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Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! Use this splendid hair-food, stop your falling hair, and get rid of your dandruff.

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SWEET PECTORAL.

PARKER'S HAIR BALSAM
Clears and beautifies the hair, promotes its growth, and cures itching humors. It is the best preparation for the hair ever made. Sold by all druggists.

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DR. A. C. LIVERMON,
Attorney and Counselor at Law,
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Money Loaned on Farm Lands.

Excess

Of Smoking Affected My Heart

So I Had To Sit Up To Breathe.

Dr. Miles' Heart Cure Cured Me.

There is nothing that has a more deleterious effect upon the cardiac or heart nerves than the excessive use of tobacco. Pain and tenderness around the heart, an oppressive feeling in the chest, aching sensation in the throat, difficulty sleeping on the left side, and a feeling of suffocation when the sufferer has to sit up in bed to breathe are the most common symptoms of a weak heart. Smokers who have these symptoms and who do not understand their meaning should be warned in time, by the following experience:

"I was greatly troubled with an affection of the heart, due to excessive smoking. On writing to your office I was directed to begin a course of treatment which included Dr. Miles' Heart Cure. Dr. Miles' Nervine and Nerve and Liver Pills, together with his other medicines, followed the directions given and I am pleased to say that my case is completely and permanently cured. Before beginning the use of your remedies I was so nervous I could not even hold my pen and suffered excruciating pains around the heart. Many times at night I would be forced to assume a sitting position to get my breath and for the time being it would seem as though my heart had stopped beating. From the time I began using Dr. Miles' Heart Cure, Nervine and Nerve and Liver Pills, I can honestly recommend Dr. Miles' Heart Cure, Nervine and Nerve and Liver Pills to all sufferers from heart or nervous troubles.—Yours truly, ELLIOTT HALL, Dublin, Ala.

All druggists sell and carry the first bottle of Dr. Miles' Remedies. Send a free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind.

DO YOU WANT A POSITION?

3,500 Young Men and Women have been educated at this school since its establishment nine years ago, and we offer \$1,000 to any graduate who has not received a position. What we have done for others we can do for you! Write today for our catalogue and for particulars regarding the Five Scholarships issued in each county.

SOUTHERN Shortland Business UNIVERSITY
J. M. RESSLER,
NORFOLK, VA. PRESIDENT

EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

All right thinking people are careful about keeping their "word of promise"; but there are so many who cannot be classed as right thinking people! Many a man who would grow furious with rage if you were to walk up to him and bluntly tell him that he is unreliable, will make you a dozen promises, break every one of them and think it a light matter, if indeed he gives it any thought at all. Many men are careless and negligent about keeping their engagements and think it a small matter if they disappoint some one else by such failure. The habit of disregarding engagements and business appointments often leads men to become careless about discharging their financial obligations. And there are few characters more generally disliked and abhorred than those persons who indifferently regard an obligation to pay a debt or arrange a business matter. And the man who falls into such habits exerts a bad influence in a community and often times puts more people than he imagines to great inconvenience. And whether it affects any one else or not, the really true man will keep his word when he can. Every one owes it to himself, in order to maintain a good name with others, to keep his word with scrupulous care. There is something charming about a good name. The Bible tells us it is rather to be chosen than great riches; but sad to say, some men will sell a good name for riches. To keep one's word is worth while, and honor to him who will suffer in other things before he will allow his good name to suffer by reason of failure to keep his word.

There seems to be danger of a more disastrous coal strike than the country witnessed in 1902 when President Roosevelt showed so much interest and patriotism in having the strike trouble settled.

Another Coal Strike

Then there was little thought given to soft coal in connection with the strike, but now the attitude of those who propose to give trouble threatens both anthracite and soft coal. When the output of soft coal is cut off the many thousands of industries in the country that run with such fuel, will be crippled and ruined, and the people who depend upon them in many places will be reduced to want and suffering. For instance, take Scotland Neck's industries—the two hosiery mills, the oil mills and the electric light plant—they would all be put to great inconvenience, if not compelled to shut down; for they all use soft coal for fuel. This much disadvantage for one small town's public interest, to say nothing of the many private homes in which soft coal is the only fuel for heating, and in a good number the fuel for cooking also. But the effect of such a strike on Scotland Neck's interests and comforts and convenience would not be the smallest index to the great calamity it would bring upon this country and Canada. While there seems a strong probability that by the first of April the strike among the miners will be renewed with vigor and stubbornness, let us hope that some yet unseen power may interfere and avert the calamity from the country. But in the face of our hope the fact stands out that the strikers have raised three millions of dollars and are calculating to swell the amount to six millions for supporting strike measures by the first of April.

