

Good Advertising

It is business what Steam is to Machinery, that great propelling power. This paper gives results.

E. E. MILLIARD, Editor and Proprietor.

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SCOTLAND NECK, N. C., THURSDAY, FEBRUARY 13, 1908.

Good Advertisers

Use these columns for results. An advertisement in this paper will reach a good class of people.

Subscription Price \$1.00 Per Year.

NUMBER 5.

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers, they filter out the waste or impurities in the blood.

If they are sick or out of order, they fail to do their work.

Pain,ache and inflammation come from excesses of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble. Because the heart is over-working in pumping thick, kidney-purified blood through veins and arteries.

It used to be considered that only urinary troubles were to be traced to the kidneys.

Now no modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

If you care not you can make no mistake by neglecting your kidneys. The milk and the extraordinary effect of Dr. Kilmer's Swamp Root, the great kidney remedy is soon realized. It contains the highest for its money value of the most distressing case

by which it is sold on its merits.

Send for a sample bottle by mail now—no money to be paid until telling you how to find out if you have kidney or bladder trouble. Mention the paper when writing Dr. Kilmer & Co., Burlington, N. Y.

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

L. R. MILLS

LAND SURVEYOR

Scotland Neck, N. C.

11-25-08

O. F. SMITH, M. D.

PHYSICIAN AND SURGEON,

Scotland Neck, N. C.

Office in the New Bank Building.

DR. J. P. WIMBERLEY,

PHYSICIAN AND SURGEON,

Scotland Neck, N. C.

Office on Depot Street.

DR. A. C. LIVERMON,

DENTIST.

Office up stairs in White head Building.

Office hours from 9 to 1 o'clock and 2 to 5 o'clock.

H. W. MIXON,

REFRACTING OPTICIAN,

Watch Maker, Jeweler, En graver,

Scotland Neck, N. C.

J. MCBRIDE WEBB,

ATTORNEY AND COUNSELOR AT LAW,

219-221 Atlantic Trust Building

Norfolk, Va.

Notary Public. Bell Phone 373

EDWARD L. TRAVIS,

ATTORNEY AND COUNSELOR AT LAW,

Halifax, N. C.

Money Loaned on Farm Lands

WILL H. JOSEY,

GENERAL INSURANCE AGENT,

Scotland Neck, N. C.

PARKER'S HAIR BALM.

Gentleman's Hair Balm.

Women's Hair Balm.

Never fails to restore Gray hair to black.

Cures scalp disease & hair falling out.

100% guaranteed.

N. B. Josey Co
Undertakers' Supplies.
Full and Complete Line.



coffins and Caskets
Burial Robes, Etc.

Hearse Service any Time

N. B. Josey Company,

Scotland Neck, North Carolina

SIMPLE REMEDY FOR LA GRIPPE.

La grippe coughs are dangerous, as they frequently develop into pneumonia. Foley's Honey and Tar not only stops the cough but heals and strengthens the lungs so that no serious results need be feared. The genuine Foley's Honey and Tar contains no harmful drugs and is in a yellow package. Reference substitutes. E. T. Whitehead & Co.

THE COMMONWEALTH.

"Excelsior" is Our Motto.

THE EDITOR'S LEISURE HOURS.

Observations of Passing Events.

BAD politics, bad whiskey and bad blood make a mixture that is apt to produce disaster and death. Such was the condition in the killing of Judge James Hargis by his son at Jackson, Ky., some days ago. The story of the killing is the sequence of some bloody feuds which have been a terror to Breathitt county for years and which have become a familiar tale to many people of the nation. Judge Hargis was charged with complicity in several murders, and had recently paid \$8,000 in settlement of the last result of such charges. The Charlotte Observer pointedly remarks of it: "The long trail of blood which has marked the political rule of Judge James Hargis in Breathitt county, Kentucky, has stopped finally at Hargis' door and the man whose name has been a synonym for plot, assassination and murder for years has been gathered to his fathers. Retributive justice was long delayed, but its aim was nevertheless true, and the dramatic touches are given the situation in that it was the hand of his own son that smote him. Verily, this looks like the vengeance of the Lord."

SOME days ago when the earth was covered with snow for a few hours and the ground was frozen hard, there was a prospect for a long season of bitter cold weather.

A Lesson From the Birds. Years ago we read the little poem in which every stanza, as we now remember, ended with, "Tis a most bitter lot to the poor when it snows." And while meditating on the cold weather and the dreary prospect it presented for all, and especially for the very poor, who are not always provided with the comforts necessary in such seasons, the clear, sweet note of a little bird on the outside rang out as joyously as if it had been a May-day. And so we thought all might gather a lesson from the homeless, shelterless little bird which could be cheerful and gladden the world with its sweet little song while its shoeless feet were doubtless stung with the bitter cold. The little bird would have been more comfortable perched upon the branch of a tree in some cozy corner of sunshine, but from the cheerful notes of his song one would think him just as happy in the snow and cold as if it had been a balmy day in Spring. The modest and unpretentious little teacher was content with its lot, and warbled out its soul-cheering song just as s:

den clouds as if the whole firmament had been

fine and the breezes redolent of the fragrance of spring flowers. May we not learn the lesson of contentment from the little bird? If we look every lay and hour at the unpleasant things which crowd next about us and think only of the disadvantages and discomfort they bring, we may not get out of life the sweetest and best things that are meant for us. But if we will school ourselves, like the guileless and nature-loving little bird, to see sunshine away beyond the clouds and to accept and make the best of the present unpleasant things with hope and a faith that better things will come—that the clouds will after awhile float away and the sunshine will burst upon us again—our own lives will be far happier and we shall be able to be a source of more happiness to others. Blessed little bird, nature's sweet chorister of cheer and hope! Sing thou again at our window when the clouds are dark and heavy, and lead us again to the contemplation of higher and better things than the despondencies of life, and teach us to pipe a note of gladness and cheer, both when the sunshine is bright and clear and when the clouds are heavy and dull.

