

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

THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor.
"EXCELSIOR" IS OUR MOTTO.
SUBSCRIPTION PRICE \$1.00
VOL. XX, New Series—Vol. 6, (7-18) SCOTLAND NECK, N. C., THURSDAY, JUNE 16, 1904. NO 24.

IF YOU ARE A HUSTLER
YOU WILL
ADVERTISE—
YOUR
Business.
SEND YOUR ADVERTISEMENT IN NOW

Ayer's Hair Vigor

To be sure, you are growing old. But why let everybody see it, in your gray hair? Keep your hair dark and rich and postpone age. If you will

only use Ayer's Hair Vigor, your gray hair will soon have all the deep, rich color of youth. Sold for 60 years.

"I am now over 60 years old, and I have a thick, glossy head of long hair which is a wonder to everybody who sees it. It is not a gray hair in it, all due to Ayer's Hair Vigor."
—Miss H. R. BURTON, Berlin, Minn.

10¢ a bottle. All druggists. J. C. AYER CO., Lowell, Mass.

White Hair

PARKER'S HAIR BALSAM
Promotes a luxuriant growth. Restores Gray Hair to its Youthful Color. Cures Itch, Dandruff, and all Scalp Diseases. 50¢ and \$1.00 per Bottle.

Dentist.

OFFICE—Over New Whithead Building
Office hours from 9 to 1 o'clock; 2 to 5 o'clock, p. m.
SCOTLAND NECK, N. C.

R. J. P. WIMBERLEY,

OFFICE BRICK HOTEL,
SCOTLAND NECK, N. C.

A. DUNN,

ATTORNEY-AT-LAW,
SCOTLAND NECK, N. C.

EDWARD L. TRAVIS,

Attorney and Counselor at Law,
HALIFAX, N. C.
Money Loaned on Farm Lands.

Worry

Almost Unnerved Me—Heart Pains.
Short of Breath, Faint and Languid.
Dr. Miles' Heart Cure and Nerve Cured Me.

"It has been five years since I was cured of heart trouble by your Heart Cure and Nerve. I am just as sound as a dollar in that regard today. For several years I had been suffering with my heart. Breathing had become short and difficult at times, sharp pains about the heart, sometimes accompanied with fluttering would make me feel faint and languid. The least excitement or mental worry would almost unnerve me. I felt that the trouble was growing worse all the time, and after trying many remedies prescribed by physicians without obtaining relief, I was induced to give your Heart Cure a trial. I was relieved the second day, and after taking three or four bottles all symptoms were removed and have never showed signs of returning."
—Rev. Geo. W. KILGORE, Chincoteague, Va.

There are many symptoms of heart disease, which so closely resemble those of more common nervous disorders as to frequently mislead the attending physician. Often in cases of heart trouble the stomach, kidneys, liver or lungs become affected. Again the symptoms may be those of weakened nerves, as tired feeling, sleeplessness, timidity, the patient is easily excited and apt to worry without cause. If you have the least suspicion that your heart is weak study your symptoms and begin the use of Dr. Miles' Heart Cure, the great heart and blood tonic, without a day's delay.

All druggists sell and guarantee first bottle Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind.

ESTABLISHED IN 1865.
CHAS. M. WALSH
Steam Marble and Granite
WORKS,
Sycamore St., PETERSBURG, VA.

Monuments, Tombs, Cemetery Curb ing, &c. All work strictly first-class and at lowest prices.
I ALSO FURNISH IRON FENCING, VASES, &c.
Designs sent to any address free. In writing for them please give age of deceased and limit as to price.
I Prepay Freight on all Work Compare our Work with that of our Competitors.

Hospitality at Small Expense.

Entertainment—that is, pleasure to your guests—does not depend on the money you spend, but on your own knowledge of how to receive and extend hospitality. Christine Terhune Herriek tells you all about it. Published, 50 cents. E. J. CLODE, Publisher, 150 Fifth Ave., New York.

EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

SOME days ago we heard a man who is much interested in farming and who gives some of his personal attention to a farm say that he had not planted a grain of corn this year. He is taking the risk of making his other crops, truck, cotton, peanuts and the like to bring money enough to enable him to buy his corn cheaper than he could raise it. From pretty close observation of the thrifty farmers of the community and from some study of the condition of agriculture, we are impelled to say that our friend has made a mistake, and we believe he will find it so. We believe that whatever the price of cotton and peanuts, it pays a farmer to raise his home supplies—at least enough to feed his team. Buying corn, hay and other food for farm team puts one to a disadvantage all the time; and the farmer who operates on that system will find in the end that he would have done a bit better if he had raised his own corn, fodder and hay at home. THE COMMONWEALTH has for years insisted on the home-supply system of farming and it still believes in it and still insists on it. When farmers have all necessary supplies at home, they find that their money goes farther and they realize more from it.

OF course it is too early for anyone to give even an approximate forecast for the cotton crop, but all reports indicate that there will be a large crop. The acreage has been increased ten per cent. or more and the conditions thus far are good. It is generally thought that the price will range lower than last season, some saying that they look for the price to range about nine cents. Whatever may be the price, it is pretty safe to say that most people planted this year with an eye on ten cents, and if the price should average one cent lower it would make a great difference in the amount of money realized on the entire crop, and every farmer would be affected according to the size of his crop. For example, the farmer who makes fifty bales of cotton and based his year's operations on a price of ten cents for his cotton will fall two hundred and fifty dollars below his original calculations if he has to sell his cotton at nine cents. Now, in view of the probability that the price will range lower than the people planted for, it will be wisdom for the farmers to shift their calculations to something else that will bring money or its equivalent. For instance, a heavy pea crop to produce winter food for horses and cattle would come in well if the cotton money should come in a little short. It looks now like the farmer who has diversified his crop this year will stand a chance for many advantages over those who confine to one crop.

THERE is something of a new glory for the "Lone Star" State in the production of onions. The Houston Chronicle says of it: "This is the vegetable that is going to make Texas famous. We now brag about our rice, oil and timber, our cane and the way we have surpassed Florida and other American tobacco-producing States in the culture of the weed, but we have yet said little or nothing about onions. We shall now add this to our list of unapproachable trophies and we may claim that Texas is going to be pre-eminently the onion State of the Union. We have Bermuda outclassed, if not in quality, at least in availability."

The Indianapolis Sentinel reviews the matter and concludes as follows: "It is said that these self-same onions grow as large as the human head, and we are assured by the enthusiastic official—and agree with him on the main proposition—that all the world loves the onion to a greater or less extent." They are a healthful if not a fragrant article of diet, and such onions as Texas can produce must approach the order of a delicacy. The onion industry is going to be boomed and in its culture in Southwest Texas, on land which the plow has never touched, will develop a new era in the agricultural importance of Texas. The State didn't really need this additional glory, since she has so many others, but she may be congratulated just the same."

THE strawberry business in Eastern Carolina has been very profitable this season. The following is taken from Friday's Wilmington Messenger: "Never before in the history of the truck-growing industry in Eastern North Carolina have the farmers reaped such rich returns from all crops. The strawberry crop led all the rest, and the Carolina Fruit and Truckers' Journal of to-day will have the following on the current season: "Strawberry shipments from this territory for the season of 1904 having been brought to a close, Shipping Master Bauman, of the East Carolina Truck and Fruit Growers' Association has returned from South Rocky Mount, whither he went several weeks ago to personally inspect and direct the movement and distribution of the tremendous crop of the current season. Although of shorter duration than last year, the season has been an eminently satisfactory one to the growers. Prices have ruled fairly high throughout the season, and the returns would have been infinitely better had the Pennsylvania Railroad not 'fallen down' so completely on its northern and western deliveries at the consuming end of the line. Several markets, notably Pittsburg and Buffalo, suffered considerable loss by reason of the falling off of receipts in those cities, the direct result of poor and irregular deliveries. The total number of refrigerator cars shipped out of this territory during the berry season of 1904 approximates 2,217 car loads, against 1,965 cars last year. Reduced to crates the total number this year foots up 537,369, against 500,362 in 1903 in refrigerator cars. "By the Southern express Company the total number of crates shipped this season is 71,000, which, when added to the number shipped by refrigerators, brings up the grand total to 608,369 crates, against 575,000 crates during the famous year of 1903. The net average to the growers per crate is about \$2.00, and at this rate it will be seen that more than \$1,216,738 have been returned to this section and distributed among the growers from the one item of strawberries alone."

