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Piles Cured in 6 to 14 Days

Your druggist will refund money if PAIN
GENTLE'S fails to cure any case of Piles,
Blind, Bleeding or Protruding Piles in 6 to 14 days.
The first application gives Ease and Rest. 50c.

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Good for the Ailments of
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25c. 50c. \$1. At all Dealers.

ANOTHER APPEAL FOR FOOD CROPS

John Paul Lucas, Executive Secretary North Carolina Food Conservation Commission Joins with other Agencies in Urging Farmers to Plant Food and Feed.

"Grow your own food and feed crops or go hungry." In less abrupt phrasing but in language just as easily understood, this is what the rest of the country is saying to the South this year.

The South has been depending upon the North and Central West for food and feedstuffs to the value of approximately \$700,000,000 a year—at present prices the figures would no doubt pass the billion dollar mark. North Carolina's part of this tremendous aggregate of imports has been in round numbers \$80,000,000. For the fiscal year beginning July 1, 1916 and ending June 30, 1917, because of a combination of high prices and poor crops in some sections, our importations will no doubt reach the staggering figure of \$100,000,000.

This State in common with all of the South has received solemn warning from officials of the National Government, including the Secretary and Assistant Secretary of the Department of Agriculture, that the food and feedstuffs we have been importing will not be available this year because they will be required for our armies and the armies of our allies. The Governors, agricultural leaders and far-sighted farmers and business men of the South have sounded the warning also. So grave is the situation that President Wilson himself has made a special appeal to the farmers of the South.

The State of North Carolina has been early to take steps to meet the situation. Even before war was declared Governor Bickett took time by the forelock and issued a proclamation urging upon the people of our cities and towns as well as those on farms the importance of planting ample home vegetable gardens. Following the entry of this Nation into the war Governor Bickett appointed a State Food Conservation Commission which promptly met and has planned and is putting into execution under the direction of its executive Secretary a vigorous campaign for greater food and feed production. A sub commission is being appointed in each county in the State, to have representation from every school district. The newspapers of the State, the commercial organizations, ministers, mayors, of towns and cities, bankers and other persons and agencies will be called upon to assist in this campaign, in addition to the State Department of Agriculture, the Farm Extension Service, the boys' and girls' corn, pig and tomato clubs and other organizations. In short every possible agency is being mobilized to meet the situation.

There are several means of increasing production. Where farmers can see their way clear, they are urged to reduce slightly their acreage of cotton and tobacco, especially the latter, giving more acres to corn, soy beans, peas, potatoes, hay and other food and feed crops. Even where they do not reduce their acreage of cotton and tobacco they are urged to take care of a slight additional acreage, if they can do so without neglecting their accustomed crops. Increased amounts of fertilizers may be used to advantage where wisely applied. County commissioners are urged to use convicts and their road stock on tenantless farms for cultivation of corn and hay especially, even to the temporary neglect of road work. The people of our cities are urged to utilize vacant lots and lands close by for the growing of staple food and feed crops.

When one tries to vision the amount of meat, flour, corn, oats, hay potatoes, etc. \$80,000,000 or \$100,000,000 will buy he begins to

OFFICERS TRAINING CAMP

(At Fort Oglethorpe, Ga., May 8 to August 8)

A Training School for the purpose of preparing American Citizens for service as commission officers during the period of the present War will be held as above indicated. Those who satisfactorily complete the preparatory work will be commissioned as officers in the U. S. Army. It is not necessary that applicants should have any previous military training. The purpose of the school is to make officers out of citizens.

The United States is now entering the greatest War in its history and has on its hands the job of raising an army of TWELVE HUNDRED THOUSAND MEN, with no other officers than those of the regular army and National Guard to start with. The immediate and imperative need is for additional officers who can train and handle men, and for this we shall require in the next four or five months approximately forty thousand officers in all branches of the service.

North Carolina is called upon to furnish ONE THOUSAND of these, and all that is necessary to start with is a sound body, a clear thinking mind, and the desire for patriotic service. Surely this great State will not fail to furnish her full quota.

Men between the ages of twenty years nine months and forty four who desires to enter, communicate at once with R. W. GLENN, DIVISION SECRETARY, GREENSBORO, N. C.

realize what a gigantic task the farmers of the State have imposed upon them, and what a really important work the mobilized forces working through and in co-operation with the Food Conservation Commission have to perform in getting the farmers and other producers in the State to feel the situation and to act promptly in meeting it.

The farmers of North Carolina are called upon to grow food and feed crops not only sufficient to supply all their own needs, but to supply the needs of our cities and towns and mill communities as well. If they should raise a surplus above these requirements, which is beyond the range of possibilities this year, there will be a ready market for it, because this nation is being called upon to feed not only the armies but to a considerable extent the civilian population of our Allies, whose producers by the millions have been taken from their fields to fight in the trenches.

