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SCOTLAND NECK, N. C., THURSDAY, MARCH 8, 1906.

NO. 10

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Pale, Thin, Nervous?

Then your blood must be in a very bad condition. You certainly know what to take, then take it—Ayer's Sarsaparilla. If you doubt, then consult your doctor. We know what he will say about this grand old family medicine.

This is the first question your doctor would ask: "Are your bowels regular?" He knows that daily action of the bowels is absolutely essential to recovery. Keep your liver active and your bowels regular by taking laxative doses of Ayer's Pills.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of Ayer's Hair Vigor, Hair Cure, Cherry Pectoral. We have no secrets! We publish the formulas of all our medicines.

Ayer's HAIR VIGOR. HAIR CURE. CHERRY PECTORAL.

PARKER'S HAIR BALSAM

Cleanses and beautifies the hair, restores it to its natural color. Never falls to bleed. Gray hair turns to its natural color. Cures scalp disease and hair falling out, and itching. Dandruff. Sold Everywhere.

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Deadly

Grasp of Grip Prostrated Me. Dr. Miles' Nerveine 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 system, 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' Nerveine. 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' Nerveine to me and I can truthfully say from the first day I felt better than I did for 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' Nerveine. Insist on having it and take no other. It is simply superior. Hoping this will benefit some poor sufferer I remain,—MRS. GEORGE B. HALL, Jackson, Tenn.

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

EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

PERHAPS there have been no outbreaks against negroes in all the land quite so pronounced as those in Springfield, Ohio, last week. It seemed that there would be no chance to quiet the mob which set upon the negroes in almost every part of the city, because of the ill deeds of one or two. It took the combined force of the police and several military companies to control the mob and then it was not done before there was considerable burning and other violence.

THE system of institutes for farmers' wives in connection with the farmers' movement in North Carolina calls forth the following by the Richmond News-Leader: "The idea strikes us as a most excellent one, and we are satisfied that if the farmers' wives show practical sympathy with the movement, they will not only profit by it themselves, but be the means of rendering the farmers' institutes more popular with, and profitable to, the farmers. In this day of domestic labor when so much work falls upon the wives and daughters of the farmers, there is a broad field for study of the problems of economy of time and labor-saving alone."

"WHERE there's so much smoke there must be some fire," we have all heard from our earliest days. On this principle, then, it certainly looks like the town of Gastonia has some aldermen who are recreant to their duty as public officers. "Where There's So Much Smoke," Editor W. F. Marshall, of the Gastonia Gazette, has charged the aldermen, all of them, or some of them, with a failure to discharge their duties as public officers, and has employed lawyers to prosecute them for negligence of duty. Mr. Marshall set forth his grounds of complaint in a three column article in his paper, and did it with clearness and force. It was a pucky paper and showed that determination which interprets a conviction behind it. To persons who know Mr. Marshall well, it is clear that there is something wrong in his town, or that he is badly mistaken; for he would not assume such an attitude unless he thought it right and that he ought to do it. He has made it quite clear that no one is responsible for the proceeding but himself and that whatever of blame attaches is to be laid on him. We know nothing of the merits of the case except as Mr. Marshall has stated it; but when it gets into court the result will be watched with interest.

MR. WILCOX, a temperance lecturer from Kansas, recently gave a series of lectures in Rocky Mount, and on Sunday night all the preachers in the town closed their churches for the people to hear Mr. Wilcox in the opera house. The Rocky Mount Record says that Dr. W. D. Morton, pastor of the Presbyterian church, asked Mr. Wilcox to answer the statement made by some that prohibition does not prohibit. The lecturer answered that it does not absolutely prohibit in every case, but greatly lessens the evils of strong drink. We quote the Record as to Mr. Wilcox's statements: "He stated that in his home town of Kansas where prohibition prevailed, that though the town was not very much larger than Rocky Mount, without meaning to boast, it was so far ahead of Rocky Mount that there was no comparison. He stated that while Rocky Mount had about 600 students in the graded school, his home town had 2200. That two of the churches in his town could either one seat as many persons as all of the churches in Rocky Mount combined. That there was hardly any such thing as lawlessness in his town, and though the town was larger than Rocky Mount, it only required two policemen and that they were not called policemen, but watchmen, and that their main duties consisted of keeping a lookout for fires and things of that nature, one of the watchmen being on at night and one in the day."

