

WOMAN'S WORK

The Girl Who Goes to College.

In the first place, Nelly, I approve of your going to college. Home will be lonesome without you, dear. Mother has been very brave about the dress-making and the packing and the waving you off at the station, but while you are on the train, speeding over the separating miles, she is shut up in your old room, having a good cry all by herself. Father will be a bit cross when he comes back from business to-night. Poor man, he always feels lost without his little girl. They made every needed sacrifice to send you to college, but your going is a real wrench, the pain mostly on their side, for your home-sickness will soon wear away and be forgotten.

Write home the first thing you do, and tell everything; there will be interest in every word, and your letter will be read over and over. Tell about your room, the girls in your corridor, the teacher at your table, the first assemblage in chapel, the little makeshifts that crowded quarters compel, the cot that is a bed at night and a divan by day, the professor you think you will like best, and the gracious behavior of the Dean. As time passes, and you shake down easily into the new life and forget that you were at first a home-sick bundle of tears and flutterings, do not omit your regular and chatty letter home, at least once a week.

If your mother is near enough she will occasionally visit you, and her comings should be a festival. It will amuse you to see how shy she is among all those girls; you will have to exchange roles and be a sort of mother-bird yourself till she feels better acquainted and realizes that each of her daughter's classmates is somebody's else Bessie or Molly, not very unlike her own girlie.

A good deal of your popularity in college will depend on the way you begin. Colleges are democratic. Girls are weighed and measured by their professional qualities, not by their father's wealth, nor by their wardrobes, nor by any other accident of situation. A poor girl who is working her way through college is as likely to be Class President as a rich girl who has known only the roses and lilies of life all her days. If you have a special gift or talent it will soon be discovered. If you put on exclusive airs, or pride yourself on any advantage you happen to have, you will soon find out your mistake.

A girl does not need showy or costly dress at college. The simpler her outfit the less she will have to bother about. For her room, a warm dressing-gown and slippers are needful. A rain coat, a golf cape, a short skirt, shirtwaists, a jacket and comfortable shoes will be wanted for going about to classes and to exercise. A gymnasium suit is indispensable. One nice dress for church or little college affairs, spreads, teas and concerts, and one very simple evening gown complete a girl's wardrobe.

Leave jewelry and superfluous ornaments at home.

Do not encumber yourself with promises to correspond with boy friends, or even with too many girls. Home letter-writing will be all you can manage.

Now that you are responsible for yourself, stand loyally by whatever home training you have had. What home has taught you must not be laid aside when you are in novel scenes.

The best thing your college will give you will be apart from classrooms and recitations. The friendships for a life-time, the power to use tools of culture, the gentle manners, the winsome grace, will be gifts of Alma Mater not paid for by any fees.—Ladies' Home Journal.

Mother's Problems.

Is it proper to encourage babies to "show off" before people?—R. M. B.

Certainly it is not. The growth of any animal or any vegetable is slow and singularly enough in silence. I really believe that if any mother eagerly anxious to do the best for her child, would arrange to have his eating and his sleeping and his play, which with a baby really means exercise, as near to the condition of the little animal as possible, the benefit of the human race would be untold. When one realizes that in the first seven years of a child's life more is learned and assimilated mentally than in any other seven years of the man's experience, it goes without saying that conservation of force is absolutely essential to health.

* * *

My children are very fond of sweets, and I find it extremely difficult to keep them happy and deny that necessity. My scheme has been to make old-fashioned molasses candy at home and give the little folks some of that once in a while. But although, as you told me years ago, it was valuable in constipation, the small persons get very tired of it, and now because some one gave my eldest son a swarm of bees, the little folks are daft over honey. Is it good for them?—Mrs. Harris.

Certainly. Honey is very easy of assimilation, and, like all sweets, gives warmth and energy to the organization. It is a laxative as well, and sometimes has been used in diseases of the bladder,—indeed, with such trouble I have found it quite valuable. One of our very best cough medicines, not necessarily curative, but helpful, is made of a tablespoonful of honey, two tablespoonfuls of glycerine and the juice of a lemon. It is quite soothing when the throat is irritated, quieting the cough. And so, if I were you, I would let the little folks have the honey, as all other good things in life should be used, in moderation.—The Pilgrim.

Messrs T. W. Wood & Sons, Richmond, Va., have just issued their catalog of "Feeds and Bulbs for Fall Planting." It will be forwarded free to all applicants.

Child Training.

In an article in the Delineator for October on the Education of Girls as future Wives and Mothers, Mrs. Theodore W. Birney describes a practical and very suggestive plan which was adopted by one mother in the instruction of her own children and some little friends of theirs. She has organized a club to which she will give a portion of every Saturday, for the instruction of the youthful members in cookery and other housewifely duties. To lay the foundation for a thorough training in matters that pertain to wifehood and motherhood, each little girl will be given a doll, presumably a few days old, which she will be taught to bathe and dress and to do the hundred and one little things necessary in the care of infants. The members of the club will follow the babies through the various sicknesses to which young children sometimes succumb, and as the imaginary baby grows older, an interesting feature will be the introduction of questions of obedience and punishment, etc. This training will doubtless prove of inestimable benefit to the children, stimulating an interest in home matters and giving them an understanding of things which every woman should possess. More clubs of this kind should be organized.

SAVES TWO FROM DEATH.

