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**GALVESTON'S SEA WALL**  
makes life now as safe in that city as on the higher upland. E. W. Goodloe, who resides on Dutton St., in Waco, Tex., needs no sea wall for safety. He writes: "I have used Dr. King's New Discovery for Consumption the past five years and it keeps me well and safe. Before that time I had a cough which for years had been growing worse. Now it's gone." Cures chronic Coughs, LaGrippe, Croup, Whooping Cough and prevents Pneumonia. Pleasant to take. Every bottle guaranteed at E. T. Whitehead & Co.'s drug store. Price 50c and \$1.00. Trial bottle free.

She—What makes you think I would say "yes" if you proposed to me? He—Because I know you always like to be on the side of the winner.—Yonkers Statesman.

Old maids would be scarce and hard to find.  
Could they be made to see,  
How grace and beauty is combined  
By using Rocky Mountain Tea.  
—E. T. Whitehead & Co.

"Pop, what's an anonymous poem?"  
"It's one you can't blame on anybody, Willie."—Denver Post.

Scrub yourself daily, you're not clean inside. Clean insides means clean stomach, bowels, blood, liver, clean, healthy tissue in every organ. Moral: Take H. J. M. J. Rocky Mountain Tea. 35 cents, Tea or Tablets, E. T. Whitehead & Co.

**MADE MUCH MONEY**  
CHARLATAN FLEECED DUPES IN ALL PARTS OF COUNTRY.  
Large Fortune Garnered from the Credulous in Three Years—Love Powders and Magic Breast-plates in Demand.  
Nearly 200 witnesses, representing 37 states, appeared in the United States district court at Baltimore to testify to the government at the trial of "Dr." Theodore White, charged with using the mails to defraud. There were present 17 pretty typewriters, who were kept busy by "Dr." White in conducting the correspondence incident to the immense business he had established in concocting love powders, magic breast-plates and dispensing diplomas conferring the degree of "Dr. B." on the graduates, who had established their title to that degree by paying for "Dr." White's book, "Blessings For All Mankind!"  
The trials in the court room were covered in an exhibit, a painful of the love powder and some specimens of the breastplates being displayed there. Assistant District Attorney Soper made the opening statement to the jury. He said that "Dr." White's spiritualistic and hypnotic mail order business had attained such proportions that his postage bill amounted to \$1,000 a month, and that he had been obliged to purchase a horse and wagon to take his mail from the post office.  
Mr. Soper said that "Dr." White had made a fortune during the three years he spent in the business. "You may get some idea of the magnitude of it," said Mr. Soper, "when I tell you that in one month 2,400 people, from Maine to California, each sent this man a dollar and a look of hair in order to obtain a 'life reading.' And every reading was identical. The same reading was sent to every person who sent a dollar, and a husband and his wife both of whom sent to 'Dr.' White for readings, were very much disgusted when they each received the same reading."  
Among the spiritualistic "stunts" described in one of the pamphlets read by Mr. Soper was the following: "Place an egg before the fire and watch it without moving or uttering a sound until midnight. Then the egg will sweat blood, and when the spooky words 'Ara cadabra' are uttered a tempest will rise, and all the evil spirits which dwell about will appear."  
The "Adam and Eve" charm was the one used to create love. Adam and Eve were represented by roots—Adam was one root and Eve was the other. Mr. Soper read the directions for their use to the jury. The roots should be placed in running water, he said, and the words "Whom God hath joined together let no man put asunder" should be recited over them.  
Mr. Soper also described the "ancient Egyptian breastplate," containing the powders and prayers, and charged with "magic solar fluid."

**Some Chicken Recipes.**  
Several More or Less Elaborate Dishes—The Directions for the Same Given in Full.

**CHICKEN OUTLETS WITH RICE.**  
A teacupful of rice, some good stock, one onion, salt and pepper, some cold ham and chicken, egg, breadcrumbs. Boil a teacupful of rice in some good stock and pound it in a mortar with an onion that has been cooked in butter, with salt and pepper. Pound separately in equal proportions cold ham and chicken; form this into cutlets; cover them with egg and bread crumbs and fry. Serve with a sharp sauce.

**CHICKEN LOAF.**—A chicken, two ounces of butter, pepper and salt, egg. Boil a chicken in as little water as possible until the meat can easily be picked from the bones; cut it up fine; then put it back into the saucepan with two ounces of butter and a seasoning of pepper and salt. Grease a square china mold, and cover the bottom with slices of hard boiled eggs; pour in the chicken, place a weight on it, and set aside to cool, when it will turn out.

