

EXERCISE AND EATING.

Remember That a Tired Stomach is a Weak Stomach.

A good dinner at night is necessary for those whose pleasure or work keeps them up very late. But for ordinary folk who dine at 6 or 7 and go to bed about 10:30 only a light wholesome repast should be taken at the end of the day, when muscles and nerves are more or less exhausted.

A "tired stomach is a weak stomach" is a golden rule to remember. Yet how often one hears people say, "I've been rushing about all day and am tired to death; I must have a big meal to make up for it!" You may put the big meal into the stomach, but you cannot make the stomach digest it.

A belief lives strong in the hearts and minds of the majority of mankind, including persons of weak digestions, that a quick, brisk walk taken before a meal gets up an appetite and helps the stomach to digest the food. Now, this is exactly what it doesn't do. Exercise spreads the blood throughout the body. For the proper digestion of food the blood is needed in the stomach. Few realize this important fact.

After a long, exhausting walk, bicycle spin or any severe physical or mental strain take a good half hour's rest in a comfortable armchair or lying on a sofa before you eat a substantial meal.

A Telephone Whistle.

When the earpiece of a telephone receiver is held to the mouthpiece of the transmitter, a more or less shrill tone or whistle is heard in the receiver. This occurs when the apparatus is in good working condition and when the transmitter is on short circuit. This effect is seemingly due to a series of reactions analogous to but much more complex than those which occur in an electric bell when its circuit is closed. A movement of the diaphragm of the receiver toward its magnet tends to weaken the pressure on the carbon of the transmitter, which causes a weakening of the current, allowing the diaphragm to fall away, with the further result that the air column is compressed, increasing the pressure on the carbon again and also increasing current strength, whereby the diaphragm is again attracted, and this action is repeated over and over again.—Cassier's Magazine.

The Human Mouth.

It has been discovered that the human mouth is slowly but surely and steadily moving toward the left of the face, which will in time bring it somewhere in the neighborhood of the left ear. All the five great races of man have an uncontrollable tendency to eat only with the teeth which grow from the left jaws. This wears out the left teeth more rapidly than those on the right side of the mouth, and this in turn gives the upper and lower jaws an inclination toward the left.

It is the expressed opinion of many scientists who are foremost in the world's roll of professional honor that in the course of time the mouth from causes above mentioned will have completely changed its position and that it will then be situated rather nearer the left ear than to the nose.

Oriental Rugs.

"Oriental rugs," says a New York dealer, "are nearly as standard as gold. When an auctioneer sells you one for \$200, you may think you are getting it cheap, but you can get it at about the same price from any reputable dealer. Every rug house has its agents at auctions, who pay mighty close to the market price for the genuine article. When you have had an oriental rug for ten or fifteen years, it is worth more than when you bought it, provided it is in good condition. It is then an antique. When you hear of any one buying secondhand oriental rugs at about one-third or one-quarter of their value, you may safely wager that they have been patched."

Relay Remonstrance.

Johnny and Harry had been left at home with their big sister, mother having gone out.

At bedtime they wanted to "stay up for mother," but their sister relentlessly put them to bed. Harry maintained a stolid indifference, but Johnny cried lustily.

Their sister listened at the foot of the stairs, hoping they would soon be good.

At last Johnny stopped, and the listener heard him say: "You cry a bit, Harry. I'm tired."—London Mail.

DR. FENNER'S KIDNEY and Backache CURE

All diseases of Kidneys, Bladder, Urinary Organs, Also Rheumatism, Backache, Heart Disease, Gravel, Dropsy, Female Troubles.

Don't become discouraged. There is a cure for you. If necessary write Dr. Fenner. He has spent a life time curing just such cases as yours. All consultations free.

"I had severe case of kidney disease and rheumatism, discharging bloody matter. Suffered intense pain. My wife was seriously affected with female troubles. Dr. Fenner's Kidney and Backache Cure cured us both."

R. M. WHEELER, Randolph, Ia. Druggists 50c. Ask for Cook Book—Free.

ST. VITUS DANCE Sure Cure. Circular, Dr. Fenner, Providence, R. I.

LIPPINCOTT'S MONTHLY MAGAZINE A FAMILY LIBRARY The Best in Current Literature 12 COMPLETE NOVELS YEARLY MANY SHORT STORIES AND PAPERS ON TIMELY TOPICS \$2.50 PER YEAR; 25 CTS. A COPY NO CONTINUED STORIES EVERY NUMBER COMPLETE IN ITSELF

Nothing succeeds like the financial success some men make of a failure.

