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Do you like it? Then why be contented with it? Have to be? Oh, no! Just put on Ayer's Hair Vigor and have long, thick hair; soft, even hair. But first of all, stop your hair from coming out. Save what you have. Ayer's Hair Vigor will not disappoint you. It feeds the hair-bulbs; makes weak hair strong.

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Made by J. C. Ayer & Co., Lowell, Mass.
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Cleanses and beautifies the hair.
Prevents dandruff, itching, and
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Cures itching scalp, itching
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Money loaned on Farm Lands.

Excess

Of Smoking Affected
My Heart
So I Had To Sit Up
To Breathe.

Dr. Miles' Heart Cure
Cured Me.

There is nothing that has a more deleterious effect upon the cardiac or heart nerves than the excessive use of tobacco. Pain and distress around the heart, an oppressive weight on the chest, choking sensation in the throat, discomfort from sleeping on the left side and smothering spells at night when the patient has to sit up in bed to breathe are the most common symptoms of a weak heart. Smokers who feel these symptoms and who do not understand their meaning should be warned in time, by the following experiences:

"I was greatly troubled with an affection of the heart, due to excessive smoking. Following your advice I was directed to begin a course of treatment which included Dr. Miles' Heart Cure, Dr. Miles' Nervine and Liver Pills, together with cod liver oil. I faithfully followed the directions given and am pleased to say that my heart is completely and permanently cured. In the use of your remedies I was in a measure relieved from severe pains around the heart. Many times at night I would be forced to assume a sitting posture to get my breath, and for the time being I would be unable to sleep. From the splendid results achieved I can cheerfully recommend Dr. Miles' Heart Cure, Restorative Nervine and other remedies to all sufferers from heart or other troubles."—Yours truly, ELLIOTT H. HATHAN, Ala.

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

Day & Hedges,

Livery
Buggies
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Whips
Robes

Barboro, North Carolina.

EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

IN EVERY profession and calling North Carolinians are highly esteemed for their merit and the credit they reflect upon their professions and work.

They are accordingly well honored by various institutions outside of our State, where they have trained for work. It has been noted in some of the State papers that at the alumni meeting and class reunion at the Baltimore College of Dental Surgery four North Carolinians were chosen for speakers—Dr. S. P. Hilliard, of Rocky Mount; Dr. George A. Carr, of Durham; Dr. Barringer, of Goldsboro; and Dr. J. E. Wyche, of Greensboro.

THE Wilmington Messenger mentions the strides in southern journalism in the following pleasing paragraph: "Journalism at the south is taking great strides. The latest is the running of a special newspaper train from Montgomery, Ala., to Birmingham in order that The Advertiser of the former city may be delivered to its readers in the northern part of the state at an early hour in the morning. A train chartered by this paper leaves Montgomery at 12:50 a. m. every day and arrives at Birmingham at 5:30, making various connections en route. We believe this is the first exclusive newspaper train in the south. This marks the beginning of a new era in journalism at the south and shows what progress it has made in the last few years. No doubt other big newspapers will soon follow the example of the Montgomery Advertiser."

AND now comes the statement that the berry crop of Eastern Carolina will not be profitable this season because of over-production. It had come to be a calculation with the people of the State generally that the berry business was to be permanent, and that those engaged in that industry could feel secure in devoting their energies to it entirely. But it seems a little strange that the over production should have been so great as to reduce the industry to zero in one season. It is quite probable that there has been some turn against the berry farmers besides the overproduction. It is a general opinion that there is plenty of money in the North, and they are fond of berries up there. Perhaps some undue influence has been at work to lower the price of the berries besides the overproduction. If so it should be overcome in some way so that the berry growers may yet get good money from their industry.

IN this column we made comment on the destruction of forests by fires, and urged that the forests be better protected. The question of timber destruction and the consequent scarcity of timber has led to the consideration of planting trees for railroad crosses. In commenting on the subject the Wilmington Star closes an editorial as follows: "With timber growing scarce and the railroads facing a problem for future supply of crosses, the people of North Carolina should begin to appreciate the value of a tree—big or little. We observe that the Pennsylvania Railroad Company goes to the expense and trouble of planting millions of trees, and yet while we have them growing in our forests we are reckless with them, both as to axemen and forest fires. Every young tree as well as the old tree on your land has a money value and the fact should be remembered. If we do not preserve our forests and protect our timber resources, future generations will look on us as prodigals or imbeciles—probably both."

