The Abbeville Press and Banner.

BY HUGH WILSON. ABBEVILLE, S. C., WEDNESDAY, FEBRUARY 10, 1904. ESTABLISHED 1844

EAST END.

What "M" Sees and Hears on His Rounds in Country and in Town.

Abbeville, S. C., Feb. 10, 1904.

BIG DECLINE IN COTTON.

The recent "slump" in cotton broke the record for the past twenty years, and still down, down it continues. In this decline millions have been lost, and some who were rich are now poor, but such is luck—up today and down tomorrow.

Mr. Brown, one of the big cotton kings of the world, says "the market now is in better shape than ever for reaction, and will surely rebound." He proves his judgment by stepping into the cotton ring amid the greatest excitement, when the "bears" were pulling and selling out at any price, and bought up everything offered, and counseled them to quit selling and go to buying. This was good advice and was acted upon at once and the panic stopped, and confidence restored.

Don't get frightened, cotton can advance as rapidly as it declined and is sure to do so. Hold fast to all you have and buy more if you can. Watch what we say.

A CANNING FACTORY NEEDED.

Now is the time to think about this industry. Only a few hundred dollars will equip and start this paying enterprise in our midst. Such an outfit will be in the fruit fields, what the factories are in the midst of the cotton fields.

Maj. Arthur Parker and Mr. J. W. Rykard have shown what can be done in this line even on a small or individual scale; each of them have a variety of canned fruits, nicely labeled and ready for market; besides fruits, vegetables, preserves, fruit butter, marmalades, pickle and all such good and saleable things could be put up in attractive style, fresh and nice right at once. Why not utilize the hundreds of bushels of fruit and vegetables that are annually lost?

Such an enterprise would give employment to many poor girls and young men who are out of business, and have to leave home in search of work.

If the Southern people would grasp the situation like the Yankees, the waste places would soon be built up and dollars that are now thrown away would be saved.

TO OUR PATRONS.

Give your subscriptions and renewals for papers and magazines to the carriers along your route. It will help them and save you money. They are agents for everything in this line published in the United States, and can always give you best clubbing rates, as well as inside prices. Give them a trial and you will be convinced.

NO. 8'S NEWS BUDGET.

Messrs. R. L. and J. C. Pursley have a mail box and get their mail over Route No 8.

Rev. J. Lowrie Wilson, of Abbeville, preached at Bethia church last Sunday afternoon, and while in the country was the guest of Mr. Henry S. Cason and family.

Mr. Eugene Hilburn, of Columbia, is visiting relatives in the Sharon section.

Mr. and Mrs. Joe Johnson, of Abbeville, are the guests of Mr. and Mrs. Wm. McKenzie for a few days.

Miss Lucy Evans, of Lebanon, got a fall on Saturday morning during the sleet, from which she received severe and painful bruises and perhaps a broken bone as she has been confined to her bed, and unable to take a step since. She was quite sick Sunday and Monday last, but we hope the worst is over and her fall will have no serious results.

Miss Maggie Gibert, who has been quite ill, is now slowly improving, to the delight of many friends who have been anxious about her.

Mrs. Walter B. Wilson has not been quite so well the past week, and returned last Monday to the city for treatment under Dr. L. T. Hill.

Dr. G. A. Neuffer was called off Route No. 8 last Monday professionally.

Messrs. J. U. and Will Wardlaw, of Bellvue, were among the visitors to our city last week.

Mrs. B. A. Boyd with her son, Walter, and Mr. John Boyd, of Lodimont, were guests in the city last week.

Mr. Will Perrin has been rusticating in the Flatwoods as the guest of Mr. H. W. Lawson. It is needless to say he had a delightful visit and is now in the city ready for business.

Mayor McMillan, Charlie Bruce and Sheriff Lyon were hunting in the Flatwoods last week, and had good luck, bagging a number of partridges.

The house recently burnt down on Sheriff Lyon's plantation is now being rebuilt, and will soon be ready for the tenants.

Mr. James Gilliam is now building two rooms to his dwelling.

Mr. R. W. Knox is adding another room to his cottage.

Capt. Joe Johnson is adding one or two rooms to his cottage on Route No. 8.

Mr. A. J. Woodhurst has about finished the brick work on L. T. & T. M. Miller's new store.

Mr. W. T. Magill was one of the lucky one's in the "port receipts" guessing and has received his check, and only regrets it is not larger. He expects it to be next time.

IN THE CITY HERE AND THERE.

