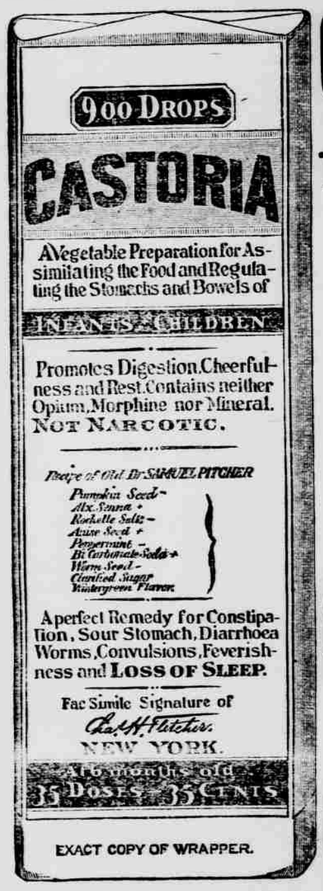

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Double Daily Service

BETWEEN NEW YORK, TAMPA, ATLANTA, NEW ORLEANS AND POINTS SOUTH AND WEST.

IN EFFECT JAN. 11, 1904.

SOUTHWARD.

	Daily No 57	Daily No 27.
Lv. New York, P. R. R.	12 55 p m	12 10 a m
Lv Philadelphia,	3 25 p m	7 20 a m
Lv Baltimore,	5 40 p m	9 34 a m
Lv Washington, W. S. Ry	7 30 p m	10 46 a m
Lv Richmond, S. A. L. Ry	11 00 p m	2 15 p m
Lv Petersburg, "	11 40 p m	2 52 p m
Lv Norlina, "	1 57 a m	5 10 p m
Lv Henderson, "	2 28 a m	5 41 p m
Lv Raleigh "	4 15 a m	7 10 p m
Lv Southern Pines, "	6 20 a m	9 05 p m
Lv Hamlet "	7 35 a m	10 10 a m
Lv Columbia ‡ "	9 50 a m	1 20 a m
Ar Savannah "	2 20 p m	4 45 a m
Ar Jacksonville "	7 00 p m	9 00 a m
Ar St Augustine "	9 15 p m	10 50 p m
Ar Tampa "	6 05 a m	6 35 p m
	No. 38	No. 41
Lv New York N. Y P. & N.	7 55 a m	8 25 p m
Lv Philadelphia "	10 16 a m	11 05 p m
Lv New York O. D. S. S. Co	3 00 p m	.....
Lv Baltimore B. S. P. Co	.....	6 30 p m
Lv Washton N. & W. S. B.	.....	6 30 p m
Lv Portsmouth S. A. L. Ry.	9 30 a m	9 25 a m
Lv Weldon "	12 12 a m	11 55 p m
Lv Norlina "	1 59 a m	1 40 p m
Lv Henderson "	2 25 a m	2 10 p m
Lv Raleigh "	4 15 a m	4 00 p m
Lv Southern Pines "	6 20 a m	6 16 p m
Lv Hamlet "	7 35 a m	10 40 p m
Lv Wilmington "	.....	3 10 p m
Ar Charlotte "	10 08 a m	10 45 p m
Lv Chester "	10 30 a m	1 10 a m
Lv Greenwood "	12 33 p m	3 53 a m
Lv Athens "	2 50 p m	6 35 a m
Ar Atlanta ‡ "	3 55 p m	8 50 a m
Ar Augusta C. & W. C.	5 20 p m	.....
Ar Macon C. of Ga	7 20 p m	11 10a m
Ar Montgomery A & W. P.	9 20 p m	6 25 p m
Ar Mobile L. & N.	2 55 a m	.....
Ar New Orleans L. & N.	7 15 a m	.....
Ar Nashville N. C. & St. L.	6 40 a m	6 55 p m
Ar Memphis	3 45 p m	8 45 a m

NORTHWARD.