**PRESSED CHICKEN.**—Two chickens, boiled until the meat leaves the bones easily; then pull to pieces and chop fine, letting the liquor, in which they were cooked, fall down until only a cupful remains. Add about one-half as much chopped ham as chicken; roll two soda crackers, pour the stock over, seasoning highly. Mix well together, put in a deep, long pan, pressing down hard with the hand. Fold a cloth several times, put over the top, and put on a weight. It will slice nicely if prepared the day before using.

**CHICKEN RISSELES.**—Some remnants of fowl, ham and tongue, butter, a pinch of flour, white pepper, salt, nutmeg, parsley, eggs, a few drops of lemon juice, flour, water, three pinches of sugar. Mince very finely some remnants of fowl, free from skin, add an equal quantity of ham or tongue, as well as a small quantity of truffles, all finely minced; toss the whole into a saucepan with a piece of butter mixed with a pinch of flour; add white pepper, salt and nutmeg to taste, as well as a little minced parsley; stir in, off the fire, the yolks of one or two eggs beaten up with a few drops of lemon juice, and lay the mixture on a plate to cool. Make a paste with some flour, a little water, two eggs, a pinch of salt, and two or three of sugar; roll it out to the thickness of a penny piece, stamp it out in round pieces three inches in diameter; put a piece of the above mince on each, then fold them up, fastening the edges by moistening them with water. Trim the rissoles neatly with a fluted cutter, dip each one in beaten up egg, and fry a golden color in hot lard.

**CHICKEN TERRAPIN.**—Place a step on the fire with a small teacup of water in it; when it boils add the flesh of tender boiled chicken, picked fine. Mix smooth a quarter of a pound of butter with a tablespoonful of flour. When the chicken is boiled three minutes add the butter and flour, stirring it all the time. Season with salt, cayenne pepper, a small blade of mace and half a pint of good sherry wine. Let it simmer over a slow fire ten minutes, then add a gill of milk and serve in a hot dish.

**CREAM CHICKEN.**—Four chickens, three cans of mushrooms, four sweetbreads. Boil chicken till tender and cut as for salad, removing all skin; boil and chop sweetbreads. Mix chicken, sweetbreads and mushrooms, and bake in alternate layers with bread-crumbs, seasoned with pieces of butter and cream dressing given below. This is sufficient for 20 people.

**CREAM DRESSING.**—One and one-half parts of cream, one grated onion, three tablespoonfuls of flour, four tablespoonfuls of butter. Heat cream, rub flour in butter and put in the cream; cook till it thickens; take off and stir in onion. Put the first layer of chicken, sweetbreads and mushrooms in a dish and season each of the layers with cayenne pepper and salt. Let the top layer be of bread-crumbs.—Chicago Tribune.

**Traits of Norway's Queen.**  
In a sketch of the new queen of Norway it is said that she is probably the slimmest woman in her dominion. Her waist measures but 17 inches and she is so ethereal in appearance that even in England, where the cult of thinness has as worshippers practically all the women of the kingdom and most of the men, she is called rather too frail and delicate in appearance. Queen Maud was the tomboy member of King Edward's family. She was the baby of the family and its brightest member as well. It was she who first nicknamed her brother, the late duke of Clarence, Collars and Cuffs. She called her eldest sister, the duchess of Fife, now called the princess royal, her royal shyness, on account of that retiring lady's almost morbid dislike of appearing in public. And it was this merry princess who collected all the quoted sayings and doings of the royal family in a scrapbook and labeled it "Things We Never Did or Said."

**Wise Girl.**  
Now, there was a certain girl, and she had three wooers. The first wooer said she was the whole world to him, but she frowned upon his suit. The second wooer said she was the sun, moon and stars to him, but she bade him be on his way.  
"To me," said the third, "you are a young woman of agreeable manners, with eyes that might be a little bluer, with a nose that is a wee bit pugy, and with a few freckles, and an annoying habit of blurring out your thoughts."  
She married the third wooer. Being pressed for an explanation of her conduct, she said:  
"My goodness! I think I was sensible. I married the only one that had courage enough to tell me of my faults before marriage, instead of waiting to throw them up to me afterward."—Life.

