

### Good Place to Rest.

(Selected.)  
The other day a gentleman walked into a certain store and, when approached by one of the clerks who asked as to his wants, replied that he did not care for anything. He sauntered around the store and was presently approached by another clerk to whom he gave in effect the same reply. After a while the manager took a turn at the gentleman and inquired if there was anything he could do for him. "No," replied the man, "I am just out looking for a little rest and quietude. My physician has prescribed quiet. I looked over the local papers and saw that you did not advertise so I was pretty sure I would find quiet here so I merely dropped in to absorb a little quietude." It is understood that this storekeeper is figuring on some advertising to be done in the near future.

Orino Laxative Fruit Syrup is best for women and children. Its mild action and pleasant taste makes it preferable to violent purgatives, such as pills, tablets, etc. Get the booklet and a sample of Orino at E. T. Whitehead Company's.

"The question is as to intent of the law." That's easy; the intent of the law is to make business for the lawyers.—Syracuse Herald.

**DISTURBED THE CONGREGATION**  
The person who disturbed the congregation last Sunday by continually coughing is requested to buy a bottle of Foley's Honey and Tar. E. T. Whitehead Company.

This is the season when a city man will be as proud of a garden as big as a blanket as a farmer is of 320 acres of clean, growing crops.

Tired nerves, with that "no ambition" feeling that is commonly felt in spring or early summer, can be easily and quickly altered by taking what is known to druggists everywhere as Dr. Shoop's Restorative. One will absolutely note a changed feeling within 48 hours after beginning to take the Restorative. The bowels get sluggish in the winter-time, the circulation often slows up, the kidneys are inactive, and even the heart in many cases grows decidedly weaker. Dr. Shoop's Restorative is recognized everywhere as a genuine tonic to these vital organs. It builds up and strengthens the worn-out weakened nerves; it sharpens the failing appetite, and universally aids digestion. It always quickly brings renewed strength, life, vigor, and ambition. Try it and be convinced. Sold by A. C. Peterson.

A girl generally plays with a man's heart just about as carefully as a baby toys with a watch.—Dallas News.

If you haven't the time to exercise regularly, Doon's Nuggets will prevent constipation. They induce a mild, easy, healthful action of the bowels without gripping. Ask your druggist for them. 25c.

Normal temperature is the kind that the real kind is always above or below.—Ohio State Journal.

**Every Woman Will be Interested.**  
If you have pains in the back, Urinary, Bladder or Kidney trouble, and want a certain, pleasant herb cure for woman's ills, try Mother Gray's Australian-Leaf. It is a safe and never-failing regulator. At Druggists or by mail 50 cents. Sample package FREE. Address, The Mother Gray Company, LeRoy, N. Y.

There would be very little fighting in this world if some folks didn't underestimate other folks.—Puck.

### READY RELIEF.

I write to say I have suffered intensely with womb trouble for several months and could get no relief from any source until a friend told me to try Dr. Hardy Manning's "Ladies' Relief," which I did and in a short time it permanently cured me. It is a remarkable remedy, and I feel it my duty to let others know where they can find an absolute cure for that horrible disease of the womb.—Mrs. B. C. Hamlet, Tarrapin, N. C.  
Sold by Geo. N. Mumford, Tillery, N. C.

The proper handling of a farm calls for thought as well as work. It pays to study every field and crop.—The Cotton Journal.

**THE WORLD'S BEST CLIMATE**  
is not entirely free from disease, on the high elevations fevers prevail, while on the lower levels malaria is encountered to a greater or less extent, according to altitude. To overcome climate affections, lassitude, malaria, jaundice, biliousness, fever and ague, and general debility, the most effective remedy is Electric Bitters, the great alterative and blood purifier; the antidote for every form of bodily weakness, nervousness, and insomnia. Sold under guarantee at E. T. Whitehead Company's drug store. Price 50c.

Witness: I saw a man with one eye named Wilkins. Lawyer: What was the name of the other eye?—Judge.

When you think of indigestion think of Kodol, for it is without doubt the only preparation that completely digests all classes of food. And that is what you need when you have indigestion or stomach trouble—something that will act promptly but thoroughly, something that will get right at the trouble and do the very work itself for the stomach by digesting the food that you eat and that is Kodol. It is pleasant to take. It is sold by E. T. Whitehead Co.

### DEMOCRATIC STATE CONVENTION.

The Orators of the State Will be There.

