

Do You Get Up With a Lame Back?

Kidney Trouble Makes You Miserable.
 Almost everyone knows of Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because of its remarkable health restoring properties. Swamp-Root fulfills almost every wish in overcoming rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to urinate and scalding pain in passing it, and all effects following use of liquor, wine and beer, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night.

Swamp-Root is not recommended for anything that is not a kidney, liver or bladder trouble. It will be found just the remedy you need. It has been thoroughly tested in private practice, and has proved so successful that a special arrangement has been made by which all readers of this paper, who have not already tried it, may have a sample bottle sent free by mail, also a book telling more about Swamp-Root, and how to find out if you have kidney or bladder trouble.

When writing mention reading this generous offer in this paper and the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y. The regular fifty-cent and one-dollar size bottles are sold by all druggists. Don't make any mistake but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

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 See the South grow, keep your money at home where it will benefit you and our city.

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The Poultry Yard.

Winter eggs and exercise go together. Do not neglect the laying hens' exercise.

Judge not a hen by her beauty but by the way she does her duty.

Noon is a good time to supply the stock with some green stuff, such as cabbage or roots of any kind. The latter can be cut in half, and the hens will then pick them to pieces.

Have the floors of the houses well bedded with some light litter, so that the biddies will be induced to scratch, and thus warm up their bodies these cold, frosty mornings.

Drafts in the chickens' home are more dangerous when the fowls are quiet on the roost than when they are stirring around during the day; but a cold air sweeping through the house is a bad thing at any time.

As the cold winds come in the fall, it is noticed that the flocks do not take so wide a range as they did in milder weather, but, instead, congregate in the corn-fields and along the stone fences in the pastures, where they can get the benefit of the warm sun, and at the same time be shielded from the raw winds.

The old-fashioned way of preparing and mixing a wet mash is done away with, on account of its tedious and needless expense of time and labor. The hopper is filled with a variety of ground grain, and placed where it is accessible to the fowls at all times. With this arrangement the hens need never go to roost without sufficient food.—December Farm Journal.

How Long, Oh, How Long?

How long must the people continue to pay express companies a profit of 40 per cent a year on money that is not invested in the express business, and that exists in blue air only?

This is a question that the people desire answered, and one that they are beginning to become impatient about, judging from the ever-increasing number of communications on this subject; that are being received by members of Congress.

"Express companies ought to be permitted to make a good, liberal rate of interest on money actually invested," writes an Iowa man to his Congressman. "The thing that causes our disgust is that the government permits the express companies to extort a profit from 25 to 50 per cent on a parcelization that is two-thirds water. I would like to see a parcel post. If we cannot have a complete system, why can't we at least have a limited parcel post to start with, effective only between towns and cities and the surrounding country? Such a limited system would help rather than injure the business of the retailers. Think it over."

The Interstate Commerce Commission's report shows that the net income from the express companies' operation is \$11,000,000, and on their own valuation of \$27,000,000, their profit is shown to be approximately 40 per cent. It is known that the actual value of the express companies' equipment is less than one-half of what they allege, so that their profits on money actually invested run up to nearly 100 per cent.—C. H. Tavenner.

"How's your wife?" "She's having constant trouble with her head." "Can't the doctor help her?" "No, nobody but the milliner."—Tit-Bits.

By This Sign



you know that you are getting the one preparation that has stood the test for over thirty-five years and still remains the Standard tonic-food-medicine, used and recommended by the medical profession the world over.

Scott's Emulsion

is the embodiment of elements that make for good health and strength.

ALL DRUGGISTS

SHE WORE PANTS FOR LOVE.

Bride Clad as Man Beats Way Across Continent With Husband.

"Beating" her way in men's clothing across the continent for love of the man she married four months ago, and barred from any friendship with her own sex, Mrs. Christine McWilliams, 20 years old, rode into Buffalo on the "blind baggage" of a Lake Shore express from Cleveland with her husband.

Then she was hauled from the bumper of the first car, where she had been sleeping in the arms of "Cass" McWilliams, who tried to keep his girl wife and himself out of sight when the railroad detectives came on them.

Coated with ice and exhausted, they were taken from their precarious position by the trainmen and carried to a flag shanty. After the pair had been hauled out the trainmen began to ask questions. Then it was that the identity of the smaller of the two tramps was revealed to the amazed railroaders. The husband, anxious as to the condition of his wife, asked that they be put in charge of the police to get proper care.

