

TURN ON YOUR BACK.

When Exhausted Swimming, Face Upward and You Will Drift Ashore.

A guest at my summer place a few miles from Pablo while bathing was carried out to sea, and when almost out of sight and all hope had fled, to our surprise, we suddenly saw his body impelled forcibly toward us. Then we saw it recede a few feet, and then again, as it were, shoot 20 feet toward the shore. This continued until my son and myself, at last able to reach him, bore him insensible to the beach.

After recovery his story was that after losing all hope, guided by some mysterious impulse, he had turned upon his back, when he felt himself carried rapidly forward. He had then turned over upon his face to get his bearings, when he was carried out farther from the land, and on again placing himself upon his back the surface waves brought him rapidly to the shore, a rescued man.

It is an error that the drowning man is attacked by cramp except in very cold weather. He drowns from heart failure, induced by the violent exertion and the upward pressure of the water upon the abdomen diminishing the space and impeding the action of the heart. By turning over on the back this pressure is removed, the back being almost entirely a strong wall of bone and muscle; also when on the back the entire body is nearer the surface, and the surface waves tend toward the shore, the undercurrent out to sea, even the legs when upon the back being less exposed to the current that tends toward the sea. By floating gently upon the back the heart, relieved of its pressure, becomes calm and quiet, and the swimmer can regain his strength and float for hours. The bather whose heart is weak should always present, when standing erect, the right side of the body to the waves and thus avoid the Sullivanlike blows of the incoming waves upon a crippled heart. In every bathhouse should be posted the injunction, "In case of exhaustion or accident turn upon the back."—Jacksonville Metropolis.

She Got a New Fair.

Sarcasticus and his wife were going to the theater.

"Will you please go in and get my goats off the dressing table?" said Mrs. S.

"Your goats?" queried the puzzled Sarcasticus. "What fangle have you women got now?"

"I'll show you!" snapped the wife, and she sallied away and soon returned putting on her gloves.

"Are those what you mean? Why, I call those kids."

"I used to," replied Mrs. Sarcasticus, "but they are getting so old I am ashamed to any longer."

He took the hint.—Pearson's Weekly.

Economy.

"What's this?" exclaimed the young husband, referring to the memorandum she had given him. "One dozen eggs, one pound of raisins, a bottle of lemon extract, a tin of ground cinnamon and half a pound of sugar—what do you want with all these things, Belinda?"

"I've got a stale loaf," replied the young wife, "that I'm going to save by working it up into a bread pudding. I never let anything go to waste, Henry."—London Fun.

Dress Well.

It is not enough that people shall be clad; they must be dressed. "Costly thy habit as thy purse can buy," was the advice of Polonius to his son; "rich, but not gaudy, for the apparel oft proclaims the man," and the advice is just as good today as it was 300 years ago.

In Luck.

"It's no fun being married. My wife is coming to me all the time and asking for money."

"You're lucky! I have to ask my wife always for money when I want any!"—Heltere Welt.

The progressive nations of the world are the great food consuming nations. Good food well digested gives strength. If you cannot digest all you eat, you need Kodol Dyspepsia Cure. It digests what you eat. You need not diet yourself. It contains all of the digestants combined with the best known tonics and reconstructives. It will even digest all classes of food in a bottle. No other preparation will do this. It instantly relieves and quickly cures all stomach troubles.

King Bros.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

FARMERS

—OF—

CUMBERLAND COUNTY:

We offer you superior facilities for Ginning your Cotton this season, as we have recently erected a

NEW 3-70 SAW Munger-System Ginnery,

consisting of Double Box Press with steam trumper, Suction Elevators, etc Cotton taken directly from wagon, distributed to gins, baled and

DELIVERED IN ABOUT FIFTEEN MINUTES,

thus doing away with the long and tedious waiting necessary at our old ginnery.

TOLL \$1.25 A BALE.

Bales weighing over 505 pounds 15 cents additional.

Bagging and Ties as low as charged at any other first-class gin.

A reduction of 10 cents per bale will be allowed to any customer who may wish to deliver his own cotton.

We guarantee perfect satisfaction in every way, and will endeavor to merit your continued and increased patronage.

We will, as usual, be in the market for Cotton Seed and will, at all times pay highest market price for same.

