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THE COMMONWEALTH.

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Don't Get Up With a Lame Back?

Trouble Makes You Miserable.

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 hold urine and scalding pain in passing it, following use of liquor, wine or beer, overcomes that unpleasant but pressing necessity of being compelled to go often during the day, and to get up many times during the night.

Swamp-Root is not recommended for everything but if you have kidney, liver or bladder trouble, it will be found just the right medicine. 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 by mail, free of charge, also a book telling all about Swamp-Root, and how to find out if you need it. To those who write for it, mention this paper, and send their full post-office address. The regular fifty-cent and dollar 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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Will be in Scotland Neck, N. C., on Wednesday of each month to treat the diseases of the Eye, Ear, Nose, Throat, and fit Glasses.

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Scotland Neck, N. C.
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Physician and Surgeon
Over Planters & Commercial Bank Building
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PARKER'S HAIR BALSAM
Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 50c. and $1.00 at Druggists.

PEACE AND HEALTH TO MOTHER AND CHILD. MRS. WINSLOW'S SOOTHING SYRUP has been used for OVER FIFTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. It SOOTHES the CHILD, SOFTENS the GUMS, ALLAYS ALL PAIN; CURES WIND COLIC, and is the best remedy for DIARRHŒA. It is absolutely harmless. Sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle.

HELLER'S COUGH CURES
HELLER'S CROUP CURES
HELLER'S LUNG BALM
HELLER'S DISCOVERY
FOR THE BLOOD
TRIAL BOTTLE FREE.
FOR LIGHT AND LUNG TROUBLES
GUARANTEED SATISFACTORY OR MONEY REFUNDED.

HOW TO ARRANGE GOOD MENU

Recorded Study of Food Elements is Best Way for Housewife to Avoid Errors.

Every housekeeper should be perfectly familiar with the three food products. This is the foundation of menu-making. Proteids, carbohydrates and fats are the three divisions into which all foods are classed. Proteids are the muscle-builders and are found in meat, beans, peas, eggs and nuts. Carbohydrates are the starches and are found in cereals, sugar and starchy foods. These foods produce fat and energy. Fats, such as oils, butter, lard, etc., give heat to the body. A general knowledge of these food properties as they are found in various foods underlies successful cooking as well as menu-making.

A good menu is a well-balanced menu in regard to these three food principles. A practical study of these foods is the best way to avoid errors in diet.

Do not serve several foods of the same composition at the same meal, such as potatoes, rice and macaroni.

Do not serve bean or pea soup with roast meat, salmon salad and custard.

Try to vary the regular diet. If a heavy meal is served use a light, easily digested dessert.

Do not eat too much food out of season. It is expensive. If meat is left out of the dinner menu, plan to serve soup made of peas, nuts or beans and a dessert made of eggs.

To avoid serving several foods of the same composition have in mind small groups of foods alike in composition. The first and most important group to consider is that of proteid food: Group one—meats, cheese, eggs, nuts, dried peas, beans.

Any of these foods can be used for meat, or if nuts, beans or peas are used for a puree, meat can safely be left out of the menu.

For every meal select food from each of the groups mentioned—proteid, carbohydrates, fats.

Add to this some fresh fruit or vegetable three times daily and a good beginning will be made toward producing a balanced menu.—Woman's World.

Copper Casseroles.

Among the novelties for the table are tiny individual copper casseroles. These are highly bronzed and have small, flat handles. Fish, eggs, etc., are some of the things that are served in them. They look well on a dinner table and commend themselves because of novelty.

The housekeeper of today is always looking for something new. It is her pride and her delight to set an original table and have something that interests her guests as well as the food does.

These little casseroles can be served at any meal. It is not necessary to keep them for a dinner entree. Shirred eggs go in them for breakfast and macaroni with cheese for luncheon.

Basket Pudding.

