GRANDMA AND I.

My grandma talks of the "good old days"

To me and my little broher Ben; But if you won't tell, I'll whisper to

That I'm awfully glad I didn't live then.

My grandma's doll couldn't shut her

For, you see, they were only daubs of paint,

And her hair was made of raveled

I tell you, I'm glad that my dolly's

Such funny books as they used to have, And the pictures weren't pretty a single bit:

The old New England primer was one-I guess you'd laugh if you looked

There weren't any furnaces in church, And sometimes grandma would almost freeze And she says, when she was a child

like me. She never had seen any Christmas trees.

My grandma is dear, and wise, and

good. And I love her a lot, but anyhow, I think that the good new times are the best,

And I'm glad that Benny and I live

HINTS ON RUNNING.

## Alvin Kraenzlein Tells How to Become a Record Breaker.

Alvin C. Kraenzlein, who made a new world's record in the running broad jump, has this to say regarding his wonderful powers as an athlete:-

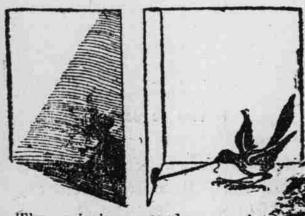
"From the time when I was a very small youngster I was very fond of athletic sports of all kinds, but at that time there were plenty of boys that could beat me in short and long distance running. I determined to make a study of running, and become the fastest runner in the school. In the first place I read a number of hints given by trainers, and these I adopted as much as was possible. To begin with I was always careful to take care of myself, and I never ruined my lungs with tobacco or my stomach with coffee every morning.

"My training at this time was very simple, but I think very effective. Each morning and night I used to go through the setting up exercises that are used at West Point, which almost every one knows and which so very few practice. Personally I believe these exercises to be the best kind of a home gymnasium it is possible to have, and some of my records, perhaps, may be directly attributed to them. Gradually I kept on running and practising, until I was acknowledged the fastest runner in the school, and I am sure that I felt more proud of this distinction than I have over any of my later

"If you are going to quote me as to my methods, I won't know where to begin, but first of all I would advise any young boy to get his body and mind so that they will work together at all times. By this I mean that the true runner or jumper depends upon his head-quite as much as his legs, for the fastest runner when rattled is beaten before the race begins. Another thing, you want to cultivate confidence in your abilities. Go into the race with the idea of winning, and if you lose, have it because the other man could run faster and, what is more, admit it.

"This same admission may be up to him in the future, and you will enjoy your victory more because you had to work and wait for it. Begin your practising by light running, allowing plenty of development for your lungs. Don't strain yourself at the start, but try to build up a physique and acquire a method of running that can be relied upon when you are in a race. Keep your stomach in good order. More races are lost from a bad stomach than poor legs. Add to this good American sand and faithful and conscientious practice and you may find yourself a world's champion some day.'

A Zoological Comedy.



The missing words complete sense and rhyme with each other. MR. MOUSE. "With fright I feel I'm turning-

I wonder what has got my--! MRS. BIRD. "Although it may resist and-I mean to have this splendid-"

He'll Win.

"I wish I were playing cards just now.

He said to the maiden fair. He was clasping her fingers close to

As they sat in the twilight there. "I knew I should win if I ventured in-Win money galore and lands. Whatever the game it would be the

For I'm holding such lovely hands."

A CHINAMAN'S FATE.

Declared Dead by a Society, He Was Tabooed and Killed Himself.

In San Francisco there's a Chinese secret society, the laws of which are as strict and unchanging as those of the Medes and Persians. One of the members of this society told some of its secrets-an offense punishable by death. He was to be tried in the usual way before a tribunal of the society.

The night of the ordeal was fixed. The culprit was represented by able counsel, but the sentence was deathas was expected. An executioner was called from an adjoining room. He was a strapping big Chinaman, and wore one of those hideous wooden masks that art critics think so beautiful. He carried a double-edged sword fully five feet long. To test the edge he folded a newspaper in eight parts, and the knife went through those eight thicknesses of paper as if it were a bit of butter in summer time.

