

THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor.

"EXCELSIOR" IS OUR MOTTO.

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NO 18.

IF YOU ARE A HUSTLER

YOU WILL
—ADVERTISE—
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SEND FOUR ADVERTISEMENTS IN NOW

EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

JUDGE JETER C. PRITCHARD of the Supreme Court of the District of Columbia has been chosen by the President to succeed the late Judge Simonton of the Federal Court. With Judge Pritchard's new position comes a salary of \$7,000, it is for life on good behavior and does not entail any great labor, and allows him to live where he pleases. Judge Simonton was a Democrat but it could hardly be expected that President Roosevelt would select a Democrat to succeed him; so Judge Pritchard's appointment will give general satisfaction to the people of North Carolina. It is a high compliment to Judge Pritchard; and when it is remembered that for many years he has been quite an active politician and has given much of his time to political interests, it is remarkable that he should have developed such judicial ability as to be appointed to his position in the District of Columbia and then to the position which he will now occupy. While he has been a strenuous Republican, no one who has watched his course can deny his ability.

In a recent correspondence from Greensboro to the Richmond Times-Dispatch, the following interesting item appeared about an old-time strike: "The records of the old County Court of Guilford county show that as far back as 1850 not only were strikes known, but also punishment for the 'conspiracy against the employer' meted out. The indictment includes about twenty employees of the Russell gold mine. They are charged with surrounding the door of the superintendent in a body, and declaring they would quit work unless the hours were reduced from ten to eight; night shift seven, and no regular Sunday work. The indictment sets out that these men and 'strikers' had agreed to work ten hours, and their conduct was considered a conspiracy against the orderly conduct of the mine's operations. In the papers of the case is the original written agreement, signed by about twenty men, obligating themselves to stand together in the demand for a reduction of hours. There is no charge of any assault or breach of the peace. The strikers were fined five dollars each, 'said fine to be remitted upon good behaviour in future.'

While many scientists, physicians and others are frequently telling the rest of the world that they eat too much, that part of the world which are so informed are about as slow to take the hint as the advisers ready to give it. The following from Collier's may interest those who are inclined to study diet: "For eight months Professor Russell H. Chittenden has directed the work of a squad of United States soldiers at Yale. His aim was to discover the most practicable rations for the army under varied conditions and, second, and indirectly the diet best fitted for the American people, perhaps for the whole race. "Meat disappeared from the menu of the soldiers the day after they reported. Cereals and vegetables formed their food till they departed. At one time their allowance was cut down to see what was the smallest amount soldiers, or for the matter of that, an ordinary man, could live on and work effectively. There were twenty soldiers when the experiments were started; eleven when they left three weeks ago. Three deserted, one or two went insane, and the rest were sent away, is said, because they persistently broke training and ate meat. The climax of departures occurred when the soldiers were kept down to low-water-mark rations, to see how little they could eat and work well. Without exception the members of the squad months before their own term was up declared that they were heartily sick of the diet and would resign if they could honorably. One of the squad said philosophically: 'The Japs and Russians in the field fighting a hard campaign at zero weather get no meat rations, and so I think we can stand it a little longer on a vegetable diet at the Yale gymnasium.' "It can be said on good authority that Professor Chittenden will not recommend the giving up of meat as an article of diet, although he has been frequently quoted as holding that radical belief. He has decided that: 1. We eat too much. 2. We eat too fast. 3. We would live much longer and do our work better if we ate only half as much meat as we do."