Steps are now being taken for the rebuilding of the church on Factory Hill. As soon as committees are appointed, etc., building will commence. Brother Lawson is moving this project right along and will soon have a good substantial church filled each Sunday with a large and appreciative congregation.

Miss Vivian Caldwell, of Greenville, is visiting her brother and family, Mr. Lambert Caldwell.

Mr. and Mrs. Wm. Penney, of Bainbridge, Ga., arrived in the city last Saturday, and we, as well as many other friends, are glad to say they have come this time to stay. Mr. Penney has already purchased his stock, and is only awaiting its arrival and the finishing of his store room to open up a large and attractive line of ready made clothing and gents furnishings. Will is a hustler, and is well known to the people of Abbeville county, and is sure to have his full share of business. Many friends welcome him back to his boyhood home, and wish for him great success in the business world.

Mrs. Lambert Caldwell is better at this writing.

Birth—At Abbeville, Feb. 7, 1904, to Mrs. W. C. DuPre, a daughter.

Last Sunday was a beautiful spring-like day, but closed with a rain and wind storm with thunder and lightning, and just then the "carrier boys" were rejoicing they were indoors, and their hearts went out to Him who created the Sabbath as a "day of rest"—for this one day in seven is all they have.

BIG FIRE IN BALTIMORE.

On last Monday a big fire was raging in the city of Baltimore, among the wholesale business houses. Millions of dollars worth of property destroyed in a few hours.

Not Crazy on Monuments to Great Generals.

Elberton Tribune.

Have you a father, a brother or an uncle who stood behind the guns, who bore the brunt, and who helped to furnish the foundation on which rested, in some measure, the fame of the generals? Have you such a deceased relative? And is there no stone to mark his last resting place? If so, you contribute to the purchase of a slab to mark that grave, and let others differently situated contribute to the fund to erect a monument to the memory of the great and gallant Gordon. By doing this, you will honor yourselves; and in honoring yourselves, you will do honor to the cause that called forth your devotion, as well as honor your generals and your country.

Latimer to Vote Right.

Yorkville Enquirer.

It is understood that Senators Tillman and Latimer will vote against each other on the canal treaty question. Senator Tillman voting against ratification of the treaty and Senator Latimer for ratification. It is not thought, however, that the situation will cause any open friction.

When You Have a Cold.

The first action when you have a cold should be to relieve the lungs. This is best accomplished by the free use of Chamberlain's Cough Remedy. This Remedy liquefies the tough mucus and causes its expulsion from the air cells of the lungs, produces a free expectoration, and opens the secretions. A complete cure soon follows. This remedy will cure a severe cold in less time than any other treatment, and it leaves the system in a natural and healthy condition. It counteracts any tendency toward pneumonia. For sale by C. A. Milford, Abbeville. H. M. Young, Due West.

Are You Restless at Night

And harassed by a bad cough? Use Ballard's Horehound Syyrup, it will secure you sound sleep and effect a prompt and radical cure. 25c, 50c, and $1.00. Sold by C. A. Milford.

WEST END.

Happenings and Incidents of a Week About the City.

Feb. 9, 1903.

Mrs. A. Brooks Cheatham spent several days in Greenwood last week, the guest of her parents, Mr. and Mrs. J. K. Durst.

Mrs. S. Goode Thomson and Master Goode Thomson spent several days in Columbia last week. They were the guest yf relatives while in the city.

Miss Marie Gary is at home again after an extended visit in Charleston, where she was the guest of Mrs. Marie Gary Eason. Miss Gary received many social attentions while in Charleston.

Mrs. Margaret Sherrard of Lebanon, was in the city Thursday shopping.

Miss Mary T. Nance went to her home in Cross Hill Friday and stayed until Sunday with her parents, Mr. and Mrs. R. D. Nance.

EUCHRE PARTY.

Mrs. G. A. Nexffer entertained the Euchre Club Friday afternoon at a delightful meeting. An elaborate salad course was served at the close of the games. Those present were: Mrs. Maggie Latimer Bullock, Mrs. John A. Cheek, Mrs. R. Lawton Dargon, Mrs. Frank B. Gary, Mrs. R. LawtoB Dargan, Mrs. Frank B. Gary, Mrs. William P. Greene, Mrs. Frederick Minshall, Mrs. William Leslie, Mrs. C. D. Brown, Mrs. Augustus M. Smith, Mrs. T. Gordon White, Mrs. E. Ringan Thomson, Mrs. Renwick Bradley, Miss Maie Robertson, Miss Nettie Russell, Miss Lucia Parker, Miss Grace Jones, Miss Grace Smith, Miss Lily Templeton.