"BIRDS of a feather flock together," runs the adage; and it is not truer with any class of persons than with traveling men. When they meet on the cars, in waiting rooms at railway stations, in hotel lobbies and at the dining table, they enter freely into discussion about their various experiences in drummer life; and about nothing do they talk with each other more freely than about the hotels of the country. One will tell the other how he fares at a certain hotel in a certain town, and then the others all have some stories to relate about their experiences with the hotel-keepers. If one paid for the privilege of sleeping on a clean bed but found nothing palatable on the table, another found his steak, hash, rolls and coffee all right, but found no comfort in his bed room. And so it is—every feature of hotel experience is freely discussed by these "knights of the grip"; and who can blame them? If they find a good hotel which measures up to good ideals they feel like they are doing a good deed to inform their fellow drummers of it; and, on the other hand, if they find what they are sometimes pleased to call a "bum hotel," they think that they are likewise doing a good deed by informing their fellow drummers of their experience. However, we are not saying that drummers, or traveling men, are always correct in their opinions of men and places; but generally when every one gives the opinion that a certain hotel is "bum" there is pretty apt to be some ground for such conclusion. Hotel keepers are a much talked-about people, but if we could hear their side of the matter, no doubt they would relate unpleasant experiences with some traveling men. Two sides, you know.

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 Dr. Williams' 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 NEED OF MOISTURE.

Lack of Proper Amount of Humidity Causes Discomfort in Winter—How to Ventilate.

Humidity, not heat, causes most of the discomfort during the winter and the lack of the proper amount of it causes considerable of the illness and discomfort of winter. Humidity is one of the most important elements affecting health, yet it receives little or no attention. We are regulated to a large extent, both in winter and summer by the thermometer. Any degree of humidity between 40 and 80 is healthful; anything below the former degree is too dry; anything above the latter is too moist. Of course, one cannot regulate the amount of humidity out of doors either in summer or winter, but indoors, in winter certainly, it can and should be regulated. In summer the moisture is never above a healthy degree for any length of time; therefore, one need not worry regarding it; but during the winter months, when steam heaters and furnaces are in full blast, the humidity often goes below 40 degrees, and as a result one of more members of the family suffer with a cold or sore throat. The best means of ventilating a room is by opening the window and the door and thus creating a draft. Living rooms should have the windows open as long as the weather permits, and in inclement or very cold weather they should be opened frequently for 10 or 15 minutes at a time. Sleeping rooms should have the windows open a little from the top all the time, and especially during the night. In the morning the windows of bedrooms should be thrown open and allowed to remain so for an hour or two before the room is put in order. There is nothing so detrimental to the health, the complexion and the enjoyment of life as poor ventilation.—American Queen.

MODISH DRESS MATERIALS.

Smooth Cloths Are the Most Fashionable and There is a Large Variety of Plaid Waistings.

Fashion in dress materials this season incline largely to smooth goods, including broadcloth, hennetta and drap d'ete, broadcloth being the most popular. Mohair is being considerably used for fall wear and for tailored suits worsteds are used with quite a number of plaids and checks. Light weight broadcloth is fashionable for garments of almost all descriptions; many of the handsomest street suits carriage costumes and evening cloaks and wraps are made of this material the adaptability for the occasion depending largely on the color. For evening wear there is, of course, white with all of the exquisite pastel shades; for afternoon wear there are the medium shades, while for general purposes there are the darker tints of the colors on the modish list. The great demand for broadcloth has caused an increased demand for less expensive goods that are similar to it in appearance, and hennetta and drap d'ete were not suitable for tailored suits are being much used for house costumes. A new material on the same order that seems to be gaining popularity is satin cloth, so called on account of the weave of the cloth and not on account of its finish.

From the large variety of plaids that one sees in the shops just now it is safe to say that they will be extremely popular this winter; hardly for suits as they are too conspicuous, but for separate waists there is nothing prettier or more appropriate. The most beautiful designs are shown in brilliant reds and blues and greens, with stripes of yellow and other contrasting colors in the soft qualities of woolen materials, as well as silk.—Brooklyn Eagle.

