

Do You Get Up

With a Lame Back?

Every Trouble Makes You Miserable.

Almost everyone knows of Dr. Williams' Pink Pills for Pale People, the great kidney, liver and bladder remedy, because of its remarkable health restoring properties.

Swamp-Root pills almost always give relief in over-coming rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage.

It corrects inability to urinate, and following use of liquor, wine and other stimulants, and overcomes that unpleasant condition of being compelled to go often during the day, and to get up many times during the night.

It is recommended for all who have kidney, liver, bladder, or any other trouble, it will be found just what you need.

It has been tried in private practice, and has been successful in a special manner, in cases where the kidneys have been made by which all the troubles of the body may be cured.

It is a simple bottle, and is sent by mail, also a book telling you all about Swamp-Root, and how to get it.

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TWO SORTS OF WIVES

SOME ARE HELPMETS AND SOME STUMBLING BLOCKS.

Lives of Successful Men Remind Us of Credit Due to Wife—Little Said of the Wife Who is a Hindrance.

In these piping times of prosperity we see many articles published telling how the writer achieved success in this Oregon country, and principally on small pieces of land. Such stories are highly inspiring, particularly to the young men and young women who are just starting out for themselves.

If one will take the trouble to tabulate and analyze these stories it will be discovered that in many cases out of ten a good woman was the actual cornerstone upon which the success was founded and worked out. The same has been true since the world began, we suppose. It certainly has been the rule that the good helpmeet has done more for man than any other cause—than any other sort of success—since our forefathers landed on the bleak New England shore. There are, perhaps, fewer exceptions to the rule now than ever, particularly among those who have risen from poverty to affluence on the land.

We must give the wives of nearly all successful men great credit. In many cases they have suffered more hardship than their husbands. Fathers, or brothers have labored hard, have worked for longer hours. No credit is too great for them.

But how often is the other side of the story alluded to? Where can we find the stories of the wives who were not helpmeets, but rather hindrances and stumbling blocks to their husbands? How about the wives who from the day of marriage were begging for alms, luxuries and unnecessary articles beyond their needs? Do we read of them?

This is not a pleasant subject to touch upon; but many of us can point to cases where the extravagance of a wife has kept the husband in poverty, or at least keeping his nose to the wheel, grinding, grinding his life out inch by inch. Would it not be well to take up this phase of life and now and then speak of the failures? We are not alluding to the woman who has begged the money from her young husband for the purchase of a new dress which she does not need, or a new hat, which all know to be a bore. We mean, when the same money put into a cow or two would mean success.

In telling about the cheery and encouraging words of the true helpmeet why not give a little thought to the poor husband who has had the very soul and spirit nipped out of him by a woman who did not know what she wanted, but was bound to have, if nagging could get them, many of the finer articles of her richer neighbors?

Few such stories are published, for the reason that the husbands are failures, or so considered, and no man likes to exploit himself as a failure. But would it not be well for some of the unfortunate ones to tell their stories for the benefit of the young wives who, with their husbands, are just starting out on the road of married life? All praise to the good woman, the good wives, the self-sacrificing and noble mothers; but let us now and then have a word for the unfortunate husbands of the other sort of women.—Portland Oregonian.

More Light.

Fresh air enthusiasts are familiar enough to most of us, but we hear less of enthusiasm for light. Darkened parlors, darkened bedrooms, darkened hallways are too common. Sir E. W. Richardson, the eminent London scientist and physician, declared that when the professors of healing enter a sickroom their first words in most cases ought to be Goethe's dying exclamation: "More light! More light!" The light of the sun is God's own microbe killer, germicide, disinfectant, prophylactic, sickness healer. There is no physician, no chemical antidote, no compounded prescription to be compared with sunlight. Without it nature could not perform her functions. Man, beast, bird, insect would fall victims to the deadly gases that would prevail. The horrid mists and deadly gases are dispersed and do not composed by the action of light. Let it in, everywhere! Let the light in, more and more abundantly. Faded carpets are not as pitiful as faded cheeks. Spotted cushions are trivial compared with spotted health. Darkened rooms are too suggestive of darkened lives.—The Christian Herald.

