

Buttermilk for the Blues.

(Durham, N.C.)
The best cure for the "blues" is buttermilk. When everything goes wrong and nothing goes right, your temper gives way and nobody but your ever-patient dog can abide with you, be sure that you have that depressing complaint known as melancholy. It is a microbe that causes these periodical fits of gloom, and buttermilk is fatal to this particular bacillus. It draws it out or paralyzes it with its pungent acids. So when the "blues" come on the obvious course is to quaff this fluid as freely as possible. Drop coffee, tea, all kinds of intoxicants and drink buttermilk.

"I have been somewhat covetous, but Dean's Regulets gave just the results desired. They act mildly and regulate the bowels perfectly."—George B. Krause, 303 Walnut Ave., Altoona, Pa.

"Your rival has got ahead of you, Jenks. He won your lady's favor by presenting her small nephews with a big billygoat."
"There! I knew the impudent fellow would find a way to but in."—Baltimore American.

One of the worst features of kidney trouble is that it is an insidious disease and before the victim realizes his danger he may have a fatal malady. Take Foley's Kidney Cure at the first sign of trouble as it corrects irregularities and prevents Bright's disease and diabetes. E. T. Whitehead Co.

A Quandary. "What are you going to do when they ask you for a campaign contribution?"
"It's a problem," answered Mr. Dustin Stax. "If I don't give they'll say I'm penurious, and if I do give they'll say I'm an easy mark."—Washington Star.

Many people suffer a great deal from kidney and bladder troubles. During the past few years much of this complaint has been made unnecessary by the use of DeWitt's Kidney and Bladder Pills. They are antiseptic and are highly recommended for weak back, headache, rheumatic pains, inflammation of the bladder and all other annoyances due to weak kidneys. They are sold by E. T. Whitehead Co.

Benham—Why do you object to my wearing a beard?
Mrs. Benham—It isn't the beard itself that I object to. It would be all right if you would only raise one which would harmonize in color with some of my dresses.—Bohemian.

Of Interest to Many.

Foley's Kidney Cure will cure any case of kidney or bladder trouble that is not beyond the reach of medicine. No medicine can do more. E. T. Whitehead Co.

Mrs. De Riche (showing her home to Mrs. Windfall)—What do you think of my Venus de Milo?
Mrs. Windfall—Ain't it a shame how careless servants are! But couldn't you glue the arms on again?
—Puck.

They Take the Kinks Out.

"I have used Dr. King's New Life Pills for many years, with increasing satisfaction. They take the kinks out of stomach, liver and bowels, without fuss or friction," says N. H. Brown, of Pittsfield, Vt. Guaranteed satisfactory at E. T. Whitehead Co's drug store. 25c.

Towne—He says he'll sell his place for a mere song.
Browne—That's all right, but as soon as you start to give him a song he tells you you haven't got the right notes.—Philadelphia Press.

The New Pure Food and Drug Law.

We are pleased to announce that Foley's Honey and Tar for coughs, colds and lung troubles is not affected by the Natural Pure Food and Drug Law as it contains no opiates or other harmful drugs, and we recommend it as a safe remedy for children and adults. E. T. Whitehead Co.

"Those nails you sold me yesterday were not very clean," said the customer.
"What did you do 'em," asked the hardware clerk, "have 'em manicured?"—Yonkers Statesman.

A Sure-enough Knocker.

J. C. Goodwin, of Reidsville, N. C., says: "Bucklen's Arnica Salve is a sure-enough knocker for ulcers. A bad one came on my leg last summer, but that wonderful salve knocked it out in a few rounds. Not even a scar remained." Guaranteed for piles, sores, burns, etc. 25c. at E. T. Whitehead Co's drug store.

"That dog with a new muzzle acts as if he were mad," said the timid citizen.
"No," answered the man of precise speech, "not mad, only indignant."—Houston Post.

How to Get Strong.