Cut this out and take it to D. C. Scott's Drug Store and get a box of Chamberlain's Stomach & Liver Tablets. The best physic. They also correct disorders of the stomach. Price 25 cents.

One of the prettiest sights imaginable would be that of a mother playing the piano while her daughter washed the dishes.

"I am using a box of Chamberlain's Stomach & Liver Tablets and find them the best thing for my stomach I ever used," says T. W. Robinson, Justice of the Peace, Loomis, Mich. These Tablets not only correct disorders of the stomach but regulate the liver and bowels. They are easy to take and pleasant in effect. Price 25 cents per box. For sale by D. C. Scott, Druggist.

We can not blame a boy for not paying much attention to the father who takes a cigar out of his mouth to offer advice against the use of tobacco.

THE BEST LINIMENT FOR STRAINS.

Mr. F. H. Wells, the merchant at Deer Park, Long Island, N. Y., says: "I always recommend Chamberlain's Pain Balm as the best liniment for strains. I used it last winter for a severe lameness in the side, resulting from a strain, and was greatly pleased with the quick relief and cure it effected." For sale by D. C. Scott, Druggist.

A girl never thinks her photograph looks like her unless it doesn't look like her.

"Wisdom is good, with an inheritance," says the Good Book. Which reminds us of the ever-present patriot who is always shouting for the old flag and an appropriation.

THE SAME OLD STORY.

J. A. Kelly relates an experience similar to that which has happened in almost every neighborhood in the United States and has been told and re-told by thousands of others. He says: "Last summer I had an attack of dysentery and purchased a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, which I used according to directions and with entirely satisfactory results. The trouble was controlled much quicker than former attacks when I used other remedies." Mr. Kelley is a well known citizen of Henderson, N. C. For sale by D. C. Scott, Druggist.

But for the occasional happening of the unexpected it would soon cease to exist.

Baby feet have an affinity for mud, but there comes a time in the history of nearly every home when the parents would give all they possess for the sight of a tiny footprint in the front hall.

Summer complaint is unusually prevalent among children this season. A well developed case in the writer's family was cured last week by the timely use of Chamberlain's Colic, Cholera and Diarrhoea Remedy—one of the best patent medicines manufactured and which is always kept on hand at the home of ye scribe. This is not intended as a free puff for the company, who do not advertise with us, but to benefit little sufferers who may not be within easy access of a physician. No family should be without a bottle of this medicine in the house, especially in summer-time. — Lansing, Iowa, Journal. For sale by D. C. Scott, Druggist.

Fraternal Societies.



Kingstree Lodge, No. 91, K. of P. meets on the 2nd and 4th Wednesday nights of each month. Visiting brothers cordially welcomed. LeRoy Lee, C. C. E. C. Epps, K. R. S.

Lake City Lodge, No. 81, K. of P. meets on the 1st and 3rd Tuesday nights of each month. Visiting brothers cordially welcomed. J. D. DANIEL, C. C. A. W. RODGERS, K. R. S.

Scranton Lodge, No. 114, K. of P. meets on the 2nd and 4th Friday nights of each month. Visiting brothers given a fraternal welcome. W. B. Gause, C. C. W. Eugene Cooke, K. R. S.



Kingstree Lodge, No. 46, A. F. M. meets on Friday night on or before the full moon in each month. Visiting brothers given a cordial welcome. M. A. Ross, W. M. Louis Jacobs, Sec.

When some men talk they don't believe a word they hear.

The Best Prescription for Malaria. Chills and Fever is a bottle of Groves Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No cure—no pay. Price 50c.

Wise men make proverbs for fools to laugh at.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

In a man's autobiography there is no such a word as fail.

Stops the Cough and Works off the Cold. Laxative Bromo-Quinine Tablets cure a cold in one day. No cure, no pay. Price 25 cents.

The bore never leaves a hole in the memory of his victim.

Dr. Cady's Condition Powders. Are just what a horse needs when in bad condition. Tonic, blood purifier and vermifuge. They are not food but medicine and the best in use to put a horse in prime condition. Price 25 cts per package. For sale by D. C. Scott

The pleasure of giving is often spoiled by the wrench it costs us to let go.

VACATION DAYS. Vacation time is here and the children are fairly living out of doors. There could be no healthier place for them. You need only to guard against the accidents incidental to most open air sports. No remedy equals DeWitt's Witch Hazel Salve for quickly stopping pain or removing danger of serious consequences. For cuts, scalds and wounds. "I used DeWitt's Witch Hazel Salve for sores, cuts and bruises," says L. B. Johnson, Swift, Tex. "It is the best remedy on the market." Sure cure for piles and skin diseases. Beware of counterfeits. D. C. Scott.