McWilliams and his girl wife were well cared for and then taken before Judge Judge and charged with vagrancy.

Married four months ago in Los Angeles to Christine Jamison, a pretty school teacher, McWilliams had a good job as structural steel worker. Then came the laying off of workmen, among them McWilliams. He decided to strike for New York. But the small amount of money which stood between Mr. and Mrs. McWilliams and starvation was out of the question for transportation.

It was the girl who suggested a method of travel of which she had read, and she finally persuaded the reluctant husband to fit her out in some of his clothes and together they started on the journey across the continent. From Los Angeles they went to Kansas City; from Kansas City to St. Louis; then, striking north for Chicago, where they stayed for several days. Starting again they reached Cleveland. They left the Ohio city and jumped on the "blind baggage" of an express train from Cleveland to Buffalo on the Lake Shore.

They endured more on the last jump than on all the rest. The cold was biting, the snow, through which the train was tearing at a 60-mile-gait, cut their faces, and their hands were frozen to the iron rods to which they clung for life. The suffering man and woman were waked to the skin by water from the tender, and their clothes froze.

Judge Judge turned the girl over to the Salvation Army, and suspended sentence on McWilliams, who took the advice of the court and started out to look for employment.—New York Tribune.

Tree Cisterns of Sudan.

The Natives' Method of Obtaining Water in the Dry Season.

In view of the many suggestions made for the bringing down of rain it is interesting to note that in the Gezira district to the south of Khartoum whenever a drought is threatening all the children are sent into the fields and are made to clap their hands and shout vigorously.

The idea is that rain will be brought down and the little boys and girls are kept out in the open at this game until the wished for result has been obtained. This year there have been rainstorms in superabundance in the district, so the children's intercession has not been required, or perhaps the abnormal rainfall is due to their vigorous action in the past.

The latest Sudan Times gives a most interesting account of one of the means of which the inhabitants of Kordofan provide themselves with a copious water supply in that arid springless region. It is nothing more or less than the adansonia digitata, called by the natives homr, but commonly known as tebeddi. These tebeddi trees are from 10 to 25 feet in diameter, they grow to a considerable height, with trunks about 20 to 30 feet and fine branches giving a vast amount of shade.

Strange to say, the trunks are naturally hollow and are thus used as cisterns for the storage of water. Should the cavities not be large enough the natives scoop them out further. An opening is made either in the side of the trunk near the top or right at the top where the branches start. In the former case the tree is filled with buckets from pools which are dug at the foot of the tree to collect the rainwater during the rainy season. In the latter case the tree is filled by nature when the rain falls, the branches acting as sort of gutters.

At times the trees crack, but this occurs very rarely, and the trunks are no longer of any use as reservoirs. However, lately the resourceful native has adopted cement as a means of stopping up the cracks and a large number of tebeddis has been repaired in this manner. Curiously enough the presence of such a large quantity of water in the trunk in nowise impedes its growth and it is certainly one of the most ingenious devices of nature for circumventing a natural difficulty.

Every cultivator has his tebeddi tree, which is indispensable to his work. These trees are looked upon as personal property and on the death of a land owner his tebeddis pass as heirlooms to his sons.—Cairo correspondent Pall Mall Gazette.

Fried Chicken.

Gracious! The Petersburg Index-Appeal is trying to defend fried chicken as they know it in Virginia, where the veterans of the barnyard are slain with a fence rail and cooked with the full purpose of keeping visitors from eating the last piece on the plate. The Baltimore Sun, the Richmond Times-Dispatch, the Birmingham Age-Herald, and other interlopers have also put in their oar and attempt to dilute on fried chicken. They know nothing whatever about the delicious North Carolina fried chicken, which is dipped in butter, simmered in butter, and then dashed with rich Jersey cream to make plenty of gravy for rice, with buttermilk biscuits on the side.—Wilmington Star.

DIED SUDDENLY.

"Acute Indigestion the Cause." How Often do We Read this Heading in Our Daily Paper.

Dear reader, if your food does not digest properly, but stays in your stomach, causing much misery, shortness of breath, and fermentation, you are the one that should constantly have with you a box of MI-O-NA stomach tablets.