All authorities are agreed that unprecedented prices may be looked for this year for meat products, corn, wheat, oats, hay, Irish and sweet potatoes, soy beans, velvet beans, cowpeas, canned and dried vegetables and fruits and in fact all non-perishable food and feed crops. The farmer is not being called upon to make a sacrifice, because it is not necessary. Cotton and tobacco are the lowest priced farm products we have, even at their present prices, and farmers who raise these crops to the neglect of sufficient "hog and hominy" and feed for their own use are going to be in the calamitous howling class this fall. Cotton and tobacco will no doubt command something like present prices next fall, but there is some danger of an overproduction of these crops while there is no danger of the South raising too much food and feedstuffs.

The farmers of the State, together with business men, and others who can help, are called upon to perform a patriotic duty. But that is not as far as it goes. They are being given, by unusual conditions, such an opportunity to profit as they have never had before. The war is going to bring prosperity to a marked degree to those farmers who are fore-sighted and wise enough to produce abundantly of those crops for which there is certain to be the heaviest demands at the best prices.

To Cure a Cold in One Day
Take LAXATIVE BROMO Quinine. It stops the Cough and Breaks and works off the Cold. Druggists refund money if it fails to cure. W. W. GOVERN's signature on each box. 25c.

MISCELLANEOUS BRIDAL SHOWER GIVEN

(Special to The Herald)

Mr. H. J. Purvis entertained a few of her friends at a miscellaneous-bridal shower from eight to eleven Thursday evening in honor of her sister Miss Marguerite Blanchard, who is to be married April 25th to Mr. H. Leon Bazemore of Windsor, N. C. The guests were met at the door by Mrs. Irvin Blanchard and presented to the bride-to-be by Miss Mattie Jones. Then ushered to the cloak-room by Mrs. Purvis where they were assisted by Mrs. R. W. Blanchard. Upon leaving the cloak-room they were served hot chocolate and marguerites by Mrs. W. J. Griffin and Miss Hettie Blanchard under a drapery of pink and green which was the color scheme for the evening. After drawing numbers from a waiter held by Mrs. Ozella Burgess, Miss Julia Blanchard led the way to the parlor and sitting-room, which were opened as one, and profusely decorated carrying out the color scheme which was in evidence everywhere. Each guest was seated at the table matching the number they held and requested to write a recipe in a very neat little hand painted booklet. A romatic contest, using answers pertaining to sewing was then given to each guest. Mrs. Irvin Blanchard presented Miss Lola Outland with the prize, she being the lucky one, Miss Outland in turn gave over the prize to the honoree. Upon opening it she found a handsome pair of silk hose in which was concealed the place where the presents were to be found, which happened to be a tree in the hall lighted by pink, candles concealed by portieres. The tree was loaded with many useful and ornamental presents expressing the wishes of her many friends. The bride-elect in her charming manner then expressed her many thanks to all for the kindness shown her. The guests then returned to the tables after viewing the presents and were served chicken salad with pickle and crackers, egg sandwiches, hot coffee with whipped cream, ice cream and cake. Miss Jones then in witty terms presented each guest upon leaving with a pink favor which contained a roll tied with green ribbon. When unrolled was found to contain an invitation to the marriage.

Each guest left voting Mrs. Purvis an ideal hostess.

Those present were Mesdames C. B. Pond, Suffolk, Va.; R. A. Rogers, Halifax, N. C.; Uzella Burgess, Rich Square; Laura Blanchard, Aulander, D. H. Brown, Henry Jessup, James Brown, J. G. Parker, George W. J. Griffin, C. J. Vaughan, Thomas Copeland, Lewter McDaniel, W. H. S. Burgwyn, Clifton G. Parker, W. E. Whisenant, L. C. Copeland, Leo Wilder, S. T. Brittle, R. D. Harrell, Irvin Blanchard and R. W. Blanchard. Misses Marguerite Blanchard, Janie Brown, Louella Brown, Lola Outland, Mary Ella Copeland, Grace Joyner, Chloe McDaniel, Annie Futrell, Nell Emshwiler, Mae Horne, Faye Holloman, Bettie Sue Mulder, Margaret Futrell, Sibyl Harrell, Gertrude Outland, Mary Harrell, Mattie Jones, Hettie Blanchard and Julia Blanchard, Woodland, N. C.

THEY OUGHT TO BE.

The Southern states rightfully should be the richest States in the land. They have the greatest crop-producing power. They control the clothing of the world almost absolutely. We have been raising cotton and selling it and buying almost everything else. That practice never made a people rich.

If we will produce everything that we consume, our own butter, cheese, poultry, as well horses and mules, and let cotton be a cash crop we will own the factories, we will own the banks, we will be a factor in the policy of the country and in control of the world.—Dr. Seaman A. Knapp.

LABORERS SHOULD BE MOBILIZED

Department of Labor Calls on All Laborers to Mobilize for Effective Work—Place Your Efforts Where They Will Count Most, Advises the Commissioner.