(Kenansville News.)  
The Democratic Convention at Charlotte on June 24th will be the most interesting one and the largest one ever held in the history of the State. It will be a great convention for oratory and enthusiasm. Already the men who are to make the nominating speeches are being selected by the different candidates. The contest for Governor will carry to Charlotte thousands of the patriotic and noble men from all walks of life. We see that Governor Charles B. Aycock will place in nomination for Governor of the State Hon. Locke Craig, of Asheville, and General Little S. Carr is to nominate Mr. Ashley Horne, while Mr. Tillet, of Charlotte, is to make the nominating speech for Hon. W. W. Kitchin. Other eloquent speakers will second these nominations and then all of the other candidates will have their silver-tongued friends there to place them in nomination. The fact of the business is North Carolina can beat the world with good speakers.

### Exercise for Young Women.

(Youth's Companion.)  
Children, whether boys or girls, need no particular instruction regarding exercise. The natural mobility and restlessness of the young animal suffice to give exercise enough for all parts of the body. But when the little girl gets along into her teens and begins to feel her dignity, she no longer cares to romp, and carefully restrains whatever impulse she may have to rapid movements lest she be thought a tomboy. It is then that she needs physical instruction and guidance in order to preserve her health during the remaining years of exacting school life and to lay a good physical foundation to serve her through after years.

In the school or college the gymnasium provides a variety of exercises, some of them very useful, but the best form of exercise and the easiest and most convenient to practice is walking. There is indeed nothing to equal it as an all-round exercise, not only for girls and young women, but for persons of all ages and conditions.

In the first place, walking can be adapted to the needs and capabilities of every one, and can be varied from the most gentle form of muscular exercise to one of the most violent; from the slow, quiet stroll to the breath-taking heel-and-toe stride at a five-mile-an-hour gait. The delicate and the robust can therefore profit equally by this exercise.

Another advantage, and this is most important, is that the walking is done in the open air, and if it is done rapidly, the increased respiratory movements draw in great quantities of unpoisoned air, which oxygenates the blood and all the tissues of the body, and removes the carbonic acid gas and the waste matters which the blood brings to the lungs.

Walking also quickens the circulation and so strengthens the heart, the central pump, upon the proper working of which the health of the organism, and even life itself, depends.

Rapid walking, which all persons whose strength will permit should practise in preference to strolling, exercises not alone the leg muscles, but those of the back, of the chest, and even of the arms. The school-girl who is past the running and skipping age should always be made to walk to and from school in all weathers, and if the school is not far enough from home to give a walk of at least three or four miles, the deficit should be made up before the evening meal.

There is the added qualification that this valuable form of exercise calls for no outlay, no machinery, no apparatus beyond a pair of well-fitting shoes and a good road.

Mr. Wm. H. Anderson, M. D., of Soda Springs, Ida., says that Bees Laxative Cough Syrup has relieved coughs and colds where all other remedies failed. Its gentle laxative effects especially recommend it for children. It is pleasant to take. For coughs, colds, hoarseness whooping cough. Money refunded if not satisfied. Sold by E. T. Whitehead & Co.

### A Newspaper Without Sensation.

(Exchange.)  
The Emperor of Austria is a monarch who has a newspaper which is specially condensed and reprinted for his private reading. All sensational, exaggerated, and unverified news is rigidly excluded from this paper, and only that which is readable and of value reaches him. It would be of incalculable value to the world if all of our newspapers could be of this expurgated kind.

Thirty Days' Trial \$1.00 is the offer on Pineules. Relieve back-ache, weak back, lame back, rheumatic pains. Best on sale for Kidneys, Bladder and Blood. Good for young and old. Satisfaction guaranteed or money refunded. Sold by E. T. Whitehead & Co.

### The Strength of Japan.

(The Standard.)  
"The strength of Japan," says a French writer, who has just returned from that country, "does not consist in its navy and its army, well equipped though they are, but in its children. To illustrate: In a Japanese school which I recently visited, the children were requested to write something on the subject of 'The Spirit of Japan!' And this is what an eleven-year-old girl wrote: 'There is a Japanese spirit just as there is an English spirit and an American spirit. Each is distinguished by its own mark. The Japanese spirit is pure and noble. It is like the cherry blossom, beautiful and fragrant, but which, without murmur or complaint, permits itself to be shattered by the four winds. In like manner we people of Japan live and die, without regard to our own lives, which are cheerfully given for the fatherland. This is the secret of our victory over any other country which might attack us. Japan is a little land, but every Japanese has these ideas implanted in him from childhood, and is therefore always ready to die for the mikado and the fatherland.'"

