

SALLOWNESS
This disorder is due to a torpid liver involving the stomach and bowels. To correct the trouble take

**SIMMONS
RED #
LIVER REGULATOR
(THE POWDER FORM)**

When the complexion is sallow and you have spells of vertigo (blind staggers) on stooping or rising suddenly and your bowels are irregular, with much flatulence (wind in the bowels), you are badly in need of Simmons Liver Regulator. The liver is the cause of all the trouble and when the liver is at fault, there is nothing more effective. Simmons Liver Regulator quickly restores sound, healthy conditions in the liver, stomach and bowels; sweetens the breath, helps digestion and brings back the ruddy hue of health to the complexion.

Sold by Dealers. Price, large package, \$1.00.
Ask for the genuine with the Red # on the label. If you cannot get it, write to us, we will send it by mail, postpaid. Simmons Liver Regulator is also put up in liquid form for those who prefer it. Price, also per bottle. Look for the Red # label.

J. M. ZELIN & CO., Props., St. Louis, Mo.

Lobster Twine.
A man who had wondered what lobster twine was found the answer very simple. It is a fine quality, stout twine an eighth of an inch in diameter, made of Manila hemp and originally intended for making the necked part of lobster pots. Lobster twine has come also to be used on board vessels, both sail and steam, for serving ropes, for whipping ropes, including ropes even of wire, and for various other purposes for which a stout, durable twine of this size might prove useful. There is probably more lobster twine used now on vessels than for the purpose for which it was first made.

Puzzled Him.
Mark Twain and his peculiarities were being discussed by an English class in a certain high school. One youthful orator had very eloquently described Mark's personal appearance and had laid unusual stress on the author's fondness for wearing white flannels.

"Geel" said one much interested youth. "I don't see how the public knows whether his flannels were red or white."—Everybody's Magazine.

Good Scheme.
"I suppose you take excellent care of your health?"

"No," replied Farmer Cornstossel. "I tried every kind of medicine I could get hold of for awhile. Then I gave up and forgot about my health, and I've felt better ever since."—Washington Star.

Sunday in Helgoland.
The Sabbath begins in Helgoland at 6 o'clock on Saturday evening, when the church bells are rung, and ceases on the following day at the same hour. At one time no vessel was permitted to leave the port during the Sabbath.

Prematurely Aged.
Conductor—Madam, that child looks older than three years. Mother—Yes. Indeed he does, conductor. That child has had a lot of trouble.—Everybody's

Sincerity—a deep, genuine sincerity—is the first characteristic of all men in any way heroic.

SPECIAL SUNDAY TRAINS TO THE SEASHORE via NORFOLK SOUTHERN RAILROAD

Beaufort and Morehead City, N. C. Ready for Summer Visitors.

Beginning Sunday, June 8th, special Sunday trains will be run from Washington via Vanceboro and New Bern to Morehead City and Beaufort, every Sunday.

Sunday Schedule.

Lv. Washington	7:10 a. m.
" Chocowinity	7:22 a. m.
" Frederick	7:27 a. m.
" Bragaw	7:40 a. m.
" Vanceboro	7:56 "
" Ernul	8:09 "
" Askin	8:14 "
" Bridgeton	8:23 "
" New Bern	8:50 "
" Riverdale	9:19 "
" Croatan	9:24 "
" Havelock	9:38 "
" Newport	9:55 "
Ar. Morehead City	10:17 "
" Atlantic Hotel	10:20 "
" Beaufort	10:35 "

Returning special train will leave Beaufort 6:00 p. m., Atlantic Hotel 6:15 p. m., Morehead City Station 6:20 p. m. Arrive New Bern 7:45 p. m., arrive Washington 9:20 p. m.

Very Cheap Sunday excursion and Week end fares. Apply to any Ticket Agent for particulars.

H. S. LEARD,
General Passenger Agent.

FREIGHT CARS TAKEN OFF EXPRESS TRAINS.