Make a spongecake with one tea cup sugar, one tea cup flour, a pinch of baking powder, three eggs and one tablespoonful of milk; beat eggs, add sugar, then flour, milk and baking powder; put in a well-greased oval cake tin and bake a nice brown; turn out to cool; then scoop out inside; brush outside over with two kinds of jelly and sprinkle grated cocoanut over it while damp; fill the inside with stewed fruit; pile whipped cream on top; decorate with cherries, then take two long strips of angelica twisted together and place over pudding to represent a handle.

Salad Dressing Without Oil.

One egg beaten, one-half cup vinegar, one-half teaspoon mustard, one-half teaspoon salt, one tablespoon sugar. Stir all together and cook in double boiler until thick as custard. Take off stove and stir in one-fourth cup cream.

Salad Dressing No. 2—Yolks of three eggs, one teaspoon of mustard, two teaspoons of salt, two tablespoons of sugar, two tablespoons of butter, one cup milk, one-half cup hot vinegar, cook in double boiler and add the beaten whites of three eggs last. Will keep for some time.

Raisin Puffs.

Three tablespoonfuls melted butter, three tablespoonfuls sugar, one beaten egg, one cup sweet milk, one teaspoonful baking powder, half cup chopped raisins, three large spoonfuls of flour. Divide in six cups and steam half an hour.

Sauce—One-half cup granulated sugar, one tablespoonful flour, stirred together, pour boiling water on and put in butter size of a walnut and vanilla to taste.

Europe's Vast Armed Force.

It would take nine and a half days for the armies of Europe to pass a given point, marching five abreast, 15 inches apart, at an eight-mile gait.

THINNESS

is often a sign of poor health. Loss of weight generally shows something wrong.

Scott's Emulsion

corrects this condition and builds up the whole body. All Druggists.

Scott & Bowne, Bloomfield, N. J. 12-10

SERIOUS CHARGES AGAINST FLIES.

The Public Should Know The Worst About The Vile Creatures.

Raleigh, N. C., June 3.—In discussing the "real facts about flies" the State Board of Health, in a bulletin now in press, says: "Flies are the vilest cecatures afflicting mankind." After taking this stand the Board proceeds to explain that the only objections to flies used to be because they were pests and torments. "Later," says this authority, "we learned about the fly's breeding places, his habits of life, and the possibility of his carrying nauseating filth on his body from stables, garbage cans and privies to our houses, our persons, and our food. Then it was that flies became extremely disgusting, to say the least. By far the geeatest objection to flies, however, now comes from the fact that we know conclusively that, besides being a discomfort and carrying filth, they spread tremendous amounts of disease. Besides actually dropping bacteria and filth from their feet and legs, flies may transmit disease by discarging their vile, disease laden excreta either directly or indirectly upon the food."

In summing up the remedy the article states that "for immediate protection, and probably for many years to come we shall have to resort to screening all doors and windows. But the time will come when our municipal authorities will waken up to the gravity of the situation and abolish flies by abolishing their breeding places. Then we shall pass and enforce ordinances requiring the screening of all manure and the general use of sanitary privies. Until then, however, the individual householder may do much with wire swatters and sticky fly paper in the house and fly traps on his garbage can outside."

Romance of An Aged Couple.

In the northern part of Surry county there is a wonderful old married couple. The husband was 92 years of age March 21st and his wife was 92 April 21st.

They live alone in a little home in the mountains doing their own housework ard farming. The man plows with as much vigor as a man of fifty, while his wife assists in the field. One looking at Robert Billings and his good wife, Mary Ann, would never think that they have almost reached the century mark. Both have plenty of hair on their heads and it is not very gray. Mr. Billings and his wife have received their second sight and read without glasses.

The story of the courtship and marriage of this couple is interesting. Mr. Billings relates with a smile the story of their first meeting. He says that when he was just four weeks old his parents carried him to see his present wife Mary Ann, who was then one day old. He says that he fell in love with her at that first meeting, and that he made up his mind then to marry her.