THERE is no guessing, even, at the great quantities of various drinks consumed at all seasons of the year. The following from Col. Olds' Raleigh letter to the Charlotte Observer reveals a fearful state of affairs in Raleigh, and Raleigh is not the only place. The same thing prevails more or less in almost all towns throughout the country. Col. Olds writes: "The writer does not know whether the conditions prevailing here are prevalent in other North Carolina towns, but taking it for granted that they are, it is really ghastly to think about the amount of 'dope' medicines, if they can be dignified by the name of medicines, which are swallowed by young men and women daily. The conditions here are really something horrible in some cases. The things that people take are astonishing. For example, I hear of a lady in this city who each week drinks two quarts of bay rum. She used to drink cologne, but has now gone beyond that. Then there are others who drink paregoric in enormous quantities, one taking it to the amount of half a dollar's worth a day. There are men who take Peruna, with its 55 per cent. of alcohol and all sorts of coal tar products besides, in such quantities as to stagger belief. There are men, young men, who wake up in the morning with that dark brown taste in their mouths, who cannot hold a hand steady or do one thing on earth until they have had a few pulls at a cigarette, of course inhaling the smoke, and then taking a dose of some of those dreadful 'brothers.' Then there are the oen-cola fiends, who hurry into the drug stores as soon as the latter open to swallow their beverages, have it sent to them at their places of business all times of day, and then repeat their visit to the drug stores. How one sighs for the golden days, even say 25 years ago, when the cigarette and the dope drinks were not abroad in the land, and when people who went to soda fountains were happy in drinking soda water, lemonade and that sort of thing. The whole matter is not treated in any spirit of jest, but as one of the most distinguished doctors in North Carolina said to the writer; though one came back from the dead and told these people of what they were doing and what would be the result they would ridicule him.' They pay no attention to what a doctor says, but on the contrary do exactly the other thing. There is no way of reaching them, unless some law will do it. It appears that there will have to be regulations covering the sale of beverages. To some this may look like an unreasonable supervision, but the saving of the race demands stern measures if necessary, since the kindly ones fail."

HON. ROBERT B. GLENN.

The Glenn Democratic Campaign Club Formed.

Correspondence to The Commonwealth.

Winston-Salem, April 30, 1904. A large and enthusiastic mass meeting of the Democracy of Winston-Salem and Forsyth county was held in the court house.

The meeting was called to order by Col. G. E. Webb, who called Dr. R. H. Jones to the chair as temporary chairman.

Dr. Jones stated the object of the meeting was to organize a club whose purpose would be the advancement of the interests of Hon. R. B. Glenn in securing his nomination for Governor at the coming State convention to be held in Greensboro June 23.

On motion Mr. M. D. Bailey, chairman of the county Democratic committee, was made permanent chairman. The Democratic press was made secretary of the meeting.

Mr. Clement Manly addressed the meeting and said that Mr. Glenn's friends had decided to get together and to advance his interests. They thought this could best be done by the organization of a club to be known as the Glenn Democratic Campaign Club with the customary officers, the president of which to direct the work to be accomplished.

The organization of this club would let the people of the State know how this community felt towards Mr. Glenn.

Mr. Manly then offered the following resolutions, which were received with cheers and unanimously adopted:

"Whereas, The name of Hon. R. B. Glenn will be presented to the coming Democratic State convention for Governor, and that we, his neighbors and friends, believe him to be qualified and worthy of that high office, and recognize that:

"He stands on the broad plateau of middle life in the full flush of his matured faculties. He is a good lawyer, a strong thinker, an able campaigner, a sound statesman, a man of the people and for the people, and with the courage of his convictions.

"He is a man who loves his party with his whole heart, who lives it most when in the right, but right or wrong, weak or strong, in prosperity or in adversity, he is a loyal, true, steadfast Democrat.

"He has been a life-long party worker, commencing in 1876, taking part in every campaign from that day to this. Free of cost to his party he has placed himself in the hands of the executive committee, going cheerfully wherever and whenever sent. In the dark days of the State's oppression he was ever in the thickest of the fray, fighting to rid the people of the black cloud placed upon them by negro domination and radical mischief.

"That the people will not forget his campaign with Marion Butler, his services as a member of the senate committee that helped form the Constitutional Amendment, his more than one hundred speeches for white supremacy and good government in 1900, and his untiring efforts in every campaign for his party's success.

"Being now under fifty years of age he has no war record, but at Scotch Mountain his father gave his life for his State and a cause that has always been dear to his son. He was baptized a true and loyal son of North Carolina in the martyred blood of his father, and from his earliest manhood he has fought the battles of his party in the most trying crisis in its history, and perhaps as no other son of North Carolina has done.

"He has not yet been honored with an office directly from the people of the State. It is true that he has been an elector, a member of the General Assembly and has served as District Attorney, but these were positions that did not carry with them the stamp of approval, recognition and confidence of his fellow citizens or the State.

"He has labored for the success of the Democratic party for twenty-eight years—in the hustings, in the councils of the party, at the voting precincts on the day of election, never studying his own ease, but only asking where he was needed, has given his services to the people. Now he asks to be Governor, a great honor, but one he has won and deserves. We believe that those who have enjoyed the fruits of the victories he has helped to win, and the people whose interests he has helped to defend and uphold, will rally to his support and nominate him, and

"Whereas, Mr. R. B. Glenn is the choice of the Democrats of this county, and we fully believe the choice of the majority of the Democratic voters of the State,

"Resolved, That the Democratic voters of Forsyth county form a Glenn Democratic Campaign Club for the purpose of aiding him in his nomination, and hereby pledge ourselves to use every honorable means to accomplish this end."