Effective Sunday, August 24th the Norfolk Southern Railroad will put into effect a new schedule for the night passenger trains between Raleigh and Norfolk. The change will shorten the running time between the two points approximately forty-five minutes. The most important feature of the new schedule will be that the train leaving Norfolk at 9 o'clock at night and also train leaving Raleigh at 9:30 p. m. for Norfolk will not have any freight cars in their make-up as has been the case heretofore.

The night train from Norfolk will arrive 6:30 a. m. instead of 7:15 a. m. Passengers will be allowed to remain in sleeper until 7:30 a. m. so that they will not be inconvenienced.

The night train to Norfolk will leave Raleigh at 9:30 instead of 9 o'clock as at present. The day train will arrive Raleigh at 7:45 p. m.

The Railway officials consider the elimination of the freight cars from the night express the most important part of the improved schedule. Beginning Sunday also the day trains between Raleigh and Norfolk will make a dinner stop of fifteen minutes at Edenton instead of stopping only ten minutes there as now. As restaurant is close to the station passengers will be enabled to enjoy a mid-day meal where now they have only time to snatch a sandwich.

Had to Follow.
One day a young colored man of sporty appearance dropped in at a country livery stable and said he needed a job. He looked promising, so he was set at work greasing the axles of a buggy.

In a remarkably short space of time he reported the task finished.

"Look here," said his new boss, "do you mean to say you've greased all four of them wheels already?"

"Well," rejoined the new man, "I've greased the two front ones."

"And why haven't you greased the two hind ones?"

"Well," said the new man again, "so long's the two front ones goes all right the two hind ones jes' natchelly got to foller!"—Everybody's

WEEK END AND SUNDAY EXCURSION FARES TO VIRGINIA BEACH AND NORFOLK.

via NORFOLK SOUTHERN RAILROAD

From	Week End	Sunday
Goldsboro	\$4.75	\$2.50
La Grange	4.75	2.50
Kinston	4.75	2.50
Dover	4.75	2.50
New Bern	4.75	2.50
Vanceboro	4.75	2.50

Rates to Virginia Beach—Week End 75 cents higher and Sunday 40 cents higher than the above Norfolk fares.

Week End Tickets sold every Friday and Saturday, May 30th to September 7th inclusive, good to return until midnight Tuesday following date of sale.

Sunday Tickets sold Saturday night trains—May 30th to September 7th good to return leaving Norfolk 9:00 p. m. Sunday.

Get complete information from your Ticket Agent.

H. S. LEARD, G. P. A.

SOUTHERN RAILWAY.

Premier Carrier Of The South.

N.B.—The following schedule figures are published only as information and are not guaranteed.

TRAIN No. 21—Leaves Goldsboro 6:45 a. m. for Raleigh, Durham, Greensboro, Asheville and Waynesville. Through train to Asheville, handles chair car to Waynesville. Make connections at Greensboro for all points North and East, and at Asheville with Carolina Special for Cincinnati, Chicago and all western points.

TRAIN No. 139—Leaves Goldsboro 2:05 p. m. for Raleigh, Durham and Greensboro. Handles through Pullman Sleeping Car from Raleigh to Atlanta, arrives Atlanta 5:25 a. m., making connections for New Orleans, Texas, California and all Western points also connects at Greensboro with through train for all Western and Eastern points.

TRAIN No. 131—Leaves Goldsboro 5:05 p. m. for Raleigh, Durham and Greensboro. Makes direct connection at Greensboro with solid Pullman Sleeping Car, train for Washington, Baltimore, Philadelphia, New York and all Eastern and Northern points. Connects also at Greensboro with through Tourist Sleeping Car for Los Angeles and San Francisco.

TRAIN No. 11—Leaves Goldsboro 10:55 p. m. for Raleigh, Durham and Greensboro. Handles Pullman Sleeping Car Raleigh to Winston-Salem. Makes connection at Greensboro with through trains for Atlanta and New Orleans, also makes connection for Asheville, Chattanooga, St. Louis, Memphis, Birmingham and all Western points.

For detailed information, also for information concerning special round trip rates account various special occasions, Pullman sleeping car reservations, ask any Southern Railway Agent or communicate with the undersigned.

T. G. JONES,
Traveling Passenger Agent,
Raleigh, N. C.

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