

HOW TO ATTAIN OLD AGE.

Advice From an Authority on the Subject of Longevity.

Of the giving of recipes for longevity there is apparently no end. Every man or woman who has reached out far beyond the allotted threescore years and ten is made the subject of an entertaining argument to prove the points of this or that contender.

Every abnormality in the shape of strength of arm, of back, of general system, is used as an illustration of the virtues of this or that system of exercise or living. It is the opinion of a good many laymen that mankind does entirely too much thinking on the subject of how to live to a ripe old age. Less worry on this point might lead to the desired result.

But there never will be less worry. Even now the list of systems for prolongation of man's days is being augmented. The very latest suggestion comes from a physician of credit and renown. He thinks that there is a very great deal of benefit or injury in the wearing of certain kinds of clothing.

According to this authority, the wearing of flannel next the skin is immensely injurious to the general run of men and women. Cotton is king, in his opinion. For summer wear he suggests a calico shirt, while balbriggan cotton is his idea of winter covering. The main point of his theory is the necessity of wearing always the same kind of material next the skin, whether this be of linen, cotton or wool.

Outdoor exercise is highly recommended—that is, if cycling is excepted. Wheeling is not considered a sane performance by this judge.

How to Bake Tripe.
Cut two pounds of boiled tripe into inch pieces. Peel, slice and fry in a little butter four mild onions. When of a golden brown color, turn them into a deep baking dish, lay on them the tripe, dust with pepper and salt and one tablespoonful of flour. Pour over milk sufficient to cover, put over the dish a tightly fitting lid and bake for two hours. When done, skim off the fat, turn into a heated dish and serve.

How to Make Poor Man's Pudding.

Wash two tablespoonfuls of rice thoroughly, put it in a pudding dish, pour over it a quart of rich milk, add four heaping tablespoonfuls of granulated sugar and a saltspoonful of salt. Stand the dish on the back of the stove and as it heats and the rice begins to swell stir it often from the bottom to keep it from sticking. When the rice is quite soft, add half a teaspoonful of vanilla extract and grate in quarter of a nutmeg. Stir these flavorings through well and put the dish in the oven. As often as the milk begins to wrinkle on top after placing it in the oven stir it thoroughly, not allowing a crust to form on top till the milk becomes thick and creamy. Then do not stir it any more. Let it get a delicate brown on top and then take it from the oven. Serve cold with currant jelly.

How to Make Souffles.

One quart of perfectly fresh milk, one-fifth of a 2 cent cake of yeast, one tablespoonful of sugar. Dissolve the yeast in a little water and mix it with the sugar and milk. Put the mixture into strong bottles—beer bottles are good—cork them with tightly fitting stoppers and tie down securely with stout twine. Shake the bottles for a full minute to mix thoroughly the ingredients, then place them on end in a refrigerator or some equally cool place to ferment slowly. At the end of three days lay the bottles on their sides; turn them occasionally. Five days are required to perfect the fermentation, and then the souffles is at its best. It will keep indefinitely in a refrigerator.

How to Prepare Fish a la Reine.

To prepare fish a la reine pick a pound of boiled fish into small pieces. Make a white sauce of one tablespoonful of flour and one cupful of cream. Add to it the fish, two tablespoonfuls of chopped mushrooms, salt and paprika, and heat it thoroughly over hot water. At the last add the beaten yolk of one egg and one tablespoonful of chopped parsley.

How to Fry Clams Maryland Style.

Put one tablespoonful of butter in a frying pan over the fire. When it is hot, add one tablespoonful of finely chopped onion. Fry slowly for five minutes. Do not brown the onion. Add 15 soft shell clams. Cook for five minutes in a covered pan. Season with a little pepper. Beat the yolks of two eggs, add to them one-half a cupful of cream, add this to the hot clams and stir until the sauce is creamy. If it boils, it will curdle.

How to Devill Almonds.

Blanch and shred two-thirds of a cupful of almonds. Beat one tablespoonful of butter until it sizzles and saute the almonds, then add two tablespoonfuls of chutney, four tablespoonfuls of chopped cucumber pickle, two tablespoonfuls of Worcestershire sauce, one teaspoonful of salt and one teaspoonful of pepper. Serve hot.

How to Make Spruce Beer.

Mix together pound and a half of loaf sugar, two gallons and a half of water, a large piece of lemon peel, sufficient essence of spruce to flavor and half a cupful of yeast. When the beer is fermented, bottle it for use.

