VOL. VI. - NO -21 .


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Bank Buildiog, Williamiston, X. S. ATWOOD NEWELL

LAWYER



## AN OMNIBUS BILL A Smile-Proveking Affair That Carries with it No Bitterness, But <br> a Laugh.

## Iom, or asth the tings are wonored cu

WILLIAMSTON, N. C., FRIDAY, MARCH 10, 1905

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## ives. <br> S

## How and What to Bat.

Excess of food directly or is Iocty accounts for alarge per cent. children. It does not matter so much where we live as how we diet, cil
mate having little to do with nate having little to do with our is taken, the tissues of the body Thus if the blood it pure and in healthy condition, the body will
so, but if the blood is charged win
effete matter. from the absorption of excess of food, which is badiy assmilated, this ill. ormed materia is deposited in the various ussung tions and resulting in disease. Most people do not drink enough
water. About two quarts of good spring water shonld be taken in the wenty-four houra. This flushes ou and cleanses tho whole rystem, pur
fiying the and keeping the excrelory organs active and healthy. In brief, then, the articies fried things of all kinds, pastry, bread, highly seasoned dood, ric ween meals, except a glass of mill or some fresh ripe fruit. Those things which we should eat aro:
Cereals of all kinds, tresh ripe fruit, Cereals of all kinds, tresh ripe fruit,
and fresh vegetables in abunance dry or toasted bread, meat six or
seven ounces, according to weight, seven ounces, according to weight,
a piece about half the size of an (i pividual's hand,) butter, egge,
milk and a simple dessert, and a up of coffee once a day, and quarts of water during the day.-
Dr. E. E. Sill, in the twentieth Century Home.

The Jamestown Appropriation. The appropriation of $\$ 250,000$ by congress to provide for sovernnent participation in the james town exposition, has relieved some
uneasiness on that score previously entertained by those connected with this interesting enterprise. For several years the demanas on
the government for similar recog. nition have been steadily growing, until of late a distinct hostility has developed against such appropria-
tions in congress. In the present tions in congress. instance, strenuous persoual solicilation on 7 necermatr to secure, the gation was necessary to secure, the
vote in the house essential to the passing of the bill
The governiment having once
definitely committed itself to this policy, however, and followed it so lavishly in the past, it would have
savored strongly of discrimination savored strongly of diecrimination
and inconsistency to have refused town exposition officials. From a
sentimental, and hostoric view point, too, this exhibition is every
bit as deserving of govermental patrounge as the ones previously
held. The Chicago world's fair Was, of course, projected under peculiar conditions and it was emi-
nently proper that the United
Statee shonid be adequately repre sented at a dibplay at which all the
natione of the world were present natione of the world
in their beat apparel:
in their beat apparei
The Pan-Americ


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K. B. GRAWFORD
insurance agent

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What adva cementh has been made
in heart-purity, in heart-power. In
a certain sense any man succeds
an certain sense ann man succeeds
aho accomplishes his life purpose who satisfies his strong desires. In
when a much truer sense success is not
possible save in right thinking and possible save in right thinking and
right feeling and doing. A true, faithful man is never a failure. A
man who is untrue is never
cess.-The Orphan's Friend.
Pointed Paragraphs.
Clothes do not make the man.
Yan makes the clothes.
It is a wise woman what
convince her husband
Nearly all men believe that hon
Many a young man who thinks
rette-struck.
It sometimes happens that an ar
it's pot-boiler doesn't even pro-
ide a cold dinner.
Of course it's hard to believe, but
nore than likely you wr
ared a handsome baby.
If a married couple never qua
being too lazy to start anything
of being a flatterer if he calls her handsome; butighe gets mad if
doesn't.-(Chicago News.)

Co.
$\qquad$ .

sides.
Then it will take a bull'sere
ohot at the professiunal gambler.
It will tear down the shate that masks him and others of hio stripe
from the public gae and the just
wrath of the law. gaze and the just
Gentiensen of the General As.
sembly, , ou may not pass this bill,
but that will not efface the fact
hhat rou should have done so.-
Wilmington Dispatch
"He who studies diplomacy rath.
He may further his personal inte
est and gain place and even power,
but still it is
surely fails to be a man. He who
permits truth to be crowded out of
his life, fails though ne reach the
heights of worldy position. Before
knowing whether a man is a true
success or is a failure we should

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Mun' 40

-CHRIST IN THE CAMP
Na

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PATENTS

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