Few people in the ordinary rounds of life have any conception of the wear and tear on the nerves and brain and muscle of the managers and writers of the public press. And it may be safely stated that the strain is about as hard on such persons in one paper as in another. That is to say, the editorial writer or the manager of a great city daily or a great magazine, has about the same tax upon his powers as the editor of a country weekly—no more and no less. Each is strung to the highest notch about all the time, and that is all that one can embrace in effort or undergo in endurance. For instance, while there may hang larger and more vital issues on the work of an editorial writer for a great city daily or the manager of such a paper, be it remembered that that particular part of the business is all that he is concerned with; while for the weekly or small daily the same man has to do the work of editor, reporter, critic, collector, manager and generally whatever else is done, apart from the mechanical part of the work. But these are not the duties to which we meant mostly to refer. They are the duties that touch the press as it relates to the public and not the business conduct of the periodical. An editorial in Collier's Weekly recently put the mission of the press on high ground as it relates to the guarding of public safety. The writer in Collier's calls the press "the organs of opinion", and makes this clear and ringing observation: "To-day more than ever the organs of opinion throughout this land are assured that for honest and careful comment on men and acts of public moment no punishment is likely to fall upon them. Such comment is their duty, for they are guardians of the people's welfare, as surely as are teachers, statesmen, or ministers of the gospel. A high mission is theirs, a privilege, a call, and with every editor or newspaper owner should be ever the devotion and the responsibility that good men feel when power over others lies within their hands. A man who uses the vast power of publicity to harm the public for his own gain, or recklessly and selfishly to injure individuals, is as wicked as an immoral clergyman or venal office-holder. Little to enforce journalistic standards can be done by law. Most of it must be done by the opinion of men and women, by encouragement of good, by refusal to co-operate with ill."

CASTORIA

For Infants and Children.
The Kind You Have Always Bought

Bears the Signature of *Wm. D. Druggist*

The season of Indigestion is now at hand. Ring's Dyspepsia Tablets relieve indigestion, and correct all stomach disorders. E. T. Whitehead & Co., Scotland Neck, Leggett's Drug Store, Hobgood.

HAND-MADE LINGERIE.

Better to Have Plain Fine Garments Than Too Much Elaboration of Machine-Made Sort.

The rage for handwork which has been so pronounced in all other parts of fashion's realm, has, of course, not passed the undergarments by. Every thing worn by a fashionable woman of to-day is made by hand, including all her outer garments, undergarments, her shoes and stockings, her jewelry and even her umbrella handles, reticules and purses. But of all these things, perhaps, the undergarments are most rightfully included among the necessarily hand wrought. Beautiful undergarments cannot now be made by machine. Better plain, fine garments made by hand than elaborate ones made by machine. Here is a realm into which the amateur seamstress may well enter, because it is far more possible for the woman of ordinary ability as a seamstress to learn to make her own undergarments than to make satisfactory outer clothing. The work is also more interesting and agreeable.

Indeed, since the passion for hand-made undergarments has become so widespread many girls who could not possibly afford to buy French underwear have learned to make their own. Time, patience and skill are more necessary than much money in this pursuit, for very narrow lace really looks prettier than wide, expensive lace, and hand-embroidery costs only infinite patience and skill, and this is just by way of a caution—embroidering on white with white thread, even plain needle work, on these fine, white garments is hard on the eyes if pursued too steadily. It should be done with care and only in a good light, and the embroidery should be dropped when found to be affecting the eyes. Better no trimming on one's underwear; better machine-made underwear than ruined eyes.

Handwork, however, despite this caution, is the constant cry of the new underwear. Embroidery is supplemented with lace motifs, lace entreeux and lace flounces. The English eyelet embroidery has been quite fashionable for two years, but it has never taken the place of French embroidery.—Chicago Record-Herald.

WASHING THE BEDQUILTS.

Choose a Sunny Day and Do Not Spare Waters Used in Cleansing and Rinsing.

As to the best method of washing quilts, I have had several washed by a colored laundress, who made a living by washing bed clothes. She said: "Choose a dry, sunny day for the work, and begin early in the morning, so that they will have plenty of time to dry. A washing machine and wringer seem almost indispensable, yet every housewife doesn't have them. This woman washed them both ways, with and without a machine.