P. J. Daly, of 1247 W. Congress St., Chicago, tells of a way to become strong: He says: "My mother, who is old and very feeble, is deriving so much benefit from Electric Bitters, that I feel it my duty to tell those who need a tonic and strengthening medicine about it. In my mother's case a marked gain in flesh has resulted, insomnia has been overcome, and she is steadily growing stronger." Electric Bitters quickly remedy stomach, liver and kidney complaints. Sold under guarantee at E. T. Whitehead Co's drug store. 50c.

THE HIGHER LIFE

Selected Cases of Thought from Pines and Paths of All Sects.

The Word of the Gospel.

If we are to understand any given word of the gospel which Christ preached, it is imperative that we go back to Christ and find how He used it and what He meant by it as He spoke it to men. The result of such a study will almost invariably be a delicious and delightful surprise.—Rev. Edw. Smith, Methodist.

Our Holiest Hopes.

Oh, it means so much to be a man of faith! With faith, the power of God rushes in upon you! Whatever else you lose, do not lose faith! Keep on believing. Maintain this temper of confidence in the Unseen. Your best inspirations are there! Your holiest hopes are there.—Rev. H. P. Dewey, Presbyterian.

Mental Inheritance.

Our habits of thought are marked out by those who have gone before us. The brand of the skylark sings; so do the children of the poets. It was vain for the father of Blaise Pascal to lock up his mathematical instruments; nature had pointed the lad's eyes toward the stars.—Rev. Wallace Smith, Episcopal.

Focusing Our Powers.

The higher and more unselfish the end toward which we direct our lives the greater is the demand for intense and ceaseless concentration of our noblest powers. Focus your best powers upon the details of your life work. These may seem to be trifles; but remember the wise words of the painstaking artist, "Trifles make perfection, and perfection is no trifle."—Rev. M. Strykes, Methodist.

How to Obtain Faith.

The best way to get faith is through Christianity. Although salvation is not within the limits of any single creed or church, the easiest path to faith is Christianity. Philosophy, appealing only to the intellect, reaches but few; whereas, Christianity, appealing to the soul and the heart, reaches many. Moreover, it furnishes a grand leader, and people will always follow a leader.—Rev. Wallace Smith, Episcopal.

Cultivating Our Faith.

Maintain an uncompromising enmity toward the false, an inviolable friendship toward the true. Cultivate a practical faith in the living God. Accept Christ as your ideal and Redeemer. This is the hidden spring of self-heroism. It crowns a man's life with the truest success; and when the veil is lifted he shall stand erect in the light of a glorified manhood.—C. S. Patton, Presbyterian.

Relation of Love and Duty.

The phrase "love and duty" has become a proverb. In truth, though, the two are not widely separated from each other. Duty is really only the expression of love. When we do our duty we are showing our love. A husband best manifests his love for his wife by living a life of loyalty to duty. If he failed to provide for her needs, all the words of love in the world could not atone for his neglect.—Rev. D. Burrell, Reformed.

Reaching out his Hand.

It is recorded that, when he healed the demoniac youth at the Mount of Transfiguration, "he took him by the hand and lifted him up." That hand of Christ's has raised many a drunkard and Magdalen out of the mire, has helped many a struggling and discouraged soul over the rough places of life, has opened the gate of heaven to a great multitude which no man can number. That hand is stretched out still. It is proffered to you. Will you have it?—Rev. Dr. Cadman, Congregationalist.

Where We Had Beauty.

Beauty lies in symmetry and completeness; He was perfectly holy, without spot and blameless. Beauty Christ's justice, love and wisdom were all united in one. Beauty lies in conformity with moral law. He was holy, harmless and undefiled. Great is man's dignity, glorious his destiny! Bearing the image and superscription of the King, man may look with rapture upon His beautiful face and become consciously like God.—Rev. Ralph Tompkins, Unitarian.

What the World Thinks.

The world is heavy with its weight of woe, bleeding with its crushing burden of suffering and sorrow, and dying with grief because the "consolations of God" seem all but too small. The problem of suffering is universal, and of vital concern to 'laid and boor.' The armies are legion, that find all the "uses of this world weary, stale, flat and unprofitable." Sick and weary, impatient and tired, unrefreshed and overburdened, lagging, and stumbling, goes this world with its increasing burden.—Rev. E. Lovett, Baptist.

Living in Harmony.

