

The Kidneys Are Weakened by Over-Work.
The Kidneys Make Impure Blood.
Unhealthy kidneys are the cause of much sickness and suffering. Therefore, if kidney trouble is permitted to continue, serious results are most likely to follow. Your other organs may need attention, but your kidneys must be first. Therefore, when you work or are out of order, and how quickly your energy and how every organ of your body.

"I feel like a young girl," said Mrs. Dora M. Martin, of Auburn, Neb., Route 1, Box 81, says: "I thought I would write you in regard to what your medicine has done for me. I have used them for thirty years for female troubles and general weakness with the very best result, and they have saved me hundreds of dollars in doctor's bills. I buy the 'Favorite Prescription' from the 'Excelsior' and take them together. I never was disappointed in your medicine and take pleasure in recommending them to my suffering friends. I am now almost fifty years old; at forty-one I took your medicine, both kinds, and I passed that period very easily and left me fat and healthy. I feel like a young girl. If any lady needs to write me, I will gladly tell her more about the good work of your medicine."

DR. FLEMING'S GREAT FAMILY DOCTOR BOOK, 'The People's Common Sense Medical Adviser,' newly revised up-to-date edition—of 1206 pages, answers hosts of delicate questions which every woman, single or married, ought to know. Sent free in cloth binding to any address on receipt of 31 one-cent stamps, to cover cost of wrapping and mailing only.

USES FOR ADHESIVE TAPE
Will Keep End of Rubber Hose From Splitting or Hot Water Bag From Leaking.

"Is there any possible way," asked the Summer Bride, "of keeping the cut end of a piece of rubber hose from splitting? Where it's forced over the end of a gas stove pipe, for instance? I know one really ought to have iron pipe connections made by a gas fitter, but sometimes one has to put up with rubber pipe as a temporary convenience."

"I know," said the Little Wise Lady. "Those things will happen sometimes, and the quickest way of heading off trouble is by using ordinary half-inch adhesive, such as comes in little rolls, and to wind ('strap' is a better word) several thicknesses of it around each end of the rubber hose, after it is forced into place on the stove or gas pipe. It holds the edges firm and prevents the tension which cracks the rubber. Of course, one might use rubber cement, but it's a fussy thing to tinker with, and there is all the bother of waiting for it to dry. Adhesive—take it all together—is one of the most useful things to have around the house of which I've any record. Try it next time your rubber hot water bottle sprays a tiny leak—two or three layers of it—of course making sure that the rubber surface is dry before putting it on. If it is slow to stick warm it slightly before applying, and you'll have no more trouble."
—New York Herald.

NOT HARD TO CLEAN SWEATER
Daintiest of Creamy White Ones May Be Renovated in the Following Manner.

A sweater is one of the necessities of the wardrobe. No other wrap can take its place. The dainty woman always prefers the creamy white ones, but often hesitates to buy because of the seeming difficulty of cleaning them. The following method simplifies that process, so that no one need hesitate to buy one on that account. Woolen blankets may be cleaned in the same manner.

A quarter of a bar of a good white soap is melted over the stove. To this is added about half a cup of ammonia. Enough hot water is run into the pan or tub to cover the sweater. The soap and ammonia are stirred in, and then the sweater is placed in with a stick on the top of a washboard this is stirred and turned until the dirt is out. Rinse in several waters, then lay on a slanting board to drain, but do not squeeze dry.

There are several methods of drying. One is to fasten a sheet flat over several clothes lines and spread the sweater on that in the sun.

Stucco Whitewash.
Unslacked lime one-half bushel, salt one peck, rice three pounds, Spanish whiting one-half pound, glue one pound.

Slack the lime with boiling water and cover it during the operation to keep in the steam. Strain the liquid through a fine sieve and add the salt already dissolved in water. Boil the rice in a thin paste and stir it in very hot, then put in the whiting and the glue. Dissolve the glue by soaking several hours in cold water, then place in double boiler and heat slowly. Use agate or porcelain kettle. Iron will turn the glue dark. Now add five gallons of hot water to the mixture. Stir it well and let it stand two or three days covered from the dust. This whitewash is applied while hot. It is very brilliant and durable. It is designed for brick and stone, but can be used for inside walls just as well.

