

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.

Kodol insures good digestion by absolutely duplicating Nature's normal process, in perfectly digesting all food taken into the stomach.

While Kodol is doing this, the stomach is resting—and becoming strong and healthy. A strong and healthy stomach guarantees a sound and active brain.

The man with a sound stomach—a stomach that is doing for the body just what Nature intended it to do—is the man who is always 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 dizziness, unnatural sleepiness, sick-headaches, vertigo and fainting spells, and even serious brain trouble develop. Kodol will prevent these.

Spurring the stomach and brain to special effort by "tonics" and "stimulants" doesn't cure anything, or accomplish any good. Neither does dieting. Indigestion and the serious ailments which it induces can be averted and corrected only by natural means.

Kodol supplies this natural means. It performs the stomach's work for it—just as the stomach should perform it—while the stomach takes a little rest, "for the stomach's sake."

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 do not feel better, 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 guarantee is good. This offer applies to the large bottle only and to but one in a family. The large bottle contains five times as much as the fifty-cent bottle.

Kodol is prepared at the laboratories of E. C. DeWitt & Co., Chicago.

BECOMING A MOTHER

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 of 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-sent aid to women at the critical time. Not only does **Mother's Friend** carry women safely through the perils of child-birth, but it prepares the system for the coming event, relieves "morning sickness," and other discomforts.

Sold by druggists at \$1.00. Book of valuable information mailed free.

MOTHER'S FRIEND

THE BRADFORD REGULATOR CO., Atlanta, Ga.

Schools and Colleges.

Trinity Park School

A First Class Preparatory School

Certificates of Graduation Accepted for Entrance to Leading Southern Colleges

Best Equipped Preparatory School in the South.

Faculty of ten officers and teachers. Campus of seventy-five acres. Library containing forty thousand volumes. Well equipped gymnasium. High standards and modern methods of instruction. Free, well lectured by prominent lecturers. Expenses exceedingly moderate. Eleven years of phenomenal success.

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H. M. NORTH, Headmaster, DURHAM, N. C.

Trinity College.

Four Departments—Collegiate, Graduate, Engineering and Law. Large library facilities. Well equipped laboratories in all departments of Science. Gymnasium furnished with best apparatus. Expenses very moderate. Aid for worthy students.

Young men wishing to study law should investigate the superior advantages offered by the department of Law at Trinity College.

For catalogue and further information, address

D. W. NEWSOM, Registrar, Durham, N. C.

THE NORTH CAROLINA

State Normal and Industrial College.

Maintained by the State for the women of North Carolina. Four regular courses leading to degrees. Special courses for teachers. Fall session begins September 15, 1909. Those desiring to enter should apply as early as possible. For catalogue and other information address

J. L. FOUST, Pres., Greensboro, N. C. 6-19 15td

"Y" In the World

don't you prepare for a raise in coal prices, strikes and coal troubles generally by having your Winter's supply of coal put in now? It will take a load off your mind to know that your bin is filled with high grade, clean coal from GRIFFIN'S, and you can rest easy till cold weather arrives.

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

Phone 47.

ADVERTISE IN THE ARGUS

A MEAL WITH A MOOR

The Repast Began With Green Tea Served In Glasses.

FOOD EATEN WITH FINGERS.

Table Manners In a Moorish Gentleman's House—A Particular Mark of Favor by the Host to His Guests That is Not Always Appreciated.

During my stay in Fez I took every opportunity of gaining a closer insight into the domestic life of the inhabitants, and for that reason, writes Lawrence Harris in the London Graphic, I heartily accepted an invitation to dine with Abdullah el Fasi, the minister for foreign affairs.

On arriving at his home I was ushered into a large room in which were seated five or six guests of high rank. Abdullah took me by the hand and gravely introduced me to the company. A silken cushion was placed on the divan, upon which I seated myself.

The repast commenced with green tea served in small glasses. The custom of preparing this is peculiar to the country. To the principal native guest is given the honor of making the tea. In this case it was Rabsul, who, being under British protection, had been invited to dinner in my honor. He accepted the invitation to do the honors of the evening and ordered the negroes 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 themselves to an English tea party.

Measuring out the tea in his hand, he dropped it in the pot. The negroes then poured boiling 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 quantity 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 flavor was reached.

The company then drank the customary three glasses of this syrupy mixture, drawing it through their teeth with a sound like a horse drinking. As each glass was finished and replaced in the tray it was refilled and handed back by the "keeper of the pot," who was supposed to remember to whom 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 guests washed their right hands preparatory to the dinner.

We all sat around a small table about six inches high, upon which was placed the dish. The courses were many and varied. As says the Hadith, "The blessing of God rests on the food taken with the fingers," so all good Mohammedans 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 fowl or divide tough meat.

