Often The Kidneys Are Weskened by Gyer-Work.

Unhealthy Kidneys Make Impure Blood.

Weak and unhealthy kidneys are rep onsible for much sick coand suffering,

therefore, if kidney continue, serious reto follow. Your other ij organs may need at-17 tention, but your kid-THE tieys most, because they do most and should have attention

first. Therefore, when your hidneys are weak or out of order, s can un lerstand how quickly your entire body is affected and how every organ seems to fail to do its duty.

If you are slok or "feel hadly," begin taking the great kidney remedy, Dr. Kilmer's Swamp-Root. A trial will convince you of its great merit.

The mild and immediate effect of Swamp-Root, the great kidney and bladder reniedy, is soon realized. It stands the highest because its remarkable leadth restoring properties have been proven in thousands of the most distressing cases. If you need a medicine you should have the best. E MARCHINE Sold by druggists in fifty-cent and one-dol-lar sizes. You may have a sample bottle by mail free, also a pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing to Dr. Kilmer & Co., Broghamton, N. Y. Don't make any mistake, but remember the name, Swamp-Root, and don't let a dealer sell you something in place of Swamp-Root-if you do you will be disappointed.

"The Liver Pills act So Naturally and Easily."

Such a statement, coming from the cashier of a bank, shows what confidence responsible people have in these pills. Mr. A. L. Wilson after trying them wrote:

"I have used Dr. Miles' Nerve and Liver Pills and also your Anti-Pain Fills, on myself, with good results. The Liver Pills act so naturally and so easily that I scarcely know that I have taken a pill. Frequently being troubled with headache I take an Anti-Pain Fill and get immediate relief in every case."

Mr. Wilson was for a number

THE PSALM OF THE SUF-FRAGETTE.

Show me not with scornful numbers You've too many voters now. Woman, wakened from her slumbers, Wants the ballot anyhow.

Life with Bill or life with Ernest Is no more our destined goal. Man thou art, to man thou turnest, But we, too, demand the poll.

Not enjoyment, naught but serrow, Is the legislator's way, For we'll get to him tomorrow If he should escape today.

Art's expensive; styles are fleeting. Let our lace edged banners wave, Thus inscribed, o'er every meeting, "Give us suffrage or the grave!"

Heroines, prepare for battle! Lend your efforts to the strife! Drive all husbands forth like cattle! Be a woman, not a wife!

Trust no man, however pleasant. He'll agree to all you say, Send you candy as a present-Go and vote the other way.

Wives of great men all remind us We can make our lives sublime And, preceding, leave behind us All the rest at dinner time.

Let us then be up and doing, Don the trousers and the coat, For our candidate pursuing The elusive, nimble vote. -Smart Set.

It Often Happens.



When Alfred Pool first went to school He stood no chance whatever, But he grew up and "played the fool," And people called him clever.

What She Could Do. A correspondent recalls a pointed but discourteous and yet not wholly undeserved interjection made at a local political meeting.

dy, whose husband had tempolost his voice, loyally appeared to make a speech on his behalf. She said a good deal at the outset about plunged into politics. Having speedily

THROW OUT THE LINE.

Give the Kidneys Help and Many Scotland Neck People Will be Happier.

"Throw Out the Life Line"-The kidneys need help. They're overworked-can't get the poison filtered out of the blood. They're getting worse every minute.

Will you help them?

Doan's Kidney Pills have brought housands of kidney sufferers back from the verge of despair. J. T. D. Rawlings, Second street,

Weldon, N. C., says: "You are welcome to use my name

as a reference for the merits of Doan's Kidney Pills, as I have tested this remedy and have found that it know that I have nothing personal against you. As a matter of fact, I is reliable. I had backaches and pains through my kidneys and was bothered by irregular passages of the kidney secretions. I finally got Doan's Kidney Pills, and it was not long before they gave me entire relief."

For sale by all dealers. Price 50 thing must be done, and I suppose it cents. Foster-Milburn Co., Buffalo, might as well be done soon as late." New York, sole agents for the United States.

Remember the name-Doan'sand take no other.

Gibbs-Your wife seems to be a contrary sort of woman. Dibbs-Contrary! Why, whenever I ask her to darn my stockings she knits her brows .-- Boston Transcript.

Stopped Those Pains.