Disappointed Office Seekers.

A man will get no work because the job he wanted was given to someone else that he will spend weeks fighting the opposing power, purely on principle.

Mark Was Right.

Mark Twain was visiting H. H. Rogers, who, leading the humorist to his library, said, as he pointed to a bust of white marble, "What do you think of that?"

It was a bust of a young woman, smiling, with a very graceful example of modern Italian sculpture. Mr. Clemens looked at it for a moment and then he said:

"It isn't true to nature."

"Why not?" Mr. Rogers asked.

"She ought to have her mouth full of hairpins," said the humorist.

—From Mack's National Monthly.

To Improve Both Yield and Quality.

Let any farmer walk through his field of wheat, and he will find that all the heads are not alike, even if sown from the best standard varieties of seed wheat. He will find that some heads are longer than others, some broader, some with more grains to the head, and some tighter in the chaff, and so on. It has recently become fully known that most of these variations, unless they are directly induced by a patch of richer soil, are strictly and fully inheritable, and are transmitted to their progeny in full vigor and perfection. If farmers who are specially interested in improving the yields and quality of their wheats will go through their fields, and thresh and save them for stock seed, they will find that it will result in a considerable improvement in the yield, quality and uniformity of the crop produced another season. Even if the farmer only picks out enough heads to make a bushel to a bushel and a half of select seed, this will give him enough to sow an acre of wheat for the next season, and that will produce a superior grade of seed. The product of this should give him sufficient seed to give him a good start towards his full seeding for the following year.

We are following out this method of selection on our own farms, and we hope by this means to eventually increase the yield of different varieties of wheat which we offer, materially; but farmers can accomplish very generally the same results for themselves, if they will follow out the practice as above indicated, and increased yields per acre of all wheats sown can very soon come to be realized, provided this method is generally practiced in the saving and selection of seed wheat.—Wood's Crop Special, published by T. W. Wood & Sons, Suedamen, Richmond.

A Good Fish Taylor Joke.

A mountaineer who had never ridden on a railroad decided to take advantage of the \$2 excursion rate to Memphis and saw for the first time a large city. What chiefly interested him was the bars. He had never seen a bar nor a highball; he had been used to drinking "liquor" out of a gourd. After he had visited a number of these marvelous places his enthusiasm overcame him and he addressed the crowd thus: "I can lick any man in the United States!"

The crowd laughed good-naturedly. This infuriated the mountaineer. "I can lick any man in Shelby county!" he yelled. This time the crowd sobered and looked at him with hostile eyes. "I can lick any man in Memphis!" he shouted. A short, thick-set man emerged from the crowd and put him out of action with a right-arm swing. When he came to the mountaineer looked around feebly and said: "I reckon that in that last proposition I livered too much ground."

FOR THE STOMACH.

Here's an Offer You Should not Overlook.

Rexall Dyspepsia Tablets remedy stomach troubles by aiding nature to supply the elements the absence of which in the gastric juices causes indigestion and dyspepsia. They aid the stomach to digest food and to quickly convert it into rich red blood and material necessary for overcoming natural body waste.

Carry a package of Rexall Dyspepsia Tablets in your vest pocket, or keep them in your room. Take one after each heavy meal and procever a certain that indigestion will not bother you.

We know what Rexall Dyspepsia Tablets are and what they will do. We guarantee them to relieve indigestion and dyspepsia. If they fail we will refund your money. Three sizes: 25 cents, 50 cents, and \$1.00. Remember you can obtain Rexall Remedies only at our store—The Rexall Store. The E. T. Whitehead Co.

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—From Mack's National Monthly.

The Weekly Paper Will Sell Goods.

The retail merchant who fails to take advantage of the advertising columns of the weekly newspaper is simply allowing a money-making opportunity to pass him every week in the year.

No other class of publications is so closely read by such a large majority of readers.

The news in these papers is largely local, largely personal, and in the small town the doings of neighbors receive much more attention than in the large cities where there are a thousand other things to distract attention.