As a particular mark of favor the host will from time to time place before you a little tibbit which he has torn off with his greasy fingers. However your stomach rebels against it, you have to swallow the morsel. During the meal the national dish of couscous is invariably served. This dish is made from broken grains of wheat specially prepared by the women. It is served piled up like a huge cone, with the meat on top. Each person scoops out his own little hole in the side and must not trespass on his neighbor's portion.

To the inexperienced it is difficult to manage the couscous without making an awful mess of it. The small grain must be judiciously compressed into a loose ball and then shot into the mouth with the back of the thumb. The Moors take extreme delight in watching the ineffectual efforts of Europeans who are in difficulties with their couscous. Moors are very great eaters, and little conversation is carried on during the meal. A bowl of water is 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 mouth washed.

The Poor Man's Gym.

"Would you mind telling me," asked Mrs. Bourdalo, glancing admiringly at the athletic shoulders of the prospective boarder, "how do you keep in such splendid physical condition?"

"I go through a few gymnastic exercises every morning," confessed the young man, flushing.

"Well, I'm sorry, but we can't board you. I've had the bathroom monopolized that way before."—Kansas City Times.

His Criticism.

Mrs. Golightly (to eminent musical critic)—What do you think of the new opera, Mr. Crochet? Eminent Musical Critic—Well, it wouldn't be bad if somebody would set it to music.—London Pick-Me-Up.

His Definition.

Teacher—Wilfred, a bee is something we get wax from. Now tell me, what is a bee? Wilfred—Our teacher is a bee because he's something we get waxes from.—London Telegraph.

One "Take this" is better than ten "God bless you's."—German Proverb.

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TEACHERS' INSTITUTE.

It is Obligatory Upon All County Public School Teachers to Attend.

A county institute for teachers will be held in the Court House at Goldsboro, N. C., beginning August 2, and continuing 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 hereby required to attend the same continuously during its session, unless provisionally hindered, and failure to attend the biennial institute and school shall debar any teacher so failing to attend continuously from teaching in any of the public schools of the State for a period of one year, or until such teacher shall have attended according to law some county institute and school as herein provided for in some 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.

\$6.00 TO NORFOLK, VA., AND RETURN—\$2.75 TO WILMINGTON, N. C., AND RETURN, VIA ATLANTIC COAST LINE.

Tickets on sale for all trains each Saturday and for Sunday forenoon trains commencing Saturday, May 29, and continuing to Saturday, September 4, 1909; limited to return Monday following date of sale.

An excellent opportunity to visit the famous seashore resorts of Virginia and North Carolina at a minimum cost.

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Funeral Directors and Embalmers
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Proprietor.
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Office - - 49,
BOTH PHONES

Ask Your Neighbor to Subscribe for the ARGUS

WORKING FOR YOU

The Merchant who Advertises!

The progressive merchants attract your attention by advertising, thus deserving to secure your patronage. The fact that he advertises places upon the merchant the necessity to "make good," to meet live competition. He is placed under a continued test, and he must emerge always with your increasing friendship. He must work for you, with your approval ever in mind. He must find bargains for you—extra value merchandise for you; he must protect you on styles, quantities and prices. All in all the merchant that advertises is enlisted in your service.

JUST RECEIVED

100,000 - PINE-HEART - SHINGLES!

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

A. T. Griffin Manufacturing Co.

These Patent Tension Steel Shears

FREE To Argus Subscribers FREE

The Latest and Most Useful Household Invention.

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 Plank.

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



EIGHT-INCH PATENT TENSION SPRING SHEARS.

The Shears being distributed by the ARGUS are manufactured of the very highest grade steel, perfectly tempered and heavily nickel plated on a highly polished surface. The patent tension spring takes up all the wear on the rivet, so that the cutting edges will never wear dull. A simple turn of the little thumb screw will adjust the blades to cut anything from the thinnest and most delicate fabric to the heaviest material. Every woman who has had the experience of attempting to cut with a dull pair of shears will appreciate this new invention.

READ THIS GUARANTEE—We guarantee the quality of the material and the workmanship in these Shears to be first-class in every respect. That the tension spring denotes the usefulness of the shears, and does away with the necessity of re-sharpening. A printed guarantee certificate accompanies every pair, and contains the following: "If this pair of shears breaks or becomes defective in any way within five years from the date delivered it will be replaced with a new pair free."

How to Get a Pair of These Shears:

To every person who subscribes to the Daily Argus for three months or the Semi-Weekly Argus for one year, cash with subscription, a pair of these Shears, that retail at all hardware stores at \$1.00, will be given ABSOLUTELY FREE. To every old subscriber who renews his subscription the same offer will be made.

The Daily Argus, \$1.25 for 3 Months.
The Semi-Weekly Argus, \$1 for a Year.

FREE--A \$1.00 Pair of Shears--FREE

CHICHESTER'S PILLS

THE DIAMOND BRAND

For Biliousness, Headache, Indigestion, Constipation, and all the ailments of the bowels.

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PINE-ULES for the Kidneys