We find it impossible to comprehend the essential harmony between the purpose of God and the will of man. We can comfort ourselves that with the secret will of God we have nothing to do, with the revealed will of God we have much to do. We may rely upon it that every man forms a part in the Divine purpose. Life is a mystery, but life is not chaos. All true success lies in co-operating with God's revealed will. Doing this, we shall find at the end that we have helped to accomplish the architect's design, though we never have seen the complete plan.—Rev. E. M. Sovitt, Baptist.

Cured Hay Fever and Summer Cold.

A. J. Nusbaum, Batesville, Indiana, writes: "Last year I suffered for three months with a summer cold so distressing that it interfered with my business. I had many of the symptoms of hay fever, and a doctor's prescription did not reach my case, and I took several medicines which seemed to only aggravate my case. Fortunately I insisted upon having Foley's Honey and Tar in the yellow package, and it quickly cured me. My wife has since used Foley's Honey and Tar with the same success." E. T. Whitehead Co.

Be Glad.

(Ralph Waldo Emerson.)
Is it raining, little flower?
Be glad of rain.
Too much sun would wither thee:
'Twill shine again.
The sky is very black, 'tis true;
But just behind it shines the blue.
Art thou weary, tender heart?
Be glad of pain;
In sorrow sweetest things will grow
As flowers in rain.
God watches, and thou wilt have sun
When clouds their perfect work have done.

"Too Fond of Geography."

(Christian Endeavor World.)
That phrase was let slip by one of our elevator men the other day. He was describing a young fellow who had not succeeded in business because he never stuck to one thing long enough to succeed. He was "too fond of geography."

A bright way to put it, Geography is a fine science, a favorite study of mine, but not in that way. I am fond of travel, but I do not care to travel from one job to another. Most travel is educative and profitable; that kind is neither.
Stay put, young man! Take root in your situations! Shut your eyes to the glittering promise of "big chances," "advancing salary," and "possible partnership." Do not make a change from your present work unless you have the very best of reasons—no reasons but the very best.

Remember the wise proverb about the rolling stone. You do not want to gather moss? You would avoid being a moss-back? Well, the kind of moss that this proverb means is dollars, and reputation, and friends, and all kind of good success. You have now objection to gathering these things, I am sure.

Life is cumulative, when it is lived in one place and spent in one occupation. Every removal dissipates influence, and wastes experience, and loses momentum. Stop a cannon ball, and even if you put it in a larger cannon than it was in before, it must begin all over again, with an entirely fresh charge of power behind it. Change the direction of the ship, and you lessen its speed. Move, if you must—to another house, another town, another farm, another business. But count the necessity a misfortune; and if you are not obliged to move, be grateful for the opportunity of steady growth.

Lawyer—How is it that you have waited three years before suing Muller for calling you a rhinoceros?
Countryman—Because I never saw one of the beasts till yesterday at the zoo.—Fliegende Blätter.

Mistress—So, Belinda, you want to spend a day in the country. Do you enjoy bucolic times?
Maid—Law, Mis' Nellie, nobody don't enjoy no colic no times.—Houston Post.

When you have a cold you may be sure that it has been caused indirectly by constipation and consequently you must first of all take something to move the bowels. This is what has made Kennedy's Laxative Cough Syrup so successful and so generally demanded. It does not constipate like most of the old-fashioned cough cures, but on the other hand it gently moves the bowels and at the same time heals irritation and allays inflammation of the throat. Sold by E. T. Whitehead Co.

Passenger (on tram car)—Don't you always shiver when you pass this cemetery?
Conductor—Not me. I'm going to be cremated.—Sketchy Bits.

A Paying Investment.

Mr. John White, of 38 Highland Ave., Houlton, Maine, says: "Have been troubled with a cough every winter and spring. Last winter I tried many advertised remedies, but the cough continued until I bought a 50c. bottle of Dr. King's New Discovery; before that was half gone, the cough was all gone. This winter the same result has followed; a few doses once more banished the annual cough. I am now convinced that Dr. King's New Discovery is the best of all cough and lung remedies." Sold under guarantee at E. T. Whitehead Co's drug store. 50c. and \$1.00. Trial bottle free.