A PERIODICAL of influence and wide circulation opens an editorial paragraph with the statement that we are living in a revolution. The revolution referred to in the very able and pleasing editorial is of industry and education. And truly one can not close eyes to the fact that the statement is true. The world's progress is indeed great—almost dazzling. There is tremendous quickening in educational interests throughout the country, and one might almost say that the strides in industry and invention are wild. Is the moral development of the times keeping pace with the educational and industrial development? Are the people as particular and persistent in moving up the moral influences as they are to count well in other matters? Perhaps some one says that this is a more difficult question to decide than are the questions about industrial and educational development, and that one scarcely knows where to commence the investigation. There is no better place than at home and in your own community. You feel the very electric power of the various influences at work to build up the material interests of your community, perhaps. Do you feel a corresponding unseen force about you that is lifting and helping men morally? In the mad rush for money and that which money will give, do men remember to maintain the moral forces about them as did our forefathers? In the persistent strides in education do men take pains to see to it that morality is considered as well as the intellectual development of the young? In teaching the truths of science, mathematics, language and the like, is there sufficient moral instruction that all these truths shall be used in making the world better as well as more prosperous?

A MOUNTAIN OF GOLD

could not bring as much happiness to Mrs. Lucia Wilke, of Carolina, Wis., as did one 25c box of Bucklen's Arnica Salve, when it completely cured a running sore on her leg, which had tortured her 23 long years. Greatest antiseptic healer of Piles, Wounds, and Sores. 25c at E. T. Whitehead & Co.'s drug store.

Have you pains in the back, inflammation of any kind, rheumatism, faltering spells, indigestion or constipation, Hollister's Rocky Mountain Tea makes you well, keeps you well. 35 cents, Tea or Tablets.

E. T. Whitehead & Co.

POSTMASTER ROBBED.

G. W. Fouts, Postmaster at River-ton, Ia., nearly lost his life and was robbed of all comfort, according to his letter, which says: "For 20 years I had chronic liver complaint, which led to such a severe case of jaundice that even my finger nails turned yellow; when my doctor prescribed Electric Bitters; which cured me and have kept me well for eleven years." Sure cure for Biliousness, Neuralgia, Weakness and all Stomach, Liver, Kidney and Bladder derangements. A wonderful tonic. At E. T. Whitehead & Co.'s drug store. 50 cents.

DeWitt's Little Early Risers

The famous little pills.

DeWitt's Witch Salve

For Piles, Burns, Sores.

Sunday Dinner.

It is a well-known and deplorable fact that many a housekeeper dreads the arrival of Sunday because the preparation of an elaborate course dinner upon that day not only mars her peace of mind and makes impossible her requisite moments of quiet and rest, but oftentimes converts her into an unavoidable backslider from practical religious duty. The mother or elder sister of a large and exacting family is most frequently the victim of Sunday dinner slavery, because the bulk of the cooking and of setting the table and house in order usually devolves upon them, while the others idly loiter around either reading the papers or fusing with their toilets for church appearance. If the order of duty was systematically reversed so as to let "mother" or "big sister" read a little and make themselves presentable for Church service, the rest of the family would soon learn why the regular victims of Sunday cooking and "picking up" so often looked grumpy and exhausted and apparently "irreligious." Every member of a family, even the males, who cannot afford servants, can help in little ways to lessen Sunday drudgery by doing chores or marketing, preparing fuel and other necessary service on the day or night before. Bread, pies, and puddings and meat may be cooked and baked the day previous, and warmed up, if desired, after Church service. All members of the household should help to air and arrange their own rooms and avoid careless distribution of papers and other reading matter around rooms and verandas, or of leaving hats and other wearables about chairs and tables. Again unless a special company is invited or the Sunday dinner is the only meal of the week whereat a full supply of material comforts can be supplied, would not a simple repast be just as palatable and less of a slavish effort for "mother" and "big sister"?—Christian Work.