The awkward man may not be slow, yet he always wants a day of grace.

MOTHER ALWAYS KEEPS IT HANDY.

"My mother suffered a long time from distressing pains and general ill health due primarily to indigestion," says L. W. Spalding, Verona, Mo. "Two years ago I got her to try Kodol. She grew better at once and now, at the age of seventy-six, eats anything she wants, remarking that she fears no bad effects as she has her bottle of Kodol handy." Don't waste time doctoring symptoms. Go after the cause. If your stomach is sound your health will be good. Kodol rests the stomach and strengthens the body by digesting your food. It is nature's own tonic. D. C. Scott.

A little Disfigured But till in the Ring.

Although we were heavy losers by the recent fire we are by no means out of the field. While occupying temporary quarters in the rear of the Coleman Hotel we shall keep on hand as usual a fine line of

Buggies, Wagons, Harness, Whips, Etc.

Come to see us and we promise you the same courteous treatment and correct business methods that we have always endeavored to show the people of Kingstree and Williamsburg county.

THOMAS & BRADHAM, Agents, Kingstree, S. C.

J. B. STEELE, MANAGER.

We are using the old office of the county treasurer in the court house as an office for the present.

BUELL & ROBERTS' CASH DRY GOODS STORE.

We Beg to Call Particular Attention to Our ALL-LINEN HUCK TOWELS

19 by 36 inches, Fancy Border, 15c or two for 25c. All Linen Damask Towels, Colored Border, 21 by 36 inches, 25c. Bleached Huck Linen Towels, Hemstitched, in Red or Blue Border, 21 by 40 inches, 25c. Red Border Cotton Damask Towels, 15 by 30 inches, 5c. Cotton Red Border Hemmed Towels, 19 by 40 inches, 10c. Pearl Butrons, 2c per dozen. Ladies' All Linen Handkerchiefs, 4c. Lace Curtains, 60 inches by 3 1/2 yards, good quality, \$1.50 per pair. Mercerized Satin Cyano, in Black, Blue, Pink and Cream, 15c, worth 25c. Black Dimity, 8c, worth 12 1/2c. Black Cashmere, 36 inches wide, a good black, 25c. Black and White Mixed Lawns and Dimity, 10c, worth 12 1/2c. Black Corduroy for Skirts, 12 1/2c. India Linens, beautiful quality, 8c, 10c, 12 1/2c, 20c, 25c. Ladies' and Misses Black Hose, in all numbers, from 5c to 25c. A good Black.

Ladies' and Children's Hats.

We would call your attention to this department, also our Ribbon, Lace and Embroideries. We have many specialties in these departments. 2 000 yards Percale at 5c and 6c, worth 10c and 12 1/2c.

FURNITURE DEPARTMENT.

WALNUT SUITS, OAK SUITS, SIDEBARDS, LOUNGES, PIAZZA CHAIRS, GO-CARTS, BABY CARRIAGES, MATTING RUGS, WINDOW SHADES.

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Brick in any quantity to suit purchaser. The Best Dry Press Machine-made **BRICK.** Special shapes made to order. Correspondence solicited before placing your orders. W. R. FUNK, P. O. Box 103, Kingstree, S. C.

The new women seems to have given up trying not to be an old girl.

You Know What you are Taking When you take Grove's Tasteless Chill Tonic because the formula is plainly printed on every bottle showing that it is simply Iron and Quinine in a tasteless form. No cure, no pay. 50c.

One way to get rid of unpleasant people is to begin giving them advice.

ACTS IMMEDIATELY.

Colds are sometimes more troublesome in summer than in winter, it's so hard to keep from adding to them while cooling off after exercise. One Minute Cough Cure cures at once. Absolutely safe. Acts immediately. Sure cure for coughs, colds, croup, throat and lung troubles. D. C. Scott.

The average husband imagines his wife is a part of the property he owns.

POISONING THE SYSTEM.

It is through the bowels that the body is cleansed of impurities. Constipation keeps these poisons in the system, causing headache, dulness and melancholia at first, then unsightly eruptions and finally serious illness unless a remedy is applied. DeWitt's Little Early Risers prevent this trouble, by stimulating the liver and promote easy healthy action of the bowels. These little pills do not act violently but by strengthening the bowels enable them to perform their own work. Never grip or distress. D. C. Scott.

A. M. SNIDER Surgeon Dentist.

Kingstree, 16th to 30th of each month.

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On JUNE 8 TO JUNE 21. Will be at Lake City, S. C., on June 22. Will remain 24 hours.