

Edgemont.

Gastonia Gazette.
Edgemont! The very name is suggestive of mountains and coves, streams and fishes, cool and refreshing air and nights of restful and restoring sleep. In company with a friend The Gazette man spent Sunday at this new summer resort and he was charmed with the place. As yet practically undeveloped and unadvertised, it is yet the mecca of not a few people who seek rest from noise and strife and close communion with nature in all her grandeur. With only one small hotel and a cottage or two with accommodations for thirty or forty guests, it is not as yet prepared for taking care of any considerable crowd of people but, if properly handled and advertised, it will undoubtedly some day in the near future be one of Western North Carolina's most popular resorts.

Edgemont is the terminus of the Caldwell & Northern Railway which is an extension from Lenoir of the Carolina & Northwestern Railway. It is 23 miles from Lenoir and hence about 85 miles from Gastonia. Leaving Gastonia on the week-end special Saturday evening at 7 o'clock we arrived there about midnight and soon found ourselves sleeping under cover. Just what the elevation of this place is the writer did not learn but it is sufficiently high to ensure cool nights all during the summer and the days are comfortably cool if one keeps in the shade. The hotel here was opened for the first time last summer and the first cottage was built this summer. The railroad company has erected a commodious and attractive little depot and baggage house. A concrete reservoir has been built some distance up on the mountain above the hotel which furnishes pure cold water for all purposes. The Edgemont Club is grading a road to property recently purchased on which it expects to erect a commodious and comfortable club house for its members. This will probably be ready for occupancy next season.

Between the depot and the hotel runs the clear swift Wilson creek which is spanned by a suspension bridge. Its waters are as clear as crystal except in rainy weather when they become somewhat muddy. Recently this stream has been heavily stocked by the government with fish and within a season or two fishing will be a great sport in the vicinity of Edgemont. At this point the stream is shallow and furnishes a means for great sport among the younger folks who delight to wade in its cool crystal waters.

Two miles south of Edgemont is Nortimer, the headquarters of the Ritter Lumber Company which is operating extensively in that section. Their big plant at this point consumes an amount of timber that is astounding to the average layman who lives in a section where lumbering is not known. This company has a flume ending at Edgemont which brings the sawed planks from saw mills as far back in the mountains as eight miles. They have flumes also at other points. At Mortimer there is a hotel and quite a number of nice homes. The town is lighted by electricity furnished by the company.

A point of peculiar interest in this section of the State is Grandfather Mountain which is only about ten miles north of Edgemont. This peak is in the neighborhood of 6,000 feet high and many tourists make their way to Western North Carolina for the sole purpose of seeing and climbing this wonderful mountain. A few miles further on is Blowing Rock, another

famous summer resort which is reached ordinarily by a long drive from Lenoir. Just what the plans of the railroad are is not known but it is believed that some time in the future this railroad will be extended on to Blowing Rock thus putting this isolated paradise within easy reach of the public.

The Appalachian Railway.

The Appalachian Railway Company is the name of a corporation which has recently secured its charter from the Secretary of State for the construction and operation of a railroad from Whittier, on the Murphy division of the Southern Railway, into the Great Smoky mountains, and possibly on through the mountains into Tennessee. The capital stock of the new corporation is \$100,000, with power to increase it if necessary.

The plans of the company, at present at least, are to build a line of railway up the Oconalufy river from Whittier in a northwesterly direction into the Great Smoky mountains and thence across to Sevierville, in Sevier county, Tenn. W. J. Oliver is building a line to Sevierville from Knoxville, and there connection is proposed to be had with the line from Whittier. This would give a direct and short line from Knoxville to Whittier.

W. S. Harvey and Geo. W. Lex, of Philadelphia, Pa., well known in Lenoir and Caldwell county, are among the stockholders in this new road. Geo. W. Lex has been elected Secretary of the company.

These men who are interested in the new railway are men who have had great experience in lumber industries, and it is primarily for the handling of the timber from this boundary that the road is being constructed.

Mr. Harvey is a capitalist of Philadelphia. Mr. Lex has wide experience in the lumber business and it associated with several other lumber corporations.

It is estimated that at least 70,000 acres of good timber land, hitherto untouched, will be opened up by this road.

Kansas Letter.

As I have not wrote anything to the News since I left N. C., I will write a few lines.

We have a good crop in Kansas and plenty of rain, but not as much as we had in the spring. The biggest part of the corn crop will be late, owing to being washed out and having to be planted over.

Kansas is a fine farming country, but we would like to get a "whiff" of the good breeze about Blowing Rock.

We would like to hear from the "Mountain Boomer" and "Bill Bailey" again, it makes us think of home on the North Carolina hills, where our childhood days were spent.

I will close for this time and if I see this in print I will write again.

J. B. BRADSHAW,
Westmoreland, Kan.
Aug. 16th, 1908.

The life of a mud turtle seems hard to destroy. Esq. Wheeler Ferguson, of Wilkes county, caught one on Saturday and prepared it that evening for cooking, leaving its heart out on a plank. On Monday morning that heart was still trobbing—forty hours at the least, that heart had lived after taking it from the body. How much longer we do not know.

Weak women should read my "Book No. 4 for women." It tells of Dr. Shoop's Night Cure. Tells how these soothing, healing, antiseptic suppositories bring quick and certain help. The Book is free. Address Dr. Shoop, Racine, Wis. J. E. Shell's Drug Store.

Pritchard Declines to Accept.