His fancy never changed, they were married just as soon as they were old enough, and now after the children have left them they are still living happily together waiting for the sunset.—Lexington Dispatch.

People Tell About Good Things.

Twenty years ago few people in the world knew of such a preparation as a powder for the feet. Today after the genuine merit of Allen's Foot-Ease has been told year after by one gratified person to another, there are millions abroad and in this country who would as soon go without a dentifrice as without the daily use of Allen's Foot-Ease. It is a cleanly, wholesome, healing, antiseptic powder to be shaken into the shoes, which has given rest and comfort to tired and aching feet in all parts of the world. It cures while you walk. Over 30,000 testimonials of cures of smarting, swollen, tender, perspiring feet. It prevents friction and wear of stockings and will save in your stocking bill ten times its cost each year. Imitations pay the dealer a larger profit, otherwise you would never be offered a substitute when you ask for Allen's Foot-Ease, the original antiseptic powder for the feet. It gives a restfulness and a springy feeling that makes you forget you have feet. Allen's Foot-Ease is the greatest comfort discovery of the age and so easy to use. It prevents soreness, blisters or puffing. Don't go on your vacation without a package of Allen's Foot-Ease. Sold every, 25c. Don't accept any substitute. Sample sent free. Address, Allen S. Olmsted, LeRoy, N. Y.

PLANTING BIG TREES.

Forest Service Raising Several Acres of Giant Tree Species.

Washington, May 30.—The forest service is raising several acres of big tree seedlings on the Tohoe national forest in California, at a more northerly point than any natural big tree grove. While the giant sequoias are found in the forests of the Sierras at various points throughout a total range of some 250 miles in the northern two-thirds of this range there is practically no natural reproduction It has consequently been a question whether the species would not practically disappear from this region when the present mature trees die.

The most northern existing grove of big trees is on the Tahoe forest, but about 34 miles southeast of the site selected for planting. This site is on a moist flat not far from Nevada City, and is about 2,700 feet above sea level. The first seeding was done in the fall of 1910, with very successful results, and last fall an additional area was seeded.

The method used in planting the seed was that known to foresters as "the seed spot method." Spots about six feet apart each way were prepared by pulverizing the earth with a garden hoe. Seeds were then dropped on these spots and lightly pressed in the soil with the foot. The flourishing condition of the young seedlings gives good reason to expect a future growth of big trees at this point. With protection of forests from fire there seems to be no reason why the big trees should disappear, even though scientists regard them as survivals from a past age, botanically speaking.

The New Woman In China.

It is certainly remarkable that China for ages the most conservative nation in the world, should today by leaps and strides become in some degree so radical and liberal that the spectator stands amazed. The latest feature that surprises us is that in the new republic China gives woman an equal share in the ballot with men.

Remembering the previous condition of semi-servitude peculiar to Oriental women and inherent in Oriental civilization, we cannot but wonder at the acumen and gallantry of the men who have to do with forming the new government. There is, to be sure, a restrictive qualification as to the vote, but this affects men and women in the same way. The one of either sex who wishes to vote must possess some property and know how to read and write. There is a stirring of energy on the part of Chinese women, who have hitherto been deprived of education. They are now determined to know the alphabet, to read and write, and the day is not far distant when they will claim the educational privileges of women in other lands.—Christian Herald.

Some Good Advice.

An editor in South Carolina received the following note:

"Dear Sir: I am a young man working for a salary of $60 a month. I have a pretty good chance for a raise and have saved $800. I want to buy an automobile and I want to get married, too. Do you think I could afford to do both? Which would it be best to do first?"

To this the editor makes this reply:

"If you have picked out a girl who can support you in the style to which you have been accustomed, go ahead and marry her, and devote your own savings to the purchase of a car. If the young lady in question is not wealthy, and both girl and car are absolutely necessary to your continued existence, you had better take on the car first, and then hurry up and marry the girl before she finds out what a hopeless bonehead you are If you try to reverse this order and annex the girl first, you will find that with millinery and patent baby foods at the prevailing prices, you will never get in shooting distance of a second-hand velocipede on your present income."

