

THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor.

"EXCELSIOR" IS OUR MOTTO.

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NO 10

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EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

It has been stated that there are twelve thousand cases of consumption in the State of Virginia. The State board of health some days ago forwarded to the legislature a report asking that a committee be appointed to consider the establishment of a sanitarium for consumptives and report to the next legislature. Out of the great number of cases of the dread disease in Virginia doubtless many could be greatly relieved in such an institution.

THE NEWS AND OBSERVER, and most of the other papers that have spoken of Mr. Bryan's lecture in this State on "The Value of an Ideal," have said it was a great effort. The Raleigh Times does not think so. It says: "There are twenty-five men in North Carolina who can make a better speech than Mr. Bryan made in Raleigh. He may have charmed kings and potentates in Europe, but his effort here did not rise above mediocrity. This is the opinion of some gentlemen here who are not in the newspaper business at all." The Times' observation is a high compliment to North Carolinians.

JOHN G. CARLISLE, one of Kentucky's great lawyers, now living in New York, was retained as counsel with John S. Wise, of Virginia, for the negroes, Jones and Selden, against Governor Montague to test the constitutionality of the suffrage clause in the amendment in Virginia. When Mr. Carlisle was informed that James Hayes, a negro lawyer, would also appear in the case, he declined to have any connection with the case at all. While he gave as his reason that pressure of engagements prevented him from taking part in the case, it is generally felt that the presence of the negro lawyer in the case ruled Mr. Carlisle out. The editor of the Louisville Times said that Mr. Carlisle's true reason was "the pressure of self-respect."

PERHAPS no such length of life has been recorded in a long, long time as that of Noah Raby, who is said to have been born in Gates county, of this State. THE COMMONWEALTH has more than once mentioned Mr. Raby. The following item concerning his death was sent out from New Brunswick, N. J., March 1st: "Noah Raby died today in the Piscataway poor house, of which he had been an inmate for the last forty years. If he had lived until April 1st, according to his own statement, Raby would have been 132 years old. He retained his memory and would recall many incidents of his long career until very recently. Raby is said to have been born in Eatontown, Gates county, N. C., on April 1, 1772. He enlisted in the navy in 1805 and served on the ship Constitution and the frigate Brandywine, on the latter of which Farragut was a lieutenant."

THE NEW BERNE JOURNAL thinks that newspapers are misjudged in many things they print. It says that papers are rarely personal in their observations of things that ought to be corrected, and that they dislike to offer criticisms, even when they feel it a duty to do so. The Journal closes its remarks on the subject with the following paragraph:

"So far as newspaper 'nagging' goes, there are probably a hundred open criticisms made by people on the street, to one comment made by the local newspaper. And the value of the newspaper criticism is seen, its so-called 'nagging' effects what street criticism could not, and the very newspaper which has brought about the cure, by causing the official to correct his public administration of the duties of his position, does not rejoice in what it had to publish, and only did so because it was in duty bound to note and seek the correction of any and all abuses which concern its community, or those whose best interests it can serve."

NORTH CAROLINA HERRINGS are caught in such quantities now that they may be considered a common article of food on any man's table, though a hundred years ago they were a delicacy with many. As far back as 1769 North Carolina Herrings were in demand away from our own borders. On July 10, 1769, Thomas Iredell wrote from Jamaica to his nephew, James Iredell, at Edenton, to ship him twenty barrels of herrings. This is gathered from the "Life and Correspondence of James Iredell," who figured prominently in the early history of North Carolina. In the latter part of the year 1768, Mr. Iredell, a lad of seventeen, arrived at Edenton, in this State, from England, and entered upon his duties as Comptroller of Customs. In the same letter to James Iredell from his uncle, Thomas Iredell, in Jamaica, the latter wrote that he shipped by the same conveyance a runaway negro, and asked pay for the negro in "red oak hoghead staves," along with the twenty barrels of herrings.