Timberville, Miss.-Miss Gertrude Gatlin, of Timberville, writes: "I did not know anything could stop those womanly pains, from which I suffered for two years, until I tried 'ardui. I had been troubled with various female ailments, but they vere cured in a little while, thanks o Cardui." Cardui is especially adapted for use by aiting women. It elieves headache, backach, dragging feeling, irregularity, nervousness, misery, and womanly weakness.

It is safe. It is reliable. It does the the state of his larynx and then work. Will you try it? Please do.

Benhan: The white woman.-

TURNING THE TABLE.

Foot.

THE office boy meditatively pushed

the call, the president of the corpora-

The president sat down as directed.

closed the book, shoved it into a pi-

geonhole of the desk and turned in his

"Mr. Monypeny," he began, "what I

like you and I want to be your friend.

"But the situation is just this: This

"Well, then, you know that some-

a little on a pad before him. "No," he

principal expenses of this concern may

be grouped roughly under three heads

-raw material, labor and dividends.

"Well, of course, the charges for

raw material cannot be reduced.

That's out of the question. We've

got to have the stuff, and that's all

there is to it. The same is true of la-

bor. You can readily see that we are

the most important part of the busi-

ness. We can't do without the men

who do the work, and of course you

cannot expect us to accept any less

"Of course not," admitted Mr. Mony-

"Then that leaves the dividends as

the only department in which we can

for our work than we are getting."

concern has not been doing as well as

swivel chair to face his employer.

A moment later, in response to

the call button.

you."

Understand?"

well as I do."

"Yes, Tommy."

"Yes, I know."

Tommy?" he inquired.

That's right, isn't it?"

peny.

"I think that's about right."

Or Making the Boot Fit the Other Badly Ventilated Rooms are Had Things For a Person's Bealth.

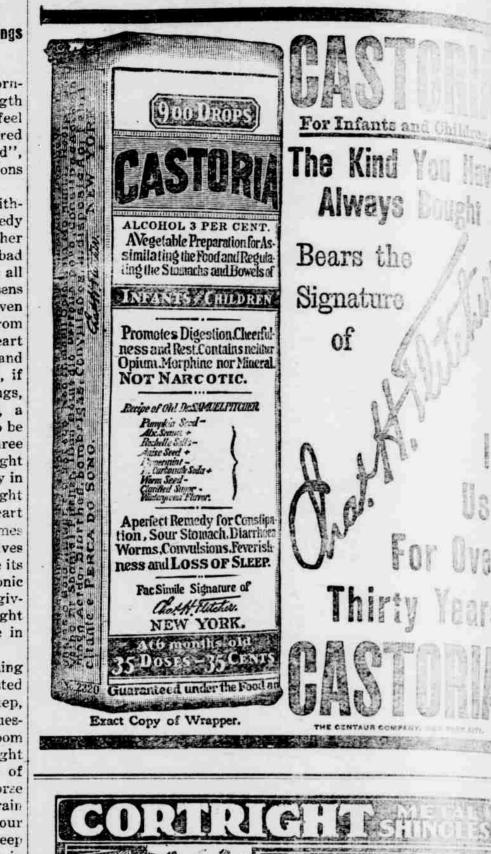
KEEP THE AIR PURE.