Gravy Scup.
Cut the meat from a six-pound shin of beef, cutting it into small squares. Heat two tablespoonsful butter in a sauce pan, roll the pieces of meat in flour and add them by degrees to the butter; stir now and then and let simmer for one hour. The meat should look brown and juices be drawn out. Add one head of celery, two sliced onions, two sliced turnips, two sliced carrots, bunch of sweet herbs, blade of mace, two bay leaves, six cloves, two tablespoonsful salt and one tablespoonful whole; also add beef bones sawed into small pieces and one gallon of boiling water. Simmer for six hours, strain and let it get cold. Then remove all the fat. Serve with small pieces of cooked vegetables in it.

Blanketed Chicken.
Split and clean two broilers. Place in a dripping pan and sprinkle with salt, pepper, two tablespoonsful of green pepper finely chopped and one tablespoonful chives finely cut. Cover with strips of thinly cut bacon and bake in hot oven until tender. Remove to a serving dish and pour around the following sauce: Use three tablespoonsful of fat from the dripping pan, adding to this flour and one and one-half cupsful of thin cream, or, if preferred, half chicken stock may be substituted. Season with salt and pepper.

PARKE'S HAIR RESTORATIVE
This is a scientific preparation which restores the hair to its natural color and growth. It is the only hair restorative that does not contain any mercury or other poisonous ingredients.

In Tuberculosis CAMPS
a part of the regular diet is Scott's Emulsion
Its highly concentrated nutritive qualities repair waste and create physical resistance faster than physical resistance can destroy. All Druggists. Scott & Bowne, Bloomfield, N. J. 12-11

Original Amen Corner.
The origin of the name "Amen corner" is interesting and throws a pleasant light on English Catholicity of the days before the apostasy of Henry VIII. Each year on the feast of Corpus Christi the faithful went in procession to St. Paul's cathedral. Mustering in Cheapside, the procession moved toward the cathedral, the clergy chanting the "Our Father" as they passed along the street still called Paternoster row, reaching the "Amen" as they turned the corner known for years as Amen corner.—Ave Maria.

United on Deathbed.
A pathetic marriage ceremony took place the other day, in a Budapest hospital. A German singer named Erdos, who was appearing professionally in the Hungarian capital, was suddenly taken ill with heart weakness a few days ago. He telegraphed to his sweetheart in Frankfurt, Germany, to come to him. The girl started at once, and arrived in Budapest promptly. They were married immediately in the hospital ward, and Erdos died an hour after the ceremony.

Chinese Barbers in Hard Luck.
Barber shops were the exception, rather than the rule, in China in the old days, itinerant barbers attending to their customers' wants in the streets or in the customers' home. There appears to be no tendency toward the institution of barber shops since the change of hairdressing; in fact, the tendency locally is to do away with the barber altogether. Thus many families are purchasing hairclippers, which seem to be regarded as the only essential to haircutting.

The Modern Aesop.
A dog, who was accustomed to overeat, held a piece of meat in his mouth as he crossed a placid stream by means of a plank. Looking in, he saw what he took to be another dog carrying another piece of meat. Snapping greedily to get this as well, he let go the meat that he had and lost it in the stream. As a result his indigestion felt much better all the rest of the day.—Life.

Sight of the Color Blind.
A color blind person sees light as either white or gray and dark colors appear either as dark gray or black. This mutual sensitiveness is due to the fact that the light nerves and color nerves are closely interbound, but there is a different set of nerves for both light and color, just as there are different sets of nerves for temperature and for touch.

Absent-Minded Professor.
A certain university professor was noted for his absent-mindedness. One morning as he sat at the breakfast table with a scientific magazine propped up before him, his wife was astonished to see him reach out for the maple sirup, pour it down his back, and lean over and scratch his paca-ke.

London's Smoke Nuisance.
Half of London's smoke nuisance is caused by the coal fires in private dwellings, the owners of which are not liable for prosecution. It is expected that a good deal of missionary work will have to be done among householders before the smoke evil can be lessened appreciably.

After It.
"Pa, what is an inheritance tax?" "An inheritance tax, my boy, is the crowd of promoters, real estate agents, mining stock sharks, that take up a man's time just as soon as they learn that he has fallen heir to a little money."—Detroit Free Press.

Thought Worth Remembering.
So long as we are loved by others, I would almost say we are indispensable; and no man is useless while he has a friend.—Stevenson.