The culpuit was brought in upon his knees, and another Chinaman, also on his knees, faced him and caught the traitor by the cue. He drew the culprit's neck toward him, the smock was pulled over the shoulders, and with one mighty swing the double-edged sword descended. Like a flash it clove the air and then stopped. A fractional part of an inch separated the sword from the victim's neck. Very, very gently the executioner brought the weapon down until it just touched the traitor's neck. Then, as it is a crime to kill a man in San Francisco, he stopped. He brought the sword to his side again, turned to the jugdes and said: "The culprit is dead."

The newly executed got on his feet and said something to the judge. The judge did not heed- for the culprit in fact, he is only tired out and sufferwas dead. He tried to speak to the Chinamen, who were hurrying from and do not let the children be counted the hall But he spoke to deaf ears. To all intents and purpose he was a ing. dead man.

He made his way into the street, and the first thing that caught his eye was a hugh poster proclaiming to all Chinatown that he had been executed that evening. No one would speak to him, no one look at him-he was a dead man-just as dead as if the executioner's sword had in reality descended.

For a whole week that man wandered about Chinatown, the posters proclaiming his execution staring him in the face at every turn. Not a crust of bread could he beg-not a mouthful of water. His people knew him as dead-he was past, gone, buried.

And so one day he wandered up into the American portion of San Francisco and stole a revolver from a messenger boy, who was showing it to some companions. Then he ran down into Chinatown, sat down on the pavement beneath one of his own death notices and blew the addled brains out of his poor Chinese head.

Baby's Tooth Set in a Ring.

Exclusive young matrons of the smart set who are also doting mothers have just introduced into fashion a new ring, which is exciting the greatest attention.

The woman who first wore one of these mysterious rings told all about it the other day to a girl friend who was admiring it and wanted to copy it. She said, "Why, the little white stone wouldn't be considered a gem to any one but me. It is only one of my baby girl's pearly white teeth. She knocked out a little front tooth not long ago, and as it was too precious to throw away, I took it to my jewelers and asked him if it couldn't be set in a ring. And here is the result. I told him to surround the tooth with diamonds and turquoises, alternating with one another, as I think just the touch of blue adds much to the beauty of the ring. The baby tooth encircied with diamonds looks too white. A number of my friends who have copied my idea have taken one of their baby's teeth to the jeweler's and had it surrounded with the child's birth stone."

rat Lans. Now that hatpins are selling for \$1. 900 downward, the minds of inventive geniuses are turning toward a pin that will stay in the hat, past all danger of falling out. Recently there was a patented split that was provided with a little spring which worked by pres-

A very nice hatpin, with a head of amber, had an amber fastening accompanying it and fastened by a gold chain. The fastener was stuck in the hat so that to lose the hatpin you must lose the hat also.

A very ultra little piece of jewelry is a band of pearls connected with the hatpin by a gold chain. The pearl hand is used as a broach or as a pin upon the breast. The gold chain dangles from the hatpin and makes a pretty piece of finery for the woman who likes "fixings." The band may match the hatpin, and be of any jewels or plain gold.

Any device is good so long as it holds the pin; and when you reflect that every year there are hundreds of dollars lost in hatpins, the economy of a little fastener is easily computed .-Philadelphia Times.

When a man has married a charming woman, if he doesn't continue to make love to her some other man will!

When a man is suffering from an aching head-a sluggish body-when his muscles are lax and lazy—his brain dull and his stomach disdaining foodhe will, if wise heed these warnings and resort to the right remedy, before it is too late. "PARKER'S SARSAPA-RILLA" the "KING OF BLOOD PURIFIers," makes the appetite keen and hearty, invigorates the liver, purifies the blood and fills it with life giving el-bangles in animal designs. Pigs, goats, ements of the food. It is a wonderful dogs and horses appear to be the favor-blood maker and flesh builder. Sold ites. These animal bangles are also by B. W. Hargrave, much used as watch charms.



TO INTEREST CHILDREN.

Let Them Work With You in All the Occupations of Home.

Constant change in occupation is the law of the growing child, because the law of his growth demands it. The work of the home and its environs is admirably adapted to this necessary constant change.