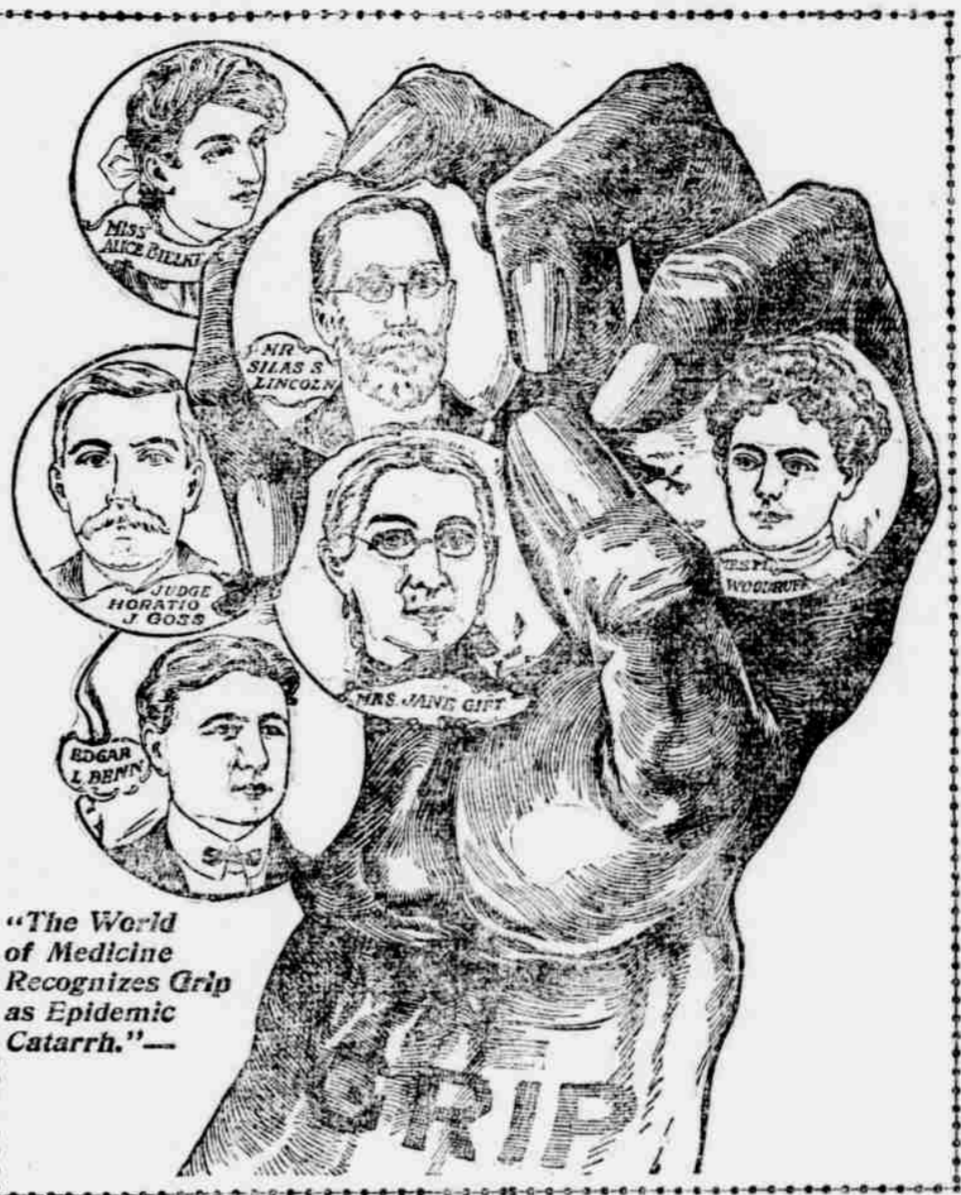
Plain, simple lines characterize serge costumes. The trimming on bodices, coats, or boleros, as the case may be, gives the requisite touch of smartness. A navy blue serge may have lapels or waistcoat of embroidery worked out in the Russian colors, red and blue, or an admirable contrast is afforded by lapels fixed in place by tiny gilt buttons. It is a great economy to buy a good and reliable serge in the first place, as neither rain nor shine will affect it, and the gown will look well to the end, however much wear is demanded of it. An important fact that the home dress maker should not overlook is the pressing of the seams. This requires a heavy iron.

Frozen Custard. Take one pint of milk and cream one cupful of sugar and two eggs (whole), two tablespoonsfuls of corn starch—this is preferable to flour. Mix the cornstarch and sugar first, and stir into the milk and cream when boiling and stir until smooth. Keep stirring about 20 minutes. Beat the yolks and add a cupful of sugar; weaken with a spoonful or two of the hot mixture. Then stir it in and allow it to cook for a minute. Freeze.