All Things to Them That Wait.
No road is too long to the man who advances deliberately and without undue haste; and no honors are too distant for the man who prepares himself for them with patience.—Bryere.

Not After Cooking.
"To the pure all things are pure." "Still, I guess they would be a little doubtful if they saw the pure food at the boarding house."

Old Tree of Historic Interest.
Sir Sidney Pocock, J. P., has just disposed of his residence, Charlton Court, Shepperton-on-Thames, Middlesex, England, in the kitchen garden of which is a very old mulberry tree bearing a tablet with the following inscription: "During the reign of Charles II. a fox was hunted from Windsor park and took refuge in this tree, where it was killed. The king, who was present at the kill, expressed a wish that the tree should be preserved to commemorate the longest run on record."

Joined His First Love in Death.
After an absence of over 20 years, a former aged resident of Rainham, Kent, England, returned to the district late the other night, and, groping his way through the tombstones in the local cemetery, found the graves of his first wife and son, and there shot himself. The man, who carried on business in Great Peter street, Westminster, posted a letter from Rainham to his second wife, and his daughter, saying he had gone to join his first wife and son.

Men are the Only Reasoning Animal.
Men act according to knowledge and reasoning ability. Other animals act by instinct born with them, and upon which they never improve. Birds build the same kind of nests right along. Men are always using their ability to improve their houses. Instinct is the name for the inferior kind of knowledge the lower orders of creation naturally possess. In some cases, as with dogs, horses, etc., this can be increased by careful training, or even by imitation.

Cloth Made From Seaweed.
By a process recently developed in England a very desirable cloth is made from the fiber of *Posidonia australis*, a species of seaweed found in the southern seas. Experiments made at Manchester university show that the fiber, after treatment, is soft, pliable, strong, much like wool in its disposition to curl and twist, and easy to spin in its raw state. It takes dye well, except green.

Jack and Bean.
Lord St. Levan owns that romantically beautiful Cornish fastness, St. Michael's Mount. Among other legends St. Michael's Mount is supposed to have been the scene of the fairy tale of "Jack and the Beanstalk," and hence come the nicknames of "Jack" and "Bean" borne by Lord St. Levan and his next brother, Major Edward St. Aubyn.

Country Without Manufactures.
Panama has practically no manufactures. The principal exports are bananas, coconuts, hides and skins, ivory, nuts, rubber and hardwood, of which the United States receives the greater portion. More than half of the imports are furnished by the United States and consist chiefly of foodstuffs, textiles and hardware.

Fewer Holidays in Argentina.
By a decree recently issued by the Argentine government four holidays, or feast days, are eliminated from the Argentine calendar. They are February 2, March 25, and the celebration of the feast of Corpus Christi (which this year fell on June 6, June 24 and September 8).

Where the Court Erred.
Complaining at Tower bridge of her husband's conduct with two other "women-friends," a wife was told by the magistrate: "Madam, you may be married to a Don Giovanni." The applicant: "Indeed, sir, I ain't nothing of the sort!"—London Standard.

ONE ATTACK FOLLOWS ANOTHER.
Has That Been Your Experience Taking Calomel for Constipation? Try Dodson's Liver-Tone Next Time.

Many people take calomel to cure constipation, but two or three days later they are sicker than ever. That is one of the after-effects of calomel. This is the reason why E. T. Whitehead Company's drug store will not guarantee calomel to be harmless. But we do guarantee Dodson's Liver-Tone to be a perfect substitute for calomel. Dodson's Liver-Tone will cure constipation and bilious attacks and keep them cured, by stimulating and toning-up the liver to do its best work. It is a vegetable liquid with a pleasant taste and is harmless to children as well as grown people. It lives up the liver by natural methods, does not act so strongly as to weaken the body, but is safe and sure just the same. You can buy a bottle to-day from E. T. Whitehead Company with the assurance of your money back if it fails in your case.

Red Elbows, says the Evening News, are happily a thing which may be removed. Saw off the red elbows, soak them in a bleaching mixture of unslaked lime, steep them in carbolic acid, and they will never trouble you again. Cold feet may be treated similarly.

BRIGHT GLASS AND SILVER
How to Care for Both With the Least Work and to Clean Them Without Injury.