	Daily No. 32	Daily No. 38
Lv Memphis N. C. & St. L.	12 45 no'	8 00 p m
Lv Nashville	9 30 p m	9 30 a m
Lv New Orleans L. & N.	8 15 p m	.....
Lv Mobile L. & N.	12 40 a m	.....
Lv Montgomery A. & W. P.	6 55 a m	1 00 p m
Lv Macon C. of Ga.	8 00 a m	4 20 p m
Lv Augusta C. & W. C.	10 10 a m	.....
Lv Atlanta S. A. L. Ry.	12 00 noon	8 00 p m
Ar Athens "	2 57 p m	11 23 p m
Ar Greenwood "	5 15 p m	1 56 a m
Ar Chester "	7 17 p m	4 06 a m
Lv Charlotte "	7 25 p m	5 01 a m
Lv Wilmington "	3 10 p m	.....
Lv Hamlet "	10 30 p m	7 30 p m
Lv SouthernPines "	11 15 p m	8 30 a m
Lv Raleigh "	1 20 a m	11 00 a m
Lv Henderson "	2 48 a m	12 37 p m
Lv Norlina "	3 30 a m	1 40 p m
Lv Weldon "	5 05 a m	3 00 p m
Ar Portsmouth "	7 30 a m	5 30 p m
Ar Washington N. & W. S. B.	.....	6 55 a m
Ar Baltimore B. S. P. Co.	.....	6 30 a m
Ar New York O. D. S. S. Co.	.....	5 00 p m
Ar Philadelphia N. Y. P. & N.	5 46 p m	5 10 a m
Ar New York "	8 15 p m	8 00 a m
	No. 50	No 66
Lv Tampa S. A. L. Ry.	8 30 p m	8 50 a m
Lv St Augustine S. A. L.Ry	7 30 a m	6 20 p m
Lv Jacksonville "	9 00 a m	7 50 p m
Lv Savannah "	1 15 p m	12 10 p m
Lv Columbia "	6 55 p m	5 30 a m
Lv Hamlet "	10 30 p m	8 50 a m
Lv Southern Pines	11 15 p m	9 35 a m
Lv Raleigh "	1 20 a m	11 55 a m
Lv Henderson "	2 48 a m	1 00 p m
Lv Norlina "	3 23 a m	1 50 p m
Lv Petersburg "	5 27 a m	4 02 p m
Ar Richmond "	6 10 a m	4 55 p m
Ar Washington W. S. R. R.	9 50 a m	8 36 p m
Ar Baltimore P. R. R.	11 25 a m	11 25 p m
Ar Philadelphia P. R. R.	1 40 p m	2 56 a m
Ar New York P. R. R.	4 15 p m	6 30 a m

Note.—†Daily Except Sunday.

‡Central Time. §Eastern Time.

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"I find Thedford's Black-Draught a good medicine for liver disease. It cured my son after he had spent $100 with doctors. It is all the medicine I take."—MRS. CAROLINE MARTIN, Parkersburg, W. Va.

If your liver does not act regularly go to your druggist and secure a package of Thedford's Black-Draught and take a dose tonight. This great family medicine frees the constipated bowels, stirs up the torpid liver and causes a healthy secretion of bile.

Thedford's Black-Draught will cleanse the bowels of impurities and strengthen the kidneys. A torpid liver invites colds, biliousness, chills and fever and all manner of sickness and contagion. Weak kidneys result in Bright's disease which claims as many victims as consumption. A 25-cent package of Thedford's Black-Draught should always be kept in the house.

"I used Thedford's Black-Draught for liver and kidney complaints and found nothing to excel it."—WILLIAM COFFMAN, Marblehead, Ill.

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Scotland Neck. North Carolina

Physical Training of Children.

[Continued from first page]

tified by the healthy revival of which I have spoken, a revival that has been helped on by the sensible utterances of physicians on the subject. When one well known doctor says, "I have often given bicycling the preference as a mode of exercise above horseback riding and boating; with an early start in childhood it might take the place of gymnastics through life,"—the parent who has thought seriously of the physical development of his sons and daughters feels that it is perhaps well to look into this matter of bicycling in some other light than that of an amusment.

To get the full benefit from a bicycle for a growing boy or girl, the wheel should not be bought at random. At one time the acquisition of a bicycle sank to pretty much the same standing as one of the "give-away-with-a-pound-of-tea" prizes. The market was flooded with cheap wheels and the getting one was a sort of catch-as-catch-can business. But we have changed all that. Now, when a boy or a girl is to have a wheel, it is selected to fit. What will do for one will not answer for another and the makers of wheels have learned that the worst service they can do their products is to send out one that is not entirely satisfactory. No longer can one buy a bicycle from a responsible firm on the hit-or-miss plan.

Here some one will rise with a tale of he bought a wheel for his boy and it did not last him any length of time at all. "He gave it no more wear than I gave mine, but it was so poorly built that it went to pieces before he had had it a month. That cured me of high-priced wheels! Get a boy a cheap one and let him use that up, and then get him another."

That principle may have applied once, but its day is over. The modern juvinile bicycles produced by a first-class house are strongly built, to meet the knock-about usage of the younger generation. They are made of the same high-grade material and receive the same care in the making as the adult models. As a matter of course, if a boy is absolutely reckless with them he is able to ruin them—as he is anything else of value—but instruction in taking decent care of his goods and chattels is, or should be, a part of his training.