However, a merchant cannot scribble off a few lines on a piece of wrapping paper, tell the publisher to run them and then expect a crowd of buyers to come to his store.

The merchant must have goods and values that he thinks are worth calling to the attention of the public. If he cannot offer special prices he should offer special values. Readers of weekly papers are keen to notice what advertisers claim, and these claims should be made good.

Whether fortunately or not, the chain store systems are now invading the small towns. These stores make an immediate success by constantly using, intelligently and forcefully, the weekly newspaper. Then their example is weekly imitated by other merchants. It is time for the retailers of the South to wake up, adopt original methods, and advertise vigorously in their local newspapers.—The Business Magazine.

PLEASANT TASTING LIQUID MEDICINE.

Acts as Quickly as Calomel, Takes the Place of Calomel, and is Absolutely Harmless.

Dodson's Liver-Tone is the name of the new vegetable tonic which E. T. Whitehead Company's drug store recommends as a perfect substitute for calomel. Without causing any restriction of habit or diet, Dodson's Liver-Tone starts the liver to working and cures constipation, biliousness, etc., without any harmful after-effects.

The fact that calomel is mercury has kept many people who are afraid of mercurial poisoning from using it. Calomel is a good thing to let alone. All persons can use Dodson's Liver-Tone, whether they have been in the habit of taking calomel or not, for it is entirely vegetable and cannot do harm. E. T. Whitehead Company's drug store will give the money back to any dissatisfied purchaser. Price fifty cents.

Wealth on the Titanic.

Wealth represented by the richest passengers on the Titanic:

Colonel John Jacob Astor, \$150,000,000; Isidore Straus, \$30,000,000; Alfred G. Vanderbilt, \$75,000,000; Geo. D. Widener, \$50,000,000; Benj. Guggenheim, \$35,000,000; J. Bruce Isard, \$40,000,000; Colonel Washington Roebling, \$25,000,000; J. E. Thayer, \$10,000,000. Total, \$129,000,000.

NO CAUSE TO DOUBT.

A Statement of Facts Backed by a Strong Guarantee.

We guarantee immediate and positive relief to all sufferers from constipation. In every case where our remedy fails to do this we will return the money paid us for it. That's a frank statement of facts, and we want you to substantiate them at our risk.

Rexall Orderlies are eaten just like candy, are particularly prompt and agreeable in action, may be taken at any time, day or night; do not cause diarrhoea, nausea, griping, excessive looseness, or other undesirable effects. They have a very mild but positive action upon the organs with which they come in contact, apparently acting as a regulative tonic upon the relaxed muscular coat of the bowel, thus overcoming weakness, and aiding to restore the bowels to more vigorous and healthy activity.

Rexall Orderlies are unsurpassable and ideal for the use of children, old folks and delicate persons. We cannot too highly recommend them to all sufferers from any form of constipation and its attendant evils. That's why we back our faith in them with our promise of money back if they do not give entire satisfaction. Three sizes: 12 tablets 10 cents, 36 tablets 25 cents and 80 tablets 50 cents. Remember, you can obtain Rexall Remedies in Scotland Neck only at our store—The Rexall Store. The E. T. Whitehead Co.

SPRING SANITATION.

Seasonal Hints for a Healthy Spring and Summer.

Spring is pre-eminently the "cleaning up" season. Every home has accumulations of rubbish and filth at the close of winter. Clean it up. Then keep it clean. These accumulations of trash and filth serve no useful purpose. On the other hand they may serve directly or indirectly to produce disease. Remember, you will have no flies this summer unless your immediate surroundings furnish them breeding places. Remember also that the number of flies in and about your house is a tell-tale on you. We now know that homes with a few or no flies are invariably clean homes, while an abundance of flies is a sure sign of nearby filth. We also know that these dirty homes are dangerous homes. They are dangerous because of the easy transition from filth, through flies, to disease. Note that flies are the connecting link, and to avoid the first is to avoid all three.

