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THE COMMONWEALTH.

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A Valuable Suggestion Important to Everyone

It is now recognized by physicians that people should have more control the other degree and amount of work in kidneys and waste system by filtering

months especially when we live an indoor life, should receive some assistance, as we take less water and rich heavy food, kidneys to do nature intended kidney trouble, such as bladder trouble or burning, sallow complexion, be weak or irregular, warns you that require help immediately to avoid more serious trouble. claim that an containing no minerals has the most beneficial and most remarkable kidney and bladder remedy is Dr. Kilmer's Swamp-Root.

You may receive a sample bottle of Swamp-Root by Parcels Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose 10 cents; also mention this Commonwealth

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Farmers should have their Well Water examined at least once a year, and that part of their land that grows poor crops, analyzed to find what is missing, so it can be added to their land to make it good and productive.

Address on price of analysis, which is not high, and may save you lots of trouble.

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Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Original Color. Cures scalp diseases. 50c. and $1.00 at druggists.

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Physician and Surgeon
Scotland Neck, N. C.
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CHAS. L. STATON,
Attorney-at-Law,
Scotland Neck, N. C.
Practices wherever his services are required.

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Money to loan on approved security.

DR. R. L. SAVAGE
OF ROCKY MOUNT, N. C.
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SOLD BY ALL DRUGGISTS EVERYWHERE WORTH TRIED

Cures Old Sores, Other Remedies Won't Cure. The worst cases, no matter of how long standing, are cured by the wonderful, old reliable Dr. Porter's Antiseptic Healing Oil. It relieves Pain and Heals at the same time. 25c, 50c, $1.00.

Her Christmas Stocking

I'm specting such a lot of stuff,
My stocking won't be big enough,
And so before I go to bed
I'll just hang mamma's up instead.

Reception Abandoned.

Another time-honored custom has been regulated at the limbo of things that were, by President Wilson when he announced this week that the New Year's reception at the White House would be abandoned. He proposes to take a well-earned rest during the holidays and, as another long session is in front of him, he proposes getting ready for the winter activities by going away for a little while.

The New Year's reception was inaugurated by President Washington and has been followed by every President since the custom was established with only one or two exceptions. Even when civil war was stalking over the land and the days were dark and ominous, President Lincoln followed the old custom of meeting the people on New Year with punctilious care. However disappointing it may be to thousands who are planning to grip the President by the hand on New Year day, this much must be said, the New Year reception at the White House had grown to be almost a rout instead of a friendly call to wish the President and his wife good luck for the year. President Taft at his last New Year reception shook hands with upwards of 8,000 people and his hand was so puffed up and bruised that he was compelled to have it bandaged for a week or more. While the New Year's reception at the White House has many delightful things to commend it, it also has its very serious drawbacks.

He—"The hand that rocks the cradle rules the world. Don't forget that."

She—"Then you come in and rule the world awhile. I'm tired."—Woman's Journal.

Live at Home.

Our State of North Carolina is one of the oldest in the Union, and we are proud of it. But it is also one of the poorest financially and we are not proud of this. Why we are one of the poorest is largely due to the policy pursued by a large number of our people. If we start about correcting our present methods we can change our great State's financial rank bringing it up among the leaders which will cause more investment money to come our way. It rests largely with us as individuals, to bring about better times. Our farmers are beginning to realize that they have more to do with bringing about better times than the law makers have by producing more of what he and his family needs on the farm and not sending to the North and West for it. Take the average farmer, go to his table and see how many things on it that came from the North and West that might have been made or grown in this State. We have a splendid climate, the soil is rich and fertile. This State can produce almost all kinds of grain, fruits and vegetables. If the farmer will plant a variety of crops he can have fruit and vegetables for his table all the year, hay and corn to feed his stock.

By building better roads, encouraging home industry and not depending so much on other States for things that we can have at home the Old North State will become more prosperous, have more money and her people be happy.—Duplin Enterprise.

Jack—"Your friend Alice has the prettiest teeth I ever saw in a woman's mouth."

Ethel—"Yes, the dentist guaranteed that there should not be a finer set in town."—Boston Transcript.