THAT THROBING HEADACHE
Would quickly leave you, if you used Dr. King's New Life Pills. Thousands of sufferers have proved their matchless merit for Sick and Nervous Headaches. They make pure blood and build up your health. Only 25¢, money back if not cured. Sold by E. T. Whitehead & Co., Druggists.

DRIVEN TO DESPERATION.
Living in an out of the way place remote from civilization, a family is often driven to desperation in case of accident, resulting in Burns, Cuts, Wounds, Ulcers, etc. Lay in a supply of Bucklen's Arnica Salve. It's the best on earth. 25¢, at E. T. Whitehead & Co.'s drug store.

THE PUBLIC SCHOOLS.

They Play an Important Part in a Town's Progress.

Selected.
A town or village may have good streets, good water and a good record for health, but if it lacks good schools the defect is one to tell against its prosperity. People may be inconvenienced for lack of churches, but it is demanded on behalf of their children that they be provided with facilities for securing an education, and this demand is becoming more positive all the time. As a matter of fact, good schools alone have pulled many a town up and given it a reputation, while, on the contrary, the lack of them has kept many a town, enterprising in other directions, from being heard from outside of its own county. In discussing this matter recently, Dr. Edward Brooks, superintendent of schools of Philadelphia, said: "The crowning feature of modern civilization is the public school. The church, the state and the library have existed for all ages. The public school is the product of the nineteenth century. For the education of the people the state provides not only for the instruction, but a suitable place for such instruction, by erecting the buildings in which they are gathered."

"A century ago a public school was a curiosity; to-day they dot the rural landscape and adorn the streets of our cities. Fifty years ago it was the courthouse and the church that attracted the attention of the visitor to a strange city; to-day the public high school building vies with the church and courthouse in the city's architectural attractions. "The most of our children are educated in the elementary schools, and these buildings, therefore, should be especially adapted to their purpose. They should be well lighted, heated and ventilated and equipped with the most modern improvements in steel ceilings, hardwood floors, wide corridors, inclosed tower fire escapes of brick and slate and every facility for assuring the safety, health and comfort of scholars and teachers. "The school building is the home of the pupils for five or six hours of the day. To many children in towns and cities it is the only place that may be really called a home, and it is recognized that this school home should be bright, cheerful, healthful, safe and in every way adapted to that purpose. "In Belgium the location, construction, drainage, closets, etc., of school-houses must be examined and approved by the bureau of hygiene before they can be occupied for school purposes. In Vienna and some of the other cities and towns of Europe a physician's certificate is necessary in determining the location of a school building. Experts say that the classroom should afford about two hundred cubic feet of air space to each pupil, and this is what the board of education endeavors to attain in our modern school buildings as well as to assure by proper ventilation a constant flow of pure air. "A sunny, cheerful bedroom affects the spirits of the pupils and tends to promote cheerfulness of feeling, attention to studies and amenability to discipline, and the reverse, which can be found in so many of our old school buildings, violates nearly every law of hygiene. "The schoolroom should be made beautiful as well as healthful. The furniture should be neat, the walls a color agreeable to the eye and all the surroundings in accordance with the demands of the time. It should be a place of taste and beauty and thus exercise a refining influence upon its pupils. A taste for beauty and a love of the right should go hand in hand, for it is the mission of the beautiful to aid in cultivating a love of right conduct. There is thus a strong pedagogical reason for beautifying our schools and keeping them so, which some people unfortunately regard as one of the fads of the times. Let the child drink in, day by day, the beauty which surrounds him in the schoolroom and he will instinctively turn from that which is ugly, coarse and unrefined. Learning to love the beautiful in school, he will carry this taste into his home and endeavor to surround himself there with the same conditions that he has found in school."