Recipe for Pickling Meat.

Recipe—To every 100 pounds of meat take 12 pounds of salt, 2-1/2 ounces of saltpeter, two ounces salt soda and 3-1/2 pounds of sugar. Boil and skim all impurities, and when cold pour on meat well weighted down. This will keep until the first of May and no pickle will keep longer.

Build Them to Last.

Great loss has often been occasioned through temporary and unskillful fixing of roads and the erection of flimsy and insufficient culverts and bridges. It is poor economy to erect anything but permanent structures built to last and stand the severest tests.

Be the Pickle, and this pickle must be thrown away as it will be filled with oil and pieces of bone that will hurt the pickle.

Saltpeter is cheap and anyone can afford to throw away the amount. When packing the meat in barrels you can sprinkle liberally with black pepper, which will be an appetizer. So many people have asked me for recipe for pickling meat that I want you to publish the same, and I think you will confer a favor on your readers, also. In conclusion I wish to say the RECIPE IS ABSOLUTELY SURE. J. D. Neel.

UNCLE SAM'S ROADS.

AMERICA BEHIND OTHER NATIONS IN HIGHWAY IMPROVEMENT.

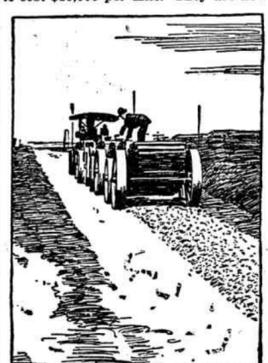
Annual Expenditures Here and in European Countries For Good Roads—Cost of Building Highways in Some of Our States.

The United States does not begin to spend the amount of money upon its public highways that it costs to construct and maintain the public roads of England and European countries. While this country leads the world in its railroads and street railways, it is far behind most countries across the Atlantic in its system of public highways. England and Wales spend annually \$20,000,000 on their roads, Ireland \$3,000,000, France \$37,500,000, while the United States, the pioneer of all nations in public improvements, the leader of the world in devising and perfecting plans to add to the comfort and welfare of mankind, lags in the race with the disgraceful record of spending \$40,000 upon its federal plan of public road improvement.

This does not include, of course, the annual expenditures of the various states of the Union, says the Buffalo Express. If these sums were included, the comparison would not be so unfavorable, for there will be expended this year close on to \$10,000,000 throughout the country for the betterment of public highways. Moreover, the outlook for the future is exceedingly bright. The possibilities are that by the end of another decade the combined expenditures of the federal government and the various states will equal \$50,000,000 a year for the construction and maintenance of public highways.

There are fully 200 good roads organizations, national, state and county, in the United States. The association that is doing the most work for the betterment of highways throughout the country is that known as the American Roadmakers. The membership of this association is limited to ten influential men in each state, one of the provisions of its constitution being that there shall not be more than ten members from each state.

When New Jersey, which was the pioneer state in the good roads movement, first began to improve its roads, it cost \$10,000 per mile. They are now



SENATOR EARLE'S GOOD ROADS TRAIN.

being constructed for \$2,000 to \$500 only per mile, most of them costing only \$2,500. This is due to the greater knowledge and practical experience gained by the road builders as well as by the use of improved machinery and methods. In Michigan, Ohio and other western states roads are being constructed at a much less figure, some of them costing not more than \$1,000. As might be expected, these roads are not as durable as those upon which a greater amount of money is expended.

New York pays about \$5,000 to \$7,000 a mile and builds a very thoroughly constructed road out of crushed stone under the direction of the state engineer and in accordance with the state plan, which provides that the state shall pay 50 per cent of the cost of construction of the roads, 35 per cent is paid by the county and 15 per cent by the town in which the road is improved. Connecticut and Massachusetts both have admirable methods for improving their highways and have long been recognized as among the most progressive states of the Union in this regard, each expending \$500,000 a year on the improvement of its roads.

The state of Georgia is, perhaps, the most progressive among the southern states. For a number of years it has employed a large amount of prison labor in the construction of its roads, using prisoners, both black and white, in crushing stone and in constructing the roads. The system of employing prison labor has been so successfully carried out that it has been adopted in other states.

A most interesting good roads campaign is being conducted in the state of Michigan by Senator Earle. The senator has equipped a good roads train, consisting of a traction engine, five small cars for carrying stone and a stone crushing plant, all of which is drawn by the traction engine, which is also converted into a road roller and is employed in finishing the road.

