Not a drop of Alcohol

Doctors prescribe very little, il any, alcohol these days. They prefer strong tonics and alteratives. This is all in keeping with modern medical science It explains why Ayer's Sarsaparilla is now made entirely free from alcohol. Ask you doctor. Follow his advice.



Unless there is daily action of the bow els, poisonous products are absorbed. causing headache, biliousness, nausea dyspepsia. We wish you would ask your doctor about correcting your constipation by taking laxative doses of Ayer's Pills. We wish you would ask your

PAIN

Pain in the ness. — but a proper pair is blood pressure—nothing size usually. At least, so says Dr. Shoop, and to prove it he has created a little pint tablet. That ablet—called Dr. Shoop's Headache Tablet—coaxes blood pressure away from pain centers. Its effect is charming, pleasingly delightful. Gently, though safely, it surely equalizes the blood circulation.

Hyou have a headache, it's blood pressure.

Hyou have a headache, it's blood pressure.

Hyou are sleepless, restless, nervous, it's blood disposition—blood pressure. That surely is a sertainty, for Dr. Shoop's Headache Tablets stop is no 20 minutes, and the tablets simply distribute be unnatural blood pressure.

Bruise your finger, and doesn't it get red, and well, and pain you? Of course it does. It's conception, blood pressure. You'll find it where pain palvays. It's simply Common Sense.

We sell at 25 cents, and cheerfully recommend

Dr. Shoop's Headache **Tablets**

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PRACTICAL ADVICE ABOUT **DIVERSIFIED FARMING**

......

In the line of poultry production, kept, why should not Florida housewives pay more attention to guinea hens? Their eggs are but a trifle, if any, smaller than those of the hen, are just as good eating and for use in cooking, while the meat has a gamey flavor that closely resembles that of our natural game birds, now so rapidly disappearing from our forests and woodlands.

Our squawking friend is thought to have come originally from Africa—a country from whose dark interior we are getting a good many excellent things in the way of foods both animal and plant.

Like the turkey, they are a wandering race: like the Arab, they like to be let alone, to wander, only tentless, at will in field and garden, foraging for their daily food. If given a wide range their cost of maintenance is small, compared with the more domestic kind. The "mother" instinct is small, perhaps owing to this cause and the "hatch" comes out best, ben the hen sits upon it, with the proverbial patience of Job. When young they are somewhat wild and require to be confined within close wire netted fences with a wide board

a poultry house where guineas are

'Guineas should' not be hatched until continuous warm weather has come, say, the last of May and during June. The female guinea usually does not sit until later than this. A small flock is profitable and interesting."-W. E. P., in Florida Agriculturist.

How to Examine a Sick Animal. First take the temperature of the animal by placing a fever thermometer into the rectum, allowing it to remain there for three to five minutes. The normal temperature of a cow is 101 degrees (Fahrenheit) The normal temperature of a horse

is 100 degrees, sheep 101 degrees. Second, take the pulse of the ani-mal, which can be found at the angle of the lower jaw bone. The normal beats of a cow's pulse is from forty to fifty per minute and that of a horse from thirty-three to forty per

minute. Third, count the respiration of the animal, or number of times it breathes by watching the sides or flanks, or by pressing the ear to the The normal respiration of the side. cow is from fifteen to twenty per min-

BROOME GRASS A FORAGE PLANT.

Will Stand Drought and Severe Cold.



The common name of this grass is smooth broome grass. It is a native of Europe and Asia. From the fact that it is said to have been introduced into this country from Austria-Hungary, it is often called Austrian or Hungarian broome grass. It is easily distinguished from all other common broome grasses by its smooth usually beardless glumes or chaff. The seed should be sown in liberal quantities on well prepared ground. The forage made by this grass is coarse, but it is of excellent quality. The grass seems able to endure drought and also withstands considerable degrees of cold. Air-dried samples analyze about ten per cent. protein, which makes it ex ceedingly valuable for feeding.

at the bottom. Once on squawking | ute and that of a horse is from twelve coming familiar with hen talk, they are said to become very much attached to her, never leaving her day or night even after they are "grown up.

prolific in this respect, but, like the turkey, they will hide their nests unless they have become domesticated by having the run of the house lot in-closure. If hatched by hens they are apt to do as hens do and will lay their eggs in the same nests.

As to their laying they are quite

The common pearl guinea has darker flesh than the white variety, which is unknown in its native country, the loss of color being an accident of domestication which has been taken advantage of to breed a new variety.

To distinguish between the sexes is easy for those familiar with this fowl, but the beginner may, for a time, be misled. The male has a bass voice—if one may be allowed the term for so unmusical a creature while the female has a tenor one. She is the noisy one of the species, and alone "buckwheats" the air, the male never using it.

Poultry, from which the foregoing facts are condensed, says: "As night watches a few guineas are a perfect defense. They know a stranger at any time and will set up their clatter day or night, and he is a bold chicken thief who can withstand their disnordant screeching when he invades

Witty Sayings. There is one thing that should be said to the credit of the boys; they never pretend to like people they dislike.

There are but two classes of people in the world just before an election: The angels who belong to your party, and the devils on the other lately we are catching them in a lot side.

Some men will take an awful lot There are many occasions to say of abuse to keep from paying their human nature should be changed, but

minute while resting. If the temperature, pulse or respirations are found to be higher or faster than above described, you will know that the animal is ailing. - David Roberts, in Florida Agriculturist.

Take Care of Your Tools.

The value of an implement depends to some extent upon its term of usefulness, which, in turn, with its proper operation, is determined largely by the condition in which it is kept. Sufficient attention to bearings or other parts where good work and long wear depend on oil or elbow grease means economy of time, money and muscle. The best and the cheapest remedy for rust is shed-room. W. A. B. Hearne.

