



GRANDMA AND I.

My grandma talks of the "good old days" To me and my little brother Ben; But if you won't tell, I'll whisper to you That I'm awfully glad I didn't live then.

My grandma's doll couldn't shut her eyes. For, you see, they were only daubs of paint. And her hair was made of raveled yarn. I tell you, I'm glad that my dolly's ain't!

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 at it.

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 now.

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:—

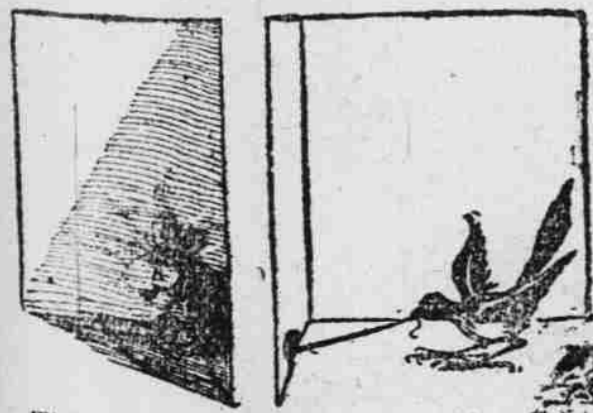
"From the time when I was a very small youngster I was very fond of athletic sports of all kinds, but at that time there were plenty of boys that could beat me in short and long distance running. I determined to make a study of running, and become the fastest runner in the school. In the first place 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 records.

"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 practicing 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—"

Vase Condolences. The woman who is fond of novelties for her table will rejoice to learn that candlesticks are now made with vase pedestals. The holder for the wax taper rises from a little bowl in which flowers or ferns may be held.

The original settler in Tennessee was probably the first man who tennis saw. It isn't vanity that makes a man go out between the dots and look in the

ODDITIES OF POISONING.

Some People May Safely Eat Certain Food Which Would Be Poison to Others.

The constitutional differences and peculiarities which exist among individuals should always be carefully watched and considered. One person can handle poison ivy with impunity while another is poisoned if only in the vicinity of the vine and without contact. Some members of a family residing in a malarial district will suffer regularly with chills and fever, while other members will not be at all affected.

Food that is actually poisonous to some persons, will not so act on others. One person may eat all kinds of green fruit and vegetables with impunity, while another person could do so only at the risk of life. Certain kinds of fish are actually poisonous to some people and perfectly wholesome to others.

It is this peculiar condition of the system which constitutes the danger point in the individual case and should be prudently observed by each one for himself. Intestinal derangements frequently arise from and are aggravated by certain kinds of food. Thus a person affected with kidney or liver trouble should not eat very white bread since the extreme whiteness is often produced by the use of alum with an inferior article of flour, and as alum is known to be poisonous in its effects on a sound constitution, this is why alum baking powder is never used by people of judgment and discretion.

More of earthly happiness depends upon what we eat than many people realize and it is for this reason that the different states are one by one passing pure-food laws.

Seen Through Wiser Eyes

It is difficult for young people to believe that anyone can know half as much about the subject as themselves, and that they are not by far the best judges of their own affairs; but they should not forget that love is always blind, and that the more they want to marry, the less likelihood there is of their looking with unbiased eye upon the seamy side of the future.

There is no such thing as any parent setting his face against his child's marriage, unless it seems more than likely to turn out unhappy for both parties.

There may be endless reasons for his decision, but there can be no doubt that he is a great deal better calculated to judge than the girl who begs him again and again to give in, and, on finding him implacable, sets to work to plan a secret marriage without the consent that there seems no possibility of her ever getting.

It is sad to reflect how many and many a girl who has taken matters into her own hands, and married the man her parents refused her, has lived to wish, with bitter and unavailing regret, that she had listened to advice she thought cruel and unreasonable.

When the liver's wrong all's wrong.

Ayer's Pills

make wrong livers right.

JOHN GASTON, Fashionable Barber, Nash St. WILSON N C.

Easy chairs, razors keen; Scissors sharp, linen clean. For a shave you pay a dime— Only a nickle to get a shine; Shampoo or hair cut Pompadour You pay the sum of twenty cents more.

FREE TRIAL TREATMENT TO EVERY MAN.

This offer is made by the ILLINOIS STATE SANITARIUM

provided that application be made at once, so that its inventions, appliances and never failing remedies may receive the widest possible publicity and prove their own merits by actual use and permanent cures. No money whatever will be received by the Illinois State Sanitarium from any one under its treatment until beneficial results are acknowledged. Its remedies and appliances have been recommended by the newspapers of two continents and endorsed by the greatest doctors in the world. Where development is desired, they accomplish it and never fail to invigorate, uphold and fortify. They infuse new life and energy. They permanently stop all losses which undermine the constitution and produce dependency. They rezone, restore and refresh manhood, regardless of age. They cure evil habits and permanently remove their effects, as well as those of excesses and over-taxed brain work, neurasthenia or nervous exhaustion. No failure, no publicity, no deception, no disappointment. Write to-day.

Illinois State Sanitarium, EVANSTON ILL. 25-10-3m

VOICES OF PROJECTILES.

A Warning Note That Makes Seasoned Veterans Duck Their Heads.

ACTION IS INVOLUNTARY.

Difference in the Character of Sound Which Is Made By the Big Shells.

Scream of the Eight Inch Shell and the Angry Roar of the Thirteen-Sampson's Message to General Toral Which Was the Real Means of Accelerating His Surrender.

One of the naval officers off Santiago was talking about ducking his head when bullets or shells came uncomfortably close, and, as he was never known to flinch before any duty and had heard the song of projectiles innumerable in the Civil as well as in the Spanish war, what he said was listened to.