New Jersey's Good Roads.

During the past twelve months \$450,000 was spent in macadamizing public roads in New Jersey, and for this comparatively small sum the state now has 140 miles of the finest rural thoroughfares in the country. Altogether New Jersey has 641 miles of these fine highways.

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TAX COLLECTOR'S NOTICE.

HIS OFFICE WILL BE OPEN FROM TUESDAY, OCTOBER 15th UNTIL THURSDAY, DECEMBER 31st, 1903.

The Rate of State, County, School and Special Tax, Including One Dollar Poll Tax, One Dollar Commutation Tax.

IN ACCORDANCE WITH AN ACT TO provide for the fiscal year commencing January 1, 1904, and to provide for the collection of State, County, School and Special Taxes for said fiscal year from Tuesday, October 15th, until Thursday, December 31st, 1903, there will be added:

State Tax	5 mils.
County Tax	5 mils.
Special Tax	5 mils.
Sinking Fund	5 mils.
School	5 mils.
Total	25 mils.

In addition to the above a special tax will be collected for school purposes as follows: Abbeville Special School, 25 mils.; Bethel, 25 mils.; Sharon, 25 mils.; Mt. Carmel, 25 mils.; Williston, 25 mils.; McCormick, 25 mils.

A poll tax of One Dollar per capita on all male citizens between the age of 21 and 60 years, except such as are exempt by law, will be collected.

A commutation road tax of One Dollar will be collected the same time as other taxes from all male citizens who are exempted by law. Unless said tax is paid by first of March, 1904, four days work upon the public highways will be required under a contractor.

Taxes are payable only in gold and silver coin, United States currency, National Bank Notes and Coupons of legal tender, and are to be paid during the year, 1903.

As so few avail themselves of the opportunity of paying taxes at the times and places heretofore designated, I will discontinue the appointments over the County, and collect all taxes at the Treasurer's office.

Parties desiring information by mail to report to their taxes will please write before December 15th, stating the location of their property, and include postage for reply, and those paying taxes by check must include the charge for collection.

W. T. BRADLEY, Treasurer.

For Sale.

Fine Cotton, Corn and Stock Plantation known as Fort Charlotte, on Savannah River, in Abbeville County, four miles from Mt. Carmel. Place contains about

700 Acres of Land, Good Dwelling and Tenant Houses, &c., and would be particularly desirable for stock raising. For terms, etc., apply to

Julian Mitchell, 81 Broad St., Charleston, S. C. Oct. 6, 1903.

THE VIRGINIA CAROLINA CHEMICAL COMPANY'S BEES FERTILIZERS ARE SOLD EVERYWHERE.

THE VIRGINIA CAROLINA CHEMICAL COMPANY, CHARLESTON, S. C.

E. F. GILLIARD, TAILOR.

HAS moved, and occupies the rooms up stairs in King's Hall, and is now prepared to receive orders for tailoring and sewing of all kinds, and a collection of stock, notions, &c., at the lowest prices.

Southern Railway Schedule.

Trains for Hodges leave Abbeville, S. C., No. 1 (daily) 8:15 a.m.; No. 12 (daily) 3:30 p.m.; No. 13 (daily) 5:30 p.m.; No. 14 (daily) 1:00 p.m.; No. 15 (daily) 12:00 p.m.; No. 16 (daily) 12:00 p.m.

Close connection at Hodges with through trains for Greenville, Columbia, Charleston, etc., connecting at Greenville for A. & C. Division points and the East, also Asheville, Atlanta, etc.



J. W. SIGN, UNDERTAKER.

Now occupies rooms in Law Range, in rear of the Court House, and is prepared to furnish anything in the Undertaking line, from the cheapest to the finest. Coffins from \$3 up. Buggies and Wagons Repaired. Agent for the sale of Monuments of all kinds.

J. W. SIGN.

Notice to Tax-Payers.

For the Purpose of Accommodating the Public in the Matter of Making Their Tax Returns, I Will Visit the Places Mentioned Below on the Dates Indicated in Schedule.

ALL RETURNS MUST BE MADE UNDER OATH, AND ALL PERSONAL PROPERTY RETURNED AT ITS TRUE MARKET VALUE.