Heat the water until hot, using rain water, and dissolve enough Gold Dust washing powder to make a strong suds. Pour this into the machine or tub, which ever you have. Put the quilt in the machine and work vigorously for ten minutes, then pass it through the wringer. Change the soiled suds for clean and wash again. Three rinse waters will be necessary. A little bluing may be added at the last. Hang the quilt on the line, turn the edge over just enough to hold it, and fasten thoroughly with clothespins.

When the quilt is dry it is ready to use. I know several wealthy men living in the city who prefer a light quilt for covering in the fall and spring. They say they love the old-time memory of them, when they were light-hearted boys in the old farm home.—Farm and Home Sentinel.

RELIEVING THE BRAIN.

To Relieve Nervous System of Its Tension, Persistent Use of Muscles System Recommended.

The persistent use of the muscular system is well calculated to relieve the brain and nervous system of their tension, says Dr. H. J. Hall, in Good Housekeeping. It is also true that manual work pleases and satisfies the mind when its results are good. All this becomes clearer when we realize how vainly we may seek relief from nervous fatigue in physical rest, or even in recreations of the ordinary sort. The quiet room or the quiet hillside, so suggestive of rest and peace, these are too often impotent in the presence of caring care. One reason for this failure is that the brain and the body are commonly not tired in what is called nervous exhaustion, but are only irritated, while the sense of fatigue which is so misleading is merely the result of that irritation and may be termed a psychic fatigue. Under these circumstances it is easy to understand that it is change, not necessarily physical rest, which is so sorely needed.

CHOW-CHOW.

One quart large cucumbers, one quart small cucumbers, two quarts onions, four heads cauliflower, six green peppers, one quart green tomatoes, one gallon vinegar, one pound mustard, two cupsful sugar, two cupsful flour, one ounce tumeric. Put all in salt and water one night; cook all the vegetables in brine until tender, except the large cucumbers. Pour over vinegar and spices.

Chocolate Pudding.

Dissolve one bar of sun-sweetened chocolate over a cupful of hot water; add three cupsful of hot, rich milk, two-thirds cupful of sugar, pinch of salt. Mix well, and when cold add the beaten yolks of four eggs and a teaspoonful of vanilla. Bake in a moderate oven. Serve with rich cream.

One Minute Cough Cure

For Coughs, Colds and Croup.

FOLEY'S HONEY AND TAR
"The cougher's friend"

Rear-Admiral Hichborn Praises Pe-ru-na.



ADMIRAL'S WORDS CARRY WEIGHT.

REAR-ADMIRAL HICHBORN is one of the best known admirals of our navy. His statement concerning Peru-na will have much weight as it goes out into the world. What he says is echoed by many other naval officers of high standing.

WHAT THE ADMIRAL SAYS.
Philip Hichborn, Rear-Admiral United States Navy, writes from Washington, D. C., as follows:
"After the use of Peru-na for a short period, I can now cheerfully recommend your valuable remedy to any one who is in need of an invigorating tonic."—Philip Hichborn.

AN EVERPRESENT FOE.
The soldier and the sailor are especially subject to catarrh in some form or phase. Exposed as they are to constant changes, subject as they are to various vicissitudes, and all kinds of climate, wet and dry, night and day, they find catarrh to be their most insidious and everpresent foe.

In the barracks and on the field, Peru-na is equally efficacious. Taken at once after exposure, it should prevent catching cold.

PER-U-NA A RELIABLE REMEDY.
After a cold has become established, Peru-na will break it up as quickly as any other remedy known. Even after a cold has become settled in some organ of the body, Peru-na can be relied upon to promptly dispel it. Peru-na will relieve catarrh, whether acute or chronic, and in the interior of the first stages of the disease will be more effective than when the disease has become chronic.

If you suffer from catarrh in any form, do not neglect it. Take Peru-na at once. Delays in such matters are dangerous.

KILLS LIKE LIGHTNING.

LOW DRAIDY RHEUMATISM OF THE HEART COMES ON.

Those pains you feel when you first arise in the morning—aching pains in the joints, shooting pains in the muscles—are signs of warning. They are danger signals, evidences of a degenerated trouble that if not removed may affect the entire system and cause chronic disease, or if the cause is not removed, they may develop suddenly into the deadly Rheumatism of the Heart, which kills like lightning.