Put up your fly and mosquito screens early. See that they are all fly-tight and mosquito proof. Inside the house use sticky fly paper and arm the small boy or girl with ten-cent wire fly swatters. Competition is a great thing where there are two or more children.

In cleaning up don't forget the mosquito. He is a tiny pest to say the least, but his little bite may give you malarial chills and fevers that will last you weeks and months. It is easy to prevent mosquitoes. They breed along the edge of stagnant water, in pools, ponds, tin cans, broken crockery, barrels, tin spouting, etc. Destroy or remove the tin cans and other vessels, repair the spouting, and drain the swamps and pools. If for any reason any stagnant water cannot be drained, pour coal oil on the surface at the rate of one-half pint per hundred square feet. Reapply the coal oil every ten days. If this is not practical, thoroughly stock the pond with fish and minnows. They will consume a large quantity of the mosquito eggs. If this is impractical, screen the water in question. As a final safeguard, carefully screen every door and window with fine screen. A wire screen having twelve meshes to the inch will keep out flies, but to successfully exclude mosquitoes use a screen having eighteen meshes to the inch. Good health and comfort for the summer are the reward for such timely vigilance and diligence in cleaning up, while disease and possibly death may be the punishment for the slothful.

Most disfiguring skin eruptions, scurfiness, pimples, rashes, etc., are due to impure blood. Burdock Blood Bitters is a cleansing blood tonic. Makes you clear-eyed, clear-brained, clear-skinned.

Still to Be Heard From.

Many women have attempted to scold affection into the hearts of men, but we have never heard of one who succeeded.—Chicago Record-Herald.

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

Not Knocking, of Course!

"While I do not positively assert that Jones is a dishonest man," said Jones' acquaintance. "I strongly recommend people who shake hands with him to count their fingers carefully 'ten he leaves go'."

Lorimer.

No Senator who voted to retain William Lorimer in the Senate has since been reelected. Ten Senators—Hale, Scott, Keen, Bulkeley, Depew, Piles, Dick, Burrows, Carter, and Flint, who voted for Lorimer, retired March 4.

Three, Paynter, Bailey, and Guggenheim, announced their retirement after their Lorimer vote, and two, Foster, of Louisiana, and Culom, of Illinois, have been beaten in primaries. Jones, of Washington, "hopped" on Lorimer in committee, and the people of his state are in an uproar.—C. H. Taverner.

HOW TO PRESERVE YOUTH AND BEAUTY.

One great secret of youth and beauty for the young woman or the mother is the proper understanding of her womanly system and well-being. Every woman, young or old, should know herself and her physical make up. A good way to arrive at this knowledge is to get a good doctor book, such for instance, as "The People's Common Sense Medical Adviser," by R. V. Pierce, M. D., which can readily be procured by sending thirty-one cents for cloth-bound copy, addressing Dr. Pierce, at Buffalo, N. Y.

The womanly system is a delicate machine which can only be compared to the intricate mechanism of a beautiful watch which will keep in good running order only with good care and the proper oiling at the right time, so that the delicate mechanism may not be worn out. Very many times young women get old or run down before their time through ignorance and the improper handling of this human mechanism. Mental depression, a confused head, backache, headache, or hot flashes and many symptoms of derangement of the womanly system can be avoided by a proper understanding of what to do, in those trying times that come to all women.

Mrs. G. H. Williams, of Lynchburg, Va., writes: "It is six years since my health gave way. I had female trouble and all the doctors (I employed three) said I would die. I was not able to do my work, had to hire someone to do the housework. Finally, I read in the papers about Dr. Pierce's Favorite Prescription, and decided to try it. I had not taken any medicine before, but I found it had done me good. I took, in all, five bottles of 'Favorite Prescription' and two of 'Golden Medical Discovery,' and now I am able to do all my housework, and have gained fourteen pounds. I advise all women who suffer from female trouble to try your 'Favorite Prescription.' It's the only medicine on earth."

Scotland Neck Guano Co.,

MANUFACTURERS OF

Cotton Seed Meal & Fish Scrap Gu