

# THE SENTINEL-JOURNAL.

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NO. 37

## Nursing baby?

It's a heavy strain on mother.

Her system is called upon to supply nourishment for two.

Some form of nourishment that will be easily taken up by mother's system is needed.

Scott's Emulsion contains the greatest possible amount of nourishment in easily digested form.

Mother and baby are wonderfully helped by its use.

ALL DRUGGISTS: 50c. AND \$1.00



## THE BEAT OF THE PULSE.

It Varies Greatly in Different Persons and Conditions.

The pulse of women generally beats at a slightly faster rate than that of men. It may be said that when a person is at rest his pulse, that of any adult, may be from seventy-five to eighty times a minute. Great variation exists in different individuals in respect of the number of beats. After exercise the pulse quickens because of the stimulation of the heart, and the same result applies to the effects of taking food. A dose of alcohol will also stimulate the pulse somewhat, just as the use of tobacco, especially in excess, will tend to have an opposite effect—namely, that of lowering the rate of the pulse, because of the depression of the heart which results. In fevers and inflammatory diseases the pulse rate tends to be very much increased and also in respect of its character. Instead of beating quietly the blood vessel in such cases exhibits a very full and bounding movement. On the other hand, where depression exists and the temperature of the body falls, the pulse may be unnaturally slow and its character weak. Physicians are accustomed to distinguish other characteristics in the pulse, such as become valuable hints in the discovery and determination of disease. The practical lesson we learn here is that where the pulse continues for any length of time to have its beats quickened to an unnatural degree and where especially a rise of the temperature or heat of the body accompanies these symptoms we ought to suspect some kind of feverish condition or other to be represented. The pulse alone forms a valuable enough guide to this state of the body, but its value is very much increased if to the information given us by the pulse we add that which the use of the thermometer supplies.—Cardiff Times.

### Light Restored.

"There are many more women living than I used to think."  
"Is that so?"  
"Yes. Before I married I used to think my wife was the only woman in the world."

### Illuminated.

Benedick—That luminous paint is a splendid thing. Singleton—What do you use it for? Benedick—We paint the baby's face, so we can give him a drink in the night without lighting the gas.

### Egoism of Authors.

"Very few literary men get rich."  
"Perhaps it's just as well they don't," answered Miss Cayenne. "If a literary man got rich enough to found libraries he wouldn't permit people to read any but his own books."—Washington Star.

### Widely Read.

"Did any one ever read your writings?" asked the artist. "Certainly!" responded the haughty poet. "Every editor in the country has read them."

## Farmers' Union Bureau of Information.

Conducted by the South Carolina Farmers' Educational and Co-operative Union. Communications intended for this department should be addressed to J. C. Striking, Pendleton, South Carolina.

### OUR EFFORT.

Where is the gain to you if you grow large crops, if others get all the profits?

The man that can see no good in the Farmers' Union because he knows of a trifling man that belongs to the Union, is the same kind of man that would have something to say about the hole in the doughnut that some good woman gave him.

Kill out the lien law and then the improvident cotton growers will be forced to grow their own food crops, this incidentally forcing diversified farming, to the great benefit to land and man. Killing out the lien law would reduce the amount of mortgaged cotton grown by British money that enables the thriftless class of cotton growers to get enough cheap cotton to keep going while the New York Cotton Exchange worries some of the better class of growers into selling their cotton for less than cost.

Down with the lien law and the merchant will have more cash, a better class of time customers, while the poor man can then get his goods cheaper on account of improvements as to risk on the wind and weather crop mortgage system that can be run only on the grafter's plan, where Bill the sure pay man, is made to help pay for the loss on John, the man that always comes out behind.

Down with the lien law and you reduce the number of bales of cotton accounted in hand by the New York Cotton Exchange.

Cut out foreign cotton wires and all such grafting things as the lien law system, then the South can control her great money crop—cotton.

Stop the foolish howling at the mortgaged cotton grower to hold his cotton off the losing market, and kill out the grafter system of lien law that takes these poor devils in.

### COTTON BEARS LOOSE

Look out there, boys, the Farmers' Union bear hounds have struck the trail of several New York Cotton Exchange men that are prowling around through the cotton towns of our State. It is said by some who have caught a glimpse of them that they are rambling around after game that they call "Cotton Burner," which is nothing more than a nickname for a regular New York Cotton Exchange office. It is supposed that these cotton bears have now crouched in their lair about Columbia ready to spring out upon any measures brought before the Legislature looking toward the destruction of their chances in cotton games in this State.

Come, boys, let's make a drive for cotton bears by having a round-up and a general bush-bating for cotton bears down about Columbia at once.