Mrs. James Hawthorn of Latimer, was in town Friday, shopping.

Mr. Lawrence Parker is in New York buying the spring stock for the firm of Hall & Anderson.

Mr. W. A. Lee is here from Columbia spending a few days with his mother, Mrs. V. D. Lee.

Mr. and Mrs. Philip Rosenburg and Master Arthur went to Atlanta Thursday to consult Dr. Calhoun about Master Arthur's eyes. They were the guests of Dr. and Mrs. Samuel Visanska while in Atlanta.

Mrs. W. D. Barksdale and her interesting children went to Greenwood Friday and will stay a week there with Mrs. J. K. Durst.

Mr Geo. Smith of Calhoun Falls, was in the city Sunday, the guest of his brother, Mr. W. Joel Smith.

PIT PARTY.

Miss Onie and Miss Caro Morse entertained Thursday afternoon at Pit. Delightful refreshments were served at the close of the games. Those present were: Mrs. E. Ringan Thomson, Mrs. Augustus M. Smith, Mrs. John A. Cheek, Miss Maude McClung, Miss Mary Starke, Miss Mamie Morse, Miss Fannie Starke, Miss Virginia Gambrell, Miss Nelle Wilson, Miss Sara White, Miss Susie Hill, Miss Lucy Henry and others.

Mr. Thomas V. Miller of Due West, spent Sunday here with his brother Mr. L. T. Miller.

Mrs. Marie Gary Eason has returned to her home in Charleston after spending sometime here with her mother, Mrs. Caroline Gary.

Mr. Thomas S. Perrin spent Sunday in the city with his home people. Mr. Perrin is inspector of machinery for a large company and has a good position.

Mrs. R. Lawton Dargan has gone to Spartanburg to spend sometime with her sister, Mrs. Frank McGee.

Mrs. Morgan H. Baldwin left Friday for Pelzer, where she will visit the family of Col. Smythe for some time. She will return to Abbeville and spend sometime with her father, Judge R. E. Hill.

Miss Sara Mann of Antreville, is here spending some time with her sister, Mrs. J. M. Wilkerson.

Mr. Wm. P. Greene went to Greenwood Monday on business.

D. OF C.

The tacky party to be given by the Daughters of the Confederacy on the 18th of February, has been postponed until Thursday the 18th. The postpoement is unavoidable, but the entertainment will be given the 18th, without fail.

Mrs. Samuel F. Killingsworth was called to Anderson Monday on account of the extreme illness of her mother, Mrs. Kay.

Mrs. W. D Barksdale went to Atlanta Monday to hear Patti sing.

Dr. J. LoArle Wilson held service at Bethia Sunday afternoon. Rev. Charles Friend was to have preached in the Presbyterian church in the evening, but owing to the severe storm therew as no service.

Mr. Claude Jones went to Atlanta Monday to hear Patti. She was the guest of relatives while in the city.

Mrs. Graydon and Mrs. Felzer went to Atlanta to hear Patti. They were guests at the Piedmont while there.

Miss Leona Blake went to Greenwood Monday and was the guest of her sister, Mrs. N. A. Peay until Tuesday.

The D. of C. were entertained Tuesday afternoon by Mrs. Charles Lyon. The meeting was very pleasant.

Mrs. W. P. Sherrard went to Ira Saturday and will remain there for sometime.

Miss Carrie Turner of Greenwood, is here visiting her sister, Mrs. Joe E. Jones.

HONORED AT HOME.

Rev. Parker Holmes, Pastor of the 1st M. E. Church South, Hickory, N. C., says: "I have used Rydales Stomach Tablets for indigestion and regard them as a perfect remedy for this disease. I take pleasure in recommending them to all sufferers from indigestion. Use Rydales Stomach Tablets for your stomach trouble and you will join Dr. Holmes in this strong endorsement.

These tablets will digest the food your weak stomach cannot, and thus nourish the body and prevent the partial starvation, from which all dyspeptics suffer and which causes the loss in flesh and strength all dyspeptics experience. These tablets relieve all disagreeable symptoms at once. They will increase your strength and flesh, almost from the first day's use, and will soon restore you to perfect health. C. A. Milford.

Nothing hurts a small man so much as to have people ignore his threats.

DANGER IN COLD WEATHER.