Fayetteville Cotton Oil and Fertilizer Co.

August 1900.

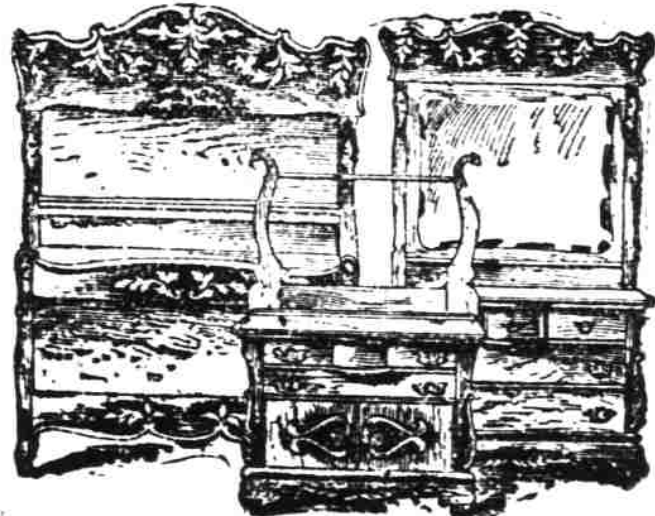
PEACE INSTITUTE AND CONSERVATORY, RALEIGH, N. C.

A thorough school of high-grade for girls. In pine belt of North Carolina so famous for health. Judge Gray of Culpeper, Va., says: "The very best female school of which I have any knowledge." Catalogue free. JAMES DINWIDDIE M. A., Principal. ALFRED COWELL GOODWIN, Director.

THE BINGHAM SCHOOL, ORANGE COUNTY, Near MEBANE, N. C.

Offers your boys a beautiful and healthy country home in Piedmont section of N. C., on the Southern Ry. Wholesome and abundant food and plenty of shade, pure water and fresh air. Faculty of seven specialists. Bible, physical culture and penmanship, specialties. Thorough classical, scientific and commercial courses. Scholarships, prizes and medals. No extras, but every course for one fee. Healthful sports enjoyed. For handsomely illustrated catalogue, sent free, address PRESTON LEWIS GRAY, Principal, Bingham School, Mebane, N. C.

FURNITURE! FURNITURE!



It is not my intention to sell my Furniture by large attractive advertisements. I simply drop in an advertisement to remind you that

"The Old Reliable Newberry Furniture House"

is the place to get all kind of new, latest designed Furniture at the very lowest prices. I invite you to call when you are wanting anything in my line, and I feel sure that the prices and quality will sell the goods.

C. B. NEWBERRY.

DeWitt's Little Early Risers are prompt, palatable, pleasant, powerful, purifying little pills. King Bros.

REDUCTION.

At a time when prices are all upward it affords the agent of the

ETNA Insurance Co.

great pleasure to announce a reduction of rates on CHURCHES, SCHOOL HOUSES, DWELLINGS, BARNS, &c., in North Carolina.

The rates are now so low that there is no excuse for such property being burned and this announcement being made in the public prints: "No insurance."

The rate being satisfactory, you want the best company. The Etna is the strongest American company and has been doing business since 1819. Investigate! Investigate! B. R. HUSKE, Agent, Fayetteville, N. C.

Notice of Sale.

By virtue of the authority contained in a mortgage deed, executed to me on the 23rd day of February, 1897, by K. E. Barefoot, and duly registered in the Register's office of Cumberland county, in Book A, No. 5, page 6, I shall sell, at auction for cash, at the Court House door in the town of Fayetteville, on the

26th day of March, 1900,

the following real property, to-wit:

A certain piece or tract of land lying and being in Cumberland County, State of North Carolina, in Black River Township, and described and defined as follows:

Beginning at a cypress in the main run of Mingo and runs N 65 1/2 W 25 poles and 15 links to a hickory on the side of the path; thence N 72 W 25 poles to a stake in the path; thence N 23 W 139 poles to a stake on the west side of Reedy Branch; thence S 45 W 26 poles to a small black gum in the edge of a small branch; thence South 57 chains and 70 links to a cypress knee in the main run of Mingo; thence up the main run as it meanders to the beginning, containing 103 acres and fully described in said mortgage This 16th day of February, 1900.