Escalloped Potatoes. Arrange the peeled and sliced potato slices in layers in an earthen or granite dish. Sprinkle each layer with pepper and salt and a little chopped parsley. Add an occasional layer of finely sliced onion; add two cups of milk; place on top one slice of salt pork; bake until well browned.

To Remove Rust Stains. Soak all night in sour buttermilk; next day wash in pure water, dry and wet the spots with lemon juice and lay in the sun all day. Throw into pure water at night and soak 12 hours. Wash, then, in the usual way.

CAUGHT BY THE GRIP.— RELEASED BY PE-RU-NA.



"The World of Medicine Recognizes Grip as Epidemic Catarrh."

A Southern Judge Benefited.

Judge Horatio J. Goss, Hartwell, Ga., writes: "Some five or six years ago I had a very severe spell of grip which left me with systemic catarrh. A friend advised me to try your Peru-na, which I did, and was immediately benefited. The third bottle completed the cure."

For Catarrh and La Grippe. Mr. Edgar L. Benn, San Antonio, Tex., member of the Crescent Comedy Co., writes: "I take pleasure in recommending Peru-na for catarrh and the la grippe. Three bottles have fixed me up until I feel like a new man. In fact, it has become the standing remedy of our company, which has been bothered with sickness most all winter, until we got hold of your valuable remedy. You can always find a bottle in one of the members' rooms. We cheerfully recommend it to the public."

Grip Resulted in Catarrh.

Miss Alice Bielke, Treasurer Young Women's Society of the Lutheran Church, Menasha, Wis., writes: "I gratefully acknowledge the good that Peru-na did me after I had been sick with la grippe which left me in a very weak and emaciated condition, with catarrhal trouble of the head and ears. My mother suggested that I take it to build up my strength and rid myself of the troublesome catarrh, and it acted with wonderful speed. I was able to resume my work inside of two months and I am in splendid health now."

One reason why Peru-na has found permanent use in so many homes is that it contains no narcotics of any kind. Peru-na is perfectly harmless. It can be used any length of time without acquiring a drug habit. Peru-na does not produce temporary results—it relieves permanently.

La Grippe is Epidemic Catarrh.

It spares no class or nationality. The cultured and the ignorant, the aristocrat and the pauper, the masses and the classes are alike subject to la grippe. None are exempt—children are liable. Grip is well named. The original French term, la grippe, has been shortened by the busy American to read "grip." Without intending to do so, a new word has been coined that exactly describes the case. As if some hideous giant with awful grip had clutched us in its fatal clasp. Men, women, children, whole towns and cities are caught in the baneful grip of a terrible monster. Have you the grip? Or, rather, has the grip got you? If so, read the following letters.

These testimonials speak for themselves as to the efficacy of Peru-na in cases of la grippe or its after-effects:

A Preventive for Colds and La Grippe.

Mrs. M. Woodruff, 2305 Central Ave., Minneapolis, Minn., writes: "I cannot praise your remedy too highly. I first tried it after having la grippe and for the last two years I have used it as a preventive for cold and la grippe. As a tonic I also believe it to be excellent. I never fail to recommend Peru-na to my friends, all of whom have used it with beneficial results."

A Relative of Abraham Lincoln.

Mr. Silas S. Lincoln, who resides at 925 L Street, N. W., Washington, D. C., has the honor of being third cousin to Abraham Lincoln. He writes: "I had la grippe five times before using your medicine. Four years ago I began the use of Peru-na, since which time I have not been troubled with that disease. I can now do as much work at my desk as I ever could in my life. I have gained more than ten pounds in weight."

Entirely Relieved by Peru-na. Mrs. Jane Giff, Hubbardville, Ohio, writes: "I think I would have been dead long ago if it had not been for Peru-na. Six years ago I had la grippe very bad. The doctor came to see me every day, but I gradually grew worse. I told my husband I wanted to try Peru-na. He went directly to the drug store and got a bottle of it. I could see improvement in a very short time and was soon able to do my own work. I continued using it until I was entirely cured." Address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbia, Ohio.

The Kindly Word.