**Distinctly Eligible.**  
He came hurriedly from the parlor to the piazza.  
"Who was that handsome young man who just left?" he asked.  
The fair girl smiled and blushed.  
"That was Harry Parker, pa," she said. "He has just proposed to me, and he tells me that his income is \$15,000 a year."  
"Fifteen thousand a year at his age? Great Scott, what is he? A learned lawyer, an eloquent divine?" said the old man.  
"No, father," she answered. "He is a professional baseball player."  
Gossips might appropriately be read misfortune tellers.

**Potato Salad.**  
In a new book, "The Up-to-Date Waitress," by Janet McKenzie Hill, several new salads are described. A tomato salad Du Barry sounds attractive. Peel a good-sized tomato for each person to be served, cut a piece from the top, and cut out a teacup- scoop out a portion of the pulp. Sprinkle inside with salt and set up-side down in the refrigerator. When ready to serve fill the tomato shells with cold cooked cauliflower and set on heart leaves of lettuce. Put a tablespoonful of mayonnaise on each tomato.

**Furniture Stains.**  
Have ready three pieces of woolen cloth; dip one into linseed oil, rub the spot briskly, wet the second with alcohol and apply to oily surface, rubbing quickly, as too much alcohol will destroy the varnish, and finally polish with the third cloth, moistened with oil or furniture polish. Another way is to use equal parts of vinegar, sweet oil, and spirits of turpentine; shake all well together in a bottle; apply with a flannel cloth and rub dry with old silk or linen.

**To Polish Windows.**  
For cleaning windows nothing else is equal to clear vinegar. It gives a soft cloth, dry with another, and polish with chamois skin.

**Mixing Mustard.**  
When mixing mustard, always use milk instead of water, and the mustard will not dry up so quickly.

**To Remove Varnish.**  
Alcohol will remove varnish from fabrics.

**How many people fumigate money that is given to them?**

**GIVES BARRY HONOR**  
REAL FATHER OF THE NAVY, SAYS DRISCOLL.  
Though Facts Seem to Bear Out This Assertion, John Paul Jones Will Always Be American Naval Hero.  
If anyone had to answer the question "right off the bat," who was "father of the American navy," no doubt the reply would be John Paul Jones. No other man who ever commanded a ship in the navy has been accorded such honors as has been paid to this daring Scotchman who cast his lot with the American colonies and fought the English with so much gallantry. These honors are such as should be paid to the greatest American sailor, and no doubt many of our people believe that John Paul Jones is the greatest of our sailors. Representative Driscoll, of New York, rises to dispute this assumption. He says that the honor of being the "father of the American navy is due Commodore Barry." After many years the United States has determined to honor this officer and has provided that a monument shall be erected to him. Driscoll in a congressional address has eulogized Barry and placed him on a plane above that of Jones. Driscoll has this to say to prove that Barry is entitled to the first place in our naval annals:  
"At the breaking out of the war of the revolution he was master of the Black Prince, the finest merchant ship in America. She was purchased by the first congress, armored for war, and made the first battleship of the first fleet, under the first commodore, and named the Alfred, after the father of the English navy. He won the first naval victory of the war in the continental service, and returned the first prize captured from the enemy in command of the Lexington, which was named after the first battle of the revolution, and was the first ship that bore the continental flag to victory on the ocean. During the last three years of the revolution he was the first officer of the navy. He fought the last battle of the war in command of the Alliance, the last and best ship of the continental navy. He was appointed in 1794, and continued first in command until he died, in 1802."  
He points out that John Paul Jones after his victory over the Serapis never returned to this country, but remained in Europe and received high honors from France and Russia, while Barry remained in the service from the beginning to the end. Of course, the record of Barry is splendid and he is entitled to all the honors that can be paid him, but there is something in the record of John Paul Jones that appeals to every person with blood in his veins. He was a man that "did things," and no matter what others may have done the brilliancy of his exploits were such as to excite the admiration of the American people for all time.

**Source of His Inspiration.**  
The eminent lecturer, Dr. L. Carter, self-made, and not wholly unconscious of the fact, was addressing the Somerville Y. M. C. A.  
"My dear young people," he began, "let me refer briefly to the humble auspices under which my start in life was made. Without a dollar in my pocket, and with no worldly possessions of consequence, my indomitable nature and an inborn determination to utilize to the fullest advantage my abilities constituted my entire assets. But, even with this modest beginning, what do you suppose was the thing I first sought—that which, at the very outset of my career, I strove most earnestly to attain?"  
For one second did an awe-stricken silence hover over the audience, as the speaker paused to allow the significance of these impressive words to permeate the youthful understanding. Then, in a spontaneous outburst of juvenile enthusiasm, came the answer, as of one voice, "Milk!"—Boston Herald.