THE last Legislature of North Carolina passed an act to prohibit the manufacture, sale and importation of liquors in Cleveland, Cabarrus, Mitchell and Gaston counties. The Supreme court of North Carolina has decided, upon the act passed by the Legislature, that the place of delivery is the place of sale for liquors in North Carolina. Chief Justice Clark rendered the opinion. A man in Durham, which is prohibited territory, sent \$2.00 to Roxboro for some liquor. It was sent to Durham and Judge Clark holds that the Roxboro man sold liquor in Durham, the place of delivery. The second section of the act for the counties mentioned is the basis for Judge Clark's decision, and reads as follows: "That the place where delivery of any spirituous, malt, vinous, or fermented liquors is made in the State of North Carolina shall be held and construed to be the place of sale thereof, and any station or other place within said State to which any person, firm, company or corporation shall convey or deliver any spirituous, malt, vinous, or fermented or other intoxicating liquors for the purpose of delivery or carrying of same to a purchaser, shall be construed to be the place of sale. Provided, this section shall not be construed to prevent the delivery of any spirituous, malt, vinous, fermented or other intoxicating liquors to druggists in sufficient quantities for medicinal purposes only."

THE BATH AND THE SKIN.

Different Kinds of Baths and Their Effects. The Bath After Exercise and as an Aid to Keeping the Health.

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

IN the first place, the bath means cleanliness,—when properly taken. A poor bath is almost as bad as no bath at all. And when cleanliness is achieved a long step is taken towards health and a still longer towards good looks. No one can hope to be really attractive who has a poor complexion, and no one can expect a good complexion who does not keep the pores of the skin open and free of matter which does not belong there.

Of course, any woman thinks she knows how to take a bath. Nearly every one labours under this impression until she has had a Turkish bath and learned what is meant by real cleanliness. After that she is of a different opinion. She may not be able to take Turkish baths constantly or even often, but she will come as near them, in the way of making herself clean, as she can possibly manage.

Not every woman can stand the regulation Turkish or Russian baths, with their hot air, their steam rooms, their hot massage and cold spray or plunge



afterwards. The home-made imitation of such baths even is sometimes too much for them. Unless they are sure of themselves it is not worth while to put good money into a Turkish bath cabinet or even to compass a home-made version with a packing box and a little ingenuity. Instead, they may seek substitutes in a simple fashion.

The most elementary Turkish bath is made by wrapping the bather in a sheet and seating her on a cane bottom chair under which is a shallow tin of hot water set over an alcohol lamp. This lamp should be of the sort that has an asbestos burner protected by a wire netting. After the bather is seated, a heavy blanket should be wrapped around her and the chair, and she should sit thus until she is in a drenching perspiration. When this point is reached she should get at once into a tub of warm water, scour herself well with a flesh brush, so as to remove the matter that the perspiration has washed out on the skin, and after this she should try the tonic effect of a cold spray, unless she prefers the cold plunge. If she does not possess a spray she should dash water over her body from a pitcher. Then comes a good rub down with a rough towel, and a half hour's rest.

Such a bath is advantageous to nearly every one and especially to the woman who has a poor complexion which is the result of imperfect circulation. The chief objection to this bath in the minds of busy women will be the length of time it demands. When a woman has stimulated her skin to action by vigorous and healthful exercise and has thus provoked a flow of perspiration she does not need the preliminary session over hot water. The bath in the tub, however, with the cold spray to follow is an essential after violent exercise.

Let it be supposed, for instance, that a woman has been out on her wheel. If she is an active rider she has undoubtedly achieved the perspiration and with it a degree of exhilaration that the retirement in the company of a blanket and an alcohol lamp would never bring about. Some one has called an up-to-date chainless bicycle a real inspiring wheel for women. The girl or woman who has been out for a spin on a machine that is made in such a fashion that she can come home with her skirt in as good a condition as when she started—as can be done

HEALTHY WOMEN

Praise Pe-ru-na as a Cure for Colds and a Preventive of Catarrh.



MRS. M. J. BRINK
FIRST STAGE OF CATARRH.
A Serious Mistake Which Thousands Are Making.

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form.

To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching cold he should at once begin the use of Peruna

according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects. Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peruna was taken every time one has a cold or cough, chronic catarrh would be practically an unknown disease.

Miss Elizabeth Uber, No. 27 Bassett street, Albany, N. Y., writes: "I have always dreaded unsettled weather because of my extreme liability to catch cold, when a catarrhal trouble would quickly develop through my entire system, which it would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this anymore. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of PERUNA, and it throws out any hint of sickness from my system."—Miss Elizabeth Uber.

Mrs. M. J. Brink, No. 820 Michigan avenue, St. Joseph, Mich., writes: "This past winter during the wet and cold weather I caught a sudden and severe cold, which developed a catarrhal condition through my entire system, and so affected my general health that I was completely broken down, and became nervous and hysterical and unfit to supervise my home. My physician prescribed for me, but somehow his medicine did me no good. Reading of PERUNA I decided to try it. After I had taken but three bottles I found myself in fine health."—Mrs. M. J. Brink.