Judge Pritchard, who has been spoken of and urged by his party to become a candidate for Governor on the Republican ticket, declines the honor and in his letter says:

"I am deeply sensible to the honor implied by the mention of my name in this connection, as I received many letters from different portions of the state urging me to accept the nomination. I greatly appreciate the fact that many of the good people of the state should consider me a proper candidate for the high and honorable position of governor, yet I feel that it is due the public that I should speak frankly on the subject.

"No one could be more appreciative than I of the loyal and faithful support that I have received in past years at the hands of my fellow citizens, for without their support I could have accomplished nothing, and I shall ever hold them in grateful remembrance for their steadfast and unyielding loyalty to me. Yet, from a financial standpoint I feel unable to make the sacrifice which such candidacy would involve. My chief ambition is to administer the law faithfully, impartially and fearlessly, and I feel that I can better serve the whole people in the position I now occupy than by again entering arena of politics.

"As to the intimation from certain quarters that my candidacy would lead to promotion to a certain position, I could not entertain such a suggestion. Such an intimation would place both Judge Taft and myself in an improper light. I am sorry to note that certain papers have placed an erroneous construction upon a letter written by ex-Senator Butler recently, by seeking to convey the impression that he had some sort of understanding as to my promotion in the event that I should become a candidate for governor. The letter in question is not susceptible of such construction. He merely suggested a probability in the event I should become a candidate, and Judge Taft should be elected President, and not that there was or could be any understanding to that effect. Senator Butler was actuated by a desire to do what he could to promote the cause of the party of which he is a member, and knowing him as I do, I can say that he would not propose, and certainly Judge Taft would not entertain, such a proposition.

"The names of Mr. Britt, Dr. Thompson, D. A. Tompkins, Elwood Cox, Mr. Walser and Mr. Fries have been mentioned as possible candidates, and any one of them is worthy of the position and well qualified to discharge the duties of the office. I am entirely content with the place I now hold and fully recognize that while occupying a judicial position I should refrain from any participation in political contests. Nevertheless, as a citizen, I am thoroughly devoted to the principles of the party in whose interests I was formerly active, and have no doubt that when our convention meets, it will nominate a state ticket which will commend the confidence and support of the people."

The Wilkes Patriot says Mr. Bob Vennoy, who went to Seattle, Wash., some time ago, expecting to make his home there, has returned and will make his home in the State of Wilkes. North Carolina is hard to beat as an all the year round home.

DeWitt's Little Early Risers' safe, easy, pleasant, sure, little liver pills. Sold by J. E. Shell, Kents Drug Store and Granite Falls Drug Co.

Do You Breathe-Right?

By W. R. C. Latson, M. D.
The more you breathe the more you live. All through nature, from the mouse, which breathes 160 times a minute, to the elephant, which breathes six times in a minute, one rule holds good—the larger and stronger the animal the more slowly and deeply it breathes. Individual power is in direct proportion to the amount of oxygen you get into the lungs. The ant is 120 times stronger than the tiger, and uses up eight times as much oxygen.

And the same rule applies to mankind. The man who has climbed to the top and is able to stop there—such a man is always a big-breasted, deep-breathing fellow. Cromwell, Luther, Napoleon, Washing, Roosevelt—all these are remarkable for the size of chest.

The average man and woman do not really breathe. They merely gasp. In an examination covering several thousand adults I have found less than one hundred who breath aright. The ordinary person uses about onequarter of his breathing capacity.

If you want to increase your health, your vitality, your general power and usefulness in the world, begin by increasing your breathing capacity.

How? Well, there are three factors in proper breathing; first freedom from tight clothing; second, muscular relaxation; third, habit. And luckily, all these three can be gained easily.

Again—how? First, loosen your clothing. Unbutton your waistcoat. Let a large reefout of your corset strings. No use of telling you to throw your corset away or give it to your deadliest rival. You would decline. At any rate loosen the corset up. Then do this; Stand easily, one foot slightly in advance, arms hanging easily. Now slowly inhale a long, full breath, at the same time swinging the arms up until the hands almost meet above the head, and turning the face upward. Then exhale the breath easily, swinging the arms downward.

That's all and its quite enough. Do it very slowly—as slowly as you possibly can—sometimes. Do it easily at all times. Don't forget to swing. You cannot overdo this exercise. Do it several hundred times a day for a month, and you will have entered a new world of organic and mental power.

Col. Lee Ferguson, of Darby, was in town last week and he tells us that they have one road overseer up there who deserves special praise for the good work he has done on his section of the road. His name is Allen Triplette he has put his road in good fix, worked it out well and beaten up the rocks in the road and cleared the fords of rocks. This is an example worthy to be followed by other overseers. Col. Ferguson also tells us that there is a life-long republican in that section who has eight sons old enough to vote who says that he and all his sons will vote straight for Hackett this time.—Wilkesboro Chronicle.

Tom Manuel, of Winston, got on a spree the other day, spent all his money, then took his own shoes, the shoes of his wife and daughter and his son's coat and sold them to get more money to buy more liquor to get more drunker, and as he was on his way home he fell down and died. Pity he could not have died before he sold the shoes and coat.

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No need for Caldwell County Farmers buying harness, horse or stable goods from Mail-order houses while we are in town. If illustrations and descriptions are interesting, in must be more satisfactory if you can see the articles before you buy them. Words and pictures are often misleading, but seeing the real goods is naked truth. When you trade here you have the satisfaction of seeing the goods before you pay out the money, and then, if perchance something should go wrong, you can fall back on us, for we are always ready to "make good."

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