**Some Cures for Insomnia.**  
There are several common sense ways of obtaining sleep, says the World's Work. One of them is the application of cold wet cloths to the back of the head and neck. This treatment will not be followed by a reaction if it is continued for a number of minutes, and it often works surprisingly well.  
Another way of solving the problem is to soak the feet in a hot bath until the veins become dilated with blood; or the whole body up to the hips may be given a hot soak. With some people, a two or three minute hip bath is the most effective remedy. Others find help in a few slow exercises, which do not jar or excite the system but simply bring some fatigue to the big muscles of the trunk and limbs. Friction of the skin, especially of the lower part of the body, is another means.  
**A Catch.**  
"Do you think I could get your chum to marry me?"  
"She detects you, but you can get her if you work it right."  
"Tell me how."  
"Pretend to be dead in love with me and I will pretend I am crazy about you."  
**A Rapid Operator.**  
Emma (who is a stenographer)—Is Mame very quick as a stenographer? Lizzie (also a stenographer) Quick! She's a bird. Why, she got her last boss to propose in less'n two weeks.—Judge.

Mice and conclusions are not synonymous, yet women jump at both.

**A VETERAN OF THE SPANISH WAR**  
Expresses His Great Faith In Pe-ru-na.  
Pe-ru-na Is a Tonic Especially Adapted to the Prevention and Relief of All Catarrhal Ailments Due to the Vicissitudes of Climate and Exposure Experienced by the Soldier.  
An Old Soldier's Praise.  
Mr. F. R. Cox, Center Oak, Pa., writes: "I was taken with hemorrhages of the stomach and had from one to three a year.  
"The doctors said my stomach could not be cured, and it was only a question of how soon one of these spells would kill me, and I was given up several times, as they had no hopes for me.  
"I finally wrote to you, and you said it was not cancer or a tumor, Peruna would cure me.  
"I commenced taking Peruna right away, and have never had one of those spells since.  
"I am an old soldier, one of Phil Sheridan's Rough Riders, and pretty nearly played out now, but I have a pretty good stomach again."  
**Assistant War Correspondent Recommends Pe-ru-na.**  
Mr. H. B. Manley, Assistant War Correspondent during the war in China, care "Black and White," 688 Craig St., Montreal, Canada, writes:  
"When a man travels in extremely hot or cold climates, he realizes how valuable a friend he has if he carries a bottle of Peruna."  
"I know of no article in my traveling outfit which I have learned to prize higher."  
"If you are suffering with the extreme heat, Peruna restores you, or if you are afflicted with a cold, a gripper or bronchitis, Peruna restores you in a short time."  
"If your appetite is poor, again Peruna acts as a good, true friend and is tonic needed."  
"I have tried it for months and am only too glad to acknowledge it as a true, loyal standby in times of trouble. I do not hesitate to recommend it to all."  
T. T. Markland, a well-known business man of Cincinnati, O., address R. F. No. 1, Mt. Washington, Ohio, writes:  
"I find that in my case Peruna is a flesh builder. I am now at work every day, and I have gained ten pounds. I took your Peruna according to directions and the result was more than I expected. I took no other medicine but Peruna, and it accomplished all. You told me in your first letter that you thought Peruna would cure me and it has. I am seventy-three years old and can attend to my business as usual."  
Peruna is Sold by your Local Druggist—Buy a Bottle Today.

**COL ARTHUR L. HAMILTON.**  
Gallant Porto Rican Soldier Gives Praise to Pe-ru-na.  
Col. Arthur L. Hamilton, of the Seventh Ohio Volunteers, writes from 259 Goodale St., Columbus, O., as follows:  
"Besides having the merits of Peruna fully demonstrated in my family, I have a number of friends who have taken it for catarrh and stomach trouble and all unite in praising it. As a remedy for catarrh, I can fully recommend it."  
In a later letter to Dr. Hartman, Col. Hamilton writes:  
"My command used your Peruna during our service in the Spanish-American War and I will say this, that if the War Department records are consulted, it will be found that the casualties in my regiment were less than in any other regiment of the Army Corps while at Camps Alger, Meade and Bushnell. The total deaths in my regiment, during the seven months' service, were seven out of a total number of 1400. I, of course, cannot help but think that Peruna certainly was a great benefit to my command."  
In a recent letter, Col. Hamilton says:  
"I have used Peruna myself and in my family for the last seven years. I have already written you about the good results I experienced with your remedy during the Spanish-American War."  
In old age the mucous membranes become thickened and partly lose their function.  
This leads to partial loss of hearing, smell and taste, as well as digestive disturbances.  
Peruna corrects all this by its efficient operation on all the mucous membranes of the body.  
One bottle will convince anyone. Once used and Peruna becomes a life-long standby with old and young.  
For free medical advice, address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, O. All correspondence held strictly confidential.  
Peruna is Sold by your Local Druggist—Buy a Bottle Today.