STARTLING EVIDENCE.
Fresh testimony in great quantity is constantly coming in, declaring Dr. King's New Discovery for Consumption, Coughs and Colds to be unequalled. A recent expression from T. J. McFarland, Bentonville, Va., serves as example. He writes: "I had Bronchitis for three years and doctored all the time without being benefited. Then I began taking Dr. King's New Discovery, and a few bottles wholly cured me." Equally effective in curing all Lung and Throat trouble, Consumption, Pneumonia and Grip. Guaranteed by E. T. Whitehead & Co., Druggists. Trial bottles free, regular sizes 50¢ and \$1.00.

MODERATION IN SPORTS.

Copyright, 1904, by CARISTINE TERHUNE HERRICK.
THE growing interest in athletics and outdoor sports has brought certain evils in its train. One of the most apparent of these is excess. No one who has bestowed any study upon physical training and its results has any doubt that it has been of incalculable advantage to most of those who have practiced it. None the less, when we hear of a case of overtraining which has ended in break down there are never lacking critics to arise and condemn physical culture. The fault lies, however, in the strenuousness of the individual, not in the practice of athletics or in vigorous outdoor exercises.



As a nation we go at things too hard. We lack a sense of proportion. When we stop a thing we stop it all at once. Take, for instance, the case of the average college boy who has made a figure in the athletics of his class and institution. What does he do when he has graduated? How does he set about conserving the strength he has accumulated by his training? Well, since he leaves college at the beginning of the summer, he may possibly keep up golf and tennis and rowing and swimming during the warm weather. The chances are against his doing anything in the way of systematic training. If he goes into an office it is more than likely that he drops nearly everything in the way of gymnastic practice or vigorous physical exercise. He spends his days at a desk, or it may be behind a counter. All the trained muscles are allowed to grow flabby. The over-stimulated heart shows the result of the lack of exercise. The man begins to break down and the doctors diagnose his case as "athletic heart."

Everyone knows instances of this kind of thing of children who have been injured by too much exercise, of boys who have hurt themselves by too frequent indulgence in the joys of the swimming pool, of men and women who have overdone in golf or tennis or basketball or field or track athletics. In nearly every instance the trouble may be traced to the same source—a lack of appreciation of the object of any kind. They are to be viewed as a means—not an end. Here and there is found some one for whom it is worth while to train or play for a championship. But in the far larger proportion of cases the playing or the riding is to be taken as a means of physical development and improvement of health. And this object is defeated if one yields to the temptation to excess.

This temptation would not have to be reckoned with so much if the counsel of the trainer would be heeded. The physical director in the college or school or the gymnasium knows better than to put pupils to hard work at once. He begins with them gently and makes them exercise in the gymnasium "for form" before he puts them on the track. He discourages over vigorous beginnings, knowing that a rapid beginning means lost time later on. It is the eager amateur who does not understand his own strength and weakness, who makes trouble for himself by going at work or play with an energy that is bound to exhaust his powers at an early stage of the proceedings. I speak as though it were only the men who did this sort of thing, but we women know better. We recognize the fact that in our enthusiasm lies both our strength and our weakness. Without it we could never accomplish all that falls to the lot of the woman who marries and has a home and children to look after. But this very enthusiasm leads us to under-estimate our powers and to over-work our capabilities. We need to preach moderation to ourselves as much as to our children.

