

Salt Baths for Weak Eyes.

McCall's Magazine.

Salt water, fairly strong, used regularly several times a day will wonderfully strengthen the muscles of the eyes. It acts as a tonic upon every part of the under-lid and the cornea, and penetrates deep even into the recesses of the tear gland. Upon eyelids prone to granulation or to styes the action of the warm salt water is most marked and almost immediate.

It is always best when advocating the merits of a thing to state reasons for actions. The writer has personally tried the salt cure upon eyes weakened by long use that could not bear the light, yet had excellent sight, so far as power of vision went, if only the weakened muscles would allow the iris to have full play.

The salt bath was tried, first with a sponge, later with the eyes held open in a basin of salt water, and the result was restored tone, to every feeble muscle.

Salt is a combination of chlorine with sodium. Chlorine is one of the most powerful gases known. It can destroy anything brought near to its influence. Mixed with lime it is the noted disinfectant named chloride of lime, used wherever fevers and dangerous ferments are. Mingled with sodium it becomes chloride of sodium, our valuable most useful and indispensable table salt.

Sodium is soft, white metallic earth, which has alkaline nature. The sodium softens the fierce burning, poisonous acid of chlorine, and makes a salt of it, mild enough to be eaten. With hydrogen gas it forms hydrochloric acid in our stomachs, and this is a great agent in that dissolving of food which we call digestion.

When, therefore, salt is dissolved in water to make our eye bath, a part of the chlorine mixes with the hydrogen of the water to make the powerful hydrochloric acid, which, in such minute quantity and so diluted, is harmless of burning powers. But it at once attacks the ferments and bacilli that cause styes and so forth on the eyelids; it draws out their gases, alters their life; in short, eats them up.

Being so powerful an antiseptic, the salt cleanses and purifies everything on its passage into the tissues, for it at once absorbed by the tiny blood-vessels of the mucous membrane, and enters into the circulation, which is given tone and energy by the combinations made in both the sodium and chlorine.

Obstinate catarrhs yield to this salt bath, and catarrhs are a frequent cause of eye weakness, owing to the tear gland being blocked up by inflamed conditions of the blood vessels which line the membrane of the nose and prevents the eye waters finding their proper channels. Salt, by exerting a cooling influence, takes away the fever. The ferments in the congested vessels are attacked by the powerful chlorine and destroyed. The blood being rendered pure, nourishes the membranes aright, and so pure is brought about.

The tonic treatment braces the muscles and makes them fit to undertake more work without yielding to weariness.

In addition the salt bath, people with weakened eyes ought to sleep in a perfectly dark room at night, so giving their optic nerves all the rest possible. Sleeping in light rooms often is the sole cause of weak eyes.

Just too Late

McCall's.

One night, as a messenger from the office of an evening paper was passing along the quays on the banks of the river, he heard the sound of someone struggling in the water.

"Are you drowning?" he shouted.

"I am," replied a feeble voice from the water.

"What a pity!" said the lad consolingly.

"You are just too late for the last edition tonight; but cheer up, you'll have nice little paragraph all to yourself in the morning."

Fifty Thousand Homeless.

Naples, April 9.—The devastation wrought by the eruption of Vesuvius has become so widespread that 50,000 are said to have been made homeless.

Dozens of villages have been wiped out and 2,000 acres of vineyards, olive groves and farm lands destroyed.

The eruption is growing worse every hour, and as a consequence a state of panic prevails throughout the country.

Thousands of persons are joining the refugees and leaving the vicinity of the volcano.

The heavy fall of ashes and dust makes living so unpleasant that many persons of the better classes living in this city and other towns who fear actual danger from the eruption, are leaving for some other places until the volcano's activity ceases and the air becomes cleared.

Refugees reaching here tell of narrow escapes from the flowing lava and of hardships of fleeing peasants and villagers. Earthquakes have added to the horror of the situation.

Later—The volcano is subsiding.

Danger From The Plague.

There's grave danger from the plague of coughs and colds that are so prevalent, unless you take Dr. King's New Discovery for Consumption, Coughs and Colds. Mrs. George Walls of Forest City, Me., writes:

"It's a God send to people living in climates where coughs and colds prevail. I find it quickly ends them. It prevents Pneumonia, cures Lagrippe, gives wonderful relief in Asthma and Hay fever, and makes weak lungs strong enough to ward off Consumption, Coughs and Colds. 50c and \$1.00. Guaranteed by J. E. Shell drug store. Trial bottle free."

