

WHEN THE BOWELS ARE UNCOMFORTABLE

and you miss that fine feeling of exhilaration which follows a copious morning operation, you should put a small quantity of Simmons Bed Z Liver Regulator (The Powder Form) on the tongue and wash it down with a little water.

Its action in the system is purifying and strengthening. It drives out hard impactions and impurities and gives tone to the muscular structure of the bowels. It overcomes the tendency to chronic constipation, relieves a bloated feeling in the abdomen, sweetens the breath, and promotes vigor of body, mental alertness and cheerful spirits.

Sold by Dealers. Price, large package, \$1.00.

Ask for the genuine with the Bed Z on the label. If you cannot get it, remit to us, we will send it by mail, postpaid. Simmons Liver Regulator is put up also in liquid form for those who prefer it. Price, \$1.50 per bottle. Look for the Bed Z label.

L. H. ZEILIN & CO., Props., St. Louis, Mo.

FIRST AID IN THE HOME.

The Way to Care For Wounds Until the Doctor Arrives.

There should always be some one in the home who understands the principle of "first aid in injury"—some one who can clean a wound, stop bleeding and apply a bandage.

Even the simplest wounds—where any blood flows—should be given prompt and scientific attention. This does not mean that every home should have a trained surgeon. The following ten emergency hints should be memorized:

Stop the bleeding if severe. Do not touch an open wound with the fingers.

Note the nature of the injuries and put the injured person in a comfortable place and position.

Summon a surgeon. Do not disturb blood clots. Never probe for a bullet.

Pick shreds of clothing and splinters or dirt from a wound.

Then bring the edges of the wound together, but without touching them. Pack the wound with gauze or absorbent cotton and apply bandage.

Bind on splints if bones are broken.

With a little study, a half hour a day for a week, and some practice, any one will be able to carry out the foregoing hints in a hygienic manner.—Kausas City Times.

PROVED HER WORDS.

The Ladies Knew Each Other Even Before Their Introduction.

There was a great crowd at the picture exhibition, and empty seats were at a premium, when two pretty women sped and made for a place at the same moment. They reached the prize together, both pretending ignorance of the other, and, flopping themselves down, succeeded in squeezing breathlessly and miserably in. There they sat then, each scowling and staring at the rudeness of her respective neighbor, each wriggling and squirming as much as possible in order to crowd that neighbor still further. Finally the situation became acute, and one of the women spoke, with fine sarcasm, "I beg your pardon, but do you need the whole seat?"

"I beg yours," the answer came, "but I never talk to strangers."

Just then a third pretty woman passed, stopped and addressed the two at once: "Why, to think of finding you two here together! And I have always wanted to introduce you, because I know you will just love each other. Mabel, this is Maud, and Maud, this is my dear old Mabel. You are bound to love each other because you are so exactly alike in disposition."—New York Press.

Resting a Model.

Adolph Manzel, the German painter, at one time was engaged on a work of mural decoration and kept a man posed in an exceedingly fatiguing position on a scaffold for two hours. The great painter worked away, heedless of his model's discomfort. Finally the victim called down, "Herr Professor, how about the recess?"

"Certainly, my dear sir. Come down right away and you shall have your recess."

As the model was descending from the scaffolding his limbs assumed a position which was one for which the artist had long been looking.

"Stop!" Menzel thundered. "Hold! Ah, fine! Keep that while I make a little sketch of it!"

The artist drew vigorously for half an hour, at the end of which he called out imperatively: "There, that will do for now. Get up on the scaffold again. We have had our recess."

A False Alarm.

A telephone a worried voice, "A small fire in the kitchen."

"Must come from the road exchange."

"Their own defects who others—Banskrit."

EAST TENNESSEE BUILDING, NATIONAL CONSERVATION EXPOSITION. Knoxville, Tenn., Sept. and Oct. 1913. This building is to be erected by the thirty-four counties of the Eastern Division of Tennessee, and will contain exhibits from each county of agricultural products, minerals, hardwoods, etc. This building will contain 30,000 feet of exhibit space, and the displays made therein will show the extent and variety of natural resources of one of the most favored regions of the Middle South.

found out that I don't have to get up at 5 o'clock in the mornin'." "Glad to hear it," said the hardware man, "but what do you want me to do about it?" "I want you," said the customer, "to tell me how to unalarm this clock."—Saturday Evening Post.

Mme. Scarron. Mme. Scarron, afterward the famous Mme. de Maintenon, the wife of Louis XIV., was in her girlhood remarkably beautiful. She was dark, with piercing black eyes and wavy hair. In middle life her gravity of countenance and deportment was considered quite extraordinary in that age of gaiety. One of her contemporaries said that she did not smile once a year, and yet she was not gloomy, but only of a sedate habit of mind.