For sick headache take Chamberlain's Stomach and Liver Tablets and a quick cure is certain. For sale by E. T. Whitehead & Co., Scotland Neck, and Leggett's Drug Store, Holbrook.

State Library

For a moment leave the men to themselves and look at the other side of the family. See the girl who is absorbed in her tennis or golf championship or her bicycle record or her canoeing that she is in danger of injuring herself by undue attention to one thing. The injury will not be physical alone, but will affect her mental attitude as well. She will grow one-sided and unsymmetrical. This is the girl who should be introduced to domestic matters. Her mother should do her best possible to make her daughter feel that a woman's home training is as important as physical culture. She should strive to interest the girl in all that goes to make house-keeping and home-making important. The girl should have her lessons in the chemistry of food as well as in cookery, should know something of domestic sanitation as well as of washing dishes. Once she is infected with enthusiasm in this direction she will be better able to strike a balance between indoor occupations and outdoor sports. While the mother is doing this, she, too, must not overlook the chance she has for her own symmetrical development. If the girl needs to be taught the importance of indoor pursuits, so the mother needs to learn what there is for her in active physical exercise. Probably she, belonging to an earlier generation which did not see the advantages of athletic sports, has been too much given to staying at home or going out only when business called her for a small round of social or domestic duties. Now is her chance to learn something of the joy there is in living when the body is in good trim. If she does not feel up to golf or tennis, she should, if possible, ride a wheel. Or if she does not do that, she should cultivate the habit of taking long walks—not leisurely strolls, but hard, rapid walks, that send her home tired, but in a glow.

Dr. Thacher's Liver and Blood Syrup has been used in thousands of homes for fifty-two years with perfect confidence and the most remarkable results. The great success of this remedy is due to the fact that its formula (which consists of Buchu, Hydrangea, Mandrake, Yellow Dock, Dandelion, Sarsaparilla, Gentian, Senna and Iodide of Potassium) has been freely published. Doctors and Druggists everywhere do not hesitate to recommend a preparation which they know contains the best-known remedies for correcting all irregularities of the Liver, Kidneys or Blood, and the diseases caused by the failure of these functions to perform their proper work. Thousands of sick ones to whom life has been a burden have written grateful letters that others might profit by their experience.



"This is a beautiful country," said a visitor, watching a man at work in the heart of the woods in Northern New Hampshire. The native was drilling holes in a stone on a hillside, and from time to time looking up over the lake beneath, whose waters could be seen through the trees, and over the far-reaching forests and hills. "Yes," he replied, "God has done all he could for this country, and man has done all he could to spoil it." That is a true comment on many beautiful parts of our country. In some of them the beauty has not been destroyed yet, and in some, thanks to man's folly, it is gone. We should be grateful that man cannot deface the sky. Its beauty abides over many a great country ruined by man. Each of us should endeavor to protect fine woods and beautiful scenery to the full extent of our opportunities. If we go on picnics or on excursions in the woods let us be guilty of no destruction, and let us leave no defacing signs behind. After the great feast which Jesus spread when he fed the multitudes in the wilderness, he ordered the disciples to gather up what remained. There was no defiling rubbish left behind that visit into the country.

AN ALARM CLOCK FOR 25¢.
If you want to get up early and feel good all day take a Little Early Riser or two at bed time. These famous little pills relax the nerves, give quiet rest and refreshing sleep, with a gentle movement of the bowels about breakfast time. W. H. Howell, Houston, Tex., says: "Early Risers are the best pill made for constipation, sick headache, indigestion, etc." Sold by E. T. Whitehead & Co.

"Young man," said the magazine editor, "there is a fortune in this poem." "Then you can have it!" exclaimed the delighted poet. "No. You have brought it to the wrong place. Get some patent medicine man to put it on the market as a cure for insomnia."

THROWN FROM A WAGON.
Mr. George K. Babcock was thrown from his wagon and severely injured. He applied Chamberlain's Pain Balm freely and says it is the best liniment he ever used. Mr. Babcock is a well known citizen of North Pain, Conn. The balm is nothing equal to Pain Balm for sprains and bruises. It will effect a cure in one-third the time required by any other treatment. For sale by E. T. Whitehead & Co.

