

## CORN BREAD THE BEST.

Too Little Used as Food in Our Country Where it is Indigenous.

Washington Post.]

"It is a great pity," said Judge Hutchings, of Muskogee, I. T., "that the great mass of American people fail to appreciate the marvelous nutritive value of corn bread, which is the sure-enough 'staff of life,' and which is far and away superior to the bread that is made of wheat or any other kind of grain. I am saying this not from an academic viewpoint, but from personal knowledge, based on years of observation and experience."

"Any old hunter will tell you that corn bread fed to his foxhounds will enable them to pursue the game longer and farther than any other food, and it is the universal rule of owners of packs to give their dogs all the corn bread they can eat before starting on the chase instead of meat or wheat bread. The tremendously long journeys that our North American Indians have been known to make afoot could never have been accomplished on any other kind of rations."

"The man who eats corn bread regularly may not know it, but he is following a dietary system that is ideal. Corn bread gives strength to the system, promotes good digestion and an invaluable ally to nature. It is better far than the rice that the little Japs depend on for sustenance and yet in the land that is the home of corn the people ignore its virtues."

**ALL THE MONEY IN CALIFORNIA**  
Is not from its gold fields. Fortunes are made from the wheat fields and fruit farms. Why not investigate the chances there? Through train service Chicago to California, via Chicago, Milwaukee & St. Paul Railway, Union Pacific and Southern Pacific Line. Rate for double berth, \$7 Chicago to San Francisco, Los Angeles, Santa Barbara or Sacramento. Tourist folder, with complete information, sent free on request. F. A. Miller, general passenger agent, Chicago, or W. S. Howell, 381 Broadway, New York.

## MASTIC MIXED PAINTS.

Mastic Mixed Paint, "The Kind That Lasts," is as pure as any painter can make in a bucket and stir with a stick, besides it is made better. Powerful machinery makes better paint than hand power. Sold by the Fry Drug Co., Camden, Tenn.

## EXAMINATIONS.

Our annual examinations are now over. Let all teachers who were unable to attend remember there will be but three other examinations held this school year, viz: On first Friday and Saturday in August, first Friday and Saturday in October and first Friday and Saturday in January.

Don't ask for private examinations, as our time is too much needed otherwise. M. E. WOOLDRIDGE, County Superintendent.

## PAINT. PAINT. PAINT.

If a paint manufacturer does not publish the analysis of his paint, the reason is very plain. He's not very proud of it. The analysis of Mastic Mixed Paint, "The Kind That Lasts," is published. Get it, read it, and you will use only Mastic. Sold by the Fry Drug Co., Camden, Tenn.

## THE TEACHERS' ASSOCIATION.

Program follows for the Benton County Teachers' Association which will meet at Garfield Saturday, July 15, 1905:

Devotional exercise, I. N. Melton. Welcome address, A. E. Cole. Response, Alma Greer.

Why are we here? Edgar Clement and Superintendent M. E. Wooldridge. General discussion.

What do our country schools need most? Nora Cole, Edgar Allen and B. D. Johnson.

Can we always discipline a school without corporal punishment? Florence Nance, J. B. Anderson and W. A. Woods.

Collection of queries. Dinner.

Queries answered.

The kind of compulsory school law we need, J. F. Odle, Della Clement and C. N. Frazier.

Why should the minds of our people be agitated so on the school question? C. C. Vick, M. L. Hardin, Pauline Brooks and J. W. McIlwain.

(a) The teacher as the world views him and as he is. (b) How shall we keep him? (a) A. E. Cole, Laura Beasley and J. M. Lockhart; (b) J. C. Bane, Luther Hollingsworth and Byron Pafford.

C. N. FRAZIER, JOE E. ODLE, EDGAR ALLEN, Committee on Program.

## OAKLAND NURSERIES

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Apples, Peaches, Pears, Plums, Ornamental Trees, Roses, Vines, Plants—Large stock, low prices. AGENTS WANTED.

## WHAT ARE YOUR SUMMER PLANS?

Profusely Illustrated Booklet of Famous Resorts for the Asking.