Makes The Nation Gasp.

The awful list of injuries on a Fourth of July staggers humanity. Set over against it, however, is the wonderful healing, by Bucklen's Arnica Salve, of thousands, who suffered from burns, cuts, bruises, bullet wounds or explosions. It's the quick healer of boils, ulcers, eczema, sore lips or piles. 25 cents at E. T. Whitehead Company's.

FINE CHICKEN SALAD

SUBJECT THAT WILL MAKE WOMAN DROP EVERYTHING ELSE.

New Combination Makes Most Talkative Woman Dumb Until She Tastes It—Here Is One That Is Worth Trying.

Women will turn eagerly from a magnificent display of spring millinery, from a bargain counter filled with real bargains, or leave a discussion on Browning unfinished to compare notes and tell their experiences with chicken salad. Before a new chicken salad combination the most talkative woman becomes dumb until it is served and then her tongue runs faster than ever.

Far be it from me to essay to give a recipe for a perfect salad, still I courageously offer the following and say that it suits many: Dice enough chicken meat to fill a pint cup, do not use the meat grinder for cutting the meat, it makes it too fine; use the kitchen scissors and have the dices of uniform size, when cut sprinkle with the juice of a lemon or with not too sharp vinegar, set aside while you prepare as much celery as you have chicken; the celery must be cut finer than the chicken and should be salted lighted and then mixed in with the cold meat. Stand these in the refrigerator to chill. Make a mayonnaise dressing or a boiled salad dressing and soften it with whipped cream, as a chicken salad must be mild and the taste of the chicken predominate.

The chicken and celery may be mixed with the mayonnaise and served on lettuce but a newer, prettier way is to sprinkle olive oil or salad oil over the mixture in the proportion of half as much oil as you have used vinegar, and heap the mixture in individual salad dishes with cress or lettuce beneath and then put in a heaping tablespoon of the stiff, rich looking dressing. A brilliant pimento or two or any other embellishment may be added. Onion is never used in chicken salad but sometimes the tiny spring onions are used as a garnish. Hard-boiled eggs have gone out of fashion for trimming salads and for this let us be truly thankful!—Henrietta D Grauel, Domestic Science Lecturer.

Rolled Round Steak.

Take a nice round steak (cut thin) and cut it into four pieces; pepper and salt both sides; chop a good sized onion very fine and spread over the pieces of steak; grate some hard bread and sprinkle liberally on top of onions. Now roll up each piece of steak so the onion and bread will be on the inside and tie securely with string so they will not unroll in cooking. Put a generous piece of lard in a deep iron frying pan and when it is smoking hot put in your meat rolls; brown them on all sides and then add enough hot water to cover. Boil slowly for one hour. Thicken the gravy with a little flour. Remove strings before serving.

Hints for the Farmer's Wife.

To keep celery fresh wrap the stalks in a cloth, wet in cold water and place in a cold place on the ice.

Biting off the thread when sewing, which is a habit with many, scrapes the enamel from the teeth and exposes the nerve, causes suffering, a visit to the dentist and a heavy bill to pay.

To remove scratches on furniture rub with a cloth dipped in boiled linseed oil.

Crisp celery served with cold meat is always appreciated and is a fine nerve tonic.

Pepper Salads.

These individual appetizers may be stuffed with any salad mixture, white potatoes and mayonnaise, cucumber and tomatoes, or boiled slaw made of red cabbage seasoned with caraway seeds, sugar and vinegar. If the last is used it must be drained dry of liquid before it is put in the peppers. A little top is cut off these at the stem end, and after the filling is put in the top is put back and held securely with a bit of clean twine. The seeds and pith must be removed from the peppers of course or else they will be too hot to eat.

How to Keep Your Thread.