Aged People

sometimes forget that poor teeth and improper mastication prevent sufficient nourishment from ordinary food and burden the digestive organs, but if every man or woman past fifty would fully realize the bountiful, sustaining nourishment in *Scott's Emulsion* they would take it after every meal.

Scott's Emulsion contains the renowned body-building fats of pure cod liver oil, so medically predigested that it distributes energy, power and strength all thru the body and simplifies the stomach's work.

To people in declining years we say with unmistakable earnestness —*Scott's Emulsion* will add years to your life and life to your years.

AVOID ALCOHOLIC SUBSTITUTES 13-63

Actors on Christmas

There's lots of work,
And there ain't no play,
So what's the use
Of a Christmas day?

THAT little verse, paraphrased from one familiar to soldiers, just about sums up the real Christmas sentiment existing among people connected with the theatrical business. No, that doesn't mean that the actor, the manager and the advance agent do not appreciate the giving and receiving of presents from their friends. But it does mean that people connected with the stage have come to look upon the Christmas time as a season of short pay and hard work.

It isn't generally known, but it is none the less true, that most actors have a clause in their contracts which calls for half pay the week before Christmas. This clause was inserted in the days when the week before Christmas really was a "tough" one in the theatrical business. But nowadays there are many productions which pack the theaters to the doors the week before Christmas as well as any other week in the year. Nevertheless some of the managers live up to that contract and deduct the half week's pay. That is one reason why actors aren't particularly merry at Christmas.

There are other managers who make a practice of laying off their companies the week before Christmas and some of them ten days or two weeks before. In that case there is no salary at all forthcoming. That, probably, is another reason why the average actor cannot understand why Christmas is an occasion to be unduly joyful.

It was only last year that some of the managers came to the conclusion that stage people, like other human beings, might like to spend some part of the Christmas holiday with their friends and relatives. Up to that year it had been the custom of all managers to give a special matinee on Christmas day. That meant, of course, that about all the actor had to do on this festive occasion was to rush to the theater almost as soon as he had acquired his regular amount of sleep, give an afternoon performance and then, if fortunate enough to have friends or relatives living in the city, to hurry through his Christmas dinner with them or leave before it was half over to go back to the theater to play the evening performance.

But a few of the managers changed that last year by omitting the Christmas matinee and giving it on the day following. There were other managers, however, who not only gave the Christmas matinee, but acted on the suggestion of their more charitable competitors and gave the matinee the day after too. However, this omission of the

DINNER ON STAGE BETWEEN PERFORMANCES.

Christmas matinee was confined almost exclusively to a few of the first class theaters in New York city.

On the road it is different. The actors have to work just as hard as they ever did, and opposition from local managers will probably prevent the elimination of the Christmas matinee outside of New York.

With some companies Christmas is not the disagreeable occasion that it is with others. One or two owners make it a practice to instruct the manager with the company to have a Christmas dinner prepared at the expense of the show. Sometimes a caterer is called in, and the dinner is served on the stage between the matinee and the evening performance. In that event the dinner usually proves prolific of material for the house press agent, and the affair is duly recorded in the daily papers. Sometimes it is served on the stage after the evening performance. Other times arrangements are made at some hotel.

It was one of these after the performance affairs that came pretty near putting a traveling stock company out of business in a town out in Iowa last Christmas. This theater, by the way, boasts of the only dog critic in existence. This comes from the fact that if the dog doesn't like a show he will start to howl, and he has to be removed from the theater before the performance can be continued.

Only a month before a well known concert singer was appearing at the theater. She had about finished one of her best selections when the dog poked his nose over the railing of an upper box and began to howl his disapproval. That led to the temporary banishment of the dog critic from the theater. But when the stock company came along the manager heard about the dog, and, willing to take a chance that the dog's judgment of his show would be favorable, he suggested that the dog be allowed to sit by a big well, which was a part of the scenic effect in one of the acts, just for the sake of realism.

Now, this same manager had concluded to give his company a dinner on the stage after the performance. In the course of the play the dog was brought out and tied to the well. Everything went all right until the dog sniffed the turkey and the other good things at the side of the stage, and without waiting for the finish of the act he made for the food, dragging the "heavy rock walled well" behind him.