A Definition. "Pa," said Willie, "what is a genius?" "A genius, my son," said Mr. Know-it-all, "is a man who can't collect enough of what the world owes him to pay what he owes to the community in which he lives."—Harper's Weekly.

American French. Blobs—How did you get along in Paris? Slobbs—Not very well. Blobs—Don't you speak French? Slobbs—Only enough to make myself misunderstood.—Philadelphia Record.

Do what you consider right, whatever people may think of it, despite censure and praise.—Pythagoras

An Example of Daring. During the hottest fighting in the Shikpa pass the leading battalion of the Russian General Dragomiroff's division recoiled before a hailstorm of Turkish bullets. The general was a very stout person and had the appearance of a peaceful German professor. But when he saw his men recoil he dismounted and walked slowly to and fro along a ridge swept by the enemy's bullets. He was a hundred yards in advance of the men, occupying the position they had abandoned. After staying there for awhile without being touched he shouted back to the battalion: "What are you doing, you geese? Did you think there was danger here? I don't find any!" The men responded with a roar of cheers, doubled up to him and charged so fiercely that the Turks were forced to retreat.

An Unexpected Conclusion. A mistress was summoned in a London court for having dismissed a servant girl without due notice. The defendant pleaded that the servant was so voracious that she could not keep her in food. The judge after hearing the evidence inquired of the defendant, "Will four and sixpence a week keep her?" "Not nearly," replied the lady. "Will 6 shillings?" continued the judge. "No; that would not keep her," replied the defendant, feeling that in the judge's hands her case was gaining strength. "Now take care," said the judge, "and answer cautiously. Will 7 shillings?" "It takes 8," said the defendant. "Very well," said the judge. "Then you must pay her 8 shillings a week as board wages for one month."—London Mail.

Good Intentions. "I do my best," said Mr. Clumzie, "to scatter sunshine and encourage a spirit of patience and cheerfulness, but somehow I always go wrong." "What has happened?" "I met a friend who looked a little gloomy, so I said to him: 'Cheer up! Nothing is as bad as it might be. Every cloud has a silver lining, and you only make trouble worse by thinking about it.'" "Didn't he respond?" "No. He simply said: 'Don't bother me. I've got the toothache.'"—Washington Star.

Heredity. "Cute little cuss," said Slabides, gazing at Hawkins' baby, "but why the dickens do you suppose he's trying to get his toes into his mouth all the time?" "Takes after me," said Hawkins. "He's trying to make both ends meet."—Harper's.

Explaining It. "There is such a queer smell after the automobiles here besides the gas."

"Must come from the road exchange."

"Their own defects who others—Banskrit."

Principals In White Slave Slaying and Scene of Crime



THE country was shocked by the murder of Jennie Cavalleri near Bridgeport, Conn. The woman, who was alleged to have revealed secrets of the white slave organization operating in New York and Chicago, was brought from Chicago, taken in an auto to a lonely spot near a cemetery and shot to death. Three of the five men implicated were quickly arrested. They are Joseph Buonomo, Francesco Pizicchemi and James Malone. They are shown above, from left to right in the order named, with the victim and the spot where the slaying occurred.

A Queen Anne Mine Pie. Take a large town's tongue; parboil it to three pounds of tongue take five pounds of beef root, cut the tongue in thin slices and shred it, but shred the beef by itself; when they are both pretty fine put in the salt by degrees; keep shredding them both together till they are as fine almost as flour; then put in three pounds of currants, being first clean washed, picked and dried; cloves, mace, nutmeg, cinnamon, best very fine, all together three-quarters of an ounce; half a pound of white sugar, a pound of dates stoned and shredded, three ounces of green citron three ounces of candied orange cut into small thin bits, the yellow part of two raw lemons grated three handfuls of verjuice, half of malmsey, half a gill of rosewater. These being well mingled, fill your pie with a care they do not stain the lining in the oven to dry after they are just enough.—From a Cookbook of 1690.

Metals. Mercury, of course, is fluid at all ordinary temperatures. Of the metals which we commonly regard as solid, lead can be made to flow with great ease. If by hydraulic pressure it is forced into a cylinder with a hole in the side of it it will, when the cylinder is full, flow out of the hole in a solid, barlike stream. The harder metals, as gold and silver, obviously undergo slight fluxion movements in the process of coining, as iron is not perfectly rigid. In drawing out a bar of it into wire the change of form compels the particles of the metal to slide or shear over each other, just as in the flow of a liquid. So great are the pressures that can be applied by modern mechanical science that even steel can be compelled to change its shape without fracture, and all such changes imply fluxion to the metal.