Plowing The Orchard.

The Department of Agriculture has been gathering some information on the results of different treatment of orchards, i. e., cultivating vs. cropping. The deductions to be drawn seem to be that trees in clean, cultivated ground suffer less from a drought and hot winds than do those in pasture or grass lands; that the fruit from cultivated orchards is larger than that from trees in grass, and that tree roots extend more rapidly than may be generally supposed. Instances are cited of trees five years old with roots extending in various directions ten feet from the trunk. The roots of trees which have stood in sod since planting were found just beneath the surface of the soil, while the roots of those in cultivated soil were nowhere less than eight inches from the surface of the soil.

This makes it clear that if orchards are to be cultivated at all they should be cultivated from the first; otherwise even shallow plowing will seriously injure the roots.

A Young Mother at 70.

"My mother has suddenly been made young at 70. Twenty years of intense suffering from dyspepsia had entirely disabled her, until six months ago, when she began taking Electric Bitters, which have completely cured her and restored the strength and activity she had in the prime of life," writes Mrs. W. L. Gilpatrick, of Danforth, Me. Greatest restorative medicine on the globe. Sets Stomach, Liver and Kidneys right, purifies the blood, and cures Malaria, Biliousness and Weaknesses. Wonderful Nerve Tonic. Price 50c. Guaranteed by J. E. Shell's drug store.

When a man is reading a newspaper while his wife looks over his shoulder, he always turns the pages quickly when he comes to the bargain sale advertisements.

Caught Cold While Hunting a Burglar.

Mr. Wm. Thos. Lanorgan, provincial Constable at Chapleau, Ontario, says: "I caught a severe cold while hunting a burglar in the forest swamp last fall. Hearing of Chamberlain's Cough Remedy, I tried it, and after using two small bottles, I was completely cured." This remedy is intended especially for coughs and colds. It will loosen and relieve a severe cold in less time than by any other treatment and is a favorite wherever its superior excellence has become known. For sale by J. E. Shell, Dr. Kent and Granite Falls Drug Co.

Some men drink because they like to get drunk, others because they enjoy the process of getting drunk—but the great majority just because they are invited and hate to waste a good chance for spending another chap's money.

Wood used for Veneer Stock in 1905

Probably no branch of forest utilization, with the possible exception of the manufacture of pulpwood, shows such rapid development in this country as the veneer industry. Until very recently the opinion has prevailed that the kinds of timber which could be made into veneer were very limited in number, but the reports furnished by the veneer producers to the Forest Service include 24 species. Many of these, to be sure, are now cut in unimportant quantities, but the tendency to experiment with new woods is clearly shown.

The following statement as to the kinds and quantities of wood used for the manufacture of veneer stock in 1905 is compiled from the reports furnished to the Forest Service by 93 firms. It should be noted that the total amount of wood used, 138,646,000 feet, is in log measure; As the amount of lumber actually cut from the log averages about 20 per cent greater than the log measure, it is safe to say that the timber used for veneer stock would have made some 166,000,000 feet of ordinary lumber.

Just So.

Columbia City Mail.

While the local merchants in the small towns and cities sit around and whine about the mail order houses ruining their business, the mail order concerns are driving away day and night investing twenty five per cent of their profits in advertising. If all the merchants of Columbia City would invest ten percent of their profits each year in advertising in their local papers they could put the mail order house out of business so far as Whitley county is concerned. There are about fifty merchants in this town who are wailing loudest about this mail order business who wouldn't give a local paper a dollars worth of advertising to save the publisher from purgatory, and the same conditions obtain in other towns. They say it don't pay to advertise—just a donation to the publisher. The mail order house knows better and spends its money freely in advertising and grows rich, while the country merchant is too stingy to spend a nickle for printer's ink, dries up peters and out.

A Wonderful Being—A Riddle.

God made Adam out of dust, But thought it best to make me first, So I was made before the man, To answer His most Holy plan. My body He did make complete, But without either hands or feet My ways and actions did control; Yet I was made without a soul;

Trapped 19 Minks.

