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THE COMMONWEALTH

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EDITOR'S LEISURE HOURS. OBSERVATIONS OF PASSING EVENTS. MR. SYDNEY C. TAP, a graduate of Wake Forest College, and native of North Carolina, but now a prominent and influential lawyer in Atlanta, has written a book entitled "The Struggle."

Protection For Mail Clerks. The New York Sun gives the following figures concerning deaths of mail clerks and accidents in railroad wrecks: Since 1900, seventy postal clerks, substitutes and regulars, have been killed in railroad wrecks while on duty. 444 have been injured seriously, and 1,663 have been hurt slightly. Efforts are being made to have cars built that will insure better safety to such employees. And the Charlotte Observer wisely comments: "It is to be hoped that these new cars will prove safer than those heretofore generally in use. The clerks in the railway mail service are among the most faithful and expert employees of the government and the department should leave nothing undone that will tend to lessen the dangers that surround them and improve the conditions under which they work. The mail cars are generally placed in the most dangerous part of the train and the clerks are so busily engaged in their work that they have no means of protecting themselves in case of accidents, as some others have. Their task is hard enough with the element of risk at the minimum, and it is good news that the government will likely require the use of steel cars for the mails."

Panama Not so Bad. Ever so many hard things have been written and printed about conditions concerning the Panama canal, but Frederick Palmer contributed a paper to Collier's Weekly which puts some things in a different light from which we have been accustomed to view them. The writer commences a series of articles on "Panama Without Prejudice," and this is the first one published, but he says it is really his second article. He wrote the first at Washington from hearsay knowledge, but finally concluded not to publish until he had seen things at Panama for himself. On arriving upon the scene of operations and making a personal investigation he thought his first paper not fit to print and so wrote a second and calls it the first. Things were done in too great hurry at first to secure the best results in the great work of digging the canal. The locality had to be made healthful, so to speak, before much else could be done. Yellow fever and malaria had to be guarded against, and the two kinds of mosquitoes which carry the two kinds of fever had to be mastered by the proper kind of protection. The death rate amongst the employees is not near what we have been accustomed to think. Out of seventeen hundred white employees four died in the month December, and only two of these deaths were from yellow fever. Out of twenty-two thousand employes on the Isthmus, including all the negro employes, only twenty are absent from work daily on account of sickness, while twenty-seven per thousand are absent daily from the New York Street Cleaning Department. So after all, things must not be so bad over there as some of us have been led to believe.

Criminal Expenses in Virginia. The Norfolk Dispatch thinks that the criminal expenses in Virginia are too great. It says the criminal expenses of the State of Virginia are \$316,000 a year, and expresses the opinion that it is far too much. It compares Norfolk's criminal expenses with Richmond, giving the figures for Norfolk at \$34,000 and for Richmond at \$37,000. The State of Virginia pays out great sums of money, says the Dispatch, without getting back a tithe of it in work done by its jail birds. "Norfolk county could have had a splendid system of roads if the jail birds of the county had been put to work during the past thirty years, instead of being housed, fed and pampered at the expense of the State. Norfolk city could also have saved in the neighborhood of a million of dollars if its jail birds had been put to work, instead of being kept out of work during this period. It is pathetic when one comes to think of it, that so little has been done in the direction of saving this expense. The criminal element would be greatly improved by being obliged to work, and the entire State would have saved millions of dollars if it had put them to work." All of which is well considered and well said by the Dispatch; but the surprise and wonder over here is, that such a progressive place as Norfolk has so badly neglected such an important matter so long. And truly it is said that the criminal element would be greatly improved by being put to work. If a State, a county, or town has the opportunity to work jail birds even at a level expense, it is far better to do so than to keep them in cells and pent-up rooms where they can make no return for what they consume. One would have thought Norfolk is doing better than to neglect such an opportunity to make the criminals serve the State and save expense; and if measures shall be inaugurated that will bring about this result, the wise words of Norfolk's splendid afternoon paper, the Dispatch, will be truly "like apples of gold in pictures of silver."