Gov. Comer, of Alabama, who is a large manufacturer of cotton, and also a manly public citizen, puts himself on record in a statement that the New York Cotton Exchange is a fraud. He also states that he bought 21,000 bales of cotton from them and only about five bales out of ever hundred were fit to spin. Then we are prepared to say from this evidence that the chief stock in trade of the

New York Cotton Exchange "dead-end cotton" and...

It is a well-known fact that New York Cotton Exchange... they encourage the... ized cotton growers... while they bear down... sowing a big crop of... the newspapers, and a... time they proceed to draw... annual profits over... wires they are now after... in South Carolina after... shops are knocked out.

The lien law was planned after the war for the express purpose of putting the negro in charge of the cotton growing business, making it easy prey for cotton speculators and manufacturers to pilfer off large fortunes from cotton. Kill it out.

### NAMES OF DAYS.

The Latin and Saxon Terms From Which They Are Derived.

Our names for each day are derived from the Saxons, who probably borrowed the week from some eastern people, substituting names of their own divinities for those of the classical gods, as is easily seen when the names are tabulated:

Latin. Saxon. English.  
Dies Solis.....Sun's day.....Sunday.  
Dies Lunae.....Moon's day.....Monday.  
Dies Martis.....Tiw's day.....Tuesday.  
Dies Mercurii.....Woden's day.....Wednesday.  
Dies Jovis.....Thor's day.....Thursday.  
Dies Veneris.....Friga's day.....Friday.  
Dies Saturni.....Saterne's day.....Saturday.

Among the ancients the belief in the influence of the planets upon the life of men was so strong that many in selecting their daily ornaments would wear only the gem associated with the planet of the day. Thus on Sunday only yellow gems and gold should adorn the fingers. Pearls and white stones, excepting diamonds, belonged to the Moon day. Tuesday, day of Mars, claimed rubies and all stones of fiery luster. Thursday, Thor's day, demanded amethysts and deep colored stones of sanguine tint, while Friday, dominated by Venus, reigned over the emerald, color of jealousy, which is love's shadow. Saturday, dedicated to Saturn, oldest of the gods, had for its distinctive talisman the most splendid of all gems, the diamond.—Chicago Record-Herald.

### His Time For Detalking.

In the days of river driving on the Kennebec river in Maine old Uncle Jim Gilbert was a well known character. He was hale and hearty and had an enormous appetite. The men used to come down the river with a drive of logs and get a meal at a tavern in Augusta. One morning, arriving late and with appetite sharpened, old Uncle Jim sat down with the first set of men and ate diligently during the time these men made a meal. A new set of men came and still Uncle Joe ate steadily. A third set came, and the tavern keeper, becoming alarmed, tried to hurry up the protracted meal by saying, "Better drink your coffee, uncle, and have another cup!" "No," said the old man. "I never drink till I'm half through!"—Boston Herald.

## Bile Poison

has a very bad effect on your system. It disorders your stomach and digestive apparatus, taints your blood and causes constipation, with all its fearful ills.

## Theford's Black-Draught

is a bland tonic, liver regulator, and blood purifier.

It gets rid of the poisons caused by over-supply of bile, and quickly cures bilious headaches, dizziness, loss of appetite, nausea, indigestion, constipation, malaria, chills and fever, jaundice, nervousness, irritability, melancholia, and all sickness due to disordered liver.

It is not a cathartic, but a gentle, herbal, liver medicine, which eases without irritating.

Price 25c at all Druggists.

## A CAROLINA LEGISLATOR.

### Hon. Wm. G. Hunter Uses Pe-ru-na As a Family Medicine.

WHEN a man of undoubted reputation comes out squarely in public print, giving unqualified endorsement to a household remedy there must be something genuine to account for it.

Hon. W. G. Hunter, of North Carolina, well-known in Washington and throughout the Southern States, says of Peruna that he regards it as the greatest family medicine ever discovered.

He does not hesitate to say that Peruna invigorates and gives fresh strength to mind and body.

Such testimonials as this ought to make Peruna popular. No advertising known to the arts of man, no commercial management could ever raise Peruna to such a high standard of appreciation as the frank and unqualified statements of such men.

Peruna is an ideal household remedy. It wards off colds and relieves catarrh in all its forms and phases.

By ridding the system of catarrh, it cleanses the body of those conditions which invite chronic diseases.

### Cold Affected Head, Throat and Lungs.

Mr. Matthew O'Hare, 145 William St., Fall River, Mass., writes:

"About four years ago I consulted a physician to get relief from a cold which had stopped up my head and also settled on my lungs, resulting in catarrh and also throat difficulties.

"He gave me some medicine, but four months faithful use of the same did me no good. I then tried other doctors, but it was just the same.

"So I decided to try Peruna and after using two bottles my lungs began to heal, I did not cough nearly so much and slept better.

"In six months the cough, catarrh and throat difficulties were all cured.

"I was pleased with the result and wish to write you of it. Seven bottles of Peruna cured me."