The Business Guide of this city, says that Uncle Jimmie Young, living out near Bowden's Crater, has trapped 19 minks the past winter, for the skins of which he has already collected over fifty-six dollars. This is what we call a good "side line" to the real Box Mo'min tain manner of living.

Confederate Veterans' Reunion, New Orleans, La., April 25th-27th, 1906.

For the above occasion the Southern Railway will sell tickets to New Orleans, La., and return at rates named below:

Goldsboro.	\$20.00
Selma.	19.55
Raleigh.	18.60
Durham.	18.50
Greensboro.	17.40
Winston-Salem.	17.20
Salisbury.	16.45
Hickory.	15.75
Charlotte.	15.55

Approximately low rates from other points. Tickets on sale April 22nd, 23rd, and 24th, with final limit April 30th. The original purchaser may secure extension of final limit until May 21st by personally depositing ticket with Joseph Richardson, Special Agent, Theatre Arcade, New Orleans, La., not earlier than April 25th nor later than April 30th, and paying fee of fifty cents.

General J. S. Carr has selected the Southern Railway via Atlanta, Montgomery and Mobile as the original route for his "Annual Confederate Veterans' Special," which will consist of first class day coaches, and Standard Pullman Cars to be handled through to New Orleans without change.

This special train will leave Raleigh N. C., at 3:20 P. M., Monday, April 23rd, and will reach New Orleans about 8:30 P. M., Tuesday, April 24th. Any one may use this special train. Berth rate from Raleigh and Durham \$6.00, Greensboro \$5.00, Salisbury and Charlotte \$5.00. Two persons may occupy a berth without additional cost. Excellent service on regular trains in each direction. Ask your agent for rates from your station. For further information and Pullman reservations write,

R. L. VERNON, Trav. Pass. Agt., Charlotte, N. C.

A woman who will nurse a pug dog and hire a nurse for the baby, is afflicted with an allopathic dose of hereditary softening of the brain that would warrant her husband in having her confined in an asylum with other lunatics.

NEW GOODS.

We are now displaying an up-to-date and stylish line of Mens and Boys Clothing. Be sure to see us before you buy your Easter Suit. In Oxfords for Men, Women and Children you will find all the snaps and style you are looking for, all prices. We are receiving almost every day New and stylish Dress Goods and will sell them at very lowest prices. Don't fail to see them before you buy. We can save you some money on your purchases.

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Special King Quality Shoes for Men. IT IS OUR PLEASURE TO PLEASE YOU.

Respectfully, W. A. WATSON.

Home Industry.

Home-Made Overalls, Shirts and Pants.

I am now taking orders for any of the above named goods at my factory, Poe's new building, Lenoir, N. C.

Prices Right and Goods Equal to any on The Market.

I will pay the expenses, to and from Lenoir, of any dealer who does not find my goods and prices satisfactory.

Respectfully, HENRY DAAB.

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And if that is what YOU want, this is the place. We make it our business to please everybody.

THE NEWS PRINTERY.

COFFINS AND CASKETS.

I am adding a line of nice Coffins and Caskets to my business next to the News Office. Prices Low. Respectfully,

P. M. KEEVER.

Kodol Dyspepsia Cure Digests what you eat.

YOU CAN BUY LAND In The New Country

Recently opened up in eastern Arkansas, Louisiana, (Mississippi Delta) and South-eastern Missouri along the lines of the Missouri Pacific Railway and Iron Mountain Route at \$7.50 to \$15.00 an acre which when cleared and and slightly improved readily brings a cash rental of \$4.00 to \$6.00 an acre.

UNIVERSAL

Opportunities exist for the Homeseeker and the Capitalist.

There Is No Better Money in Land Beats Money In Bank

Especially land that is rapidly increasing in value. Write for Maps, descriptive Literature, etc., etc.

Homeseekers Tickets sold 1st and 3rd. Tuesday Every Month. I. E. REHLANDER Trav. Pass. Agt., 34 West Ninth Street, CHATTANOOGA, TENN.

Kodol DYSPEPSIA CURE DIGESTS WHAT YOU EAT

The \$1.00 bottle contains 2 1/2 times the trial size, which sells for 50 cents. PREPARED ONLY AT THE LABORATORY OF E. C. DeWITT & COMPANY, CHICAGO, ILL. For Sale by J. E. Shell, Dr. Kent and Granite Falls Drug Company.