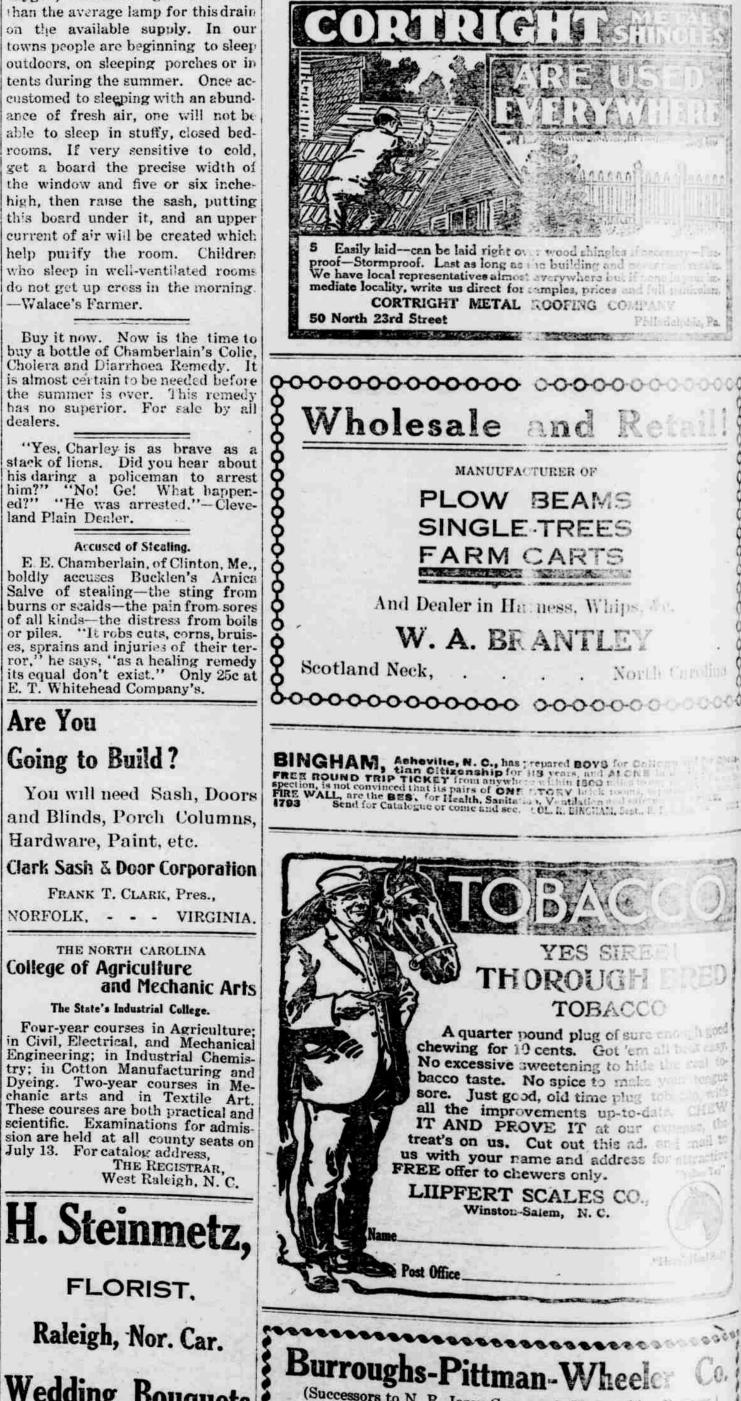
"I'm always half dead in the morning", "I never get up my strength until nearly noon", "I don't feel tion entered and respectfully approachrested in the morning; I'm as tired when I get up as when I go to bed", etc., are very common expressions

in a few minutes. I want to talk to Permitting this kind of sleep without making every effort to remedy it is slow murder of which no mother The office boy finished the alluring tale should be guilty. Breathing bad of how Blick Black, the "chocolate detective," saved the heroine. Then he air, or rebreathing air, reduces all the process of the body, and lessens vitality. "To every air cell is given a blood vessel, bringing blood from the heart. It leaves the heart have to say to you is important, and, charged with carbonic acid and while it is not pleasant, I want you to watery vapor. It returns pure, if pure air has met it in the lungs, with all corruption destroyed, a dancing particle of life, but to be life and not slow death, thirty-three hogsheads of air and twenty-eight it ought. You know that, of course, as pounds of blood must pass daily in to the lungs and twenty-eight pounds of blood journey from heart to lungs and back again three times each hour. It rests with ourselves The president looked worried. "You're whether this tide shall exchange its not going to get rid of me, are you, poisonous and clogging carbonic "No," replied the office boy, figuring acid and watery vapor for life-giving oxygen or retain it to weight repeated slowly. "I hardly think that down and debilitate every nerve in will be necessary; but, as I said before, something must be done. Now, the the body."

While she gets up in the morning she would feel newly made, rested and refreshed by her night's sleep, and if this is not the case the question of ventilation of the bedroom should be looked into. Every night light consumes a large amount of oxygen; incubator lights are worze han the average lamp for this drain on the available supply. In our towns people are beginning to sleep outdoors, on sleeping porches or in tents during the summer. Once accustomed to sleeping with an abundance of fresh air, one will not be able to sleep in stuffy, closed bedrooms. If very sensitive to cold, get a board the precise width of

the window and five or six inchefice boy, with an air of finality, "and, high, then raise the sash, putting

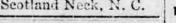




ed the office boy's desk. "Did you wish to see me, Tommy?" asked the president timidly. "Oh, yes. Mr. Monypeny. Take a scat. I'll be through with this novel among women.