**CARE FOR MOUNTAIN SHEEP**  
Colorado Game Laws Have This Annual Under Their Special Protection.  
State Game and Fish Commissioner Jim Woodard declares that the mountain sheep of Colorado is in the same class as the sacred bull of India. It must not be touched, says Woodard. If the animal is seen browsing upon the mountainside the gun of the hunter must not be pointed in its direction. The animal, therefore, may be called the "sacred sheep of Colorado." There are not many of them left, but under the protection of the law they are increasing every year. There is a band of them on the hills between Florence and Victor, and Mr. Woodard has a photograph of a bunch grazing on a hillside a short distance from Florence.  
But for the passage of a law which heavily fines those who kill this animal, the species would have been extinct long ago.  
A letter received in Mr. Woodard's office recently tells of the arrest and conviction of one Fred Klantzky for killing a mountain sheep. Klantzky was fined \$300 and costs in the county court at Canon City. The costs amounted to \$140, and if the accused man does not settle he will have a long term to serve in the county jail.—Denver Republican.

**LESSON HE EASILY LEARNED**  
At Least on One Occasion George Convinced Wife That He Could Say "No."  
"I dined at the Carlton with the Howard Goulds in London," a globe trotter said. "Afterwards we took our coffee on the raised platform of the foyer, where the orchestra plays and where you get an excellent view of the smart London world. Mrs. Gould entertained us with the story of her last balloon trip. She had stayed up much longer and gone much farther than had been intended.  
"The trip," she said, ruefully, "was a little too successful."  
"Oh," said I, "can anything be too successful?"  
"A temperance sermon was once too successful," Mrs. Gould said.  
"Then she told us how a woman preached one morning a temperance sermon to her husband, who was suffering from the effects of the night before. 'The great trouble with you, George,' the woman said, 'is that you cannot say "No." Learn to say "No," George, and you will have fewer headaches. Can you let me have a little money this morning?'  
"No," said George, with apparent ease."  
"No man is as good or as bad as he seems to be."

**GARDENING IN JULY.**  
Fight Insects, Drought and Weeds—Stake the Tall Plants—Look Out for Seed Bed.  
Continue the work of fighting insects, drought and weeds, and to cut water add the following:  
Stake the dahlias and all tall plants having heavy tops—it will be too late after a windstorm has broken them over, warns Eva Ryan-Gaillard, in the National Magazine.  
While chrysanthemums do not break so easily as dahlias they will look better all the season through if well staked and tied now. When working among them do not forget to pinch back the branches to force new lateral shoots and secure a greater number of blooming points. It is of a single-stem specimen plant, keep all side shoots pinched back as fast as they appear. Give plenty of liquid fertilizer from now on if the soil is not rich enough to produce such blooms as desired.  
Look after the plants intended for the winter window garden and see that they are pruned to compel a compact form of growth. If the pots are plunged in the garden turn them frequently to prevent the roots from taking hold in the soil under them.  
Sow pansy seed for late flowers, and seeds of hollyhocks and other perennials for next year's blooming. These summer-sown seeds make sturdy plants before cold weather and bloom profusely the next season. Make a seed bed and let the plants grow in it until large enough to transplant easily, then put in permanent place. Some growers advise sowing seed where it can come up among other plants, but the risk of their being destroyed while weeding or cultivating is against the method. If one forgets that seeds have been sown in a particular spot the pulling of a weed near them may disturb the seeds just as they are sending down their first roots and ruin them completely.  
To Freshen a Carpet.  
Put a tablespoonful of ammonia into half a pailful of warm water and wipe the carpet with a cloth wrung out in it. The dust is thereby removed, the colors are brightened, and any insect lurking in it is speedily killed.  
Made Mustard.  
To prevent made mustard from drying and caking in the mustard pot add a little salt when making.  
Wasting works wonders if you work while you wait.  
Law rules the world but love is a law unto itself.

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