Woman's Rights.

(Boston Globe.)
A right to tread so softly
Beside the couch of pain;
To smooth with gentle fingers
The tangled locks again;
To watch beside the dying
In wee small hours of night,
And breathe a consecrating prayer
When the spirit takes its flight.
A right to cheer the weary
On the battlefield of life;
To give the word of sympathy
Amid the toil and strife;
To lift the burdens gently
From sore and tired hearts,
And never weary of the task
Till gloomy care departs.

A right to be a woman
In truest woman's work—
If life should be a hard one,
No duties ever shirk;
A right to show to others
How strong a woman grows,
When skies are dark and lowering
And life bears not a rose.
A right to love one truly
And to be loved back again,
A right to share his fortunes
Through sunlight and through rain;
A right to be protected
From life's most cruel blights
By manly love and courage—
Sure these are woman's rights.

The Local Man's Troubles.

(Manchester Democrat.)
The man who handles the local department of a newspaper learns after due experience not to expect very many thanks for a column of pleasant things, but he knows as surely as comes the seasons that a line in which there are unintentional mistakes will cause some one to be heard. Also that when he has made pleasant mention 999 times of some persons, place or thing, but on the thousandth time fails to do so, he is not to be forgiven. The omission may have been from accident, inadvertence or even an entire lack of knowledge, it matters not. The simple fact remains that he will be judged on that. He may say good things about some business man for weeks but let him make some mistake and the good things said are forgotten and that man's business is denied him.

"Is Clarence Appleby the sort of person one would care to cultivate?"
"Well, a little cultivation wouldn't hurt him any."—Cleveland Leader.

Republican campaign orators are trying to convince the country that it's a case of Trust or distrust—but the game is probably worn out.—Norfolk Landmark.

Be—Are you doing anything to help your town?
She—Well, ain't I living here?—Yonkers Statesman.

"She's very accomplished for one so young."
"Yes. Flirts by instinct, but with the fineness of maturity."—Philadelphia Ledger.

Dentist—I suppose it does take nerve to come to me.
Patient—Yes, and an exposed one at that.—Philadelphia Press.

Kodol will, without doubt, made your stomach strong and will almost instantly relieve you of all the symptoms of indigestion. It will do this because it is made up of the natural digestive juices of the stomach so combined that it completely digests the food just as the stomach will do it, so you see Kodol can't fail to help you and help you promptly. It is sold here by E. T. Whitehead Co.

"Every man," said Uncle Eben, "has some enemies. De question dat counts is whether dey's de kind dat he's skyaht of or dat is skyaht of him."—Washington Star.

How to Avoid Appendicitis.

Most victims of appendicitis are those who are habitually constipated. Orino Laxative Syrup cures chronic constipation by stimulating the liver and bowels, and restores the natural action of the bowels. Orino Laxative Fruit Syrup does not nauseate or gripe and is mild and pleasant to take. Refuse substitutes.

FASHION'S MANDATE.

The season's covert coat is made a little longer than last year's model, while a tendency to stray from the simple lines that have governed it heretofore toward those models that convey some trimming details is noticeable.
That the tailored customs will be no longer for street wear is now a well-established fact; and the smart tailored finish given to many costumes of semidressy aspirations, as well as to separate waists of cotton, wool or silk, establishes them at one in the front rank of fashion's favorites.

Sometimes a gown, otherwise not showing a touch of color elsewhere, will have a bright touch in the belt, or, on an evening gown, raised high in empire fashion, with ends to bottom of skirt. Buckles of endless variety finish these belts, and the moreizarre or heavy they seem.
Belts of unique satin finished elastic, with plain gold buckles are made in almost all of the modish hues and are especially good in the dark blues—colors never attractive in leather.

Greens of almond, lettuce and reseda shades, and in various light yellowish tones more modish than becoming, are prominent in the French color lists.
The light weight chiffon fallies, are being used for Directorate coats, to be worn over skirts of chiffon, silk, mousseline, &c.

Patti's Musical Chief.