"Our little daughter had an almost fatal attack of whooping cough and bronchitis," writes Mrs. W. K. Haviland, of Armonk, N. Y., "but, when all other remedies failed, we saved her life with Dr. King's New Discovery. Our niece, who had Consumption in an advanced stage, also used this wonderful medicine and to-day she is perfectly well." Desperate throat and lung diseases yield to Dr. King's New Discovery as to no other medicine on earth. Infallible for Coughs and Colds. 50c. and \$1.00 bottles guaranteed by all druggists. Trial bottles free.

SPECIAL RATES VIA SEABOARD AIR LINE RAILWAY.

Summer Excursion Rates via Seaboard Air Line Railway. Tickets sold daily, June 1st to September 30th, inclusive, with final return limit October 31st. Below I beg to give you rates to the principal points:

From Raleigh to—	
Old Point Comfort, Va.....	\$8.25
White Sulphur Springs, Va....	\$14.15
Asheville, N. C.....	\$10.90
Hendersonville, N. C.....	\$11.60
Hickory, N. C.....	\$7.80
Blowing Rock, N. C.....	\$13.00
Lenoir, N. C.....	\$9.00
Cross Hill, S. C., (Harris Lithia)	\$11.85
Lincolnton, N. C.....	\$8.25
Littleton, N. C.....	\$3.90
Pittsboro, N. C.....	\$2.35
Rutherfordton, N. C.....	\$9.75
Shelby, N. C.....	\$9.10
Southern Pines, N. C.....	\$3.55
Mount Eagle, N. C.....	\$24.45
Baltimore, Md.....	\$13.25
Boston, Mass.....	\$26.25
Carolina Beach, N. C.....	\$7.15
Chimney Rock, N. C.....	\$12.90
Jackson Springs, N. C.....	\$4.85
New York, N. Y.....	\$21.25
Ocean View, Va.....	\$8.25
Providence, R. I.....	\$24.25
Virginia Beach, Va.....	\$8.25
Washington, N. C.....	\$7.30
Washington, D. C.....	\$13.25
Wrightsville, N. S.....	\$7.30

For further information apply to C. H. GATTIS, C. P. & T. A.,

Children

must have constant attention from the mother. Their wants are numerous, but that palatable, simple, vegetable remedy

Frey's Vermifuge

meets most of them. Keeps the stomach sweet and well ordered; expels worms; induces natural sleep. Bottle by mail 25c. E. & S. FREY, Baltimore, Md.

PAGE

TRYING TO BREAK

the world's record, a powerful runaway auto, at Zanesville, O., fair, ran into Page Fence and was stopped after killing or injuring over twenty persons. PAGE WOVEN WIRE FENCE CO., Adrian, Mich.

SOUTHERN RAILWAY

In effect June 14th, 1903.

This condensed schedule is published as information and is subject to change without notice to the public.

TRAINS LEAVE RALEIGH, N. C.

12.50 A. M. No. 111 daily for Greensboro and local points. Carries Pullman sleeper Goldsboro to Greensboro, connecting at Greensboro with No. 39, "Atlanta Express," Pullman sleeper and day coaches to Atlanta, Pullman Tourist sleeper to San Francisco Cal., Tuesdays, Thursdays and Saturdays via New Orleans and Southern Pacific. No. 33, "Florida Express," for Charlotte, Columbia and Savannah. Pullman sleeper to Jacksonville, Fort Tampa, Charleston and Augusta connections for all points in Florida. No. 37, "Washington and Southwestern Limited," solid Pullman train drawing room sleepers, New York to New Orleans and Memphis, connection is also made for Winston-Salem, Wilkesboro, Danville and local stations 5:20 a. m. No. 112 daily for Goldsboro and local stations; connecting at Goldsboro with Atlantic Coast Line for Wilmington, N. C., Wilson, N. C., Tarboro, N. C., Norfolk, Va., and intermediate stations, also at Goldsboro with Atlantic and North Carolina Railway for Kinston, N. C., Newbern, N. C., and intermediate stations.

8.56 A. M. No. 107 daily for Greensboro and local stations, connects at Durham for Oxford, Henderson, Keyville and Richmond. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 39, U. S. "Fast Mail" for Washington and all points north; Pullman drawing room sleepers to New York and Richmond; close connection for Winston-Salem, Mocksville and local stations, with train No. 7 for High Point, Salisbury, Charlotte and local stations.

10.30 A. M. No. 108 daily for Goldsboro and all local points, connects at Selma for Wilson, Rocky Mount and all Eastern North Carolina points. At Goldsboro for Wilmington, Kinston, New Bern, N. C., and Norfolk, Va., where close connection is made with Chesapeake Line for Baltimore and all other outgoing steamers.

2.52 P. M. No. 135 daily for Greensboro and intermediate stations; connects at Durham for Oxford, Clarksville, Keyville daily except Sunday. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 29 for Columbia, Augusta, Savannah, Charleston, Pullman sleeper and first-class coaches Washington to Jacksonville, Fla. No. 35 "U. S. Fast Mail" for Atlanta and all points south and southwest, Pullman drawing room sleepers to Birmingham and New Orleans, day coaches Washington to New Orleans, also with north bound trains, No. 34 and 38 for Washington and all points north; Pullman drawing room sleepers and observation car to New York; connection is also made at Greensboro for Winston-Salem and at Salisbury to Memphis.

4.12 P. M. No. 136 daily for Goldsboro and local stations.

C. H. ACKERT, Gen'l Manager.
 W. A. TURK, Pass. Traf. Manager.
 S. H. HARDWICK, G. P. A.,
 Washington, D. C.
 R. L. VERNON, T. P. A.,
 Charlotte, N. C.
 T. B. GREEN, City Ticket Agent,
 Office in Yarbrough House Building,
 RALEIGH, N. C.