The wheel purchased, the boy should be taught a few things about it. For one thing, that it is not necessary for him to ride doubled up over the handle bars when he is making an ordinary trip for business or for pleasure. It is entirely possible for him to get over ground at a good rate while he is in an absolute upright position and if this is impressed upon him and he follows rules he will grow straighter because of his bicycle riding. I have seen this successfully tried with more than one boy. Next, he should be taught that if he wishes to bend over in scortching he does not injure himself so long as he leans straight forward, bending at the waist. It is the crouching position that stoops and rounds the shoulders.

Moderation in the use of the wheel should be enforced. Like every other good thing it is possible to have too much of it if it is taken at the wrong

time. The lad who starts out on a ride the moment he has finished a meal and scortches arcoss the country on a hot day with a full stomach has himself to blame and not the wheel if he upsets his digestion. It would be fortunate if it were only the boys who do this. There are men and women, too, who have no better sense than to follow this course.

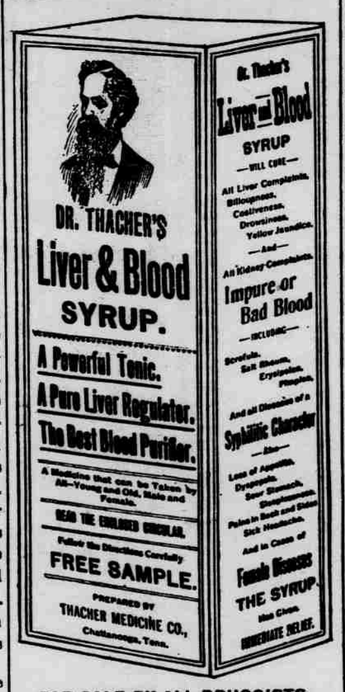
All that has been said of the value of the physical training gained by the boys who use the wheel applies with equal force to girls of the same age. It is a mistake to think that what helps the boys to develop his body will be of no use to the girl in the improvement of hers. I often wonder if the girl does not perhaps need it more even than the boy. While she is still a child the best thing that can be done is to encourage her in the tomboy life, so far as it leads her into the fresh air and vigorous exercise. If she has the right kind of a mother she will have all the refining and feminizing influence she needs to make her the kind of gentlewoman one wishes a young girl to become.

Of course, there is such a thing as overdoing the out door life and the physical side, just as there is a possibility of excess on the other side. But the evenly balanced man or woman must have plenty of both sorts of training. There has never yet been found a better combination than a healthy mind in a healthy body.

HAPPY, HEALTHY CHILDREN.

Any child can take DeWitt's Little Early Risers with perfect safety. They are harmless, never gripe or sicken, and yet they are so certain in results that robust constitutions requiring drastic means are never disappointed. They cannot fail to perform their mission and every one who uses DeWitt's Little Early Risers prefer them to all other pills. They cure biliousness. Sold by E. T. Whitehead & Co.

Dr. Thacher's LIVER & BLOOD SYRUP CURES



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If you have never tried this great remedy

SEND TO-DAY

for a free sample and state your symptoms.

We simply ask you to try it at our expense. We know what it will do.

Thacher Medicine Co.

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THE NAME WITCH HAZEL.

The name Witch Hazel is much abused. E. C. DeWitt & Co., Chicago, are the inventors of the original and only genuine Witch Hazel Salve. A certain cure for Cuts, Burns, Bruises, Eczema, Tetter, Piles, etc. There are many counterfeits of this salve, some of which are dangerous, while they are all worthless. In buying Witch Hazel Salve see that the name E. C. DeWitt & Co., Chicago, is on every box and a cure is certain. Sold by E. T. Whitehead & Co.

A bulletin of the State board of health reports small-pox in thirty-nine counties at the present time. Alamance leading with one hundred and twenty-two.

DO YOU WANT STRENGTH?

If you want to increase your strength you must add to and not take from the physical. In other words, the food that you eat must be digested, assimilated and appropriated by the nerves, blood and tissues before being expelled from the intestines. Kodol Dyspepsia Cure adds to the physical. It gives strength to and builds up strength in the human system. It is pleasant to the taste and palatable, and the only combination of digestants that will digest the food and enable the system to appropriate all of its health and strenght-giving qualties. Sold by E. T. Whitehead & Co.

Soubrette—So you went out with a sea drama? I suppose there was a skipper in the play? Comedian—Yes, the manager skipped with our salaries. —Chicago News.