They never gripe or sicken, but cleanse and strengthen the stomach, liver and bowels. This is the universal verdict of the many thousands who use DeWitt's Little Early Risers. These famous little pills relieve headache, constipation, biliousness, jaundice, torpid liver, sallow complexion, etc. Try Little Early Risers. E. T. Whitehead & Co. Blind, bleeding, itching and protruding piles are instantly relieved by Manzan. This remedy is put up in collapsible tubes with nozzle attachment, so that the medicine may be applied inside directly where the trouble originates. Manzan relieves instantly. E. T. Whitehead & Co., Scotland Neck, Leggett's Drug Store, Hobgood. The season of Indigestion is now at hand. Ring's Dyspepsia Tablets relieve indigestion, and correct all stomach disorders. E. T. Whitehead & Co., Scotland Neck, Leggett's Drug Store, Hobgood. All old-time Cough Syrups bind the bowels. This is wrong. A new idea was advanced two years ago in Kennedy's Laxative Honey and Tar. This Remedy acts on mucous membranes of the throat and lungs and loosens the bowels at the same time. It expels all cold from the system. It clears the throat, strengthens the mucous membranes, relieves coughs, colds, croup, whooping cough, etc. Sold by E. T. Whitehead & Co.

CONCERNING RARE WOODS

What Ones Are Especially Good in Cabinet Work and the Importance of Proper Seasoning. Old and well-seasoned oak is hard to get and harder to work. There is no great quantity of old oak furniture in the market, and old pieces that would supply large enough lumber for important work are seldom found. New kiln dried oak is uncertain, being liable to warp and crack. Pained articles can be made of such material with some safety, but large solid articles are likely to give a bad account of themselves at the end of a winter in a steam-heated house. Rosewood, also, the best cabinet makers distrust. This wood has a peculiar oily quality that makes it unsafe when glued. For this reason rosewood is used chiefly as a veneer. Thin sheets lose much of their oil and take glue satisfactorily. Native walnut is no longer a favorite with the cabinet makers. This wood was in effect exhausted a quarter of a century ago or more, and is now as expensive as mahogany and by no means so beautiful. Chestnut is a good deal prized, not for furniture, but for wainscoting and for doors. It is sometimes put up in the rough with good effect, and sometimes oiled and polished, when it is remarkably beautiful considering the cost. Gulf cypress is used with great effect in like fashion, and when filled and ciled it makes one of the most beautiful woods for inexpensive interior decoration. Cherry was the old substitute for mahogany, and is still a favorite wood with the furniture makers. It is, however, not easily obtained in a properly seasoned condition, for proper seasoning makes it expensive. The fact is that with cherry, as with oak and mahogany, the seasoning is an important element of cost. The cabinet maker who must sink his capital for two or three years in wood that is undergoing the process of seasoning, finds it hard to compete with those who use kiln dried material. Mahogany is the favorite wood with the best cabinet maker. There is a vast amount of seasoned mahogany to be had from ruinous old articles made in the last century, when the rage for mahogany was well developed; and while the new mahogany is less beautiful than the old, purchasers of furniture seem to have learned that it is worth while to have the new wood well seasoned.—Chicago Journal.