In response to repeated calls from the audience Mr. Eller addressed the meeting. He said he expected to close his office for the next sixty days and try and repay as far as he was able this 25 years of work Mr. Glenn had done for Democracy and good government. "You know and I know," said Mr. Eller, "that no other man in North Carolina is so well entitled to this gift at the hands of the Democratic party. We know that the people feel this in their hearts, and only desire an opportunity to express their sentiments. We must go into this fight with the certainty that we will win."

Mr. H. E. Fries said in part: "We have gathered for the purpose of labor and not of entertainment. I have traveled all over the State and have studied the chances of Mr. Glenn's winning. Even the friends of other candidates admit that he has no equal among the people, that he would be the strongest candidate with the majority. In my judgment Mr. Glenn has no equal, but his opponents have organized and have secured pledges from men who otherwise would have been for him. This campaign means work."

"While it is well known in Forsyth county that Mr. Glenn has no equal, it will be our duty to extend the influence of our convictions throughout the State."

Shrubs About the House.

Youth's Companion.

How wonderfully a few shrubs and vines will transform the appearance of an old school house yard has been many times made clear to readers of The Companion. An expert of the Agricultural Department has recently been making an investigation of what may be done in simple ways for beautifying home grounds, whether they include only the back yard of the city residence or embrace the spreading acres of the old farm.

Trees and shrubbery, the government expert suggests, should hide unsightly buildings without interrupting the line of vision where the outlook is pleasing. Their use as screens and wind-breaks may be combined with pleasing effects.

Walks should generally be straight. Any ornamentation that sends the traveller a longer way round defeats one of its own objects.

Greensward is everywhere an element of beauty as a common background for almost everything that grows. The perfect lawn is a possession hardly less rare than beautiful paintings; it usually represents a triumph over difficulties in addition to giving restfulness and delight.

Shrubs ought to be grouped so that those of upright habit and robust growth will occupy the rear, and form a general background for all the lower-growing sorts. The eye may thus be carried from the turf to the highest foliage without resting on bare stalks anywhere. In this nature herself is one of the safest of guides. Her companionships usually include plants which love the light and those which can bear the shade, growing side by side. The hand of the gardener should always be concealed.

Evergreens seem to many people somber. Nevertheless in the winter of northern latitudes they offer a striking contrast of the living with the dead.

They are also useful as a means of emphasizing slight elevations. The value of vines in decorative planting is well understood.

Such ornamentation of the home grounds costs something in time, money and effort. But the effect on a cozy place of enlisting a little of nature's aid can never be measured in dollars. There is a restfulness in the beauty of the plant-life to those who enjoy its atmosphere, and doubtless adds to the vigor with which they can take up duty's daily rounds.

AN OPEN LETTER.

From the Chapin, S. C., News: Early in the spring my wife and I were taken with diarrhoea and so severe were the pains that we called in a physician who prescribed for us, but his medicines failed to give any relief. A friend who had a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy on hand gave each of us a dose and we at once felt the effects. I procured a bottle and before using the entire contents were entirely cured. It is a wonderful remedy and should be found in every household. H. C. Bailey, Editor. This remedy is for sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Ayer & Co.

Ballad of the Tempest.

We were crowded in the cabin
Not a soul would dare to sleep,
It was midnight on the waters
And a storm was on the deep.

'Tis a fearful thing in winter
To be shattered in the blast
And to hear the rattling trumpet
Thunder, "Cut away the mast."

So we shuddered there in silence,
For the stoutest held his breath
While the hungry sea was roaring,
And the breakers talked with death.

As thus we sat in darkness
Each one busy in his prayers,
'We are lost!' the captain shouted,
As he staggered down the stairs.

But his little daughter whispered,
As she took his icy hand,
'Is not God upon the ocean
Just the same as on the land.'

Then he kissed the little maiden,
And we spoke in better cheer,
And we anchored safe in harbor
When the morn was shining clear.

—James T. Fields.

Mouth-Breathing.

Youth's Companion.