Kept Up the Waiting. In Abyssinia it was once the habit of complainants to stand before the door of the king's palace, loudly appealing to his majesty for help. "So accustomed to the king," wrote one traveler, "to these querulous tones of sorrow that when the rains prevent such as are really distressed from repairing to the capital a set of vagrants is provided whose object it is to raise the cry of artificial sorrow lest he should feel a lonely quietness."

Wanted to Be in Style. A customer in a butcher's shop stood gazing at some small alligators in an aquarium. Having turned the matter over in his mind, the customer approached the butcher and exclaimed, "I suppose a body might as well be dead as out of style. Gimme a couple of pounds of alligator."

A PERSISTENT ABBE.

Romance of Mountain Road Building in the Pyrenees.

C. L. Preston in "The Passes of the Pyrenees" quotes the story of Felix Armand, cure of St. Martin-Lys, who pierced a road through the magnificent Gorge de Pierre-Lys in order to bring prosperity to his poverty stricken village. The cure himself marked out the route, "hanging like a spider from the end of a rope over the awful precipices of the Pierre-Lys. After five years' incessant toil the workmen reached the huge mass of rock which blocks the gorge near Belvianes." Still he bravely lured his parishioners to persevere until in 1781 the tunnel was pierced which still bears the name of "Le Trou du Cure." The revolution stopped the work, but after the reign of terror the cure set to work anew.

"A pity the man should be a priest," said Napoleon when he heard of Armand's heroic efforts. "I would have made him a general in my army." The cure's personal bravery was great. Once when a mine was about to explode a muleteer was seen riding round a corner. The priest instantly sprang out and extinguished a slow match just at its last inch. Armand was made an abbe, but he declined to leave his flock and was buried at St. Martin-Lys with the cross of the Legion of Honor on his breast.

LEGENDS ABOUT DEW.

Curious Beliefs as to Its Origin and Varied Powers. In many places dew is looked upon as tears of the angels and of the souls in purgatory shed on account of the sins of human beings upon earth, and dew is collected to be used to cure certain diseases, especially those of the eyes, freckles, baldness, cramps, open wounds and cuts, rheumatism, skin diseases, burns, etc.

The virtues of dew as a beauty wash are also well known, remarks the Journal of Religious Psychology. One legend tells how by licking the dew off the plants on a certain morning when all the birds drink it one can learn their language.

Another folk belief is that "naked or with only their shirts on the witches at the time of the new moon collect the dew from the grass with bark sleeves. By this means they deprive of their milk the cows that have been pastured on the grass, and as soon as their sleeves are full of dew they know that their pots at home are full of milk."

The Polish people of Wogrowitz call the dew on which the birds are supposed to feed patalska miszko—i. e., "birds' milk."

NOTICE TO CAR-OWNERS.

I am now situated at the old Robinson Stables and ready to serve the trade, when your car needs washing, brass shined and oiled up. We make your car remind you of the day you first bought it. We will give you a monthly club rate. Give me a trial. We also have large storage room. Will give your car our whole attention, see NATHAN EDWARDS.

Scott's Horse Shoe Shop

YOUR HORSE WILL LAUGH AT WINTER.

He cannot slip and measure his length on icy streets and roads, you won't have to coddle him in the stable when you need him in the shafts, if he is shod with Walpole Rubber Heels, as they prevent lameness and slipping. If you see the pads you won't wonder why they wear so well. Do not let your horse slide into his grave for the sake of a few cents.

Let me put a pair on your horse today. Horses called for and delivered promptly. Satisfaction guaranteed.

Respectfully,
FRED M. SCOTT
66 Broad street, Phone 735

ROSES

Have Arrived

Those two superb roses, the most admired of any that we have, are here. I have a few yet unsold. Act quickly.

J. W. WATSON

Phone 353.



LOOK INSIDE

and see how cleanly and orderly this meat market is kept. You are sure to be favorably impressed.

WE HAVE JUST THE CUT YOU WANT

Whether roast, chop or steak, we know we can please you. When patronizing us you have the assurance

MEATS FROM HERE ARE ALWAYS FRESH.

A. CASTET Meat Market. Phone 239

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The new Steamers just placed in service the "City of Norfolk" and "City of BALTIMORE" are the most elegant and up-to-date Steamers between Norfolk and Baltimore.

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GREATLY REDUCED RATES

TO WASHINGTON, D. C. Rivers and Harbors Congress, December 4-6, 1912.

Norfolk Southern Railroad will sell tickets at all stations to Washington, D. C., via Norfolk, Va., on December 1st, 2nd and 3rd, good to return until December 15th.