There is nothing that repays one more for careful washing and drying than glass. First one must have a bowl of warm water softened with dissolved soap, which makes a very good lather. Too hot water should not be used, as it might crack the glass.

Have a bowl of clean water to rinse the glass in after washing it and if a very fine polish be desired on it have a little ammonia in it. Wash each article separately, rinse it well and dry with a soft glass cloth, which should be made of linen or fluff. Stuffy particles will stick to the glass and spoil the appearance.

When it is washed and dried polish with a leather kept for the glass or with a silk handkerchief or with some soft tissue paper.

How to Clean Silver—Have an aluminum pan containing about two gallons of cold water. In this dissolve a piece of washing soda about the size of an egg and heat the solution to boiling point. Drop into this the silver to be cleaned, taking care to keep the whole at boiling point. Let the silver soak for three or four minutes. Lift out with a wire spoon or long-handled fork, wash in hot soap suds and wipe quickly with a perfectly dry towel. The pieces so cleaned will be as highly polished as when new.

This process will neither injure plated or solid ware. When all the silver is finished, if there are any pieces that do not look white and clear, rub them with a little dry whiting and a dry duster, then polish off with a soft, dry cloth.

Trapped.
"Don't you love me or do you?" asked the western girl. The eastern man studied for a minute and answered: "The former." And he tried to conceal his surprise when she threw herself into his arms.—Cleveland Plain Dealer.

Naturally.
"What happens when you put the dollar before the man?" bawled the candidate. "The man goes after it," answered an old farmer in the crowd.—Louisville Courier-Journal.

Loves, the Essential Thing.
Love and notoriety can avail little; fame is the one essential thing, outliving time and change and going with us into the unmeasured possibilities of death.—Whittier.

High Price for Japanese Art.
At a sale in London a Japanese color print of Ichikawa Danjuro, 1679-1763, of a man seated outside a house of ivy holding a love letter signed Torii Kiyomasa, sold for \$400.

Automobile Economy.
About the only thing in owning an automobile is that the old tires may be taken into the house for the baby to chew on.—Galveston News.

Changing Times in China.
The Temple of Heaven on account of its floral riches will be converted into a botanical garden.—Pekin Daily News.

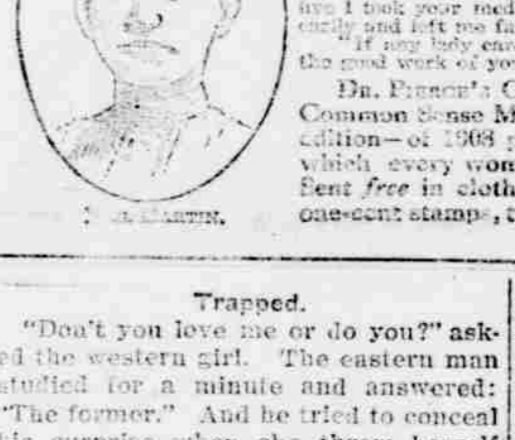
Demands of Duty.
To do our duty in life it must ever be done with the aid of all that is highest in our soul, highest in the truth that is ours.—Masterlock.

Nature's Law.
The law of nature is that a certain quantity of work is necessary to produce a certain quantity of good of any kind whatever. If you want knowledge, you must toil for it; if food, you must toil for it; and if pleasure, you must toil for it.—Rushkin.

What we Never Forget
According to science, are the things associated with our early home life, such as Picklen's Arnica Salve that mother or grandmother used to cure our burns, boils, scalds, sores, skin eruptions, cuts, sprains or bruises. Forty years of cures prove its merit. Unrivalled for piles, corns or chafes. Only 25 cents at E. T. Whitehead Company's.

Planting a Fish.
One shad, with backbone removed; a few drops of onion juice, four heaping teaspoonsful of butter, three tablespoonsful of finely chopped parsley, one level tablespoonful of salt, a few grains of red pepper, two tablespoonsful of tomato catsup, a few slices of lemon. Wipe the shad; place skin side down on hot oiled plank; sprinkle with salt and red pepper; spread with butter; cook in hot oven for half an hour; spread with the chopped parsley and tomato catsup; garnish with seasoned hot mashed potatoes, pressed through a forcing bag and tub; also lemons, cut in shape of crescents and dipped in chopped parsley, and sprigs of parsley.