A kindly word is a little thing—a breath that goes and a sound that dies. But the heart that gives and the heart that hears may know that it sings and sings till at last it blends with the wild bird's song and the coo of babes in what men call the celestial choir.

KILLS LIKE LIGHTNING.

HOW DEADLY RHEUMATISM OF THE HEART COMES ON.

Those pains you feel when you first arise in the morning—aching pains in the joints, shooting pains in the muscles—these are signs of warning. They are danger signals, evidences of a deep-seated trouble that if not removed may affect the entire system and cause chronic disease, or if the cause is not removed, they may develop suddenly into the deadly Rheumatism of the Heart, which kills like lightning.

Better get rid of the cause at once. Rheumatism and its kindred diseases are caused by the accumulation of poisonous acids of the blood. Robbing with oils or liniments will not cure it; it is an internal disease, and can be conquered only by an internal remedy. There is just one complete cure—RHEUMATISM. RHEUMATISM neutralizes the poisonous acids, sweeps all the dangerous germs out of the blood, and makes you well all over. RHEUMATISM CURES because it is the only remedy that "gets at the joints from the inside."

Mr. W. R. Hughes, of Atkins, Va., writes: "Four bottles of RHEUMATISM have entirely cured me of a long-standing case of Rheumatism, and greatly improved my general health. I was a total wreck, having had rheumatism for twenty years. I spent several weeks and much money trying specialists in New York, but RHEUMATISM is the only cure I have found. When I began to use it, I weighed 114 pounds. Now I weigh 180 pounds, my normal weight."

For sale in Scotland Neck by E. T. Whitehead & Co.

IN MAD CHASE.

Millions rush in mad chase after health, from one extreme of faddism to another, when, if they would only eat good food, and keep their bowels regular with Dr. King's New Life Pills, their troubles would all pass away. Prompt relief and quick cure for liver and stomach trouble. 25c at E. T. Whitehead & Co.'s drug store; guaranteed.

Early Cabbage Plants Guaranteed to Satisfy Purchaser.



EARLY JERSEY	CHARLESTON	SUCCESSION	AUGUSTA	SHORT STEMMED
WATERFIELD	LARGE TYPE	THE EARLIEST	TRUCKER	FLAT BUTT
The Earliest	WAKEFIELD	Second Earliest	A Little later	Largest and Latest
Cabbage grown	Head Variety	Head Variety	4 1/2 to 5 in.	at \$1.25 per m.
PRICE: In lots of 4 to 6 m.			5 to 9 m.	at \$1.25 per m.
F. O. S. YOUNG'S ISLAND, S. C. My Special Express Rate on Plants is Very Low.				

Guarantee—We guarantee to give purchaser satisfaction, or will refund the purchase price if not satisfied at end of season. These plants are grown in the open field, on second or third year in a climate that is just suited to growing the earliest plants that can be grown in the United States. These plants can be secured in the middle of the Southern States during the months of January, February, and March. They will stand severe cold without being injured, and will mature a head of cabbage in three weeks sooner than if you grew your own plants in hot beds and cold frames.

Large Customers are the Market Gardeners near the interior towns and cities of the South. Their profit depends upon them having Early Cabbage; for that reason they purchase my plants for their crops.

Also grow a full line of other Plants and Fruit Trees, such as Strawberries, Sweet Potatoes, Tomatoes, Egg Plants and Pepper Plants, Apples, Peaches, Pear, Plum, Cherry and Apricot Trees, and other Fruit and Garden Plants.

Special terms to persons who make up club orders. Write for illustrated catalogue.

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One adapted to North Carolina climate, soils and conditions, made by Tar Heels and for Tar Heels—and at the same time as wide-awake as any in Kentucky or Kumbachka. Such a paper is

The Progressive Farmer

Edited by CLARENCE H. POE, with Dr. C. W. Burkett, of the A. & M. College, and Director B. W. Kilgore, of the Agricultural Experiment Station (you know them), as assistant editors (\$1. a year). If you are already taking the paper, we can make no reduction, but if you are not taking it,

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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.

SOUTHERN Shortland Business UNIVERSITY J. M. RESSLER, President, Norfolk, Va.

Dr. Williams' Pink Pills for Pale People, Burns, Sores, FOLEY'S HONEY AND TAR, THE ONLY REMEDY FOR BRUISES, WHIP MARKS, BURNS, SORES, DEWITT'S, Which Save For Piles, Burns, Sores.