There is danger in cold weather because it produces conditions favorable to the development of those germ diseases known as Lagrippe, Pneumonia, Bronchitis, Consumption, etc. These diseases are contracted while the mucous membrane of the throat and lungs is weakened by inflammation resulting from a dangerous cold. It is dangerous to neglect even a slight cold. Help nature to ward off disease by using Rydales Elixir. This modern scientific remedy can always be relied on in all diseased conditions of the throat and lungs. C. A. Milford.

Trying to keep up appearances pulls some men down.

No oculist can remedy the short-sightedness of a selfish person.

A man in reduced circumstances isn't a woman's idea of a bargain.

Extremes meet; that's why art is long and the artist short.

Many a man who refuses to believe the truth will swallow a lie.

LOST HIS GRIP.

When a man has lost his grip on the affairs of life, feels incapable of performing the ordinary duties that business requires, Body languid, brain dull. His liver is out of order. Rydales Liver Tablets are what he needs. One dose usually will, two always will restore normal condition of body and mind, and fit a man for the duties and pleasures of life again. Rydales Liver Tablets are easy to take, pleasant effect, satisfactory in results, economical, 50 chocolate coated tablets in a convenient box, 25 cents. C. A. Milford.

Rice Waffles.— To a pint of soft boiled rice add a teaspoonful of salt and a pint of flour, in which sift two teaspoonfuls of baking powder. Beat the yolks and whites of 3 eggs separately. Add to the yolks a cup of sweet milk. Pour into the rice and flour with a tablespoonful before it is melted. Lastly, add the stiffly beaten whites. Mix thoroughly and bake as you do the plain waffles. Very nice and delicate.

Carrots may be profitably raised for winter food for cattle. Horses fed on them will always be in good condition and they will increase the flow of milk when fed to cows.

Pillowslips should be ironed lenthwise instead of crosswise; if one wishes to iron wrinkles out instead of in.

Kate Shelley's Heroism.

As the crownig honor of many that have been showered upon her in recognition of her bravery and courage, Kate Shelley, the heroine of perhaps the most brilliant rescue in all the annals of railroading, recently has been appointed station agent at Moignona, Ia. In bestowing upon her this position the Northwestern Railroad has added another testimonial to its appreciation of her deed, by which many lives and much property were saved from destruction.

On the night of July 6, 1881, the Des Monies River, swollen with heavy and continous rains, overflowed its banks and swept downward in resistless torrents. Of the twenty-one bridges in the valley between the towns of Boone and Moingona, on the main line of the Northwestern, eleven were smashed into kindling wood, and to add to the perils of the situation a violent tempest of wind and rain, the worst that had been known in years, was raging.

In the warm shelter of her home Kate Shelley, then a girl of sixteen, listened to the howling tempest and talked anxiously with her mother. Her father, a section foreman on the Northwestern, was out in the storm at his post of duty. He did not retrun at his usual time, and their fears for him grew into a panic of apprehension.

Finaly the girl in denfiance of her mother's will, determined to brave the elements and go in search of him.

She hardly had wrapped herself up preparatory to going out, when an ominous sound broke on their ears above the wailing of the wind. There was a crash, a hiss of escaping steam and the thunder of a heavy weight falling a great distance to the ground. Peering through the darkness, they saw that a helper engine, sent out from Boone to be of service in the storm, had crashed through the lofty trestle and lay in the deep gulch beneath, a mass of ruins.

Seizing a lighted lantern the girl sped out to the scene of disaster. Two of the engine crew were dead. Two others lay near the track desperately hurt. She eased them all she could, then turned her face in the direction of Moingona, four miles west of Boone. A passenger train was due from that point within an hour. She must stop that train.

Making her way through the rugged gulch, and, with the aid of the underbrush and weeds climbing up its further side, she reached the main track above and set out on her perlious journey. Not far along the way her heart almost failed her. She had to cross a trestle half a mile long over the raging river that boomed not more than twenty feet beneath her.

To make matters worse, the light in her lantern was blown out, and she shuddered in consciousness that one false step would plunge her into the boiling flood. But she kept on, crawling and creeping over the trestle on hands and knees, in utter darkness except when occasional flashes of lightning threw a weird illumination across the stormy sky.

Having safely passed the trestle, the girl ran at top speed to the station, where, after rasping out a warning to the station master, she fell swooning at his feet. She was just in time. The west bound train with 200 passengers on board was even then slowing up at the station.

A special train was got ready to go to the scene of the wreck. By this time the brave girl had been revived, and, boarding the train, she conducted the crew by the one safe path across the gulch to the relief and rescue of the two injured trainmen.