A. L. Hewitt, J. P., West Berlin, Vt., writes: "I am happy to be able to write you this letter in relation to what your Peruna has done for my family.

"When I brought the first bottle home, I found my wife and daughter both sick—my wife with indigestion and my daughter with a severe cold. They were both cured.

"I am willing to state that Peruna, taken in the beginning, will cure the worst cold in 24 to 36 hours."



HON. WM. G. HUNTER.

### Cough, Colds, Catarrh Relieved By Pe-ru-na.

Hon. Wm. G. Hunter, ex-member North Carolina Legislature, writes from the Census Office Building, Washington, D. C., concerning Peruna:

"The greatest family medicine ever discovered, in my opinion, which comes from experience as well as observation, is Peruna. The most common affliction to humankind is a bad cold. Peruna drives it out of doors, wards off catarrh, invigorates and gives fresh strength to mind and body. I give Peruna my unqualified endorsement."

Mr. G. W. Taylor, Clendenin, W. Va., writes:

"I think that Peruna is the greatest tonic that was ever put on the market. For several years my eyes bothered me so much. The pain was so severe sometimes I would think they would surely burst out of my head.

"I tried Peruna and Manilla and soon to-day a well man. am sure I should have died had it not been for Dr. Hartman's wonderful medicine, Peruna."

Such testimony as the above has given Peruna a high standard in the estimation of the public.

## IT'S A BIG CUT IN THE PRICE OF High-class Clothing.

Per Cent Discount 33 1/3 Per Cent Discount

And it is to your advantage to visit our store during Semi-Biannual Sale and take advantage of the

### ONE-THIRD DISCOUNT ON CLOTHING, OVERCOATS CHILDREN'S SUITS.

The values we are offering you are not shop-worn, style goods, but this season's goods. Right up in the workmanship is the product of America's foremost factory, Schloss Bros. Co. Every article we have in this is richly worth the original price, and the one-third worth your consideration. It brings the price below makers' cost for the same goods today.

No goods charged at Sale prices. Alterations paid for.

No goods sent out on approval during Sale.

### We Have Bargains.

Come and Get

H. Endel, 120 South Main, Greenville

Job Printing—the tasty kind—

Advertising in this paper brings

## Business Locals.

Notices of Sale, Wants, Swaps, etc. inserted in this Column at 5 cents per line for each insertion. Nothing taken for less than 10 cents.

Dr. W. M. Horton, dentist, will be in Pickens Mondays, Liberty Tuesdays, Central Wednesdays, Pendleton Thursdays, Clemson Fridays and Saturdays of each week. One day only. Come early.

FOR SALE—The Kenmore lot in Pickens on Pendleton avenue, 2 1/2 acres, J. P. Carey, C. E. Robins.

FOR SALE—Good work mule. Apply Wm. N. Gantt, R. F. D., 3. Liberty.

FOR RENT—W. H. Johnson's residence in Pickens. Apply to C. E. Robins.

WANTED—To rent a shingle mill and hire a man to run it. Address, James M. Burr, Easley S. C.

FOR SALE—In Greenwood county, South Carolina five hundred acres of average farming land. A big bargain on easy terms. H. S. Backwell, Laurens, S. C.

FOR SALE—Good building lots in the town of Pickens, near the business part of town. J. J. Lewis.

NOTICE—After December the 25th we will give cotton only on Monday of each week. dec22nd Pickens Oil Mill Co.

### Confessions.

An Irish lad on the east side was obliged recently to seek treatment at a dispensary. On his return home from the first treatment he was met by this inquiry from his mother:

"An' what did the docther man say was the matter wid your eye?"

"He said there was some furrin substance in it."

"Shure!" exclaimed the old woman, with an I-told-you-so air, "now, maybe, ye'll kape away from them Eyetalian boys!"—Success Magazine.

### Her Impression.

"Now I have an impression in my head," said the teacher. "Can any of you tell me what an impression is?"

"Yes'm, I can," replied a little fellow at the foot of the class. "An impression is a dent in a soft spot."—Birmingham (Ala.) Advance.

### Natural Enough.

"They say that Bradley goes on like mad since he inherited his vast wealth."

"What does he do?"

"Oh, he acts like one possessed."—Lippincott's.

Generally the purchase of a book is mistaken for the acquisition of its contents.—Schopenhauer.

3 1/2% NITROGEN

8% AVAILABLE PHOSPHORIC ACID

9% POTASH

## Big Crops of Corn

can be depended upon from land that has been liberally fertilized with a complete fertilizer containing 3 1/2% nitrogen, 8% available phosphoric acid and 9%

## Potash

Just how and why 9% of Potash is necessary our booklet will show.

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New York—93 Nassau Street, or  
Atlanta, Ga.—1224 Candler Building