

It Makes You Hungry



"I have used Paine's Celery Compound and it has had a salutary effect. I am grateful of its use and I feel like a new man. It improves the taste, appetite and facilitates digestion. Dr. J. T. Corrigan, New Bern, N.C.

Paine's Celery Compound

is a unique tonic and appetizer. Pleasant to the taste, quick in its action, and without any injurious effect. It gives that tinged health which makes everything taste good. "It cures dyspepsia and kindred disorders. Physicians recommended by Druggists, Endorsed by Ministers, Recommended by the Manufacture to be

W. H. DURRANT & CO., Burlington, Vt.

DIAK. YES Color astringing, any color
LACTATED FOOD Never Fades. Also popular.

Spring medicine means more now-a-days than it did ten years ago. The wind of 1860 has bent the nerves off fidgety out. The nerves must be strengthened, the blood purified, liver and bowels regulated. Paine's Celery Compound is the Spring medicine of to-day—does all that, as nothing else can. Prescribed by Physicians, Recommended by Druggists, Endorsed by Ministers, Recommended by the Manufacture to be

The Best Spring Medicine.

"In the spring of 1861 I was all run down. I would get up in the morning with a sore head, and was so weak that I could hardly stand around. I bought a bottle of Paine's Celery Compound, and before I had taken it a week I felt very much better. I can cheerfully recommend it to all who need a building up and strengthening medicine." Mrs. R. A. Dow, Burlington, Vt.

W. H. DURRANT & CO., Burlington, Vt.

LACTATED FOOD Never fades. Popular.

THE JOURNAL.

COUPLETS.

BY JOHN BARRETT McCANN.

EMERSON.

Each line of his a flash; each thought of his a star;
Flaming—divine—as Jove and Venus are!

BALZAC.

He roamed at will among the souls of men,
And into women's heart he dipped his pen;

CARLYLE.

The dear, old, crabbed, interesting fellow!
As time goes on, our hearts to him will mellow.

AMELIE RIVES.

Climb up! climb up! and let the monarchs cry!
The star's behind that rainbow in the sky!

DICKENS.

No one greater ever lived—since Shakespeare drew
Othello, Hamlet, Lear and the Jew.

R. L. STEVENSON.

Let Dickens be, he did not rise to fall;
You'll live on Treasure Island—if at all.

BULWER.

No poet you, although your gifts were high,
And artificial as a woman's lie.

BROWNING.

A star fell to the earth one glorious morn,
And glorious Browning, poet-king, was born.

TRACY ROBINSON.

You're worth a score of men far better known—
But Fame like Death, is bound to have its own.

JEAN INGELOW AND JOHN PAYNE.

Oh, stars of the East, I wonder whether
You're not the pure two that sang to other.

LIZETTE WOODWORTH REESE.

As pure your soul and song as flying snow,
You—what? You this you singing came?

THE LITERARY PRIN.

He rounds a prosy sonnet in a year,
And his small life is rounded with a sneer.

A BAD ACTOR.

Intended not for any land or age—
An actor off, but never on the stage.

A BAD WRITER.

When I would give what's in my head a rest,
I read this—God knows what!—and at his best.

SELF PITY.

That man is poor intellectual self,
Who pities not his neighbor, but himself.

THE RHYMER.

I turn truer rhyme than Keats did with his pen.

THE CYNIC.

But there were no rhyming dictionaries then.

MUSIC.

Music breaks my soul in two,
And lets the light of heaven through!

TO A DEAD FRIEND.

She spoke my name in anger! It is well,
She thought of me—I rise to heaven from hell!

TO CELIA THAXTER.

Sweet, womanly, gentle—yet strong,
With the winds and waves and God in her song!

E. R. HILL.—"ANDREW HEDBROCK."

A white soul flew to heaven when you died.

Sweet poet, solemn-voiced and diamond-eyed.

Cold Weather Rules.

Never lean with the back upon anything that is cold.
Never begin a journey until the breakfast has been eaten.

Never take warm drinks and then immediately go out into the cold.

Keep the back, especially between the shoulder-blades, well covered; also the chest well protected. In sleeping in a cold room establish a habit of breathing through the nose, and never with the mouth open.

Never go to bed with cold or damp feet.

Never omit regular bathing, for unless the skin is in active condition the cold will close the pores and favor congestion and other diseases.

After exercise of any kind, never ride in an open carriage or near the window of a car for a moment; it is dangerous to health or even life.

When hoarse, speak as little as possible until the hoarseness is recovered from, else the voice may be permanently lost, or difficulties of the throat be produced.

Merely warm the back by the fire, and never continue keeping the back exposed to the heat after it has become comfortably warm. To do otherwise is debilitating.

When going from a warm atmosphere into a cooler one, keep the mouth closed, so that the air may be warmed in its passage through the nose ere it reaches the lungs.

Never stand still in cold weather, especially after having taken a slight degree of exercise, and always avoid standing on ice or snow, or where the person is exposed to cold wind.—Sanitarium.

W. M. L. PALMER,
Middle St., Newbern.

Has on hand and is receiving every day

handsome parlor units, chamber sets, heavy walnut, birchwood, mahogany, chairs, sofas, etc.

He also has a line of home-made work of bedsheets, sofas, tables, bureaus, etc., which are neat and substantial.

Prices Right Down to Rock Bottom.

Middle St., Newbern.

Or to: J. V. JORDAN, Agent, New Bern, N.C.

</