The Legislature of Iowa appropriated $5,000, which it gave to Miss Shelley as a reward for her heroism.

With this money she bought the farm on which she now lives. On the night of the rescue the grateful passengers made up a purse of many dollars, and not long afterwards the Northwestern Railway gave her a gold medal and a life pass.

Recently the Northwestern Railway, in opening its new Kate Shelley Bridge across the Des Moines Rvier gorge, shifted its track out of sight of her cottage, and when Miss Shelley could no longer see the trains speeding by her home she applied for the position of station agent, which the railroad officials gladly bestowed upon her. It virtually is a life position. —*New York Press.*

Rightful work is often halted by fear of what others will say about it. This may be even more a barrier to work than the fear of not doing the work at all. It takes courage to do what we believe we ought to do, when we think we shall be criticised, or misunderstood, or scorned. But the real calamity lies in not doing what we ought. Of this it is well to have so strong a fear that we shall have courage to face whatever others may say of our right doing.

I dimly guess, from blessings known, of greater, out of sight.— Whittier.

Life is short but there is always time for courtesy.— Emerson.

Trials make us think. God often has to lay upon us the heavy hand of affliction before we will heed him.

A man may be converted in an instant, but he must grow by the year.

No girl can see what a man can see in her rival.

A HOUSEHOLD NECESSITY.

A good liniment is a household necessity. Elliott's Emulsified Oil Liniment, meets every requirement of the household and barn-yard, in a most satisfactory manner. Full ½ pint bottles 25 cents. C. A. Milford.

Abbeville Lumber Co's Locals.

Just received one car of Lehigh Portland cement at $3.00 per bbl.

One car of sash, doors and blinds which we are selling at the lowest prices.

Shingles—Yellow pine at $3.75, poplar Shingles at $2.90. Walhalla pine shingles $2.75. These shingles are much better than the $2 yellow pine shingle as to heart, but will not cover as much space to the 1000.

A good grade of ceiling at $1.10 per 100 feet.

Weather boarding from 90c to $1.25 per 100 feet.

Flooring dressed and matched at $1.50, $1.60, $1.75 and $2 per ft. Lath, kiln dried $2.75 per M. These laths are strictly first class.

Plastering hair at 25c per bushel.

Come and get our prices on all kinds of building material.

Abbeville Lumber Co.

GEMS IN VERSE.

The Broken Toy Soldier.

No pension bureau offers us reward for service
done.
We wear no medals on our breast for gallant
battles won.
Yet no one of Napoleon's nor one of Cæsar's
host
Has made himself a record such as even I can
boast.

They work toy soldiers harder than real soldier men, you see.
A march of fifty thousand miles is nothing much to me.
I lost a leg at Marathon, an arm at Monterey,
Was left for dead at Gettysburg, all on the selfsame day.

And as I lie forgotten now, no longer fit to roam,
I wish some millionaire would found a poor toy soldiers' home.

—Marguerite Tracy in St. Nicholas.

Byron on Spain.

Here all were noble save nobility.
None hugged a conqueror's chain save fallen chivalry.

Such be the sons of Spain, and strange the fate—
They fight for freedom who were never free!
A kingless people for a nerveless state,
Her vassals combat when their chieftains flee,
True to the veriest slave of treachery,
Fond of a land which gave them naught but life.
Pride points the path that leads to liberty.
Back to the struggle, baffled in the strife,
War, war, is still the cry—war even to the knife!

Ye who would more of Spain and Spaniards know,
Go read whate'er is writ of bloodiest strife.
Whate'er keen vengeance urged on foreign foe
Can act is acting there against man's life.
From flashing scimiter to secret knife,
War moldeth there each weapon to his need,
So he may guard the sister and the wife,
So may he make each curst oppressor bleed,
So may such foes deserve the most remorseless deed!

Flows there a tear of pity for the dead?
Look o'er the ravage of the reeking plain;
Look on the hands with female slaughter red.
Then to the dogs resign the unburied slain;
Then to the vulture let each corse remain.
Albeit unworthy of the prey bird's maw,
Let their bleach'd bones and blood's unbleaching stain
Long mark the battlefield with hideous awe.
Thus only may our sons conceive the scenes we saw.

—"Childe Harold."

A Ballade of Loversland.

In Loversland the skies are blue
Or barred with rosy clouds between,
The flowers are fairer far of hue
Than ever flowers of earth were seen,
And all day long through meadows green,
Beside the river, hand in hand,
Walk youths and maidens of gentle mien
In Loversland, in Loversland.