The following plan is a most satisfactory one for keeping the various spools of thread which accumulate in a sewing machine dresser from getting into an almost hopeless mass of entanglement. Into a small board, which exactly fits the bottom of the drawer, drive at intervals of one and one-half inches two wire nails. Upon the projecting ends of these nails place the spools and they will remain stationary.

Mixing Cake.

Always beat the butter and sugar to a cream with the hands, then add a little of the flour before you add the milk; then the milk, then the rest of the flour and baking powder, and last the beaten eggs. This rule applies to all cakes with butter in.

After putting cake in pans lift the pans up by the side and let drop down on the table. This causes the air to rise and prevents cake from falling.

Home-Made Maple Syrup.

One cup of brown sugar, one and one-half cups of water. Let it simmer until the sugar is dissolved and it becomes a little thick. Take from the stove and when cool add one teaspoon of vanilla. Tastes like maple sirup.

Do you take The Commonealth.

TWO BOYS SLAIN BY RATTLESNAKE.

Whale The Year-Old Baby Was Drowned in a Wash Tub.

Raleigh, N. C, May 21.—A special to the News and Observer from Greenville, Pitt county, says that news has just reached there of the distressing death of three little children of George Adams, just across the line in Craven county. Two boys, the eldest eight, were killed by a rattlesnake bite and the baby, a year old, was drowned in a wash tub.

Mrs. Adams was washing clothes in the yard, the children near by. Squawles were heard from a setting hen on her nest and Mrs. Adams told the eight-year-old boy to throw the hen off the nest. The boy put his hand in the nest and withdrew it with a cry that the hen had pecked him. The second boy went after the hen but quickly screamed that the hen had pecked him. Mrs. Adams left the year-old baby near the wash tub and hurried to the boys.

In the nest, to her horrow, she found a rattlesnake and recognized that it was the snake that had bitten the boys. In her anxiety to do something for the injured boys she forgot her baby and when she got back to the wash tub found the child had climbed into the water in the tub and was drowned. The two boys bitten by the rattlesnake died the same day and the three children were buried together.

A Negro Who Was Worth Much to His Community.

There died a few days ago in Scotland county a negro pastor who was worth more to the community where for more than thirty years he preached to one congregation, than all the locks and bull dogs in that neighborhood. He preached temperance, virtue and every form of righteousness all those years, and practiced what he preached. He was humble, polite and honest, and taught his people to be so. He was not a man of letters, although he was rather widely read for one of his race. His name was Simeon Dockery, and he has gone where the good negroes go. Peace to his ashes! —Charity and Children.

The Cow Eloped.

The pastor of one of the largest churches in Kansas City has been in rather poor health this spring, and has been very often remembered by one of his admiring flock, who has sent him many dainty dishes. Recently she sent him a toothsome gelatin concoction covered with whipped cream. The woman's temperance scruples had yielded to the culinary art, and the whipped cream was flavored with a dash of wine.

The pastor's son was unable to resist asking for a taste. He smacked his lips, and remarked:

"Mrs. Blank's cow may have been dry last summer, but she has certainly gone wet this spring!"—Kansas City Star.

Move On Now!

says a policeman to a street crowd, and whacks heads if it don't. "Move on now," says the big, harsh mineral pill to bowel congestion and suffering follows. Dr. King's New Life Pills don't bulldoze the bowels. They gently persuade them to right action, and health follows. 25 cents at E. T. Whitehead Company's.

Christmas Makes Demand.

The German demand for apples and nuts to hang on Christmas trees is always very great. The inland production of apples, even in a favorable year, although large, is far too small for the demand, in spite of the fact that thousands of acres of new trees are planted each year. In order to supply the inland market, large quantities of apples and nuts must be imported from abroad each year.

WHO ARE THEY FOR.

North Carolina Senators Without Favorite at Baltimore.

Washington, May 30.—Both Senators favor an uninstructed delegation to Baltimore. Mr. Overman took this position early in the campaign and has not changed. He is inclined toward Wilson, but has not promised his support to any one. Senator Simmons has not in any way taken part in the pre-convention campaign. His most intimate friends do not know who he is for.