Persons not making their returns between January 1st, 1904, and February 20th, 1904, are liable to a penalty of 50 per cent. This penalty will be enforced against delinquents; for the failure to enforce it heretofore has put a premium on neglect of the law.

The returns of those who conform to the law are placed before the Townships and County Boards, while those who disregard the law come in after the meeting of the Boards and return to suit themselves. The enforcement of this 50 per cent. penalty will correct this evil.

Employers are requested to return all their employees after notifying them and getting a statement of their property.

Returns will not be taken by mail unless they are sworn to before some proper officer. This does not apply, however, to persons returning only land.

All improvements on the transfers of real estate must be reported to the County Auditor.

My Appointments Are as Follows:

- Calhoun Falls, Tuesday and Wednesday, January 19 and 20.
- Lowndesville, Thursday and Friday, January 21 and 22.
- Mt. Carmel, Monday and Tuesday, January 25 and 26.
- Williston, Wednesday, January 27.
- Bordeaux, Thursday, January 28.
- McCormick, Friday and Saturday, January 29 and 30.
- Due West, Monday and Tuesday, February 8 and 9.
- Donalds, Wednesday and Thursday, February 10 and 11.

Office open from January 1st to February 20th, inclusive.

R. E. COX, Auditor.

RYDALES TONIC

A New Scientific Discovery for the BLOOD and NERVES.

It purifies the blood by eliminating the waste matter and other impurities and by destroying the germs or microbes that infect the blood. It builds up the blood by reconstructing and multiplying the red corpuscles, making the blood rich and red. It restores and stimulates the nerves, causing a full free flow of nerve force throughout the entire nerve system. It speedily cures unstrung nerves, nervousness, nervous prostration, and all other diseases of the nervous system.

RYDALES TONIC is sold under a positive guarantee.

Trial size 50 cents. Family size \$1.00

MANUFACTURED BY The Radical Remedy Company, HICKORY, N. C.

C. A. MILFORD.

We are Sole Agents here for

Vinol

The most famous Cod Liver Oil preparation known to medicine. Contains ALL the medicinal elements of cod liver oil, actually taken from fresh cod's livers, but not a drop of oil.

Delicious to the taste and recognized throughout the world as the greatest

STRENGTH CREATOR

for old people, weak, sickly women and children, nursing mothers and after a severe sickness.

Cures Hacking Coughs, Chronic Colds, Bronchitis and all Throat and Lung Troubles. Unequaled to create an appetite and to make those who are too thin, fat, rosy and healthy.

Try it on our guarantee to return your money if you are not satisfied.

Speed's Drug Store.

Seaboard Air Line Railway.

Double daily service between New York, Tampa, Atlanta, New Orleans and Mobile, S. C. and West. In Effect April 12, 1903.

SOUTHWARD.		
	Daily No. 51.	Daily No. 27.
Lv New York, P. R. & N.	12:55 pm	12:10 pm
Lv Philadelphia, P. R. & N.	1:25 pm	7:20 am
Lv Baltimore, P. R. & N.	5:45 pm	9:34 am
Lv Washington, W. S. Ry.	7:00 pm	10:46 am
Lv Richmond, S. A. L. Ry.	10:55 pm	12:35 pm
Lv Petersburg	11:17 am	5:51 pm
Lv Norfolk	1:55 am	5:15 pm
Lv Henderson	2:24 am	4:36 pm
Lv Raleigh	4:00 am	3:53 pm
Lv Southern Pines	6:00 am	2:36 pm
Lv Hamlet	7:55 am	10:40 pm
Lv Columbia	11:00 am	12:55 pm
Ar Savannah	2:20 pm	5:05 am
Ar Jacksonville	6:00 pm	7:15 am
Ar St. Augustine	6:45 pm	7:55 am
Ar Tampa	8:45 pm	10:00 pm
Lv New York, N.Y.P. & N.	7:55 am	8:55 pm
Lv Philadelphia	10:16 am	11:21 pm
Lv New York, O.D.S. & C.	3:00 pm	7:50 pm
Lv Baltimore, B.S.P. Co.	7:25 am	8:25 pm
Lv Washington, N.A.W.P.	6:25 am	7:25 pm
Lv Portsmouth, S.A.L. Ry.	11:45 am	11:55 am
Lv Norfolk	1:50 am	1:40 pm
Lv Henderson	2:45 am	2:35 pm
Lv Raleigh	4:00 am	4:00 pm
Lv Southern Pines	6:00 am	6:16 pm
Lv Hamlet	7:50 am	10:40 pm
Lv Columbia	11:00 am	12:55 pm
Ar Charlotte	10:08 am	10:45 pm
Lv Chester	10:25 pm	1:35 pm
Lv Greenwood	12:38 pm	3:43 am
Lv Athens	2:50 pm	6:05 am
Ar Atlanta	4:55 pm	8:50 am
Ar Augusta, C. & W. O.	6:05 pm	9:10 am
Ar Montgomery, A. & W. P.	7:20 am	11:25 am
Ar Mobile, L. & N.	2:55 am	6:23 am
Ar New Orleans, L. & N.	7:15 pm	11:25 am
Ar Nashville, N.C. & S. L.	6:40 am	6:55 pm
Ar Memphis	3:45 pm	9:45 am