L. E. PARKER, Mortgagee.

James D. Parker, Att'y

The above sale is postponed to

Monday, Oct. 15th, 1900,

at 12 o'clock M., by mutual consent. All rights reserved.

JAS. D. PARKER, Att'y for Mortgagee. ROBINSON & SHAW, Att'ys for Mortg'r.

RAEFORD MILITARY INSTITUTE.

FALL TERM OPENS SEPT. 17TH, 1900.

Classics, Sciences, Music and Art taught by full corps of competent teachers.

For further information apply to

Prof. W. P. M. Currie, Principal. **John W. McLaughlin,** Secretary Board of Trustees.

Littleton Female College.

A very prosperous school with modern buildings.

SPLENDIDLY LOCATED in a remarkably healthful section in Warren county on S. A. L. Road.

BETWEEN RALEIGH AND WELDON, N. C.

Panacea water kept in building for free use of inmates.

Fifteen Officers and Teachers. CHARGES VERY LOW.

The eighteenth annual session will begin Wednesday, September 19th, 1900. For catalogue address

REV. J. M. RHODES, Littleton, N. C.

THE GRADY SCHOOL, Turkey, N. C.,

Will begin its next session September 3rd. Write for particulars to ju 25-tf B. F. GRADY.

Notice of Dissolution.

Notice is hereby given that the copartnership heretofore existing between the undersigned under the firm name of Britton & Johnson, was on Aug. 21st, 1900 dissolved by mutual consent. W. H. Britton assumes all of the liabilities of the late firm due and owing on account of the lumber business.

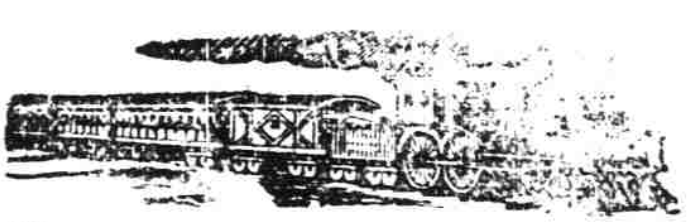
W. J. Johnson assumes all of the liabilities of the late firm due and owing in connection with the turpentine business. All persons indebted to the late firm will settle with W. H. Britton except those whose liabilities were set apart to W. J. Johnson in the articles of dissolution.

W. H. Britton will continue the lumber business and has purchased the good will of W. J. Johnson in that business.

W. J. Johnson will continue the turpentine business heretofore conducted by the firm. W. H. BRITTON, W. J. JOHNSON.

Aug. 25th, 1900.

Kodol Dyspepsia Cure "Digests what you eat."



Atlantic Coast Line Railway Company

CONDENSED SCHEDULE. TRAINS GOING SOUTH.

DATED Nov. 19, 1899.	No. 23. Daily.	No. 85. Daily.	No. 103 (Dn.) Daily.	No. 41. Sunday.	No. 49. Daily.
Leave Weldon	11 50	8 58			
Ar Rocky Mt.	12 55	10 04			
Leave Tarboro	12 21		6 00		
Lv Rocky Mt.	1 00	10 04	8 45	5 40	12 53
Leave Wilson	1 58	10 25	7 10	6 20	2 40
Leave Selma	2 55				
Lv Fayetteville	4 30	12 19			
Ar Florence	7 25	2 34			
	P. M. A. M.				
Ar Goldsboro			7 50		
Lv Goldsboro				7 01	3 21
Lv Magnolia				8 09	4 25
Ar Wilmington				9 40	5 50
			P. M. A. M. P. M.		

TRAINS GOING NORTH.

	No. 78. Daily.	No. 102 (Up) Daily.	No. 32. Sunday.	No. 40. Daily.	No. 78. Daily.
Lv Florence	A. M.	P. M.			
Lv Fayetteville	9 40	7 45			
Leave Selma	12 20	9 45			
Leave Wilson	1 50	10 54			
Arrive Rocky Mt.	2 55	11 31			
Lv Wilmington	A. M.	P. M. A. M.			
Lv Magnolia			7 00	9 45	
Lv Goldsboro			8 34	11 19	
			9 45	12 30	
Leave Wilson	P. M.	A. M. P. M. P. M.			
Ar Rocky Mt.	2 35	5 43	11 31	10 38	1 16
Ar Tarboro	3 30	6 15	12 07	11 35	1 53
Ar Tarboro	12 21	7 04			
Lv Rocky Mt.	3 30	12 09			
Arrive Weldon	4 32	1 00			
	P. M.	A. M. P. M.			