THE WELCOME EXTRA DISH

Braised Beef Is a Most Palatable Addition to the Evening Meal in the Cooler Months. With the chill of autumn evenings, the savory little extra, fresh from the fire, is most timely and agreeable. It may be any one of a hundred little dishes, for a great variety of materials is available; from the long list let us select only a few. If the extra dish is to be of one meat, try braised beef. This will have been cooking for hours while other work was in progress. Any good solid cut of lean meat will answer, say three pounds from the thick portion of the round. Dredge it with flour and brown on all sides in a little melted fat. A small onion stuck with two cloves may be browned with it. Cover it with water and simmer slowly for several hours. Two hours before it is to be served add a pint of diced vegetables, carrot, parsnip, turnip and celery and a sprig of summer savory and thyme or parsley. The little bag of dried sweet herbs may be used if fresh ones are not conveniently at hand. Salt to taste and paprika. Serve with the vegetables and gravy. If more water is needed to cook, then add boiling water and only enough to cover them. A rich, savory meat-gravy should characterize the dish. If the cooking has been the proper slow simmering the beef will be tender and well flavored, good for slicing off cold. A simple hot soup makes an appetizing hygienic addition to a cold supper for the cooler months, very suitable for an occasional extra. For tomato bisque take a shln of veal, or the neck and foreleg of a lamb makes an excellent basis for a tomato soup. Cook the meat by slow simmering in water to cover it well for two or three hours. When the meat begins to fall from the bones, cool, remove any fat that forms on the surface, and strain the stock. Cut a quart of tomatoes in slices, scald well and strain the pulp. Add to the stock with a bunch of sweet herbs, a bay leaf or a sprig of parsley, a few peppercorns and salt to taste. Of course the seasoning may be varied indefinitely to suit individual tastes. A shaving of onion may be liked, only a mere hint of the flavor, or a few bits of celery. If further thickening is wished, a few tablespoonfuls of cracker crumbs may be added just before taking up.—Country Gentleman.

PRETTY KNITTED EDGE

Because of the Great Vogue of Hand-work Even the Old-Fashioned Trimmings Revived. Cast on 22 stitches, knit across plain. First row—Slip one, knit one (over, narrow) three times, knit four, narrow, over, knit two, narrow, over, knit one, over, knit three together. Second row—Slip one, over, knit three, over, narrow, knit two, over, narrow, knit 11. Third row—Slip one, knit nine, narrow, over, knit two, narrow, over, knit five, over, knit one. Fourth row—Slip one, over, knit seven, over, narrow, knit two, over, narrow, knit nine. Fifth row—Slip one, knit one (over, narrow) three times, narrow, over, knit two, narrow, over, knit nine, over, knit one. Sixth row—Narrow, over, narrow, knit five, narrow, over, knit two, narrow, over, knit ten. Seventh row—Slip one, knit ten, over, narrow, knit two, over, narrow, knit three, narrow, over, narrow. Eighth row—Narrow, over, narrow, knit one, narrow, over, knit two, narrow, over, knit 12. Ninth row—Slip one, knit 1 (over, narrow) three times, knit five, over, narrow, knit two, over, knit three together, over, narrow. Tenth row—Narrow, over, knit one over, knit two, narrow, over, knit 14. Eleventh row—Slip one, knit 11, narrow, over, knit two, narrow, over, knit one, over, knit three together. Repeat from second row till long enough.—Boston Budget and Beacon.

THE WORK OF FRIDAY.

In Cleaning the Bedrooms a System Should Be Followed at Least Similar to One Given Below. For the weekly cleaning out of a bedroom one should collect all the required articles to work with, such as the long carpet whisk, the dust pan and brush, the dust sheets, and the mattress brush. This is followed by the brushing of the mattress and the dusting of the bedstead. Make the bed and shake and pin up any curtains. Remove short muslin blinds. Dust all the ornaments and place on a tray outside the room. Shake and fold up all toilet covers and cover the bed and large pieces of furniture after dusting with dust sheets. Roll up rugs and mats and carry out of the room to be shaken. Then sweep the ceiling, cornice and walls with a clean broom covered with a clean duster. Shut the windows and sprinkle one strip of carpet with clean watered tea leaves. Sweep the carpet with a long-handled carpet whisk towards one pile, sprinkling and sweeping in strips till the whole is clean, afterwards sweeping the wooden surroundings with a hair broom. Then open the windows and leave the door closed for dust to settle. While waiting prepare all the things that have been removed ready to be replaced. The dust sheets may now be removed carefully, shaken in the open air, folded, and put away. Dust first the highest things, windows, door frames, etc., and after rubbing the furniture the wooden surroundings should be gone over with a damp rubber, dry duster and floor polish. Now clean the windows, and the week's duty has been done to the bedroom.—Chicago Tribune.

Fruit Rolls.