Two little MI-O-NA tablets taken at the first sign of distress would have kept many a death notice out of the papers.

If you have stomach trouble of any kind, start to get rid of it today. One 50 cent box of MI-O-NA stomach tablets will make you feel like a new man. Two week's treatment will make any abused out of order stomach strong and vigorous.

Guaranteed, mind you, for indigestion, dizziness, biliousness, bad dreams. They clear the skin and brighten the eyes. A box for only 50 cents at E. T. Whitehead Company and druggists everywhere.

Winter Mornings.

When the frost is on the fodder,
 And a tingle in the air;
 When the punking have been gathered
 And the corn is shucked with care;
 When the grease is in the griddle
 And the syrup is in the jug;
 When the coffee has been settled,
 And the fire is warm and snug;
 When the buckwheats reach the table,
 Mountain high and piping hot,
 When with syrup and with butter
 They glide to the proper spot;
 When you've eaten all you're able,
 Full of "bucks" your wife has sent
 You can hike off to the office
 Full of grub and sweet content.

Talk to me of pate de foie gras!
 Talk of table d'hote and cuisine—
 Not from me they'll get a prize.
 Give to me the smoking buckwheats,
 And the batter's in the crock,
 Life's worth living winter mornings
 When you rise at 6 o'clock.

When the cakes are on the griddle,
 Stacked up high and piping hot;
 Maple syrup, golden butter—
 Ah, that hits the proper spot!
 When you smell the breakfast ready
 And you hear the "get up" knock,
 There's a lot of joy in living,
 Though you rise at 6 o'clock.
 —Will M. Maupin.

Speaker Clark Urges Harmony.

"Get together and stay together." This is the advice Speaker Champ Clark said he would give the Democrats of every community in the land if he had the opportunity. He added that it was the only instructions that it would be necessary for the rank and file of the Democracy to follow to insure a great national victory in 1912.

"Of course," said Mr. Clark, "I am taking it for granted that the tariff is to be the chief issue. No doubt the enemy would like to sidetrack that issue, but we must not permit it for an instant."

Mr. Clark had just arrived at the capital city preparatory to opening the first regular session of the sixty-second Congress, and discussed the political situation optimistically and at considerable length.

"Looking back at the recent election," said Mr. Clark, "they demonstrated two things; one, that the people endorse our tariff record, without doubt; two, that wherever we are united we can win."

"After the Democrats in Congress have gotten together and made such a splendid record for solidarity it would be a shame and a calamity to lose in 1912 by reason of petty factional fights of a local nature. I believe firmly that we can win in 1912, but to do so there must be no factional fighting among Democrats. Consequently, I hope that Democrats will forget their local differences and present a united front. Now is the time for them to get together and stay together."—C. H. Tavenner.

Progress in the Hookworm Campaign Accelerated.

Reports from the physicians of the State and from the physicians conducting the State and county free dispensaries for hookworm disease, show that since the work began twenty-one months ago upwards of forty-five thousand people have been treated. Nearly half of this number has been treated in the free dispensaries of thirteen counties since July first. In the State there are 1800 physicians, and 1500 of them are active practitioners. 1200 of them have sent in written accounts of their experience with the disease, and 800 of them, representing all sections of the State, have been actively engaged in treating the disease. Twenty-five counties have already made provision for the dispensaries, besides those appropriating for the dispensaries the first Monday in December.

36,000 people have been microscopically examined for hookworm disease. A large number of those tested had such heavy infection that the microscopic examination was not necessary. There is found now little difficulty in securing cooperation on the part of the people and county commissioners, where good results of the work can be seen or heard of.

Lightning Kills Few.

In 1906 lightning killed only 169 people in this whole country. One's chances of death by lightning are less than two in a million. The chance of death from liver, kidney or stomach trouble is vastly greater, but not if Electric Bitters be used, as Robert Madsen, of West Burlington, Ia., proved. Four doctors gave him up after eight months of suffering from virulent liver trouble and yellow jaundice. He was then completely cured by Electric Bitters. They're the best stomach, liver, nerve and kidney remedy and blood purifier on earth. Only 50c at E. T. Whitehead Company.

Honor the Old Maids.

Honor the old maids, for they are worth more in push and ability, and character than the mollycoddle they are replacing right and left every day.

