

Cynthia Westover Alden to Girls.

Take matters of taste. When you are tempted to forget yourself, and romp like a tomboy, and shriek at the top of your voice; when you are liable to be led astray by the red Indian taste for loud colors; when the taste for too much jewelry seizes on you as it is sure to do sometimes, recall the Factor of Safety, and stop. Then repeat slowly to yourself those other lines of Burns which all the world knows by heart:

"Oh wad some power giftie gie us To see oursel as ithers see us!"
To go up the scale, take matters of study or of work. If you are in school, it is not enough to make your teacher believe that you know your lessons. You must feel that you know them, that no matter what test you may be put to, there will still be a Factor of Safety between you and failure. If you are practicing music, don't cut the hour by five minutes. Take five minutes overtime instead. That is the Factor of Safety in practicing. If you are sewing, take every stitch so that it might be part of an exhibit of needlework. What is right can never be criticised. What is wrong, no matter how cleverly concealed, is in danger. The Factor of Safety is the margin between shrewdly hidden inefficiency and efficiency. If you are reading, understand what you read. When some one leads you into talking of what you have read, and that time is sure to come, if it has been worth reading, you always want to have a Factor of Safety between you and a glaring display of ignorance.

Let me apply the same idea to matters of morals. You detest such and such a girl because she almost never tells the truth. Never forget her when you are tempted into what are called white lies. Truth and falsehood have each a hundred phases. The temptations to untruth are manifold. They come to you almost every day. You cannot set your standard too high. No deception is too petty to be avoided; in fact the petty ones are often the most demoralizing.—Cynthia Westover Allen, in *The Pilgrim*.

The Word says, "No good thing will be withheld from them that walk uprightly." We must ask, then whether we are not so walking, or whether the thing was not truly good.

GOOD NEWS FOR RALEIGH.

Science at Last Discovers a Real Cure for Rheumatism.

After years of experiment a new scientific remedy has been found that not only relieves, but absolutely cures Rheumatism and kindred diseases, to stay cured. Rheumatism is caused by an excess of poisonous acids in the blood. The new discovery RHEUMACIDE, though purely vegetable, and acting through nature's channels, neutralizes these acids and sweeps all poisons and harmful germs out of the blood. At the same time it tones up the stomach and regulates the liver and kidneys.

RHEUMACIDE, therefore, cures the disease permanently, because it removes the cause. It has cured hundreds of cases after the most noted doctors and hospitals have failed. RHEUMACIDE cured James Wilkes, of Dillon, S. C., after he had been held in bed by rheumatism for three years and his feet were drawn up almost to his back. This is only one of the many marvelous cures RHEUMACIDE has already performed. RHEUMACIDE is curing many cases of Rheumatism, Sciatica, Lumbago, Gout, Kidney Trouble, Indigestion, and Constipation, right in this community to-day.

Because it has cured so many others, we believe it will cure you. All the leading druggists in this place sell and recommend RHEUMACIDE.

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DR. J. E. CAVINESS, PROPRIETOR.

Raleigh & Southport Railway Company.

TIME TABLE NO. 21

Effective Sunday May 12th, 1907, at 12:01 A. M.

SOUTH BOUND TRAINS.		STATIONS.	NORTH BOUND TRAINS.	
1ST CLASS. DAILY.	5		1ST CLASS. DAILY.	2
A. M.	P. M.		A. M.	P. M.
8 00	4 40	Lv. Raleigh Ar.	10 40	6 00
8 15	4 50	F. Caraleigh Mills..	10 30	5 45
8 25	4 54	F. Sylva..	10 25	5 35
8 31	5 00	F. Barne..	10 18	5 26
8 43	5 07	F. Hobby..	10 10	5 16
8 55	5 15	S. McCULLERS..	10 06	5 11
9 01	5 20	F. Banks..	10 00	5 01
9 16	5 30	S. Willow Springs..	9 50	4 50
9 26	5 38	F. Cardenas..	9 43	4 35
9 40	5 51	F. Varina..	9 40	4 32
9 55	6 00	S. Fuquay Springs..	9 23	4 17
10 03	6 06	F. Bawls..	9 13	4 07
10 0	6 13	S. Chalybeate..	9 16	3 59
10 14	6 17	F. Kipling..	9 02	3 54
10 29	6 30	F. Cape Fear..	8 47	3 37
10 37	6 36	S. Lillington..	8 42	3 31
10 0	6 48	F. Bunnlevel..	8 27	3 18
11 02	6 58	S. Linden..	8 17	3 05
11 5	7 10	F. Buckner..	8 05	2 52
11 30	7 23	F. Carver's Falls..	7 51	2 38
11 40	7 32	F. Tokay..	7 44	2 31
11 55	7 45	Ar. Fayetteville. Lv.	7 30	2 15

S Regular Stop. F. Stop on Signal.
CONNECTIONS:—At Raleigh with Southern Railway, and Seaboard Air Line Railway; at Varina with Durham and Southern Ry.; at Fayetteville with Atlantic Coast Line Railroad.

JOHN A. MILLS
President and Gen. Manager

THE MARKETS.

RALEIGH COTTON MARKET.
(Corrected every Wednesday by Chas. E. Johnson & Co.)

Strict good middling.....	13 3/4 to 14
Good middling.....	13 1/2
Strict middling.....	13 1/2
Middling.....	13
Strict low middling.....	12 3/4
Low middling.....	12 3/4
Tinges.....	10 1/2
Stains.....	to 9 1/2

RALEIGH PRODUCE MARKET.
(Corrected weekly by King Bros.)

Eggs.....	12 1/2c
Spring Chickens.....	20 to 31
Hens.....	35c
Potatoes (Irish) new.....	\$1.00
Potatoes (sweet) new.....	\$2.25
Hams (N. C.) new.....	.18 to 19c
Side meat.....	14c
Shoulders.....	15c
Lard.....	12 1/2c
Corn.....	\$1.70 sack
Wheat.....	\$1.10
Rye.....	85c
Peanuts.....	\$1.25 to \$1.38
Cabbage, per hundred.....	\$1.50

JOHN W. BROWN,
President

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FABIUS P. BROWN
Sec'y & Treas.

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Fuquay Springs, N. C.

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I wish to inform my friends and the public generally that I am conducting the stables known as Jackson's Stable on Wilmington Street. Stalls and feed at moderate prices.

Respectfully,
L. M. STEPHENSON.