Let the children work with you. Share with them, and they with you, in all the occupations of the home Talk, explain, sing, while at work, and there will be no lack of interest. It is only when the little ones are left to work alone or with other children, on tasks which they do not comprehend that they become listless.

The healthy, happy child is naturally an enthusiast in anything which he undertakes. He likes work. His play is work-business-and he would prefer to spend his energies in some way that will "help," if he only knows how to do it. Of course he must not be kept at one thing until the muscles and faculties employed become wear-

After he has kept his arms, hands, legs and feet moving in a certain way for a few minutes, he must change. He will change so as to bring other parts into play, unless he is arbitrarily prevented; and when that happens he loses interest and becomes a dull, sullen, uninteresting "bother of a boy," judged by the ordinary onlooker, when ing. Make the work light and pleasant out of the homemaking and housekeep-

Taxed for Wearing Trousers.

Women using male attire are taxed for the privilege in France. For the privilege of wearing men's trousers the French government charges women a tax of about \$10 a year.

This, however, does not give every woman who is willing to pay the tax a right to wear such garments. The government confers the right as a tribute to great merit and makes it, in fact, a sort of decoration given to women, as the ribbon of the Legion of Honor is given to men.

The only women to whom has been granted the right to wear male attire are Georges Sand, Rosa Bonheur, Mme. Dieulafoy, the Persian archaeologist. Mme. Foucalt, the bearded woman, and two feminine sculptors, Mme. Fourreau and La Jeanette.

How jealously the right of wearing male attire by women in France has been guarded may be seen in the recent case of Mme. de Valsayre. This lady is well known for her propensity to fight duels and her efforts to get elected to the French assembly.

Last year she petitioned the government for the right to wear men's clothes, but the French authorities refused her petition. She is a pretty woman, with a profusion of blonde hair .-Tit-Bits.

Why Babies Are Cross.

It seems almost absurd to advise mothers not to pinch babies' feet, and yet physicians say that much of the fretfulness and irritation of babyhood is due to tight shoes and stockings. Not tight, perhaps, from a grown-up standpoint, but sufficiently snug to hurt the tender, soft flesh of baby feet. The shoes that are got for the very little baby are often actual instruments of torture because of some slight roughness or pressure.

If the shoe fits snugly, no matter how soft it is, the sole is sure to press into the sensitive flesh and irritate the temper, if not actually injure the nerves. Baby flesh is so soft that the mothers or nurses often do not notice how badly the little foot is being crowded until impeded circulation tells the story of suffering.

And small stockings are frequently a means of injury as are small shoes. Always buy both shoes and stockings at least one size larger than the socalled "easy fit." This rule should hold good until the foot has ceased to grow. The result would be a generation of healthier, better-tempered and more graceful men and women.-Demorest Magazine.

A Pneumatic Corset.

A corset made of rubber is adapted for the use of women who are learning to swim. This corset is cut on the same general lines as all corsets, and made double, so that the air space between the two thicknesses may be blown up, and serve not only to present a neat appearance to the figure, but also to buoy it up and give confidence to the mind. A lack of confidence is responsible for the slowness with which this accomplishment is learned by woman, and this corset should prove a boon to women who delight in aquatic sports but have no hardihood for them. The very knowledge that they can not sink leaves their brain clear enough to think of the proper strokes for hands and feet, and as soon as they find they can move through the water from one place to another, and become accustomed to these movements, the corset may be discarded. It is much more shapely than the big rubber rings and cork life preservers, and, in fact, does not show at all, as it conforms to the shape of the wearer.

A New Bracelet.

The newest bracelet is exceedingly Oriental in design. It is a heavy gold ring, which slips on and off over the hand, and is studded with three gems, a jade stone, amethyst and coral. Another novelty in the bracelet line is

ALLIGATORS PLAY PYRAMID

Rules of the Game As It Appears to a Spectator.