The Best Breed.

The breed you fancy most is the best breed for you. A man's attention to his stock makes a large score in profit or loss in the stock business as well as other business. If the farmer is partial to a particular breed of stock of any kind he is more likely to succeed with this than with any other breed .- J. C. Stribling.

Use Hard Grit.

Grit must be hard and sharp to do the work of properly grinding up the food in the crop. Gravel, as a general thing, is not rough enough, and cracked oyster shell is too soft

Pointed Paragraphs. A pup is as friendly as ac andidate two days before election. Every man makes a different noise

We used to think that big railroad men were about the smartest things that ever drew the breath of life, but

you can't change it.

BOSTON BROWN BREAD.

There is even a new wrinkle in making Boston brown bread, and that is cake crumbs in place of wheat flour. The regular rule calls for one cup corn meal, the same amount of graham flour, ditto cake crombs or wheat flour, the former much the better. Mix these dry ingredients together. Put into a bowl one cup sour milk, two-thirds of a cup of molasses, a pinch of salt and a teaspoonful of soda. Stir until the soda stops "purring," then stir into the dry ingredients. A cup of cut raisins may be added or not as desired. Many think them an improvement. Pour into buttered moulds and steam three hours, starting with cold water. If larger quantity of bread is required, a teacupful of entire wheat flour is added.—New York Telegram.

Educational Conference.

Richmond, Va., Special.-Wednesday night the Southern Methodist educational conference will convene in the Broad Street Methodist church for a three days session, during which some of the most prominent educators and ministers of the Methodist church in the South will address the Governor Claude A. conference. Swanson will deliver an address of welcome at the opening, which will be responded to by Dr. Kilgo, president of Trinity College.

Military Sustains Committee.

Constantinople, By Cable.-The committee of union and progress has given convincing proof of its power and influence over the third corps. Two military trains, each containing 800 infantry, arrived Saturday morning at Tohataljae, about 67 miles from the capital, and four other trains are expected to reach that point within 24 hours. Preparations also are being made at Saloniki for the despatch of a number of additional trains for Constantinople.

Crazed Negro Wounds Four.

Richmond, Special.-Everett Royster, a negro crazed by cocaine, Monday afternoon felled James B. Lacy and his son Charles in the former's wood and coal yard; fired three shots at Dr. James P. McDonough, after being wounded by the latter, armed with a shotgun; jumped into a victoria, and at the point of a pistol compelled the driver to race madly down Broad street in an effort to escape to the country. He was finally

etc., IN ALL COUNTRIES.
direct with Washington saves time, Spatipess are and often the batent.
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A few doses of this remedy will in-variably cure an ordinary attack of diarrhosa

It can always be depended upon, even in the more severe attacks of cramp colic and cholera morbus.
It is equally successful for summer diarrhosa and cholera infantum in children, and is the means of saving

when reduced with water and sweetened it is pleasant to take.

Every man of a family should keep this remedy in his home. Buy it now.

PRICE, 250.

Col. Patten. a Lieutenant in the Old Guard, an exclusive organisation composed of soldiers of distinction who fought in the Civil War, very popular in secret

> famous recommends the remedy, Pe-ru-na, as a spring

society circles.

tonic. Hesays: "I have used Peruna, and desire to recedy as an invigorating Spring tonic; also one of the best remedies that I ever tried for coughs, colds and catarrhal

complaints."

Having read the above testimonial, what conclusion must be reached by any fair-minded, unprejudiced reader?

Is there any possibility that a man of the prominence and reputation of Col. Patten could be induced to say such things if he did not honestly believe them to be true?

duced to s
them to be true? Remember, he says not only that he recommends Peruna as an invigorating spring tonic, but also as one of the best remedies that he has ever tried for coughs, colds and catarrhal complaints.

What are you going to do with such evidence? Are you going to turn away from it and listen only to the talk of people who probably never saw a bottle of Peruna, certainly never tried a bottle of it, who have nothing else to do but to talk about other people's affairs? Are you going to listen to such people as that, instead of accepting the testimony of those who know?

There may be a few people so constituted as to be able to perform such a mental feat. But the sensible people, the reliable people, the brawn and brain of the world, who are governed by principles of justice and common sense, are going the world, who are governed by principles of justice and common sense, are going to accept the clear, pointed and undoubted testimony of a man of national reputation who knows what he is talking about.

Peruna is everything he says it is. It is an invigorating spring tonic. It is also a good remedy for coughs. We have many testimonials attesting to this fact.

Peruna is manufactured by the Peruna Drug Mfg. Co., Columbus, Ohio.

T. W. Tilghman, President and General Manager; J. G. Staton, Vice-President; John D. Biggs, Treasurer; Asa T. Crawford, Sec-retary; T. C. Tilghman, Gen. Superintendent.

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WILLIAMSTON, N. C.

Don't Worry If you are sick, don't worry, but begin at once

to make yourself well. To do this, we but repeat the words of thousands of other sufferers from womanly ills, when we say:

It Will Help You

For 50 years, this wonderful female remedy, has been benefiting sick women. Mrs. Jennie Merrick, of Cambridge City, Ind., says: "I suffered greatly with female trouble, and the doctors did no good. They wanted to operate, but I took Cardui, and it made me feel like a new woman. I am still using this wonderful medicine, with increasing relief."

AT ALL DRUG STORES



An improvement over many Cough, Lung and Bronchial Remedies, because it rids the

system of a cold by acting as a cathartic on the bowels. satisfaction or money refunded. Prepared by PINEULE MEDICINE CO., CHICAGO, U.S. A. TOR SALE AT CHASE'S DRUG STORE.