This action on the part of the dog critic-actor disturbed things generally,

CHRISTMAS TREE FOR STAGE CHILDREN.

for the villain had just been arranging with one of his confederates to rid himself of the hero of the play by tossing him down the aforesaid well. The villain, after the laughter subsided, arranged his part of the plot by canceling the order to have the hero tossed down the well and instead to have him tied to a railroad track. However, the audience refused to take the play seriously after the well disappeared.

There is probably more real Christmas sentiment in plays that have to carry children as a part of the production than in any of the others. With these shows there is usually a Christmas tree between the matinee and the evening performance in which every one joins in and makes merry.

A hard lot is that of the actor who happens to be playing what is known as "the small time" around the holidays. "Small time" contracts call for three shows a day, and on Christmas day an extra one is usually added. A vaudeville actor on "big time" probably has more time to appreciate Christmas—if Christmas really can be appreciated away from home—than any other because he is usually in the theater but an hour in the afternoon and an hour in the evening, and the rest of the time is his own unless the house manager has promised to "ask" him to go over to some club and entertain the guests at their Christmas reception. Of course the actor doesn't have to do this, but if the manager is of any standing at all in the vaudeville world the actor usually finds it expedient to grant the request.

But the man probably who spends the lonesomest Christmas of them all is the poor advance agent—recognized on the program as business manager, advance representative or manager in advance. Unless the advance agent is close enough to his home town to "jump" for Christmas he usually gets a genuine attack of the simon pure blues. True, the advance man who has been on the road for any length of time can usually be depended upon to meet people he knows, but they are people who live in the town, and he usually finds himself dining alone when the time comes for him to eat his "Christmas dinner."

A Real Santa Claus.

SANTA CLAUS, I hang for you,
By the mantel, stocking two,
One for me and one to go
To another boy I know.

There's a chimney in the town
You have never traveled down.
Should you chance to enter there
You would find a room all bare.
Not a stocking could you spy,
Matters not how you might try.
And the shoes you'd find are such
As no boy would care for much.
In a broken bed you'd see
Some one just about like me,
Dreaming of the pretty toys
Which you bring to other boys,
And to him a Christmas seems
Merry only in his dreams.
All he dreams, then, Santa Claus,
Stuff the stocking with, because
When it's filled up to the brim
I'll be Santa Claus to him!

—Frank Dempster Sherman.

The Commonwealth a year for $1.00

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ABSOLUTELY PURE

Insures the most delicious and healthful food

By the use of Royal Baking Powder a great many more articles of food may be readily made at home, all healthful, delicious, and economical, adding much variety and attractiveness to the menu.

The "Royal Baker and Pastry Cook," containing five hundred practical receipts for all kinds of baking and cookery, free. Address Royal Baking Powder Co., New York.

Freight Rate Association.

Charlotte, N. C., Dec. 3, 1913.—At a meeting of the officers and advisory board of the Just Freight Rate Association of North Carolina, held December 2, at the offices of the chamber of commerce of Greensboro, the following resolution by J. C. Forrester, was unanimously adopted:

"Whereas, Richmond, Norfolk, Petersburg and Roanoke, Va., through their respective chambers of commerce have appeared before the Interstate Commerce Commission in an attempt to prevent the establishment of reduced freight rates from Cincinnati and other western points of origin to North Carolina points of destination, as agreed upon between the railroads and the North Carolina legislature, and

"Whereas, the petition of these Virginia cities prays that these carriers be denied the right to establish the proposed rates, because proposed rates are in a few instances lower to North Carolina destinations than to destinations in Tennessee between Cincinnati and points in North Carolina via same routes and because proposed rates are higher to some points in western North Carolina than to some other points in eastern North Carolina, while they make no mention of the fact that all rates to all points in North Carolina are much higher than to Richmond, Norfolk, Petersburg and Roanoke, and that hundreds of these North Carolina points are between points of origin in the West and the Virginia cities named, and

"Whereas, if these Virginia cities believe as they charge that present rates discriminate in favor of North Carolina points against these Virginia cities, their remedy lies in a straight forward, dignified complaint covering that point and not in an ignoble attempt to prevent this readjustment by hiding behind the alleged injustice which might be done some unimportant points in Tennessee, and

"Whereas the petition of these Virginia cities is not made in good faith, but is cleverly devised to mislead the commission in the hope that present rates which are outrageously discriminatory in favor of Richmond, Norfolk, Petersburg and Roanoke, Va., and against the entire state of North Carolina, may be continued in effect to the end that the commerce of North Carolina shall continue to pay unjust tribute to these Virginia cities.