COLDS CAUSE PNEUMONIA.

One of the most remarkable cases of a cold, deep-seated on the lungs, causing pneumonia, is that of Mrs. Gertrude E. Fenner, Marion, Ind., who was entirely cured by the use of One Minute Cough Cure. She says: "The coughing and straining so weakened me that I ran down in weight from 148 to 92 pounds. I tried a number of remedies to no avail until I used One Minute Cough Cure. Four bottles of this wonderful remedy cured me entirely of the cough, strengthened my lungs and restored me to my normal weight, health and strength." Sold by E. T. Whitehead & Co.

Miss Sweetun (to young man who had just proposed)—Indeed, Mr. Brisque. I was not expecting this. You embarrass me very much. Mr. Brisque (looking at his watch)—I will give you one minute, Miss Vere, to recover from your embarrassment.—Chicago Tribune.

INFLAMMATORY RHEUMATISM CURED.

William Shaffer, a brakeman of Dennison, Ohio, was confined to his bed for several weeks with inflammatory rheumatism. "I used many remedies," he says. "Finally I sent to McCaw's drug store for a bottle of Chamberlain's Pain Balm, at which time I was unable to use hand or foot, and in one week's time was able to work, as happy as a clam." For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

A Word for Parents.

An article in the April Delineator on Growing up with One's Children, is filled with sensible advice to mothers. Mrs. Theodore W. Birney has some excellent remarks about the children that are grown. Many parents will do well to take to heart the following paragraph:

"There is one thing parents should recognize: that their children are growing up and that their authority as such grows weaker every day, while their influence waxes stronger in proportion as their government has been wise, tender and just. Many a household is discordant because parents insist upon treating their grown sons and daughters as though they were still children. They issue commands, criticize and find fault, forgetting apparently that the season for training is practically ended, and were it not, such methods would result in more harm than good. I know a family, in which are two daughters, both past twenty-five, and a son in his thirties; they seldom, if ever, leave the house without being questioned as to where they are going, when they will return, why they go, when they will return, why they wear such a garment instead of some other, wouldn't they best take umbrellas, are they warmly or coolly enough dressed, as the case may be, etc., etc. Personal liberty is such a precious possession, and life is so much sweeter and happier in households where there is mutual confidence and where trivial personal questions are regarded almost as a discourtesy."

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.

Self Communion.

Leo Cresto.

I said to my heart in the shadow,
A bright day will dawn ere long;
On the cloud shall shine out the rainbow
And your sigh will turn to a song.

I said to my soul in its struggle,
Some gain shall come out of this strife,
Fight on, and leave all to your Maker
He alone knows the problem of life

RUTS

The walking sick, what a crowd of them there are: Persons who are thin and weak but not sick enough to go to bed.

"Chronic cases" that's what the doctors call them, which in common English means—long sickness.

To stop the continued loss of flesh they need Scott's Emulsion. For the feeling of weakness they need Scott's Emulsion.

It makes new flesh and gives new life to the weak system.

Scott's Emulsion gets thin and weak persons out of the rut. It makes new, rich blood, strengthens the nerves and gives appetite for ordinary food.

Scott's Emulsion can be taken as long as sickness lasts and do good all the time.

There's new strength and flesh in every dose.

We will be glad to send you a few doses free.

Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy.

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I Prepay Freighton all Work Compare our Work with that of our Competitors.

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Kidney Trouble Makes You Miserable.

Almost everybody who reads the newspapers is sure to know of the wonderful cures made by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It is the great medical triumph of the nineteenth century; discovered after years of scientific research by Dr. Kilmer, the eminent kidney and bladder specialist, and is wonderfully successful in promptly curing lame back, kidney, bladder, uric acid troubles and Bright's Disease, which is the worst form of kidney trouble.

Dr. Kilmer's Swamp-Root is not recommended for everything but if you have kidney, liver or bladder trouble it will be found just the remedy you need. It has been tested in so many ways, in hospital work, in private practice, among the helpless too poor to purchase relief and has proved so successful in every case that a special arrangement has been made by which all readers of this paper who have not already tried it, may have a sample bottle sent free by mail, also a book telling more about Swamp-Root and how to find out if you have kidney or bladder trouble. When writing mention reading this generous offer in this paper and send your address to Dr. Kilmer & Co., Binghamton, N. Y. The regular fifty cent and dollar sizes are sold by all good druggists.

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Don't make any mitsake, but remember the name, Swamp-Root, Dr. Kilmer's swamp-Root, and the address, Binghamton, N. Y., on every bottle.

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