Let the Children Go Barefoot

Gastonia Gazette

The Greensboro Record is exactly sane in its opposition to the stilted pride and the folly-born notions of "style" which keeps little children boys and girls alike, primped out in shoes and stockings all summer. To deny their little feet this annual escape from prison, to deny them the freedom of the summer's air and earth, and the strengthening growth which nature gains for foot and ankle and leg and the whole body by reason of the romping freedom which the barefoot child enjoys, is a wrong against the children a sin against the next generation. Boys thus pampered and petted will become the sickly duds of the next generation and the little girls, if they live will grow into women as weak in mind as in body, who will walk with a hobbling, wooden leg gait, instead of the graceful, rhythmic movement which nature loves to give them when left alone. The human body cries out for freedom from those artificial handicaps of fashion and folly. Away with the shoes and stockings and let Dame Nature have a chance. She has more sense than anybody about raising healthy children.

The best way to rid the system of a cold is to evacuate the bowels. Kennedy's Laxative Honey and Tar acts as a pleasant, yet effectual cathartic on the bowels. It clears the head, cuts the phlegm out of the throat, strengthens the bronchial tubes, relieves coughs and colds, croup, whooping cough, etc. Sold by E. T. Whitehead & Co.

Not Good on His Road

An official of a railway once got leave to get married and was given a pass over the road. On his way back he gave the ticket collector his marriage certificate instead of the pass. The latter studied it carefully for a few minutes, and then said: "My man you have got a ticket for a long, wearisome journey, but not on this railroad."—Exchange.

The season of indigestion is now at hand. King's Dyspepsia Tablets relieve indigestion, and correct all stomach disorders. E. T. Whitehead & Co., Scotland Neck, Leggett's Drug Store, Hobgood.

This is the season of listlessness, headaches and spring disorders. Hollister's Rocky Mountain Tea is a sure preventative. Makes you strong and vigorous. 35 cents. Tea or Tablets.

E. T. Whitehead & Co.

Don't let a cough or a cold in your system by taking a remedy that binds the bowels. Take Kennedy's Laxative Honey and Tar. It is different from all other cough syrups. It is better. It opens the bowels—expels all cold from the system, relieves coughs, colds, croup, whooping cough, etc. An ideal remedy for young and old. Children like it. Sold by E. T. Whitehead & Co. drug gist.

SAN FRANCISCO.

(April, 1906.)

Queen of the west, by proud Pacific's sea,
Enthroned in majesty I saw thee sit;
Thy reign upon that coast was absolute
And a man questioned it.

Treasures were thine that Babel could not boast;
Splendors were there that Egypt could not show;
Ships thronged thy bay, a vast and mighty host,
From all the lands men know.

Men gazed upon thy beauties and were dazed;
Men saw thy splendor and thy pride with awe;
Thy glories dazzled and thy wealth amazed
The eyes of all who saw.

There spake a voice—an unfamiliar tongue,
But we heard it, and the mountain peaks;
Men heard it oftener when the earth was young,
But now it sometimes speaks.

Then straightway all was changed;
Before my eyes
Crashed down thy pillars of the Golden Gate
And wrapped around with murky mysteries
Lay prone and desolate.

Wouldst know the sequel? Ask of Him whose hand
The Babylo'nians' ruined cities show;
Who humbled Thebes and of old cast down
The walls of Jericho!

ARTHUR GOODENOUGH.

Our Thoughts Shape Our Lives

Every day we are becoming like our thoughts. If they are mean and selfish we cannot prevent ourselves from becoming so. If they are unclean and evil, our character and conduct will inevitably be shaped by them. It is true that "as a man thinketh in his heart so he is."

As Charles Kingsley says: "Think about yourself; about what you want, what you like, what respect people ought to pay you, and then to you nothing will be pure. You will spoil everything you touch; you will make sin and misery for yourself out of everything which God sends you; you will be as wretched as you choose, on earth or in heaven either."

And on the other hand, loving thoughts will produce loving acts; and a generous, kindly way of regarding others in our own minds, will bring us to a generous, kindly treatment of them in daily life.—Robert E. Speer.

Found in Cashie River.

Windsor Ledger.

The body of a colored man was found floating in the Cashie river near the bridge here at Windsor, early Friday morning, being identified as Isaac West of Plymouth.

He had been missing since the previous Monday.

Some think he committed suicide while others are of the opinion he accidentally fell over. His coat and shoes were off. His mind was weak, in fact, he was a simpleton.

No foul play is even suggested. He remained in the water from Monday night to Friday morning.

Thousands Have Kidney Trouble and Don't Know It.

How To Find Out.