FOR THE WOMAN WHO THINKS AND FEELS.
Some women complain that they periodically suffer from dull and heavy feelings, or dizziness in the head, nervousness, pain and bearing-down feelings which should not occur to the normal healthy woman. But most every woman is subject to these pains at some time in her life, due to abnormal conditions in life, such as anxiety, overtaxed strength, bad air, poor or improper food, wet feet, sluggish liver, etc. A restorative and female tonic made from active medicinal roots with pure glycerin, and without the use of alcohol, called



DR. FLEMING'S FAVORITE PRESCRIPTION,
has proven its value in thousands of cases, like the following:
"Mrs. DONA M. MARTIN, of Auburn, Neb., Route 1, Box 81, says: 'I thought I would write you in regard to what your medicine has done for me. I have used them for thirty years for female troubles and general weakness with the very best result, and they have saved me hundreds of dollars in doctor's bills. I buy the "Favorite Prescription" from the "Excelsior" and take them together. I never was disappointed in your medicine and take pleasure in recommending them to my suffering friends. I am now almost fifty years old; at forty-one I took your medicine, both kinds, and I passed that period very easily and left me fat and healthy. I feel like a young girl. If any lady needs to write me, I will gladly tell her more about the good work of your medicine.'"

DR. FLEMING'S GREAT FAMILY DOCTOR BOOK, 'The People's Common Sense Medical Adviser,' newly revised up-to-date edition—of 1206 pages, answers hosts of delicate questions which every woman, single or married, ought to know. Sent free in cloth binding to any address on receipt of 31 one-cent stamps, to cover cost of wrapping and mailing only.

GLASSES
cannot be fitted by mail. We offer you expert service at any of our four stores, where we have unexcelled facilities for handling promptly and satisfactorily all kinds of optical work. Our men are skilled in every branch of the business, and as we use the finest quality of material, you are assured of complete satisfaction.

Anso Films & Cyko Paper
are the best for amateur photographers. We are headquarters for these supplies and shall be pleased to serve you. Write for any kind of catalogue you wish.

L. L. Hall Optical Co.
Successors to TUCKER, HALL & CO. OPTICIANS OF THE BEST SORT 53 Granby Street, Norfolk, Richmond, Lyncburg.

BUY AN Automobile!
FROM ENFIELD GARAGE CO., Agents for E. M. F. Flanders 30 20 When you buy an Automobile why not buy the best? We sell the best. ENFIELD GARAGE COMPANY, ENFIELD, N. C.

BINGHAM ASSURANCE CO.
has prepared Boys for College and Man-Of-War. College and Man-Of-War. College and Man-Of-War. College and Man-Of-War.

CORTRIGHT METAL SHINGLES
HOW TO KNOW THE GENUINE
LOOK FOR THE STAMP, "CORTRIGHT" Reg. U. S. Pat. Off.
and accept no substitute, if you want a roof that will last as long as the building, and never need repairs—never need attention of any kind, except an occasional coat of paint.
3 Fire-proof—Storm-proof—Lightning-proof.
We have local representatives almost everywhere, but if none in your immediate locality, write us direct for samples, prices and full particulars.
CORTRIGHT METAL ROOFING COMPANY Philadelphia, Pa.
50 North 23rd Street

TRINITY COLLEGE
ITS STRENGTH LIES IN
A Large, Well-Trained Faculty; Excellent Buildings and Equipment; Full, Well-Arranged Courses; Earnest, High-Minded Students; a Large and Loyal Body of Alumni and Friends; Noble Ideals and Traditions; an Inspiring History of Achievement and Service.
Next Session begins September 11, 1912. For Catalogue and Illustrated Booklet, address R. L. FLOWERS, Secretary, Durham, North Carolina.

TRINITY PARK SCHOOL
ESTABLISHED 1898.
Location Excellent; Equipment First-Class; Well-Trained Faculty of Successful Experience; Special Care of the Health of Students; an Instructor in Each Dormitory to Supervise Living Conditions of Boys under his Care; Excellent Library and Gymnasium Facilities; Large Athletic Fields; Full Term opens September 11, 1912. For Illustrated Catalogue, address W. W. PEELE, Headmaster, Durham, North Carolina.

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year

THE COMMONWEALTH
Subscription Price \$1.00 Per Year