Such was the announcement made a few days ago by an organizer of the movement to aid spinsters. Since that time more than 500 letters of appreciation have reached him. One of the latest letters, from Chicago, reads:

"I read the announcement that a man is championing the cause of the 'old maid.' I am glad to see that a business man is taking this stand and telling whoever can and will read that the woman who is forced to earn her living, or is doing it through choice, has the push, ability and character necessary to insure her an independent and happy life, without waiting for some impossibility to marry her." The man who wrote that letter is a gentleman in two places, and we doff our hat to him in reverence and respect.—(From the New Orleans Picayune.)

The Poor Man Still Has a Chance.

I know a man who years ago went in debt, without a penny, for an old piece of land that grew nothing on its deep sand but sassafras sprouts, land that would come as near failing to sprout peas as any land in the world. To-day, after 20 years of hard work, he can draw his check for thousands, has a beautiful home, great barns, and has refused \$250 per acre for his land, and has bought more, and now works nearly 700 acres, employing at times as many as 75 hands, and makes a moderate fortune every year. It takes brains and energy, and the man that has these will make a success at farming, while the man who is content to scratch along on a chattel mortgage every year, with as little thought about the study of his business as the mule he works, will always have poor land, poor mules, and no implement but a tooth pick plow, and will do more actual hard labor than the man who studies and aims for higher things.—W. F. Massey in The Progressive Farmer.

CATARH DOCTOR.

You Can Get the Best One in the World for \$1.00.

Go to E. T. Whitehead Company today. Say "I want a HYOMEI outfit," take it home with you, open the box and pour a few drops of HYOMEI (pronounce it High-o-me) into the little rubber inhaler.

Then breathe pleasant, soothing, healing, germ killing HYOMEI over the raw, inflamed, germ ridden membrane for a few minutes and relief is immediate.

Stuffed up head will vanish. Keep up the treatment four or five times a day for a few days and hawking, spitting and forming of mucus in the nose and throat will cease.

HYOMEI is guaranteed to end catarrh, coughs, colds, croup, asthma, catarrhal deafness, or money back. Complete outfit \$1.00, subsequent bottles if needed 50 cents at E. T. Whitehead Company and druggists everywhere.

ROYAL Baking Powder

ABSOLUTELY PURE

Makes delicious home-baked foods of maximum quality at minimum cost. Makes home baking a pleasure.

The only Baking Powder made from Royal Grape Cream of Tartar

No Alum—No Lime Phosphates

Honor the Old Maids.

There is a peculiar insect, found in the Malay peninsula and called the "lantern fly," which is remarkable for its wings. It was only after several specimens had been captured by European naturalists and brought west for careful examination that it was discovered that a curious projection on the front of the insect's head, a kind of nose with a crease in it, was the leaping organ. When bent back under the abdomen and suddenly released it sends the little creature flying.—Harper's Weekly.

THINK THIS OVER.

This Offer Should Gain the Confidence of the Most Skeptical.

We pay for all the medicine used during the trial, if our remedy fails to completely relieve you of constipation. We take all the risk. You are not obligated to us in any way whatever, if you accept our offer. That's a mighty broad statement, but we mean every word of it. Could anything be more fair for you?

A most scientific, common-sense treatment is Rexall Orderlies, which are eaten like candy. Their active principle is a recent scientific discovery that is odorless, colorless and tasteless; very pronounced, gentle, and pleasant in action, and particularly agreeable in every way. This ingredient does not cause diarrhoea, nausea, flatulence, griping, or other inconvenience. Rexall Orderlies are particularly good for children, aged and delicate persons.

If you suffer from chronic or habitual constipation, or the associate or dependent chronic ailments, we urge you to try Rexall Orderlies at our risk. Remember, you can get them in Scotland Neck only at our store. 12 tablets, 10 cents; 30 tablets, 25 cents; 80 tablets 50 cents. Sold only at our store—The Rexall Store. E. T. Whitehead Company.



Our Glasses

are the very best that skilled labor and best material can make. The quality is unsurpassed, and no detail is spared to make them the best that money can buy. Our facilities are unequalled for this work and we invite your inspection at all times.

Every Style

of glasses made is furnished by us and we can satisfy your every want. It is no trouble to show you anything and we are always glad to be of service.

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