Sibyl A. Hadley, 26 Main street, Huntington, Ind., writes: "Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was sore and raw. Ordinary remedies did not



MISS SARA MCGAHAN.

help me and cough remedies nauseated me. Reading an advertisement of what PERUNA could do, I decided to try a bottle, and you can imagine how glad I felt when it began to relieve me in a very short time. In less than two weeks I was completely cured."—Sibyl A. Hadley.

Miss Sara McGahan, No. 1873d street, Albany, N. Y., writes: "A few months ago I suffered with a severe attack of influenza, which nothing seemed to relieve. My hearing became dull, my eyes became irritated and feverish. Nothing seemed right and nothing I ate tasted good. I took PERUNA and within two weeks I was perfectly well."—Sara McGahan.

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 glad to give you his valuable advice gratis. Address Dr. Hartman, President The Hartman Sanitarium, Columbus, Miss.

Anno Laurie—She Was a Real Person and Lived in Scotland.

Nearly every one who sings has sung or certainly has heard that beautiful ballad "Annie Laurie" sung. It is doubly interesting to any one who has spent a few days in the land in which the song has made immortal, and especially to one who has enjoyed the hospitality of the Laurie family at the Terregles farm, in Maxwellton, near Dumfries. Annie Laurie was no myth. About two hundred years ago Sir Robert Laurie, of Maxwellton, on the opposite side of the River Nith from Dumfries, Scotland, quaintly wrote in his family register these words: "At the pleasure of the almighty God, my daughter, Annie Laurie, was born on the 16th day of December, 1682, about six o'clock in the morning, and was baptized by Mr. George Hunter, of Glencairn." Annie's mother was Jean Riddle, to whom Robert was married "upon the 27th day of July, 1674, at the True Kirk, Edinburgh, by Mr. Ananias," as was also recorded by her father himself. Posterity owes to Mr. William Douglas, of England, in Kirkcubrightshire (who wooed, but did not win, the capricious Annie), the song of "Bonnie Annie Laurie," wherein he celebrated the beauty and transcendent perfection of the maid of Maxwellton.

Poetic justice would have required that Annie should have rewarded with her hand the poet lover, who was determined to make her name immortal; but, as it transpired, she preferred another and a richer suitor, Mr. Alexander Ferguson, of Craigdarroch, and his she married. The William Douglas named is supposed to be the origin of the song "Willie was a Wanton Wag," and it is related of him that, after having been refused by Annie Laurie, he married a Miss Elizabeth Clark.

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 cough, 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.

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.

She—The society women of Boston are going to start a magazine. He—That's a good idea. Of course, they have plenty of powder for the purpose. —Chicago News.

FOR OVER SIXTY YEARS.

Mrs. Winslow's Soothing Syrup has been used for sixty years by millions of mothers for their children while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for Diarrhoea. It will relieve the poor little sufferer immediately. Sold by Druggists in every part of the world. Twenty-five cents a bottle. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

Mrs. Knowlton—I hear you celebrated your silver wedding last week. Mrs. Wise—No. To judge from the presents we received, I think it was our silver-plated wedding.—New York Mail and Express.

CASTORIA

For Infants and Children. The Kind You Have Always Bought. Bears the Signature of *Wm. D. Little*

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

Ayer's Cherry Pectoral
The dose of Ayer's Cherry Pectoral at bedtime prevents coughs of children. No croup. No bronchitis. A doctor's medicine for all affections of the throat, bronchial tubes, and lungs. Sold over 60 years.

Do You Enjoy What You Eat?
You can eat whatever and whenever you like if you take Kodol. By the use of this remedy indigestion and diseased stomachs are so completely restored to health, and the full performance of their functions naturally, that such foods as would be one into 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. Kodol is the only digestant or combination of digestants that will digest all classes of food. In addition to this fact, it contains, in its assimilative form, the greatest known tonic and reconstructive properties. Kodol cures indigestion, dyspepsia and all disorders arising therefrom. Kodol Digests What You Eat. Makes the Stomach Sweet.

Parker's Hair Balm
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never falls out. Restores Gray Hair to its original color. Cures scalp diseases and itching. Sold and given free.

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