"A country," continues the writer, "with what reason any may guess, 'which has children who can write essays worthy of a university professor, and who are imbued with such patriotic feelings, can fight.'"

### Value of a Free Press.

(George Gray.)  
A free and untrammelled press is a potent influence for good. It is a reflex of the public opinion, which, on the other hand, it helps to mould and direct. We all live to day under its calcium light, and the growing sense of responsibility, on the part of those who conduct it is now ground for hopefulness as to the future. We sometimes resent its invasion of our privacy, its mistakes and false judgment, and in our anger at the individual offender we are apt to forget the beneficence of the institution, and think we pay a very high price for the untrammelled freedom of the press. But do not let us forget that we have received a hundredfold return for the price we have paid. Through it mainly does public opinion exert its salutary influence, and through it largely are exploited true defenses of the individualism and personal liberty on which I have dwelt so much. This public opinion, to the arbitrament of which we must all in the end submit, is the outcome of the character, judgment and daily conduct of communities like this.

When a man writes as follows don't you think he means it? Mr. S. G. Williams, Powderly, Texas, says: "I have suffered for years with Kidney and Bladder trouble, using every preparation I came across and taking many prescriptions all without relief until my attention was called to Pineules. After 30 days' trial (\$1.00). I am feeling fine. Money refunded if not satisfied. Sold by E. T. Whitehead & Co."

Hewitt: Girls will be girls. Jewett: Yes; and old women will be girls, if you believe the figures they give of their ages.—Harpers Weekly.

### VALUED SAME AS GOLD.

B. G. Stewart, a merchant of Cedar View, Miss., says: "I tell my customers when they buy a box of Dr. King's New Life Pills they get the worth of that much gold in weight, if afflicted with constipation, malaria or biliousness." Sold under guarantee at E. T. Whitehead Company's drug store. 25c.

"Your're the whole cheese with sis." "Why do you say that, son?" inquired the gentleman caller. "Sis gin me a nickel to."—Louisville Courier-Journal.

Mr. John Riha, of Yining, Ia., says, "I have been selling DeWitt's Kidney and Bladder Pills for about a year and they give better satisfaction than any pill I ever sold. There are a dozen people here who have used them and they give perfect satisfaction in every case. I have used them myself with fine results." Sold by E. T. Whitehead Co.

### A Cure for Gapes.

Take a tight box about three feet long, one foot high and one foot wide, place a partition crosswise about twelve inches from one end, made of laths or wire screen, then place a brick or a stone on the floor in the small end of the box. After this take a piece of iron and heat it red hot. While the iron is heating catch the chicks that have the gapes and place them in the larger end of the box. Take the red hot iron and place it on the stone or brick and pour a spoonful of carbolic acid on it. Close the box for a minute or two, then open and stir the chicks around so that they all can inhale some of the gas, which will kill the gape worm.

If some of the chicks are overcome, lay them out and they will soon revive again. Do not leave them in the box too long or the gas will suffocate them. The first application usually cures, but should there be any that have not been cured with the first dose, repeat the second time which has never failed to cure them.

### About Hazing.

(Statesville Landmark.)  
The newspapers may condemn hazing and other people may express their disapproval of the practice, but nothing much is going to be done with it until the colleges take the bull by the horns.—Durham Herald.

That is true. The colleges can stop hazing if they want to. The dignified members of faculties who go about the State talking about "uplift" and all that sort of thing, ought to be ashamed of themselves, for they permit in their institutions conduct that is anything but uplifting. But as the college faculties are so weak and puny that they permit the rowdies in their institution to do as they please; is up to the people to make the dignified and respected professors know what "uplift" means.

### Japs to Have World's Fair.

(Kind Words.)  
The Japanese embassy was advising that the national exposition of 1912 at Tokyo would be held between April 1 and October 31, thus covering both the chrysanthemum and cherry blossom seasons. The exposition is to be international, and exhibits from foreign governments and people are desired.

The national budget includes an appropriation of \$5,000,000 for the purpose, and with the appropriations expected to be made in the local Tokyo and other budgets the aggregate appropriation probably will reach \$10,000,000. The grounds will embrace 250 acres, of which about thirty acres will be covered by buildings.

The trouble with most cough cures is that they constipate. Kennedy's Laxative Cough Syrup does not constipate, but on the other hand its laxative principles gently move the bowels. It is pleasant to take and it is especially recommended for children, as it tastes nearly as good as maple sugar. Sold by E. T. Whitehead Co.

"I am determined to collect this bill eventually," said the dun. "I assure you I'll never give up." "Neither will I," replied the man who disputed the debt.