Better get rid of the cause at once. Rheumatism and its kindred diseases are caused by the accumulation of poisonous acids of the blood. Rubbing with one of our ointments will not cure it; it is an internal disease, and can be conquered only by an internal remedy. There is just one complete cure—RHEUMACIDE. RHEUMACIDE neutralizes the poisonous acids, sweeps all the dangerous germs out of the blood and makes you well all over. RHEUMACIDE CURES because it is the only remedy that "gets at the joints from the inside."

Mr. W. R. Hughes, of Atkins, Va., writes:
"Four bottles of RHEUMACIDE have entirely cured me of a long standing case of Rheumatism, and greatly improved my general health. I was a total wreck, having had rheumatism for twenty years. I spent several weeks and much money trying specialists in New York, but RHEUMACIDE is the only cure I have found. When I began to use it I weighed 110 pounds. Now I weigh 180 pounds, my normal weight."

For sale in Scotland Neck by E. T. Whitehead & Co.

EARLY CABBAGE PLANTS GUARANTEED TO SATISFY PURCHASER

STARTED GROWING CABBAGE PLANTS IN 1868

EARLY JERSEY	CHARLESTON	SUCCESSION	AUGUSTA	SHORT STEMMED
WATERFIELD	LARGE TYPE	TRUCKER	FLAT DUTCH	TRUCKER
WATERFIELD	WATERFIELD	WATERFIELD	WATERFIELD	WATERFIELD

Guarantee: I guarantee plants to give purchaser satisfaction, or will return the purchase price in full. I also guarantee that the plants will grow in the hardest soil in the South, in a climate that is just suited to growing the hardest plants that can be grown in the Southern States. These plants can be planted in the open field, or in the greenhouse, and will stand severe cold without being injured, and will mature a month or more before the other plants of the same variety.

Largest Customers are the Market Gardeners near the interior towns and cities of the South. Their profit depends upon their having Early Cabbage; for that reason they purchase my plants for their crops.

I also grow a full line of other plants and Fruit Trees, such as Strawberries, Sweet Potatoes, Tomatoes, Egg Plants, and Pepper Plants; Apples, Peaches, Pear Trees, Cherry and Apricot Trees, Fig Trees, and Grape Vines.

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RALEIGH, N. C.

Edited by CLARENCE H. POE, with Dr. C. W. Burkett, of the A. & M. College, and Director B. W. Kilgore, of the Agricultural Experiment Station, (you know them), as assistant editors (\$1. a year). If you are already taking the paper, we can make no reduction, but if you are not taking it, YOU CAN SAVE 50 CENTS BY SENDING YOUR ORDER TO US.

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Bears the Signature of *Wm. D. Druggist*

CHRONIC CATARRH OF THROAT.

"I was troubled with catarrh of the throat particularly, and suffered considerably as a result thereof for a period of about five years, and my general health was affected."

SOUGHT CHANGE OF CLIMATE.

"Three years ago I was forced to give up business, and took up my residence in the Western country, looking for relief in change of climate as well as a change in the method of treatment for my ailment."

RELIEF IN PE-RU-NA.

"After much expense, both here and in the West, I was induced by a friend to try Peru-na. I continued the use of it for about five weeks, at the end of which time I returned to New York, both well and happy."—Wm. H. Switzer, 25 E. 33rd Street, New York City.

USED PE-RU-NA IN HIS FAMILY.

"I have used Peru-na in my family with very satisfactory results for the last two years. Besides I have recommended it to all whom I think are in need of it."

"I urge all who are afflicted by a bottle and begin its use at once. I have never heard of any who have used it to be dissatisfied with the results."—Frank W. Harris, box 23, Basic City, Va., member A. F. & A. M.

A TYPICAL TESTIMONIAL.

Mr. J. H. Galbraith, 230 West Second Ave., Columbus, Ohio, writes:
"I have been a sufferer of catarrh of the stomach and kidneys for seven years. Doctors did not do good, and after taking Peru-na for six months, at intervals, I believe I am cured. My appetite returned, I sleep well and work every day. I always have it in the house!"

No remedy ever yet devised has received such unstinted eulogy from so many renowned statesmen and military men as Peru-na.

We have on file thousands of testimonials like those given above. We can give our readers only a glimpse of the vast array of endorsements Dr. Hartman is receiving.

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One adapted to North Carolina climate, soils and conditions, made by Tar Heels and for Tar Heels—and at the same time as wide awake as any in Kentucky or Kamehaka. Such a paper is

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