And some there are that lightly strew
With roses all the way serene,
And some that pleasant odors brew
From elder flower and eglantine,
And others still, in dell and dene,
With brows the kindly sun has tanned,
Who sow the grain and harvest glean
In Loversland, in Loversland.

Don Cupid schools a merry crew
Beneath the beeches' leafy screen
And bids each ardent swain construe
The glances from his mistress' een.
No harder task than this, I ween,
Was ever there for scholar planned—
To sing and serve his fancy's queen
In Loversland, in Loversland.

Ah, can it be that we have been,
Sweetheart, on that enchanted strand;
That we, too, know what life may mean
In Loversland, in Loversland?

—London World.

An Informal Prayer.

"The proper way for a man to pray,"
Said Deacon Lemuel Keys,
"And the only proper attitude,
Is down upon his knees."
"No; I should say the way to pray,"
Said Rev. Dr. Wise,
"Is standing straight, with outstretched arms
And rapt and upturned eyes."

"Oh, no, no, no!" said Elder Slow.
"Such posture is too proud.
A man should pray with eyes fast closed
And head contritely bowed."
"It seems to me his hands should be
Austerely clasped in front,
With both thumbs pointed toward the ground,"
Said Rev. Dr. Hunt.

"Las' year I fell in Hodgkins' well
Head first," said Cyrus Brown,
"With both my heels a-stickin up,
My head a-p'intin down,
An I made a prayer right then an there—
Best prayer I ever said,
The prayin'est prayer I ever prayed—
A-standin on my head."

—Lynn Item.

The Shower.

The landscape, like the awed face of a chief,
Grew curiously blurred; a hush of death
Fell on the fields, and in the darkness wild
The zephyr held its breath.

No wavering glamour work of light and shade
Dappled the shivering surface of the brook.
The frightened ripples in their ambuscade
Of willows thrilled and shook.

The sullen day grew darker, and anon
Divers flashes of pent anger lit the sky.
With rumbling wheels of wrath came rolling on
The storm's artillery.

The cloud put on its blackest frown,
And then, as with a vengeful cry of pain,
The lightning snatched it, ripped and flung it down
In raveled shreds of rain,

While I, transfigured by some wondrous art,
Bowed with the thirsty lilies to the sod,
My empty soul brimmed over and my heart
Drenched with the love of God.

—James Whitcomb Riley.

Baby's Prayer.

In looking backward now they come to me—
The scene, the shadows and the summer six,
His little head low bowed upon my knee
As sweetly offered he his baby prayer,
"B'ess papa an my ma an all who need
An make of me a dood boy, I am p'ayin,
An if at fira', dear Dod, 'ou don't suteeed
Den twy, twy adain!"

I smiled, but on the smile there also went
To God another simple prayer from me,
Repeated now, with tear drops sadly blent,
For the dear boy wherever he may be:
"If he should stumble in the untried way,
Still plead with thy dear spirit from aloft.
Be patient should his feet be led astray,
Not once, not once, but oft!"

—Will T. Hale.

Vitality inheres in truth, not in error.
Though accepted error has always the strength of habit and authority,
Though the battle against it must always be hard at first,
The tendency of discussion is to make the truth steadily clearer.
That error holds its ground despite long discussion
Should prompt its opponents to inquire whether their arguments have gone to the roots of popular belief,
Whether this belief does not derive its support from truths they have not considered,
From errors not yet exposed which still pass for truths,
Rather than to attribute its vitality to popular incapacity to recognize truth.

—Henry George.

HOW TO BE HEALTHY.

Rules to Be Observed In the Matter of Diet and Exercise.

Positively avoid a habitual diet composed too exclusively of one kind of food, such as meats or cereals. Such a diet leads inevitably to disease. Many cases of sickness, palpitations, scurvy, skin diseases and headache are directly due to this improper diet.

Bear in mind that sugar and all sugared or sirupy substances, unless sparingly used, are the most injurious of the foods in ordinary use. They render digestion imperfect and by their seductive taste are liable to induce overeating.

Eat sparingly of fruit, preserves, veal, pork, young lamb, kid, ham, bacon, sugar, vinegar, spices, fats, oils, fried foods, pastries, cakes, rich desserts, strong gravies, hot freshly baked bread and foods which form adherent pastes.

Avoid cold drinks at mealtime, except in hot days. Avoid uncomfortably hot drinks. Avoid eating at irregular hours. Never overrule your appetite, which is the best index of the amount of food you need, except in the course of diseases that require a special diet.