From	Round Trip Rate
Beaufort	\$10.65
Belhaven	7.90
Morehead City	10.45
New Bern	9.40
Plymouth	7.35
Washington	8.20

Get particulars from any ticket agent. W. W. CROXTON, General Passenger Agent, Norfolk, Va.

PANAMA, JAMAICA AND CUBA.

The Evangeline will Make Trips Through the Tropics. The Atlantic Coast Line, announces that in connection with its splendid through Pullman service to Key West, The Penninsular and Occidental Steamship Company will operate eight personally conducted tours with the new steel twin-screw steamship "Evangeline" from that point to Colon, Panama Canal Zone, Kingston, Jamaica, and Havana, Cuba.

The "Evangeline" is a brand new and modern, up-to-date ship in every particular. She is 364 feet long, 46 foot beam, has 5,650 tons register, 262 staterooms, equipped throughout with electric lights and fans, and has a speed of eighteen knots.

This splendid ship will leave Key West in the morning on arrival of the Atlantic Coast Line—Florida East Coast "Over-Sea" train from the North, on January 7 and 21, February 4 and 18, March 4 and 18, and April 1 and 15, sailing direct to Colon, where a stop of two days will be made, which will give passengers ample opportunity to inspect the Panama Canal, the greatest piece of engineering or other construction work known to mankind. Or quaint and tropical Jamaica may be explored, and will be fully enjoyed. The "Evangeline" will sail thence to Havana to discharge passengers desiring to stop there, and the tickets will be good to return to Key West on any of the every-week day sailings of the regular line.

The tour will consume eleven days, and the rate for the entire trip, including meals and berth at sea and in port, will be \$110. Tickets will permit stop overs so that a longer stop can be made at Colon, Kingston or Havana, for passengers desiring to do so.

Sailing dates, itineraries and information regarding reservations, connections, etc., may be obtained from Atlantic Coast Line representatives, or by addressing T. C. WHITE, the General Passenger Agent of that line, at Wilmington, N. C.

NOTICE OF MORTGAGE SALE OF CITY PROPERTY.

By virtue of power of sale contained in that certain mortgage deed dated March 22nd, 1907, and made and executed by Frank Wood to the undersigned, which said mortgage deed is recorded in book of deeds number 166, page 276, in the office of the Register of Deeds of Craven County, the undersigned mortgagee, will, on the 30th day of December, 1912 at 12 o'clock m. at the court house door in Craven County, offer for sale to the highest for cash the following land in Craven County: One fourth undivided interest in all that certain lot of land conveyed by deed from I Wayne Eulank and Jennette Pavie to Cicero Wood, which deed is recorded in book No. 151, page 377, in the office of Register of Deeds of Craven County and being lot number 127, fronting 42 feet on West street, and lot 144 on Lees avenue, and bounded as follows: On the south by Davis line, one th east by West street, on the north by lot number 136, and on the West by Lees avenue, according to the plan of that part of the City of New Bern commonly known as Pavietown.

John A. Booth, Mortgagee. November, 23rd, 1912.

SOUTHERN RAILWAY

Direct Line to All Points North, South, East and West—Very Low Round Trip Rates to All Principal Resorts.

Through Pullman to Atlanta leaves Raleigh 4:05 p. m., arrives Atlanta 6:35 p. m., making close connection for and arriving Montgomery following day after leaving Raleigh at 11 a. m.; Mobile 4:12 p. m.; New Orleans 8:30 p. m.; Birmingham 12:15 noon; Memphis 8:05 a. m.; Kansas City 11:20 a. m. second day, and connecting for all their points. This car also makes close connection at Salisbury for St. Louis and other western points.

Though Pullman to Washington leave Raleigh 6:50 a. m.; arrives at Washington 8:53 a. m., Baltimore 10:02 a. m.; Philadelphia 12:23 noon; New York 2:31 p. m. This car makes close connection at Washington for Pittsburg, Chicago and all points north and west, and at Greensboro for through tourist sleeper for California points and for all Florida points.

Through parlor car for Asheville leaves Goldsboro at 6:45 a. m.; Raleigh 8:35 a. m., arrives Asheville at 7:40 p. m., making close connection with the Carolina Special and arriving Cincinnati 10 a. m. following day after leaving Raleigh, with close connection for all points north and west.

Pullman for Winston-Salem leaves Raleigh 2:30 a. m., arriving Greensboro 6:30 a. m., making close connection at Greensboro for all points north, south, east and west. This car is handled on train No. 111 leaving Goldsboro at 10:45 p. m.

H. F. GARY, G. P. A., Washington, D. C. J. O. JONES, T. P. A., Raleigh, N. C.

Mr. Carnegie might try pensioning off some of the crowned heads of Europe.