They each said today that they do not think that the Democrats of the State should compliment them by sedding either as delegates-at-large to the national convention.

On account of pressing business in the Senate probably neither Senators Overman nor Simmons will be able to attend the State convention. One of the tariff measures will be before the Senate every day from now until adjournment and for this reason Senator Simmons may be forced to remain here.

Mose Was Lazy.

A typical Southern "mammy" entered the office of a well-known attorney, and after mopping her shining brow with a bandanna handkerchief, said to the man at the desk:

"Ah wants t' git a divo'ce f'om mah husban', Mose Lightfoot "

"On what grounds?" asked the attorney.

"He's jes' natchelly wufless," was the reply.

"What is your husband's occupation?"

"He jes' sets roun' de house all day and p'tends to mind de baby."

"Does he take good care of the child?"

"Deed he do not! He is too lazy. Dis mawnin' he tried to make de dawg rock de cradle by tpin' its tail to one ob de rockers."

"Did the scheme work?"

"Land sakes, no! Mose am so evablastin' grouchy dat he couldn't speak enough kind words to make de dawg wag its tail!"

"I suffered habitually from constipation. Doan's Regulets relieved and strengthened the bowels so that they have been regular ever since." —A. E. Davis, grocer, Sulphur Springs, Tex.

Three Stingy Men.

It is said that three of the stingiest men in the State were in town yesterday. One of them will not drink as much water as he wants unless it be from another man's well. The second forbids any of his family from writing anything but a "small hand," as it is a waste of ink to make large letters. The third stops his clock at night in order to save wear and tear on the machinery. All of them decline to take their county paper on the ground that it is a terrible strain on their spectacles to read newspapers, even in the day time.—Mocksville Herald.

When your child has whooping cough be careful to keep the cough loose and expectoration easy by giving Chamberlain's Cough Remedy as may be required. This remedy will also liquify the tough mucus and make it easier to expectorate. It has been used successfully in many epidemics and is safe and sure. For sale by all dealers.

Heard In The Meat Market.

A bride stepped into the meat market and asked for some bacon. The clerk said, "I suppose you want the cured bacon."

"We'l," answered the bride, "I'd rather have some that has never been ill."—Ex.

Bright Light In Calamity.

Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm.—Lacon.

Nature's Way Is The Best.

Buried deep in our American forest we find bloodroot, queen's root, mandrake and stone root, golden seal, Oregon grape root and cherrybark. Of these Dr. R. V. Pierce made a pure glycetic extract which has been favorably known for over forty years. He called it "Golden Medical Discovery."

This "Discovery" purifies the blood and tones up the stomach and the entire system in Nature's own way. It's just the tissue builder and tonic you require when recovering from a hard cold, grip, or pneumonia. No matter how strong the constitution the stomach is apt to be "out of kilter" at times; in consequence the blood is disordered, for the stomach is the laboratory for the constant manufacture of blood. Dr. Pierce's Golden Medical Discovery strengthens the stomach—puts it in shape to make pure, rich blood—helps the liver and kidneys to expel the poisons from the body. The weak, nervous, run-down, debilitated condition which so many people experience at this time of the year is usually the effect of poisons in the blood. It is often indicated by pimples or boils appearing on the skin, the face becomes thin—you feel "blue."

J. C. Kenn, Esq.

"About two weeks ago I was suffering with an awful cold in my head, throat, breast, and body," writes Mr. James C. Kenn, of 710 1st Street, S. E., Washington, D. C. "I was very much run down. In fact, I had some pneumonia. I was advised by a friend to try a bottle of your 'Golden Medical Discovery.' I tried a bottle and it did me so much good that I feel safe in saying it is the greatest and best medicine that I ever took. My health is much better than it was before using your medicine. It does all you claim for it and is satisfactory."