Satisfy your appetite, not your gluttony; satisfy your thirst, not your craving.

Salt your food sufficiently, because salt is an aid to digestion, but not more than needed to suit the taste.

Eat less rapidly and chew your food more. The stomach wants only well chewed food. The teeth were made for that special purpose. If they are poor or missing, seek the dentist's aid.

Avoid violent exercise and severe mental exertion just after meal, but a moderate exercise, as walking, will aid digestion.

Wash your hands with soap and water before each meal, even if they do not appear unclean.

Brush your teeth inside and outside at least once a day, and rinse your mouth after each meal.

When your stomach is out of order, give it a rest by fasting half a day or by taking only a little fluid food.

Remember that the wholesomest meats are beef, mutton and poultry and that beef and mutton are most easily digested and wholesome when broiled, roasted or stewed, not fried.

Remember that pure water is the most natural and wholesome beverage. A glass of pure water every morning before breakfast will go far toward preventing sickness and extending life toward the century mark.

How to Make Turkey Shortcake.

Make a biscuit dough and bake it in a shallow square tin, as for fruit shortcake. Take one cupful of cold turkey, minced; heat with one cupful of gravy and season with one-half teaspoonful of salt and one saltspoonful of pepper. When the crust is done, split and put the meat between the layers, pour the sauce over it and garnish with parsley.

How to Make Potato Nests.

Lattice potatoes are an excellent accompaniment to the fish course and after a few trial efforts are easily prepared. Wash and pare the potatoes and let them stand for a time in ice water. Cut them into very narrow strips, throwing them into ice water as they are cut. Then drain and thoroughly dry enough to pack into a strainer which is about the size of a teacup and force into the middle of the potatoes a smaller strainer. Fry this in deep, very hot fat. When a golden brown, remove the two strainers and stand the potato nest on soft brown paper. Repeat the process until there is a nest for each person. Before serving place them on a tin in the oven to heat. Fill the nests with fish a la reine and serve on a bed of cress.

How to Make Tooth Powder.

Take half an ounce each of powdered orris root and prepared chalk and add to them one teaspoonful of bicarbonate of soda. Mix thoroughly. The soda acts as an antiacid and neutralizes the acids of the mouth, while the chalk and orris are gritty enough to remove any particles of food which may cling to the teeth.

How to Treat the Lips.

The lips should never be rubbed with strong scent, such as eau de cologne or vinegar or lemon. Friction is also very bad for their well being. Lips may be only a pale pink, but if they are smooth and soft they will look attractive. Rouge is also very bad for the lips. Some women have a stupid way of "biting the color into their lips." Not only does this unwise practice make the skin very sensitive, but it also thickens and swells the lips till they lose all charm.

How to Make Raw Beef Tea.

This is ordered in some illnesses. Take one-quarter pound of lean beef, shred it finely and place in a jar with one-quarter pint of cold water. Cover it and allow it to stand for two hours. Strain off the liquid and use at once, as it will not keep. It should be served in a colored glass.

How to Bake Onions.

Peel six large onions, put them in a saucepan and cover with boiling water and let them boil for 15 minutes. Pour off the water and cover them with cold water. Then drain them again when they are cool. Put them in a baking dish or agate pan, sprinkle with salt and pepper, pour over them one cupful of hot milk and add one tablespoonful of butter in small pieces, cover with buttered paper and bake until tender. Serve with roast turkey or chicken.

How to Make Cough Cure.

Boiled linseed tea made rather thin and sweetened with sugar candy and flavored with lemon juice and rind is excellent for a cough. Boil some black Spanish licorice with it.

Have you ever thought what a change it would make if you believed with all your heart and soul and strength and mind that God is. This one belief would alter every thing. Some may even think that it would change too much; if we realize God as He really is, we could think of nothing else. This I do not admit. The thought of God should be, to the best of our thinking, like the sky to other objects of the landscape—always there, blue, serene, unifying. In His presence, constantly and steadily realized, everything would find its right place; it would be easy to do right and difficult to do wrong. In fact the problem of life would be solved.—James Stalker.

Butter Scotch.— One cup molasses, one cup of sugar, one-half cup butter. Boil until done.

Two feeds a day are sufficient for a cow in the winter.

Perfect Confidence.