Mouth-breathing is more than a habit; it is an evidence of deformity or disease in the upper air passages. A child never breathes through his mouth from choice. He does so either because the passages of the nose are obstructed or because his tonsils are enlarged, and he cannot be taught to breathe naturally so long as the obstruction remains. In some instances the interference with respiration is due to a deformity of the chambers of the nose, but in a majority of cases it is caused by the presence of adenoids in the pharynx. Enlargement of the tonsils may be associated with either of these conditions, or it may exist alone.

Children who breathe through their mouth are more liable to the diseases of the bronchial tubes and lungs. They often suffer, too, from disease of the ears, and they rarely escape the first opportunity to contract the acute infections, for many of these gain entrance through the tonsils. But aside from such possibilities, the interference with breathing soon produces a change in the features and a permanent deformity of the chest quite like that which formerly more than now was regarded as an evidence of an inherited tendency to consumption.

These abnormal conditions of the nose and throat often become evident in early infancy; they are considered as due in a measure to hereditary transmission, for they often appear in several generations of a family. Their existence in a child is sometimes revealed during recovery from measles, scarlet fever or other acute illness.

A tendency of catarrhal disease of the throat may develop and persist even after the cause has been removed. This must be overcome by exercise, cool bathing and other hygienic measures in addition to such local treatment as the physician may direct. The neck should be bathed with cold water morning and evening. The cold sponge-bath every morning is better, but habitual cold bathing should be begun during the summer-time. Muffling of the neck should be avoided as much as possible.

Graduated physical culture is always beneficial. No child is too delicate to take systematic exercise under a competent instructor unless it is suffering from some organic disease. A most important part of the course is the cool shower or plunge-bath at the close of each period of exercise, and it soon becomes the part that is most enjoyed.

Sick headache results from a disordered stomach and is quickly cured by Chamberlain's Stomach and Liver Tablets. For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

"Do you think politics is being elevated?" "I don't know whether politics is being elevated or not," answered Senator Sorghum. "But votes are getting higher every year."—Washington Star.

One of the greatest blessings a modest man can wish for is a good, reliable set of bowels. If you are not the happy possessor of such an outfit you can greatly improve the efficiency of these organs by the judicious use of Chamberlain's Stomach and Liver Tablets. They are pleasant to take and agreeable in effect. For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

"A man can't sow wild oats in one generation without having a volunteer crop spring up in the next."

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."

BUSY HOUSEWIVES.

Per-na a Prompt and Permanent Cure for Nervousness.



MRS. LULU LARMER.

Mrs. Lulu Larmer, Stoughton, Wis., says: "For two years I suffered with nervous trouble and stomach disorders until it seemed that there was nothing to me but a bundle of nerves."

"I was very irritable, could not sleep rest or compose myself, and was certainly unfit to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful and to-day I consider myself in perfect health and strength."

"My recovery was slow but sure, but I persevered and was rewarded by perfect health."—Mrs. Lulu Larmer.

Mrs. Anna B. Fleeharty, recent Superintendent of the W. C. T. U. headquarters, at Galesburg, Ill., was for ten years one of the leading women there. Her husband, when living, was first President of the Nebraska Wesleyan University at Lincoln, Neb.

In a letter written from 401 Sixty-ninth street, W., Chicago, Ill., she says:

"I would not be without Peruna for ten times its cost."—Mrs. Anna B. Fleeharty.

"Summer Catarrh," a book written by Dr. Hartman on the subject of the nervous disturbances peculiar to summer, sent free to any address by The Peruna Medicine Co., Columbus, Ohio.

A Marysville schoolma'am was teaching her class the mysteries of grammar.

"Now, Johnny," said she, "in what tense do I speak when I say, 'I am beautiful?'"

The little fellow answered quick as a wink, "The past."—Epworth Herald.

LADIES AND CHILDREN

who cannot stand the strain of laxative syrups and cathartic pills are especially fond of Little Early Risers. All persons who find it necessary to take a liver medicine should try these easy pills, and compare the agreeably pleasant and strengthening effect with the nauseating and weakening conditions following the use of other remedies.

Little Early Risers cure biliousness, constipation, sick headache, jaundice, malaria and liver troubles. Sold by E. T. Whitehead & Co.

The liberal use of seasonable vegetables as they come in through the year, will save doctor's bills, and do more to keep the family in good health and good spirits than a well-filled medicinal chest.—T. W. Wood, Richmond, Va.

