The Value of Good Digestion

Is easy to figure if you know what your stomach is worth. Kodol keeps the stomach at par value, by insuring good digestion. Kodol cures Dyspepsia.

While Kodol is doing this, the sound and active brain.

body just what Nature intended stomach's sake." it to do-is the man who is always prepared for any emergency. He is "there with the goods."

Spurring the stomach and brain tories of E. C. DeWitt & Co., Chicago.

Kodol insures good digestion by to special effort by "tonica" and absolutely duplicating Nature's "stimulants" doesn't cure anything, normal process, in perfectly digesting all food taken into the stomserious ailments which it induces can be averted and corrected only

stomach is resting—and becoming by natural means. Strong and healthy. A strong and healthy stomach guarantees a sound and active brain.

by natural means. Kodol supplies this natural means. It performs the stomach's work for it—just as the stomach The man with a sound stomach should perform it—while the stomach stomach that is doing for the ach takes a little rest, "for the

Our Guarantee

prepared for any emergency. He is "there with the goods."

The man with a sick stomach, is a man sick all over. When the stomach is irritated by undigested food, the blood and heart are directly affected. Then dullness, unnatural sleepiness, sick-headaches, vertigo and fainting spells, and even serious brain trouble develop. Kodol will prevent these.

Our Guarantee

Go to your druggist today and get a dollar bottle. Then after you have used the entire contents of the bottle if you can honestly say, that it has not done you any good, return the bottle to the druggist and he will refund your money without question or delay. We will then pay the druggist for the bottle. Don't hesitate, all druggists know that our gnarantee is good. This offer applies to the large bottle enly and to but one in a family. The large bottle contains 2½ times as much as the fifty cent bottle.

Kodol is prepared at the laboratories of the bottle of the done you have used the entire contents of the bottle if you can honestly say, that it has not done you any good, return the bottle to the druggist and he will refund your money without question or delay. We will then pay the druggist know that our gnarantee is good. This offer applies to the large bottle only and to but one in a family. The large bottle contains 2½ times as a much as the fifty cent bottle.

Kodol will prevent these.

Is an ordeal which all women approach with dread, for nothing compares to the pain of child-birth. The thought of the suffering in store for her robs the expectant mother pleasant anticipations.

Thousands of women have found the use of Mother's Friend robs confinement of much pain and insures safety to life of mother and child. This liniment is a God-send to women at the critical time. Not only does Mother's Friend carry women safely through the perils of

child-birth, but it prepares W the system for the coming event, relieves "morning sickness," and other discomforts.

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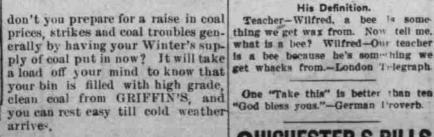
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World



W. H. Griffin, The Coal and Wood Dealer.

erally by having your Winter's sup- what is a bee? Wilfred-Our teacher ply of coal put in now? It will take is a bee because he's som hing we

Teacher-Wilfred, a bee is some

One "Take this" is better than ten "God bless yous."-German I'roverb.



TEACHERS' INSTITUTE. A MEAL WITH A MOOR

Tea Served In Glasses.

FOOD EATEN WITH FINGERS.

That is Not Always Appreciated.

Abdullah took me by the hand and

gravely introduced me to the company.

A sliken cushion was placed on the

The repast commenced with green

tea served in small glasses. The cus-

tom of preparing this is peculiar to the

country. To the principal native guest

is given the honor of making the ten

In this case it was Raisuli, who, being

under British protection, had been in-

vited to dinner in my honor. He ac-

cepted the invitation to do the honors

of the evening and ordered the ne

gress to place the native brass tray in

front of where he sat cross legged on

the divan. The methods of proceeding

are not such as would recommend

Measuring out the tea in his hand,

he dropped It in the pot. The negress

slave then poured bolling water over

it. This was swilled around and the

water poured off. The pot was then

filled with huge lumps of loaf sugar.