Fill a bottle or common glass with your water and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys; if it stains your linen it is evidence of kidney trouble; too frequent desire to pass it or pain in the back is also convincing proof that the kidneys and bladder are out of order.

What to Do.

There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and staiding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in 50c and \$1. sizes. You may have a sample bottle of this wonderful discovery and a book that tells more about it, both sent absolutely free by mail, address Dr. Kilmer & Co., Home of Swamp-Root, Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper.

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

FOLEY'S HONEY AND TAR

Best Golden Pectoral Remedy

A PRETTY MATRON OWES HEALTH TO PE-RU-NA.



MRS. ANNA N. KAISER, Had Suffered Severely From Pelvic Catarrh—Cannot Prattle Peruna Too Highly—Read Her Letter.

MRS. ANNA N. KAISER, Two Rivers, Wis., was a sufferer from pelvic catarrh to such an extent that she could scarcely do her own work. In describing her symptoms, she wrote: "I have such terrible backaches and pains below my shoulder blades, way down my back and across my hips, and at times pains in the pelvic organs, so that I am not able to lie down or sleep. I also have pains through my left side and an afraid I may be getting heart trouble."

After taking Peruna and following Dr. Hartman's instructions for several weeks, Mrs. Kaiser reported as follows: "I feel much stronger and do not get nervous as I used to. The pain is entirely gone, except when I work a little too hard. The medicine has done me wonderful good. I am taking Peruna and Manalin. My bowels are also in good condition."

Reports Her Cure.

After continuing the treatment a short time longer, Mrs. Kaiser reports her cure, as follows: "I must drop you a line to let you know that I am well now and cured with your medicine. I must thank you for the advice you gave me."

"The medicine is something wonderful. I cannot praise it enough for the good it has done for me and I hope many others will be freed from their suffering."

"I have advised others who are suffering as I did to consult you and many are taking my advice. If ever I need medicine again, I know that Peruna will help me."

Dr. Hartman's Advice.

To every woman suffering from the symptoms above indicated, Dr. Hartman extends an earnest invitation to write to him for medical advice.

MONUMENTS AND GRAVETONES

WE PAY THE FREIGHT, AND GUARANTEE SAFE DELIVERY

LARGEST STOCK IN THE SOUTH

Illustrated Catalogue Free.

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(Established 1848.)
159, 161 and 163 Bank Street, NORFOLK, VA.

Mr. House-holder

It has always been my desire to see you in the best of health. I have accepted the exclusive agency for Hammer Paint you save 25% which means in a nutshell that you have not paid for canned oil at paint prices.

One gallon Hammer Paint and one gallon linseed oil covers six hundred square feet of surface, two coats, which is the closest stretching, farthest spreading, and longest lasting paint in the world.

Come in and talk it over. There is nothing else like Hammer Paint.

Why Buy McClure's?

McClure's Magazine is bought and read in homes not because it is a magazine, but because it is THE magazine. Why?

FIRST—THE PRICE. It costs but one dollar a year, or less than ten cents a number, for over thirteen hundred two-column pages of reading matter. This amounts in actual value to twenty or twenty-five books costing anywhere from a dollar to two dollars a volume.

SECOND—QUALITY. The reading matter is written by America's leading writers—the best short story writers, the best writers of important serials, such as Selma's Reminiscences or Baker's Railroad articles.

THIRD—TIMELINESS. The reading matter in McClure's is not only good; it is not only entertaining, instructive, amusing and inspiring—it is also about the subjects which you and all Americans are most interested at the time. No subject in the next twelve months are going to be so important as the question of railroad rates and rebates and the question of the insurance. Both of these questions will be discussed by authorities in an impartial, careful, interesting way.

FOURTH—ITS CHARACTER. McClure's Magazine is not edited for children, but at the same time, there is never a line in it that any young girl might not read. Its advertising pages are as clean as its editorial pages.

WILL YOU BUILD

repair or remodel any kind of building? Send for our CATALOGUE of building materials, such as doors, blinds, hardware, mantels, paints, glass, gas & electric fixtures, etc.

FRANK T. CLARK CO., INC.
Established 1870. NORFOLK, VA.

McClure's Magazine

In your home is intended to work only for good. Send \$1.00 today for one year's subscription, or leave an order at your book-store, November and December free with new subscriptions for 1906.

S. S. McCLURE COMPANY,
47 EAST STREET, NEW YORK.

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The Kind You Have Always Bought
Beware the Signature