E. T. WHITEHEAD & CO.

do not hesitate to recommend Kodol Dyspepsia Cure to their friends and customers. Indigestion causes more ill health than anything else. It ferments the stomach and brings on all manner of disease. Kodol Dyspepsia Cure digests what you eat, cures indigestion, Dyspepsia and all stomach disorders. Kodol is not only a perfect digestant but a tissue building tonic as well. Renewed health, perfect strength and increased vitality follow its use.

"Why did you borrow that \$10 of Jageby? You surely didn't need it." "No; but he's such a deuce of a bore. I wanted some plausible excuse for not noticing him on the street."—Puck.

QUICK ARREST.

J. A. Gullege, of Verbena, Ala., was twice in the hospital from a severe case of piles, causing 24 tumors. After doctors and all remedies had failed, Bucklen's Arnica Salve quickly arrested further inflammation and cured him. It conquers aches and kills pain. 25c at E. T. Whitehead & Co.'s, Druggists.

"You are having trouble with your cook?" "Yes. The first one carried on so." "And how about the last?" "She carried off so. I lost two years and a hat."—Philadelphia Record.

CURED HIS MOTHER OF RHEUMATISM.

"My mother has been a sufferer for many years with rheumatism," says W. H. Howard, of Husband, Pa. "At times she was unable to move at all, while at all times walking was painful. I presented her with a bottle of Chamberlain's Pain Balm and after a few applications she decided that it was the most wonderful pain reliever she had ever tried. In fact, she is never without it now and is at all times able to walk. An occasional application of Pain Balm keeps away the pain that she was formerly troubled with." For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Hobgood.

Ayer's

Your doctor will tell you that thin, pale, weak, nervous children become strong and well by taking Ayer's Sarsaparilla. Small doses, for a few days.

Sarsaparilla

The change is very prompt and very marked. Ask your doctor why it is. He has our formula and will explain.

"When 12 years old, for many months no more could I eat or live because of my blood. But, in a few weeks, Ayer's Sarsaparilla completely restored me."
—Mrs. E. BUCKMINSTER, Vineland, N. J.

for
The Children

Biliousness, constipation prevent recovery. Cure these with Ayer's Pills.

Do You Enjoy What You Eat?

You can eat whatever and whenever you like if you take Kodol. By the use of this remedy disordered digestion and diseased stomachs are completely restored to health, and the full performance of their functions naturally, that such foods as would take 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.

Kodol is the only digestant or combination of digestants that will digest all classes of food. In addition to this fact, it contains, in 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.

Regular size, \$1.00, holding 2 1/2 times the trial size, which costs only 50 cents. Prepared by E. O. DEWITT & CO., Chicago, Ill.

E. T. WHITEHEAD & CO.

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HALIFAX, N. C.

Money Loaned on Farm Lands.

Deadly

Grasp of Grip Prostrated Me.

Dr. Miles' Nerve Built Up My

Shattered Nerves and Gave Me an Appetite.

Of the millions of people, who today suffer from nervous or heart weakness, a large percentage trace the cause directly to deadly LaGrippe. It is a germ disease, and makes a direct attack upon the nerves, putting an extra strain upon them at the time their vitality is at the lowest ebb. If LaGrippe has left you with a shattered nervous system, with loss of appetite, lack of energy, insomnia, frequent headaches and morbid tendencies, you should strengthen the weakened nerves with Dr. Miles' Nerve. It will undo all that grip has done, bring back appetite, rest and restore the nerves to their normal activity.

"I want to write this testimonial for the benefit of those who have suffered from that dreaded disease—LaGrippe. I suffered several weeks with it, and nothing I tried seemed to benefit me in any way, shape or form (I suffered almost death) and finally my daughter recommended Dr. Miles' Nerve to me and I can truthfully say from the first day I felt better than in weeks. It gave me relief, built up my shattered nerves and gave me a splendid appetite. I cannot speak too highly of it and want to say, each and every one who has suffered from LaGrippe will find instant relief by getting a bottle of Dr. Miles' Nerve. Insist on having it and take the Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind.

WILL YOU BUILD

repair or remodel any kind of building? Send for our FREE CATALOGUE of all kinds of building materials, hardware, masonry, the work, paints, glass, etc. etc. etc. Write to FRANK T. CLARK CO., Ltd., Established 1870. NORFOLK, VA.