Miss Patti prefers to sing to a small circle of friends at her own home rather than to a large public audience. Her servants are devoted to her and to music, and she tells a delightful story of a chef she had at Craig-y-Nos. "One afternoon, when he could not be found in any of the usual haunts in the castle, I discovered him in the concert hall, sitting with white cap and apron, and doing his best to play 'Home, Sweet Home,' on the piano. His confusion and apologies on my entrance were too much for me. I had a piano sent to his room so that he might not lack an opportunity for future practice."—London Tit-Bits.

Queen Mead's Hobby.

Queen Mead of Norway is fond of collecting pieces of ivory. The spectacles she most prizes are tasks of elephants shot by her father, King Edward, and the Duke of Connaught. The Star of Russia is represented by some wild bear tusks taken from animals shot by himself. Among other tasks and teeth are those of walrus and lions, sharks and seals, alligators and swordfish, shot or captured by her majesty's relatives or friends.—London Tit-Bits.

Ineffable Bedspread.

Your extra pair of net curtains will make a charming spread for the bed in the guestroom. Join the curtains along the plain side with a strip of insertion to match that along the borders; this goes down the center of the bed, leaving the ruffled and trimmed sides and ends to hang over the sides and foot of the bed. White netting will be prettier under this, but a color is in quite good taste if preference lies that way.

Tonic for Thin People.

A teaspoonful of olive oil is an excellent tonic for thin people. It is very good for a fallow complexion, as it acts directly on the liver, taken for costiveness, it is very good, as it acts on the bowels without producing any irregular pains.

BULBS
BUCKEN'S BULBS SUGGEST
SPECIAL OFFER:
Made to build New Business. A trial will make you a permanent customer. Satisfaction guaranteed or your money refunded.
Sole Agent: E. T. Whitehead Co., 1420 BUCKEN ST., ROCKFORD, ILL.

KILL THE COUGH AND CURE THE LUNGS
WITH Dr. King's
New Discovery
FOR COUGHS
AND ALL BRONCHITIS AND LUNG TROUBLES.
GUARANTEED SATISFACTORY OR MONEY REFUNDED.

DR. MILES' ANTI-PAIN PILLS
FOR
Headache

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GUARANTEED SATISFACTORY OR MONEY REFUNDED.

DR. MILES' ANTI-PAIN PILLS
FOR
Headache

For Weak Kidneys

Inflammation of the bladder, urinary troubles and backache use

DeWitt's Kidney and Bladder Pills

A Week's Trial For 25c

E. C. DeWITT & CO., Chicago, Ill.
Sold by E. T. Whitehead Co.

20,000 Telegraph Operators Needed.

Young Men, Prepare Yourself For Good Positions.

On account of the new 8-hour law passed by congress in the interest of telegraphers, and also on account of so many new railroads being built and old lines extended, an unusual demand for operators has been created. Conservative estimates have placed the number of additional operators that will be required during the next ten months at approximately 20,000. YOUNG MEN, NOW IS YOUR OPPORTUNITY! Enroll in our School now, and in only four to six months we will have you qualified for splendid positions. Telegraph Operators receive from \$50.00 upward. Our School has been established twenty years; its equipment is perfect; instruction thorough and practical; positions positively guaranteed our graduates. Board in Newnan is very cheap; the town is healthful and the people are cordial. Two Main Line Railroad Wires run into our School Rooms. No other school in the United States has such up-to-date and practical facilities for the benefit of its students. Write at once for free, descriptive literature.

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Undertakers' Supplies.

Full and Complete Line.



Coffins and Caskets
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Hearse Service any Time

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None Better.

If you seek to protect your wife and children by taking life insurance, you can find none better than the Union Central. Its premiums are lower than many of the other good companies and its dividends outclass them all.

You can carry a good policy in the Union Central for from 6 to 20 cents per day, according to age.

For information call on or write to E. E. HILLIARD, Scotland Neck, N. C.

Monuments & Gravestones

In all First Class Varieties of Marble and Granite.

Largest Stock in the South

Remember, we pay the freight and guarantee the quality of our material and to finish it better than others. It is worth considering? When in North Carolina you will find what you want; and when you are buying, and will get it at the lowest price.

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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.