broken roughly from a sugar loaf, and

a little mint was added. A small quan-

tity of the concoction was poured into

a glass, sipped and poured back again

into the pot. This process was continued until the required delicacy of

each glass belonged. At a sign from

the host the tray was removed, and

another slave approached each person

with a brass bowl, soap and towel and

a bronze kettle of warm water. The

We all sat around a small table about

blessing of God rests on the food taken

with the fingers," so all good Moham-

medans follow the words of their

prophet. No knife must be used on

bread, and the small round loaves are

broken up and handed around. The

tajin, or stew, is not difficult to manipulate, although the olives floating

in argon oil slip through your fingers Miniature tugs of war occur with your

vis-a-vis in the effort to dismember a

As a particular mark of favor the

host will from time to time place be-

fore you a little titbit which he has torn off with his greasy fingers. How

you have to swallow the morsel. Dur-

ing the mea' the national dish of cous-

cous is invariably served. This dish is

made from broken grains of wheat

specially prepared by the women. It

with the meat on top. Each person

scoops out his own little hole in the

To the inexperienced it is difficult to

an awful mess of it. The small grain

must be judiciously compressed huo a

loose ball and then shot into the month

with the back of the thumb. The

and little conversation is carried on

passed from hand to hand for those

who require drink. The last course

finished, the bowl and water are once

more requisitioned and the hands and

The Poor Man's Gym.

Mrs. Bourdalot, glancing admiringly at the athletic shoulders of the pro-

spective boarder, "how do you keep in

"I go through a few gymnastic exer-

cises every morning," confessed the

you. I've had the bathroom monopo-lized that way before."-Kansas City

His Criticism.

critic)-What do you think of the new

opera. Mr. Crochet? Emineut Musical

Critic-Well, it wouldn't be bad if somebody would set it to mu ic.-Lon-

Mrs. Golightly (to eminent musical

"Well, I'm sorry, but we can't board

such splendid physical condition?"

young man, flushing.

don Pick-Me-Up.

"Would you mind telling me," asked

Moors take extreme delignt in ing the ineffectual efforts of Europeans who are in difficulties with their peans who are in difficulties with the peans who are in difficulties with the peans who are difficulties with the pean

during the meal. A bowl of water is

manage the conscous without making

side and must not trespass on his

neighbor's portion.

mouth washed.

fowl or divide tough meat.

the dish. The courses were many and varied. As says the Health

guests washed their right hands pre-

flavor was reached.

paratory to the dinner.

themselves to an English tea party.

divan, upon which I seated myself.

for foreign affairs.

It is Oldigatory Upon All County Pub-

lie School Teachers to Attend. The Repast Began With Green A county institute for teachers will be held in the Court House at Goldsboro, N. C., beginning August 2, and ontinuing two weeks.

Section 4167 of the school law says: All public school teachers of any county in which such institute and school is conducted are erehyb man's House-A Particular Mark of school is conducted are hereby re-Favor by the Host to His Guests quired to attend the same continuously during its session, unless prov-During my stay in Fez I took every identially hindered, and failure to atopportunity of gaining a closer insight tend the biennial institute and school into the domestic life of the inhabitshall debar any teacher so failing to ants, and for that reason, writes Lawattend continuously from teaching in rence Harris in the London Graphic, I any of the public schools of the State heartily accepted an invitation to dine with Abdullah el Fasi, the minister teacher shall have attended according to law some county institute and On arriving at his home I was ushered into a large room in which were school as herein provided for in some sented five or six guests of high rank. other county."

You are required to bring all of the text-books used in the public schools through the primary and intermediate grades, as the institute will partake largely of the character of a school. For the primary work bring, in addition to the readers, some tablets and a pair of scissors.

J. Y. JOYNER, Superintendent Public Instruction E. T. ATKINSON,

County Superintendent.

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Goldsboro Undertaking Co. The company then drank the customary three glasses of this sirupy mix-

ture, drawing it through their teeth Funeral Directors and Embalmers with a sound like a horse drinking. As each glass was finished and replaced CARL E. STANLEY. in the tray it was refilled and handed Proprietor. back by the "keeper of the pot," who was supposed to remember to whom

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JUST RECEIVED 100,000 - PINE-HEART - SHINGLES!

Two more cars of Shingles and a car of Plastering Laths now in Transit.

Manufacturing

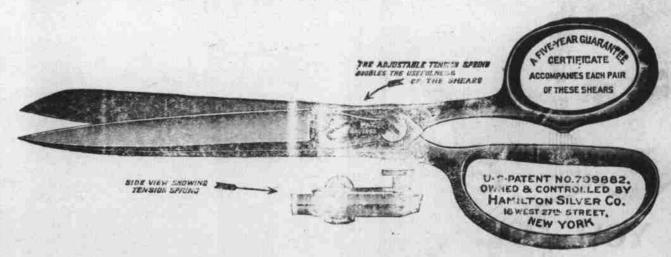
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The cutting edge on these shears is indestructible, and will never wear dull. They will cut anything and everything from Wet Tissue Paper to a Heavy Horse Pla ket.

Note the Tension Spring. It does away with re-Sharpening Entirely. Illustration Shows Exact Size. 8 in. Long.



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