R. V. KITCHIN, He-I certainly have cobwebs in my



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The Careful Brother. sometimes gone fishing and succeed-He sees the providential will In every flowering clod. ed in saving my bait.-Chicago Daily News. He trusts in Providence, but still Puts up the lightning rod. A well known Des Moines woman He says "all happens for the best," But when the day is done His treasures 'neath his pillow rest. He guards them with a gun. after suffering miserably for two days from bowel complaint, was cured by one dose of Chamberlain's Colic, Cholera and Diarrhoea Reme-dy. For sale by all dealers.

"I had a talk with the Best-Seller, and he told me all about the authors who had helped him." "I'll bet he

didn't say a word about the authors

as I have said before, it grieves me sorely to be compelled to reach a con-"But, Tommy, it would be unfair to Interfere with dividends at this time. You know I have just bought a big country place and an extra automobile,

and it takes a lot of money to run them. Now, if you had only told me,

it isn't so bad. You ought to be glad I am not going to dispense with you

"I suppose I'll have to." "That's the manly way to talk. And you'll find it won't be so bad. There don't you know. Cut out a Florida or European trip or something like that. Yes, I'm sure you'll make out. That

"Thank you, Tommy," said the president politely as he turned away. "You are entirely welcome, Mr. Monypeny."-Ellis O. Jones in Life.

Buy it now. Now is the time to buy a bottle of Chamberlain's Colic, is almost certain to be needed before dealers.

-Walace's Farmer.

"Yes, Charley is as brave as a stack of liens. Did you hear about his daring a policeman to arrest him?" "No! Ge! What happen-ed?" "He was arrested."-Cleveland Plain Dealer.

Accused of Stealing.

E. E. Chamberlain, of Clinton, Me., boldly accuses Bucklen's Arnica Salve of stealing-the sting from burns or scalds-the pain from sores of all kinds-the distress from boils or piles. "It robs cuts, corns, bruises, sprains and injuries of their terror," he says, "as a healing remedy its equal don't exist." Only 25c at E. T. Whitehead Company's.

Are You

Going to Build? You will need Sash, Doors and Blinds, Porch Columns,

Hardware, Paint, etc. Clark Sash & Door Corporation

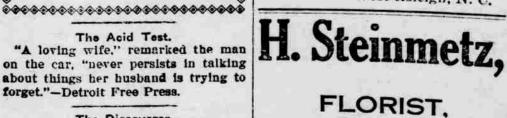
FRANK T. CLARK, Pres., NORFOLK, - - - VIRGINIA,

THE NORTH CAROLINA **College of Agriculture** and Mechanic Arts

The State's Industrial College.

Four-year courses in Agriculture; Civil, Electrical, and Mechanical Engineering; in Industrial Chemis-try; in Cotton Manufacturing and Dyeing. Two-year courses in Me-chanic arts and in Textile Art. These courses are both practical and scientific. Examinations for admission are held at all county seats on July 13. For catalog address, THE RECISTRAR,

West Raleigh, N. C.



The Discoverer. Of faults a seeker he would be: Of recompense he found a dearth, Save in the truthful claim that he Had picked the easiest job on earth. -Washington Star.

Don't Forget.

you are going to put ou in the

The Acid Test.

morning.-Princeton Tiger.

forget."-Detroit Free Press.

Always put off tonight what

For terms and further information, apply to

Scotland Neck, N. C.

brain. She-Why don't you try a vacuum ATENTS cleaner?-Baltimore American.

The hill of glory still he climbs Where higher things have birth. His faith in heaven is fifty times More than his faith-in earth. -Atlanta Constitution.

Just Half in Bed.

An Insinuation.

"Doan's Ointment cured me of eczema that had annoyed me a long time. The cure was permanent."-Hon. S. W. Matthews, Commissioner Labor Statistics, Augusta, Me.

Wise Guy-Speculating in stocks is nothing but "fishermans luck." Shorn Lamb-Hardly that, I've