"Resolved, That we heartily condemn the chamber of commerce of Richmond, Norfolk, Petersburg and Roanoke, Va., for their quibbling petition in an attempt to defeat an adjustment that grants North Carolina only partial relief from unjust conditions, we commend the manly position so far taken by Lynchburg and other Virginia cities who have not become parties to this insincere petition, and we call on every loyal citizen of North Carolina to show their righteous indignation against Richmond, Norfolk, Petersburg and Roanoke for their attempt, through the statement of half truths to retard the development of the entire state of North Carolina in the interest of a few jobbers in Richmond, Norfolk, Petersburg and Roanoke."

FRED N. TATE,
President.

LEAKE CARRAWAY,
Executive Secretary.

"Join our girl scouts for grown up girls."

"What is the object?"

"To teach girls the basic things of life; all the leads in auction bridge, for instance."—Louisville Courier-Journal.

Texas Death List is Growing.

Bryan, Tex., Dec. 6.—A death list of more than 50, with scores of flood refugees spending last night in imminent peril, and possibly a thousand others marooned and suffering from hunger and cold, was indicated by reports from the flooded Brazos river bottom in this section of South Central Texas. For over fifty miles the Brazos was three to five miles wide and running with mill race speed.

The known dead in Texas floods numbered 33 before reports from the inundated territory in this district began coming in, brought by men on horseback, which is about the only reliable means of communication. These couriers' reports indicated at least 20 more lives lost. About two-thirds of the drowned were negroes.

The riders' reports indicated that the property loss would total $4,000,000 or $5,000,000 when the damage along the Brazos is added to that in other portions of the State.

Colorado in Embrace of Snow.

Denver, Col., Dec. 6.—The most terrific snow storm in the history of the State of Colorado was raging yesterday, although now showing some signs of abatement. Traffic of all kinds is at a standstill and the street car tracks are buried under from two to four feet of snow.

At 5 o'clock yesterday morning twenty-five and eight tenths inches of snow had fallen in twenty-nine hours, breaking all records for the same duration in the west. There has been no cessation since the snow began to fall at midnight Wednesday.

Despite the damage done here, however, the farmers of the State are jubilant as they estimate that the snow brought ten million gallons of water to fill the irrigation ditches thus assuring a bountiful crop.

HAD CATARRH FIVE YEARS.

MR. S. S. JOHNSON
St. Elmo, Illinois.

Mr. Johnson of St. Elmo, Illinois, was troubled five years with catarrh. The catarrh was so severe in his case that his life seemed threatened. As he expresses it himself, he had "one foot in the grave."

Of course he tried to get relief. Many practitioners were consulted and a catarrh specialist in St. Louis was tried. He got so weak and thoroughly run down that he declares he could not walk more than a hundred yards without resting.

Few people understand that catarrh is a constant drain on the system. The discharge of mucus which is going on in such cases is largely composed of blood serum, and is a great waste. Sooner or later it will weaken the strongest man.

According to reports received from Mr. Johnson, he was in a desperate condition, but he found relief from his troubles. We will let him say how he found it. His own words say:

"My friends told me to take Peruna, and I did so. I now feel that Peruna has saved my life. It is the best medicine on earth, and I would not be without it."

This seems almost too good to be true. No doubt there are some readers that will think so. The above statements, however, can be verified by writing Mr. Johnson.

Every home should be provided with the last edition of "The Ills of Life," sent free by the Peruna Co., Columbus, Ohio.

Ask your druggist for a Free Peruna Lucky Day Almanac for 1914.