon as the croupy cough appears will prevent the attack. For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

We are glad to learn that this new germ, kumite, is not a mysterious affair at all, but just a spudmeme, sometimes known as triphane and perfectly harmless when not hungry.—Washington Post.

"Wouldn't hurt a baby." Rheumatism is entirely vegetable, and instead of hurting the digestion, tones up the entire system.

BEST REMEDY FOR CONSTIPATION. "The finest remedy for constipation I ever used is Chamberlain's Stomach and Liver Tablets," says Mrs. Ed. Butler, of Franklin, N. Y. "They act gently and without any unpleasant effect, and leave the bowels in a perfectly natural condition." Sold by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

If troubled with weak digestion, weak or sour stomach, use Chamberlain's Stomach and Liver Tablets and you will get quick relief. For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

Young Lady—I can always tell your work the instant I see it. Magazine Artist (delighted)—Can you, really? Young Lady—Easily. The women all look alike.—New York Weekly.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. on every box, 25c. Seven Million boxes sold in past 12 months. This signature, E. T. Whitehead.