NORTHWARD.

	Daily No. 26.	Daily No. 52.
Lv Memphis, N.C. & S. L.	12:40 pm	8:00 pm
Lv Nashville	9:30 pm	9:50 am
Lv New Orleans, L. & N.	8:15 pm	6:23 am
Lv Mobile, L. & N.	12:40 am	7:00 pm
Lv Montgomery, A. & W. P.	6:45 am	11:50 am
Lv Mecon, C. & W. O.	8:00 am	4:30 pm
Lv Augusta, C. & W. O.	10:10 am	10:10 am
Lv Atlanta, T. S. & R. Ry.	12:00 pm	8:10 pm
Ar Athens	3:61 pm	11:25 pm
Ar Greenwood	5:15 pm	2:02 am
Ar Chester	7:17 pm	1:15 am
Lv Charlotte	7:25 pm	5:01 am
Lv Wilmington	3:30 pm	6:55 am
Lv Hamlet	10:30 pm	7:50 am
Lv Southern Pines	11:18 pm	8:45 am
Lv Henderson	12:25 am	11:15 am
Lv Norfolk	2:55 am	1:45 pm
Ar Portsmouth	4:05 am	11:55 am
Ar Washington, N.A.W.P.	6:00 am	6:55 pm
Ar Baltimore, B.S.P. Co.	7:25 am	10:30 pm
Ar New York, O.D.S. & C.	10:55 am	4:50 pm
Ar Philadelphia, N.Y.P. & N.	10:48 pm	5:10 am
Ar New York	8:15 pm	8:00 am
Lv Tampa, S.A.L. Ry.	No. 84. No. 66.	No. 66.
Lv St. Augustine	6:00 pm	8:50 pm
Lv Jacksonville	8:45 am	7:50 pm
Lv Savannah	1:16 pm	12:10 am
Lv Columbia	3:40 pm	3:30 pm
Lv Southern Pines	10:30 pm	8:55 am
Lv Raleigh	11:18 pm	9:45 am
Lv Henderson	6:05 am	8:00 pm
Lv Norfolk	2:45 am	10:10 pm
Lv Petersburg	6:49 am	4:09 pm
Ar Washington, W. S. Ry.	10:10 am	8:26 pm
Ar Baltimore, P. R. & N.	11:52 am	11:20 pm
Ar New York, P. R. & N.	1:05 pm	8:00 am

Note—Daily except Sunday. † Central Time ‡ Eastern Time.

G. H. FULLER, Local Agent, Abbeville, S. C., April 10, 1903.

Charleston and Western Carolina R. R.

Augusta and Asheville Short Line. Schedule in effect August 1, 1903.

Lv Greenwood	12:44 pm
Lv Laurens	2:01 pm
Ar Greenville	3:25 pm
Ar Spartanburg	8:30 pm
Lv Spartanburg (S. C.)	11:15 am
Ar Asheville	6:11 pm
Lv Asheville (S. C.)	7:15 pm
Ar Clinton	8:55 am
Ar Spartanburg (C. & W. O.)	8:05 am
Lv Laurens	12:15 pm
Lv Greenwood	1:55 pm
Ar Greenwood	2:51 pm
Ar McCormick	3:40 pm
Ar Augusta	4:30 pm
Ar Augusta	5:20 pm
Ar Beaufort	6:30 pm
Ar Port Royal	7:05 am
Lv Beaufort	7:15 am
Ar Laurens	12:20 pm
Lv Augusta	10:10 am
Lv Abbeville	11:52 am
Ar Abbeville	11:52 am
Lv Greenwood	12:44 pm