Stir one tablespoonful each of butter and sugar and one teaspoonful of salt into one pint of scalded milk; when lukewarm add one-half yeast cake dissolved in one-fourth cupful of water and three cupfuls of flour, or enough to make a drop batter. Let it rise until light, then stir in one-half cupful of butter creamed, with one-half cupful of sugar and enough more flour to make a stiff dough. Knead until smooth, and when light roll it out thin and cut into squares about four inches Lay on the center of the dough half a canned peach, well drained and four or five stewed prunes, or any preferred fruit which has been stewed and sweetened. Bring the corners up to the center and press them together lightly, leaving spaces where the fruit shows Lay them close together and when risen again till light, bake in a quick oven.

Spanish Macaroni.

Boil the macaroni in salted water, then melt three tablespoonfuls of butter and add two tablespoonfuls of chopped green peppers and one tablespoonful of finely chopped onion; cook five minutes, then pour on gradually three-fourths cupful brown stock and three-fourths cupful stewed and strained tomatoes; reheat macaroni in this sauce and season with salt and paprika.

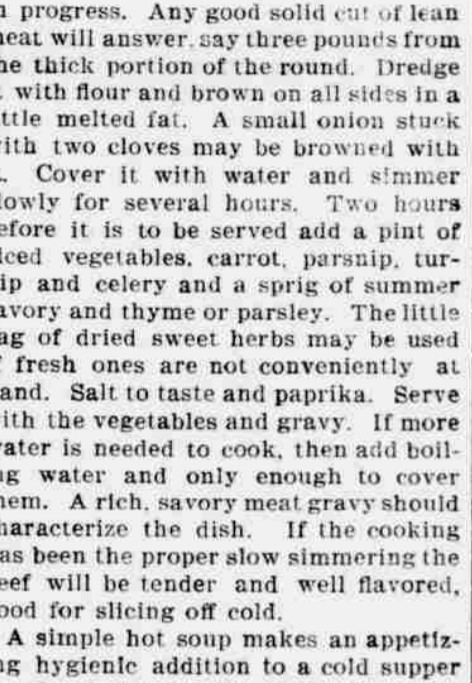
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Tells Every One About Pe-Ru-NA. Mrs. R. T. Fennessey, Bound Brook, N. J., writes: "I have taken Pe-Ru-NA and find it a very good medicine. After I took one bottle of Pe-Ru-NA, I was cured of my cold. I cannot help telling every one I know about Pe-Ru-NA and asking them to try it. I would like every one to know of the good Pe-Ru-NA does."

Recommended Pe-Ru-NA to Many. Mrs. J. M. Horton, 928 S. 15th street, Birmingham, Ala., writes: "I had a severe attack of influenza. After taking the third bottle of Pe-Ru-NA I was fully restored to health. I have recommended it to many."

A Neighbor Advised Pe-Ru-NA. Mrs. John Haynes, 107 E. Main St., Columbus, Ohio, writes: "For over two years I suffered with headaches and severe pains in my head, and all these two years my friends would say, 'Why don't you take Pe-Ru-NA?' Finally one of my neighbors just insisted on my taking it. I tried it and before I had taken one-fourth of a bottle my headaches were gone. I am never without Pe-Ru-NA. I advise every one to take Pe-Ru-NA."

Spreading the Good News. Prof. J. T. Iverson, dealer in musical merchandise, box 314, Cumberland, Md., writes: "It is now five months since my wife began taking Pe-Ru-NA and from the first day improvement has been going on noticeably. She is now in good health. We never tire of making this fact known to our many friends."

A Friend Had Used Pe-Ru-NA. Mr. Henry L. Goodwin, portrait artist, 85 Govett street, E. Boston, Mass., writes: "For three years I have been suffering from a general run-down condition of the system. I tried many remedies. A friend of mine advised me to use Pe-Ru-NA, as it had benefited him. After taking two bottles I felt better. Now I am in the best of health."

Advertisement for Pe-Ru-NA medicine, including testimonials and a list of distributors.

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