Where there used to be a feeling of uneasiness and worry in the household when a child showed symptoms of croup, there is now perfect confidence. This is owing to the uniform success of Chamberlain's Cough Remedy in the treatment of that disease. Mrs. M. I. Basford, of Poolesville, Md., in speaking of her experience in the use of that remedy says: "I have a world of confidence in Chamberlain's Cough Remedy for I have used it with perfect success. My child Garland is subject to severe attacks of croup and it always gives him prompt relief." For sale by C. A. Milford, Abbeville. H. M. Young, Due West.

Southern Railway Schedule.

Trains for Hodges leave Abbeville, S. C.,: No 114 (daily) 8.40 a. m.; No. 112 (daily) 10.50 a. m. No. 110 (daily) 1.55 p. m.; No. 116 (daily).

Trains from Hodges arrive Abbeville, No. 115 (daily) 9.20 a. m.; No. 113 (daily) 12.05 p. m.; No. 111 (daily) 8.10 p. m.

Nos. 116 and 117 (night trains) discontinued.

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.

NOTICE OF REGISTRATION

The books for the registration of all legally qualified voters, and for the issuing of transfers, ect., will be open at the office of Supervisors of Registration in the Court House, between the hour 9 o'clock a. m., and 3 o'clock m., on the first Monday of each month, and kept open for three successive days in each month until thirty days before the next general election.

Any person whose qualifications as an elector will be completed after the closing of the Registration Books but before the next election shall have the right to apply for and secure a registration certificate at any time within sixty days immediately preceding the closing of the Registration Books, upon an application under oath to the facts entitling him to such registration.

The registration of voters must be by polling precincts. There must be a Book of Registration for each polling precinct, that is for each township, or parish, or city, or town of less than five thousand inhabitants, or ward of cities of more than five thousand inhabitants. Each elector must vote in the polling precinct in which he resides. If there is more than one voting place in the polling precinct, the elector may vote at any voting place designated on the registration certificate. The Boards must designate in the registration certificate the voting place in the polling precinct at which the elector is to vote. If there is more than one voting place in the polling precincts, the Boards shall designate on the certificate the voting place selected by the elector.

G. H. MOORE,
R. O. McADAMS,
WM. C. SHAW,
Board of Supervisors of Registration

Another Case of Rheumatism Cured by Chamberlain's Pain Balm.

The efficacy of Chamberlain's Pain Balm in the relief of rheumatism is being demonstrated daily. Parker Triplett, of Grigsby, Va., says that Chamberlain's Pain Balm gave him permanent relief from rheumatism in the back when everything else failed, and he would not be without it. For sale by C. A. Milford, Abbeville. H. M. Young, Due West.

To clean cut glass.— Having washed the articles, let them dry, and afterwards rub them with prepared chalk and afterwards rub with a soft brush, carefully going into all the cavities.

He doeth all things well; and He doeth them all at the right time and in the right way and to the right people.— Alexander Whyte.

TO TONE UP

the system some good medicines should be taken occassionally. The human strings become loose and may be tightened by any of the several good tonics which form part of our stock of

DRUGS AND MEDICINES.

Perhaps you have a favorite—something which you used and found effective. It is sure to be here and at the right price.

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DR. S. F. Killingsworth. Dr. C. S. Latimer

Killingsworth & Latimer,

DENTISTS.

If you want your dental done at home see or write to us.

FOR SALE.

100 Acres Farm Land, 3 miles from Abbeville and within 1-4 mile of church and school. Good neighborhood. 3 horse farm opened. Good frame tenant house. For particulars address Box 127, Abbeville, S. C.

DENTAL NOTICE.

Dr. S. G. Thomson,

OFFICE UP-STAIRS ON McILWAIN Corner, Abbeville, S. C.

WM. H. PARKER. WM. P. GREENE

PARKER & GREENE,

Attorneys and Counsellors at Law.

Office on LAW RANGE.
ABBEVILLE - SOUTH CAROLINA.
May 4, 1898.tf

DR. J. A. DICKSON,

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About purchasing that carriage or wagon, but we cannot blame you for going slow in the matter. It is your privilege to make comparisons, get prices and take the best the city offers for the least money. All we ask is for you to consider us in the transaction. We have every style of vehicle that this locality demands, representing the best work of the best factories, and a range of prices elastic enough to fit the conditions of your finances.

We do not want your patronage unless we prove ourselves worthy of it .....

Just give us a show. (Remember we have moved our stock into our new repository on Washington Street.) Our specialties are Owensboro Wagons, White Hickory Wagons, Summer's Buggies, Rock Hill Buggies, Oxford Buggies. We also have a full line of cheap buggies, harness, laprobes, etc.

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