Manzan Pile Remedy comes ready to use, put up in a collapsible tube with nozzle attached. One application proves its merit. Soothes and heals, reduces inflammation and relieves soreness and itching. For all forms of Piles. Price 50c. Guaranteed. Sold by E. T. Whitehead & Co.

Nan—I don't see why Miss Mugley should want to marry him, with all her money. Dick—I guess she had to. I don't believe he'd have taken her without it.—Philadelphia Press.

Mrs. S. Joyce, 180 Sullivan Street, Claremont, N. H., writes: "About a year ago I bought two bottles of Foley's Kidney Cure. It cured me of a severe case of Kidney trouble of several years' standing. It certainly is a grand, good medicine, and I heartily recommend it." E. T. Whitehead Company.

### A Town Judged by Its Newspapers.

(Durham Sun.)  
How quickly can you tell a live town from a dead one by simply looking over its newspapers. A poor skim milk sort of a newspaper, with a few advertisements, and those looking as though they were run at half price, betokens a dead town just as sure as a corpse indicates a funeral, while a good, lively, well printed newspaper, filled with good, fresh ads, and displayed locals, shows that the town is prospering and thriving. It never fails. The papers of the large cities are all right if you want them, but it is your own home paper that advertises your churches, numerous societies, sympathizes with your afflictions and rejoices with you in your prosperity. In short it is the local paper that mentions the thousand and one items which you are interested during the year, and do not find in papers of large cities.

Rings Little Liver Pills for biliousness and sick headache. They clean the system and clear the skin. Price 25c. Try them. Sold by E. T. Whitehead & Co.

Bacon: Is your wife the partner of your joys and sorrows? Egbert: Sure thing! She gets all the joys and I get all the sorrows.—Youkers Statesman.

Here comes the Spring winds to chap, tan and freckle. Use Pinealve Carbolicized (acts like a positive) for cuts, sores, burns, chapped lips, hands and face. It soothes and heals. Sold by E. T. Whitehead & Co.

Boy—Sixpenn'orth o' cod liver oil, please sir. An' I say, don't give me too much, 'cos it's me what's got to drink it.—Punch.

Manzan Pile Remedy, price 50c., is guaranteed. Put up ready to use. One application prompt relief to any form of Piles. Soothes and heals. Sold by E. T. Whitehead & Co.

"Why are you collecting those ancient witticisms? Getting up a joke book?" "I'm compiling a complete postcard writer."—Pittsburg Post.

### A CALIFORNIAN'S LUCK.

"The luckiest day of my life was when I bought a box of Bucken's Arsenic Salve," writes Chas. F. Budahn, of Tracy, California. "Two 25c. boxes of Tracy cured me of an annoying case of itching piles, which had troubled me for years and that yielded to no other treatment." Sold under guarantee at E. T. Whitehead Company's drug store.

"What do you suppose we'd do if we could see ourselves as others see us?" "We wouldn't believe it."—Houston Post.

Don't cough your head off when you can get a guaranteed Remedy in Bees Laxative Cough Syrup. It is especially recommended for children, as it's pleasant to take, is a gentle laxative thus expelling the phlegm from the system. For coughs, colds, croup, whooping cough, hoarseness and all bronchial trouble. Guaranteed. Sold by E. T. Whitehead & Co.

Youngster—There's no doubt about it. I was cut out for an orator. The Old Man—Pity you were never made up.—Illustrated Bits.

### More News From New England States.

If any one has any doubt as to the virtue of Foley's Kidney Cure, they need only refer to Mr. Alvin H. Stimpson, of Williamstown, Conn., who, after almost losing hope of recovery, on account of the failure of so many remedies, finally tried Foley's Kidney Cure, which he says was "just the thing" for him, as four bottles cured him completely. He is now entirely well and free from all suffering incident to acute kidney trouble. E. T. Whitehead Company.

## When the Hair Falls

Then it's time to act! No time to study, to read, to experiment! You want to save your hair, and save it quickly, too! So make up your mind this very minute that if your hair ever comes out you will use Ayer's Hair Vigor. It makes the scalp healthy. The hair stays in. It cannot do anything else. It's nature's way.

The best kind of a testimonial—  
"Sold for over sixty years."  
Ayer's  
SARSAPARILLA.  
PILLS.  
CHERRY PECTORAL.