†Daily except Monday. †Daily except Sunday.

Wilmington and Weldon Railroad, Yadin Division Main Line—train leaves Wilmington, 9 00 a. m., arrives Fayetteville 12.15 p. m. Leaves Fayetteville 12.25 p. m., arrives Sanford 1.43 p. m. Returning leave Sanford 2.30 p. m., arrive Fayetteville 3.45 p. m. Leave Fayetteville 3.50 p. m., arrive Wilmington 6.50 p. m.

Wilmington and Weldon Railroad, Bennettsville Branch—train leaves Bennettsville 8.10 a. m., Maxton 9.20 a. m., Red Springs 9.53 a. m., Hope Mills 10.42 a. m., arrive Fayetteville 11.10. Returning leaves Fayetteville 4.45 p. m., Hope Mills 4.50 p. m., Red Springs 5.35 p. m., Maxton 6.15 p. m., arrives Bennettsville 7.15 p. m.

Connections at Fayetteville with train No. 78, at Maxton with the Carolina Central Railroad, at Red Springs with the Red Springs and Gummore Railroad, at Sanford with the Seaboard Air Line and Southern Railway, at Gait with the Durham and Charlotte Railroad.

Trains on the Scotland Neck Branch Road leave Weldon 3:35 P. M., Halifax 4:15 P. M. arrive Scotland Neck at 5:08 P. M., Greenville 6:51 P. M., Kinston 7:55 P. M. Returning, leaves Kinston 7:50 A. M., Greenville 8:52 A. M., arriving Halifax at 11:18 A. M., Weldon 1:33 A. M., daily except Sunday.

Trains on Washington Branch leave Washington 8:10 A. M., and 2:30 P. M., arrive Farmville 9:10 A. M., and 4:00 P. M., returning leave Farmville 9:35 A. M., and 6:30 P. M., arrive Washington 11:00 A. M., and 7:30 P. M. Daily except Sunday.

Train leaves Tarboro, N. C., daily except Sunday at 3:30 P. M., Sunday, 4:10 P. M., arrives Plymouth 7:40 P. M., 6:10 P. M. Returning, leaves Plymouth daily except Sunday, 7:50 A. M., and Sunday 9:00 A. M., arrives Tarboro 10:05 A. M., 11:00 A. M.

Trains on Midland N. C. Branch leaves Goldsboro daily except Sunday, 7:05 A. M., arriving Smithfield 8:10 A. M. Returning, leaves Smithfield 9:00 A. M., arrive Goldsboro 10:20 A. M.

Trains on Nashville Branch leave Rocky Mount at 9:50 A. M., 3:40 P. M., arrive Nashville 10:10 A. M., 4:03 P. M., Spring Hope 10:40 A. M., 4:55 P. M. Returning, leave Spring Hope 1:00 A. M., 4:55 P. M., Nashville 11:22 A. M., 5:25 P. M., arrive Rocky Mount 11:45 A. M., 6:00 P. M., daily except Sunday.

Train on Clinton Branch leaves Warsaw for Clinton daily, except Sunday, at 11:40 A. M. and 4:15 P. M. Returning, leaves Clinton at 7:00 A. M., and 2:50 P. M.

Train No. 78 makes close connection at Weldon for all points North daily, all rail via Richmond.

H. M. EMERSON, Gen'l Passenger Agent. T. M. EMERSON, Traffic Manager.

Kodol Dyspepsia Cure

Digests what you eat.

It artificially digests the food and aids Nature in strengthening and reconstructing the exhausted digestive organs. It is the latest discovered digestant and tonic. No other preparation can approach it in efficiency. It instantly relieves and permanently cures Dyspepsia, Indigestion, Heartburn, Flatulence, Sour Stomach, Nausea, Sick Headache, Gastralgia, Cramps, and all other results of imperfect digestion. Prepared by E. C. DeWitt & Co., Chicago.

KING BROS.