"I ducked the other day," he said, "and ducked hard, when a 13-inch from the Oregon went over our deck, forward, and pretty close, too, during the bombardment. Help it? Of course I couldn't. Neither could anyone else. The pregnant hinges of the knee work involuntarily in reverence to one of those roaring monsters. You duck as you would wink if a fellow made a pass at your face or would sneeze if you stuck a feather up your nose. Will power isn't any good as a preventive; hasn't time to work. Your head bobs down and your legs bend before you can say to yourself: "Don't be a cowardly ass." Funny, too, and also involuntary, I think, is the quick look that follows the bobbing to see if you have been observed. Of course, you have been and equally of course nothing is said because everyone knows by experience how it is himself."

"How about rifle bullets—Mauers, for instance?" I asked.

"Oh, they're different. Generally they come too fast for ducking and you quickly get used to their ping or their zip. You know, too, that if the sound is a whine the bullet is a good ways off and if it is the sharp 'pst' it is too late to move, as the missile has passed you. Besides, the rifle bullets are usually expected, while I never knew the close arrival of a big projectile to be anything but surprising. I think, too, the windage must have something to do with the effect on nerves and muscles. I have often heard the question discussed as to how close an 8, 10, 12 or 13 inch shell in full flight could come to a man without knocking him over by atmospheric concussion. There doesn't seem to be any rule; seems to depend on the man, or his position at the time the shell passes. I do not believe, however, any one could keep his feet if a high calibre shell came within five feet of him. I have no ambition to try.

"Did you ever notice the difference in the character of the sound made by an 8, 10 or even a 12-inch shell and that which accompanies a 13-inch, 1100-pound fellow?"

I assured him I had not, as when unkind fate made me an attendant at such diapason orchestral feats I thought of sins, not sounds.

"Well, it's very marked. Now your sub-calibre projectiles, and even the bigger ones, below the biggest, have a petulant sort of wail with them. There is a great deal of the squeal mingled with their shriek. Sometimes I've heard an eight-inch cry as if in agony, and the scream of its flight, as it left you, sunk into a sob almost human. But the thirteen-inch means red war, and says so. Its tone is horror made manifest, but the horror that is inspired, not that which is felt. There are few, or none, of the higher notes heard as the devil makes his twelve-mile leap. An angry, dominating roar, a demoniacal spread of sound, a very cleavage of the frightened waves of air—that's what the thirteen tells to the tympanum. But, bless my soul, what rot I'm giving you. Almost poetical, I declare. After all, though, if the greatest poetry is that which most deeply stirs the heart, I imagine the threnody of the big thirteen is not prosaic."

Thinking over this queer differentiation of projectile sound—as if some shells felt regretful over the work they had to do, while the most destructive of all fairly gloat through space on their missions of death—I understood better the full purpose of Sampson's message to Toral, when the Admiral told him: "I have been firing 12-inch shells into Santiago to-day. Unless you surrender, the Oregon, Massachusetts and Indiana will open on you with 13-inch shells to-morrow, commencing about noon."

Toral surrendered, as you will remember, and in his despatch to Blanco mentioned this Sampson ultimatum.

Editor—What's all this stuff?

Reporter—That, sir, is a report of the proceedings of the Woman Suffrage meeting last night.

Editor—But I can't make head or tail of it.

Reporter—Neither could I. They were all talking of anoo.

Why allow yourself to be slowly tortured at the stake of disease? Chills and Fever will undermine, and eventually break down, the strongest constitution "FEBRI-CURA" (Sweet Chill Tonic of Iron) is more effective than Quinine and being combined with Iron is an excellent Tonic and Nervine Medicine. It is pleasant to take, is sold under positive money ref. no substitutes. and don't effect 'argrave.

THE DAILY NEWS.

PUBLISHED EVERY WEEK DAY IN THE YEAR AND GIVES ALL THE

LATEST TELEGRAPHIC NEWS

From All Parts of the World.

The Stirring Events of State Affairs and Everything in the Local Field.

\$1.00 for Three Months. Ten Cents a Week.

Delivered by Carriers to Any Part of the World.

THE WILSON NEWS.

ISSUED EVERY WEEK.

THE CREAM OF NEWS FROM EVERYWHERE.

World, Nation, State, County, City.

Only \$1.00 a Year.

ASK FOR OUR GREAT COMBINATION OFFER.

JOB PRINTING

ALL KINDS DONE IN THE VERY BEST STYLE.

Prices are Right

AND

Satisfaction Guaranteed.

GIVE US YOUR ORDER

S. MUNN, SON & CO.,

COMMISSION MERCHANTS.

COTTON, STOCKS, GRAIN AND COFFEE.

56 BEAVER STREET, NEW YORK CITY

All orders for the purchase and sale of above articles are received with the distinct understanding that ACTUAL DELIVERY is contemplated and are executed on the Exchanges of New York and Chicago Board of Trade. Customers may draw at sight for balances or profits, or they will be deposited in any City Bank they may designate. Orders solicited by

3-16

HEALTH AND VITALITY DR. MOTT'S NERVE TONIC. The great remedy for nervous prostration and all diseases of the generative organs of either sex, such as Nervous Prostration, Falling or Lost Manhood, Impotency, Nightly Emissions, Youthful Errors, Mental Worry, excessive use of Tobacco or Opium, which lead to Consumption and Insanity. With every \$5 order we guarantee to cure or refund the money. Sold at \$1.00 per box, 6 boxes for \$5.00. DR. MOTT'S CHEMICAL CO., Cleveland, Ohio. For sale at NADAL'S DRUG STORE.