## HOLLISTER'S Rocky Mountain Tea Nuggets

A Bony Medicine for Bony People. Brings Golden Health and Renewed Vigor. A specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Itchiness, Headache, Bad Breath, Sluggish Bowels, Headaches, Backache, Itchiness, Hoarseness, and all other ailments. It's Rocky Mountain Tea in tablet form, 35 cents a box. Genuine made by HOLLISTER DRUG COMPANY, MINNEAPOLIS, WISCONSIN. GOLDEN NUGGETS FOR SALLOW PEOPLE

## The South Bend Watch!

Don't you think it's time, honestly, to relegate the watch you now carry to the attic along with the other heirlooms and get a watch that you can depend on to meet the conditions of the life you lead? We wish you would call and see our line of beautiful South Bend Watches. The South Bend Watch is sold on what it will do for you, not on the strength of a reputation of a bygone past. We will gladly show you the economy of buying a South Bend Watch if you will ask us. We guarantee them to be satisfactory time-keepers. Remember, the South Bend Watch frozen in ice still keeps perfect time.

Don't forget we carry a full line of other watches, jewelry, silverware and cut glass the year round.

E. T. Whitehead & Company  
H. W. MIXON, Mgr.  
Scotland Neck, North Carolina.

Largest and Best Equipped Plant in the State.

## Chas. Miller Walsh

Quarrier and Manufacturer  
MONUMENTS,  
Tombs and Gravestones  
of Every Description.

Freight prepaid on all shipments. Safe delivery guaranteed. Write for designs and prices.

Iron Fencings for Cemeteries and other purposes a SPECIALTY.  
PETERSBURG, VA.

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Scotland Neck, North Carolina

RINGS DYSPESIA TABLETS  
relieve Indigestion and Stomach Troubles.  
Manzan Pile Remedy  
RELIEVES WHEN OTHERS FAIL

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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, Virginia.



## Can Cancer Be Cured? It Can.

We want every man and woman in the United States to know what we are doing—We are curing Cancer, Tumors and Chronic Sore Throats, the use of the knife and the scalpel are endorsed by the Senate and Legislature of Virginia.

WE GUARANTEE OUR CURES.

## KELLAM HOSPITAL

No. 1615 West Main Street,  
Richmond, Virginia.



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In one of the strongest companies in America. We will issue such a policy, paying \$10,000 in case of your death, for only \$1.50 per week in case of accident, and everyone who sends us \$1.50 per week to THE COTTON JOURNAL, will be entitled to a representative cotton growers' policy, payable weekly at Atlanta, Ga. Price \$1.50 per week. Send in your subscription card for the year, and receive The Cotton Journal for the year, and the THOUSAND DOLLAR ACCIDENT POLICY, age limit 65 years. Pays \$10,000 in case of death. If you cannot get one of our forms, send \$1.50 for your subscription and the Accident Policy.

Mail this Coupon today to THE COTTON JOURNAL, Atlanta, Ga.

I enclose \$1.50 per week to send me THE COTTON JOURNAL for one year, and the Accident Insurance Policy for \$10,000.  
Name: \_\_\_\_\_  
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P. O.: \_\_\_\_\_  
State: \_\_\_\_\_  
To whom policy is to be made payable: \_\_\_\_\_

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WITH Dr. King's New Discovery FOR COUGHS AND ALL THROAT AND LUNG TROUBLES. GUARANTEED SATISFACTORY OR MONEY REFUNDED.

## PINEULES

30 DAYS' TREATMENT FOR SILENT Suffering guaranteed or money refunded.

FOR ALL KIDNEY BLADDER TROUBLE, RHEUMATISM AND LUMBAGO

A dose at bed time usually relieves the most severe case before morning.

## BACK-ACHE

PINEULE MEDICINE CO. CHICAGO, U. S. A. Sold by E. T. Whitehead & Co.

## HUDSON'S English Kitchen

On American and European Plan. Established 1890.

A nice Roast Beef Dinner 25c.  
Fish, Oysters and Crabs season. We also have a few furnished rooms for gentlemen.

347 Main Street, Norfolk, Va.

## DR. MILES' ANTI-PAIN PILLS

FOR  
**Headache**

FOR  
NEURALGIA.  
SCIATICA.  
RHEUMATISM.  
BACKACHE.  
PAIN IN CHEST.  
DISTRESS IN  
STOMACH.  
SLEEPLESSNESS

TAKE ONE

of the Little Tablets  
AND THE PAIN IS GONE.

If you have  
**Headache**  
Try One

They Relieve Pain  
Quickly, leaving no  
bad After-effects

25 Doses  
25 Cents

Never Sold in Bulk.