"Summer Resorts" is the title of one of the most attractive and handsome booklets ever issued by a Southern railroad. It is just off the press, and copies will be mailed free to all who apply to W. L. Danley, General Passenger Agent, Nashville, Chattanooga and St. Louis Railway, Nashville, Tenn.

The booklet is profusely illustrated with half tones of famous scenes, historical and otherwise, and pictures taken around the numerous summer resorts along the line of the road.

It is well known that the Nashville, Chattanooga and St. Louis Railway, the "Lookout Mountain Route," is rich in its historical associations. More important battles of the Civil War occurred along the line of this road than any two others in the South.

It occupies a position of just as much prominence in the "Summer Resort" field, as it traverses a country that occupies the same standing in this particular in the South that the highlands along the Hudson River and the Adirondacks do in the East.

The booklet gives a description of these summer resorts and for what they are especially noted. Detailed information is given concerning hotels.

The Assembly program at Monteagle, the most famous of all Southern summer resorts, is given in full. Information is also given concerning the summer school at that place and the Monteagle Bible training school. As a kind of supplement, the booklet contains information concerning schools along the line of the road. Information as to railroad rates is also given.

Those who intend to spend the summer away from home or to make a trip will find themselves well repaid by writing for one of the booklets.

## "THE KIND THAT LASTS."

Failure to paint your building when it is needed results in heavy expense. When you do paint secure the best—it is the cheapest. The quality and durability of Mastic Mixed Paint is guaranteed—"The Kind That Lasts." Sold by the Fry Drug Co., Camden, Tenn.

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## NOTICE.

Parties desiring fencing posts, fencing wire (barbed or smooth) should call on G. B. Greer, manager of the Tennessee Fencing Co. It is the aim of the company to buy fencing in car load lots if the demand will justify it. By this means an enormous saving will result to the farmers who patronize us. G. B. GREER, Manager Tennessee Fencing Co.

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Big opportunities for the man who lives there. Why not look the field over?

Only \$62.50, Chicago to San Francisco or Los Angeles and return, May 1, 2, 3, 9, 10, 11, 12, 13, 29, 30, 31, June 1, August 6, 7, 8, 9, 10, 11, 12, 13, and 14, 1905. Tickets good for return for 90 days.

Rate for a double berth in a comfortable tourist sleeper from Chicago to San Francisco, Los Angeles, Santa Barbara, and many other points in California, only \$7. Through train service from Union Passenger Station, Chicago, via the

## Chicago, Milwaukee & St. Paul, Union Pacific and Southern Pacific Line

This is the route of The Overland Limited, leaving Union Passenger Station, Chicago, 6.05 p. m., and The California Express at 10.25 p. m. The California Express carries tourist sleeping cars to California every day. Both trains carry through standard sleepers.

Complete information sent free on receipt of coupon with blank lines filled.

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or F. A. MILLER, General Passenger Agent, CHICAGO.

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The HALE CHEMICAL CO., Kirksville, Mo.

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Apex Axle Grease THE PRICE TELLS, THE QUALITY SELLS.

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A preparation possessing such real merit and extraordinary power to make the hair beautiful and attractive as *Burt's Hair Reviver* cannot fail to interest every man, woman and child. It is a splendid dressing, perfectly clean and very desirable and satisfactory in every way. It will not stain the scalp or spot the whitest hair, and we guarantee that it will positively restore and preserve the hair in its original youthful color and make it strong, healthy, abundant and beautiful.

We want to emphasize the fact that *Burt's Hair Reviver* contains No Poison and that it is not a Dye. It is perfectly harmless, nothing injurious in it whatever. *Burt's Hair Reviver* is put up in Half Dollar and Dollar bottles. For sale generally by Druggists, Barbers and Hairdressers. If you cannot obtain it of your dealer, send us \$1.00 and we will send you, expressage prepaid, one large size bottle, or six bottles for \$5.00. SOUTHERN MEDICINE CO., Harriman, Tennessee.