THE Forest Service of the United States Department of Agriculture sends this paper the following: Cement and steel and brick and stone are not yet used in

Building Operations and the

icient quantities to encourage lumber

users to predict the time when the for-

ests will not be called upon to furnish the principal materials used in building operations. Notwithstanding the remarkable increase in the use of cement and other fire-proof materials, the last reports of the building operations in forty-nine of the leading cities of the United States for the year, collected by the Geological Survey, show that 50 per cent were of wooden con-

struction. Even if the remaining forty-one per cent of the buildings were built of brick, stone and concrete, vast quanti-

ties of wood are consumed both in the construction and in the

finish, though in the latter form, metal is taking the place of

wood to a very large extent. The amount of lumber given

above does not take into consideration this item at all. While

this percentage is representative of the building industry in the

United States, dealers point out that it does not include the

large quantities of lumber used for the construction of dwellings, stores and other buildings in the thousands of small cities and towns scattered over the country and not included in the

forty-nine cities on which a reckoning was made. In towns and small cities wood is usually the predominating building material and it is safe to say that if the statistics had included figures for all places of whatever size, the percentage of wooden

construction would have been much greater. These figures, as a rule, are only for the corporate limits, and the suburbs of

these cities have each very large amounts to be added. The

cost, also, is relatively higher in these cities than in towns

nearer the base of the supply. In wooden buildings, New York

City is at the bottom of the list, though it leads with \$18,075 as

the average cost of buildings. Except at San Francisco, where

abnormal conditions have prevailed since the fire, Boston shows

the greatest increase of any of the cities in the total cost of

building operations. The average cost of buildings is constant-

ly increasing, having risen over three hundred dollars during

the last three years. The average value of a building is given

in the report as \$2,035. Lumber is by far the greatest drain on

the forests, and the wonderful development of the country dur-

ing the past decade has called for the use of nearly forty billion

board feet a year. The largest quantity ever reported for a

single year was for 1906, when thirty-seven and one-half billion

feet, with a mill value of \$621,151,388 was used. Including the

value of the lath and shingles used with this amount, the total

value of the wood used for buildings is brought up to \$656,796,-

513. The increasing price of lumber and the rapidly increasing

use of perfected fire-proof systems of constructions should have

much to do in holding down the amount which the forests are

called upon to yield each year, but so far these more substantial

materials have not decreased the lumber cut of the nation.

Most disfiguring skin eruptions, scro-

fula, pimples, rashes, etc., are due to

profanity won't cure them. Doan's

Ointment cures itching, bleeding or

protruding piles after years of suffering.

At any drug store.

Itching piles provoke profanity, but

profanity won't cure them. Doan's

Ointment cures itching, bleeding or

protruding piles after years of suffering.

At any drug store.

WANTED A BOY.

Why the Sign Disappeared.

CRAWFORD MILLS KILLED THE BILL.

(Selected.)

People laughed when they saw the sign again. It seemed to be always in Mr. Peter's window. For a day or two—sometimes only for an hour or two—it would be missing, and passers-by would wonder whether Mr. Peters had at last found a boy to suit him; but sooner or later it was sure to appear again.

"What sort of a boy does he want, anyhow?" one and another would ask; and then they would say to one another that they supposed he was looking for a perfect boy, and in their opinion he would look a great white before he found one.

"All this happened years ago. Crawford Mills is errand boy no more, but the firm of Peters, Mills & Company a young man, a rich man.

"He found his fortune in the long box of rubbish," Mr. Peters said once, laughing. "Never was a five-dollar gold piece so successful in business as that one of his has been; it is good he found it."

Then, after a moment of silence, he said, gravely: "No, he didn't; he found it in his mother's Bible. He is that is faithful in that which is least, is faithful also in much." It is true; Mills the boy was 'faithful,' and Mills the man we trust."

For Health and Beauty.

(Selected.)

If you wish your neck and head to be graceful, don't sleep on a high pillow.

Have plenty of ventilation in your sleeping room and rinse your stomach with a cup of water, both on retiring at night and getting up in the morning, if you wish a clear complexion.

Here are two good stretching exercises for the short girl who wishes to be tall. Lie on the floor with your feet under some heavy piece of furniture. Now rise up without the aid of your hands or arms. Hang from a cross pole or the top of the door by your hands with some heavy article across the feet. Try to lift the object with your feet without drawing up the rest of the body.

Another exercise which will strengthen the back muscles is to lie on the floor, touching only with the palms and toes. Raise and lower the body as many times as possible, trying to make the chest touch the floor and not allowing the knees to do so.

If the children bite their nails, put some bitter medicine on the tips of their fingers.

No matter if you cannot keep your hair dressed in the latest style, you can keep it clean, well-combed and shining. It is these qualities that count for good looks.

Above all forget disagreeable things, learn how to say pleasant words and be considerate of others. Then you will live long and the wrinkles will be slow in coming.

Weighing Common Air.

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