"Have you heard about the latest insurance company?" "No, what is it?" "Why, it's one that promises to pay indemnity to both parties, in case the marriage proves a failure."

Dr. Thacher's Liver & Blood Syrup

CURES

A Remedy That No One is Afraid To Take.

Dr. Thacher's Liver and Blood Syrup has been used in thousands of homes for fifty-two years with perfect confidence and the most remarkable results. The great success of this remedy is due to the fact that its formula (which consists of Buchu, Hydrangea, Mandrake, Yellow Dock, Dandelion, Sarsaparilla, Gentian, Senna and Iodide of Potassium) has been freely published. Doctors and Druggists everywhere do not hesitate to recommend a preparation which they know contains the best-known remedies for correcting all irregularities of the Liver, Kidneys or Blood, and the diseases caused by the failure of these functions to perform their proper work. Thousands of sick ones to whom life has been a burden have written grateful letters that others might profit by their experience.

BROOKING GROVE, TEX., Nov. 12, 1902.
I was suffering terribly with indigestion and kidney trouble and sent to my druggist for something to relieve me. As he sent me a package of Dr. Thacher's Liver and Blood Syrup I concluded to try it, and now I am deeply grateful to my druggist as well as to you. I had been a sufferer from these things and a general run-down condition for ten years, and had only received temporary relief from other medicines. But after using not quite two packages of your Liver and Blood Syrup I feel as stout and hearty as I ever did in my life, and I am satisfied that I am entirely cured. I feel no symptoms whatever of kidney trouble, and my digestion is as good as any living man's. I can now eat whatever I choose. I never had any remedy give me such quick and permanent relief, and I can not put a correct estimate on the value your medicine has been to me. I would not take any amount of money for it. Very gratefully yours,
J. C. BROWN.

If you need a medicine write to-day for a free sample bottle and "Dr. Thacher's Health Book."
Give symptoms for advice.
We simply ask you to try it at our expense. We know what we are selling.
For sale by all Druggists—two sizes—50 cents and \$1.00.
THACHER MEDICINE CO., Chattanooga, Tenn.

God's Country.
Forward.
"This is a beautiful country," said a visitor, watching a man at work in the heart of the woods in Northern New Hampshire. The native was drilling holes in a stone on a hillside, and from time to time looking up over the lake beneath, whose waters could be seen through the trees, and over the far-reaching forests and hills. "Yes," he replied, "God has done all he could for this country, and man has done all he could to spoil it." That is a true comment on many beautiful parts of our country. In some of them the beauty has not been destroyed yet, and in some, thanks to man's folly, it is gone. We should be grateful that man cannot deface the sky. Its beauty abides over many a great country ruined by man. Each of us should endeavor to protect fine woods and beautiful scenery to the full extent of our opportunities. If we go on picnics or on excursions in the woods let us be guilty of no destruction, and let us leave no defacing signs behind. After the great feast which Jesus spread when he fed the multitudes in the wilderness, he ordered the disciples to gather up what remained. There was no defiling rubbish left behind that visit into the country.

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, kills 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. Topnotch—Our children are superior to us. Mr. Topnotch—Cheer up, Eustacia; their children will get superior to them.—Indianapolis Journal.

SUED BY HIS DOCTOR.
"A doctor here has sued me for \$12,500, which I claim was excessive for a case of cholera morbus," says R. White, of Coacabella, Cal. "At the trial he praised his medical skill and medicine. I asked him if it was not Chamberlain's Colic, Cholera and Diarrhoea Remedy he used as I had good reason to believe it was, and he would not say under oath that it was not. No doctor could use a better remedy than this in a case of cholera morbus, it never fails. Sold by E. T. Whitehead & Co.

CASTORIA

For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Chas. H. Fletcher*