Did you ever see the Zoo alligators olay "pyramid," or any other of their famous games? They wrestle like oldtime Graeco-Roman boys, and strain and struggle in all sorts of ways at it. When, finally, one wins by getting the other on his back, a funnier thing occurs. The victor makes a sound like escaping steam-alligators' applause, if you please. Then they all become still and watch the vanquished brother squirm to get off his back and onto his legs again. If he's longer in doing it than the gang think is proper, they move up in single file and give him a jab with their jaws in his upturned belly. When finally he gets himself righted all hands again set up the steam-escaping racket, cheering him long and as loud as they did his victor. Their meaning no fight is shown by their never hurting each other. Another of the great midsummer

pastimes of these Zoo alligators is olaying pyramid. The 'gators play pyramid several times a day. To see it done you'd declare that the ugly things had been trained to it. But no. It's just one of the ways of the sporty side of their life. The game comes on by one of the biggest alligators uttering the steam-hissing noise. This calls the others to attention. Then the big one says a line or two of alligator talk and stretches himself full length in the centre of the pen. No sooner is this done than a little bit smaller alligator crawls on top of the other and stretches out lengthwise, but head to tail with the other. The second one being settled, he lets off a little steam talk, and a third, a little smaller alligator, climbs up on top of the second and settles down as the second did. They keep this up until six or seven have builded themselves into as strange and wonderful a pyramid as ever an eye beheld. After each one has settled on top of the other he lies perfectly motionless, so that when the pyramid is completed it appears as some marvellous carving.

But this effect lasts only about two minutes after the pyramid is finished. Then comes a new chapter of the act. The Sandow 'gator underneath all, starts to crawling. He heads for upand-down places in the pen, the game clearly being to see how long it will take him to jolt his strange pyramid load to pieces. And right here develops what appears to be a strict rule of the game. Say there are seven in the pyramid, and the sixth from the oottom jolts off first, taking, of course, the seventh one with him. You'd naturally think the game done for that sixth and seventh alligator. But not at all. It seems that the sixth one is n disgrace for having been shaken off before the seventh one, who was on top of the heap. Therefore, what does the seventh do but cling to the back of the sixth, after they've fallen off, and proceed to ride Mr. Alligator No. 3 around the pen until Mr. Sandow Alligator has succeeded in dumping the whole shooting match. If the 'ourth is 'shaken off before the fifth, the fifth, like the seventh, proceeds to ide his disgraced "next" until Sandow zets rid of all his load and another rame is started.

That Famous Blackbird Pie.

An interpreter of Mother Goose says: "The 'four-and-twenty blackbirds' represent the four-and-twenty hours. The 'bottom of the pie' is the world, while the 'crust' is the sky that over-

irches it. "The 'opening of the pie' is the day lawn, when the birds begin to sing and surely such a sight is fit for a

"The 'king,' who is represented as sitting in his counting-house, counting out his money, is the sun, while the gold pieces that slip through his fingers is he counts them, are the golden sun-

"The 'queen' is the moon, and the ioney with which she regales herself s the moonlight.

"The industrious maid, who is in the garden hanging out the clothes, is daylawn, and the clothes are the clouds. "The 'blackbird' who so tragically ends the song by 'nipping off her nose'

"So we have the whole day, if not in a nutshell, in a pie." Whoever thought Mother Goose

aught lessons in astronomy! Hand Blown Bubbles.

Have you ever tried blowing bubbles from your hands instead of from a sipe? It can be done, and the bubbles will be considerably larger than those the ordinary clay pipe produces. The next time you are in the bath tub you can give the experiment a test. Lather your hands well with suds; then place them in the position of a cup, just as f you were scooping up water from a spring, leaving, however, a small hole n the bottom. Hold your hands about 1 foot from the mouth and blow a current of air into them. After one or two trials you will be able to send skimming about bubbles over a foot in diameter.

An English newspaper recently offered a prize of £5 for the best reply to the question, "Who makes the best wife?" A ready housewife won the prize, for in the immortal words of the late Oliver Ditson she replied: "Yours truly, Jemima Boggs."

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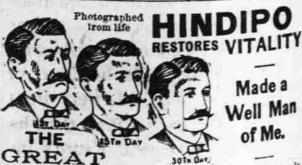
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