President Wilson's earnest and highly appropriate appeal to the American people last Monday must have met a ready response in the breast of every patriotic citizen of this great Republic, and it is reasonable to assume that his clarion call to duty will enlist the active co-operation and support of men and women throughout the land. The press of the country has never yet failed to perform a patriotic service in any crisis, and the President could, therefore, safely presume upon the liberal spirit the newspapers have hitherto manifested in all matters of public welfare when he recently appealed to them for assistance in the dissemination of his stirring appeal for united effort for the Nation's defense. Desirous of co-operating to the fullest extent possible in the conservation and utilization of the State's resources, the Department of Labor and Printing asks your indulgence to the extent of offering a few suggestions in harmony with the President's recommendations which may prove or some value.

In the present emergency an equitable distribution of the State's labor supply is essential. There is grave danger of a serious shortage in farm labor, and the co-operation of every citizen is needed in the effort to induce the unemployed to take up agricultural pursuits—a field in which the demand for help is generally far in the excess of the supply. Now that we are in the throes of war, with thousands of our young men from both the factory and the farm enlisting, the shortage in farm labor is bound to be still more keenly felt unless some way can be found whereby the employers of cities and towns may join hands with their farmer friends in the working out of a just and equitable distribution of our labor supply. We all must soon realize that bread is just as essential as bullets in carrying on a war, and there is no country in the world at the present time from which we can draw either the bread or the bullets. We must produce not only a sufficient for home consumption, but enough to share with the other countries who are assisting in fighting our battles on foreign fields.

It is of the utmost importance that patriotic citizens of North Carolina offer their services wherever they are most needed. Can you not secure the co-operation of the mayor and industrial organizations of your city in aiding the farmers of your vicinity in securing the help they need? The formation of a citizens' committee to list the labor supply of your locality would doubtless accomplish much—through newspaper and other advertising media—in placing wage-earners where they are most needed. Such an organization might also be able to interest employers in listing their own employees with a view to encouraging those having had agricultural experience to return to the farm, if only for a season, and permit their places to be filled by those unfitted by training for farm work. You might, also, secure the co-operation of representative farmers in your county in working out this problem.

Furthermore, may it not be advisable to induce many of the good women in your town, who perhaps have not heretofore been engaged in the industries of your city, to offer their services to the employers engaged in the manufacture of clothing and other necessary supplies, so that our people can avoid the experience England had in the early part of the war, where the health and efficiency of her female

OAK GROVE NEWS

The weather being very disagreeable, only a small crowd attended the plays given at Oak Grove School last Friday evening. The sum of \$8.00 was realized.

We are glad to see Mr. A. E. Saunders out again, after a serious attack of grippe.

Miss Emma Truitt is spending this week with Miss Lallah Pruden of Union.

Miss Lallah Pruden entertained quite a number of friends on last Wednesday in the home of Mr. J. H. Holloman.

Miss Bright Earley, of Aulander, spent last week end with her sister, Mrs. A. E. Saunders.

Mrs. Ellen Marsh continues quite ill.

We notice that the new residence of Mr. and Mrs. Alex. Askew is nearing completion.

Mr. B. F. Truitt is on the sick list this week. We are wishing for him a speedy recovery.

Mr. S. E. Marsh made quite a striking talk last Sunday morning in Sunday School, about the existing war conditions of our country, and how the young men of every community should be encouraged to render their service.

The teachers of Oak Grove School, Misses Inma Truitt and Lallah Pruden wishes to thank Mr. and Mrs. J. B. Lassiter, through the "Herald" for the kindness rendered them during the school term.

Colored People Delighted With New Discovery To Bleach The Skin

Atlanta, Ga.—Says that recent tests have proven without doubt that swarthy or sallow complexions can be made light by a new treatment recently discovered by a man in Atlanta. Just ask your druggist for Cocotone Skin Whitener. People who have used it are amazed at its wonderful effect. Rid your face of that awful dark color, or greasy appearance in a few minutes. It costs so little that you can't afford to be without it. Just think how much prettier you would look with that old dark skin gone and new soft, light skin in its place. Men and women to day must care for their complexions to enter society.

If your druggist will not supply you with Cocotone Skin Whitener, send 25c for a large package to Cocotone Co., Atlanta, Ga. Adv

workers became greatly impaired through long and continued hours of labor because more workers were not available. Again, you might, in co-operation with the school authorities, induce many of the high school boys to offer their services to the farmers during vacation. It may be possible to increase the labor supply of your city, as elsewhere, by postponing the least necessary undertaking and cutting out duplications. Also, to utilize vacant lots for garden purposes, and thus assist in increasing our food supply.

While this department has no funds with which to conduct an employment bureau, if, after surveying the field, you find an unemployed laborer in your locality, we shall endeavor to render every possible assistance in the effort to place it where the licks will count. The most important service that can be rendered will be to see that the farmers secure their share of help, because it will avail a wage-earner nothing to receive a liberal wage for his labor if there is no food his wages can purchase.

Hoping your people may find it agreeable to take hold of this grave problem immediately and work it out to a successful conclusion, I am, with every good wish,

Yours very truly,
M. L. Shipman,
Commissioner.

BEWARE WHEN AND WHERE YOU ECONOMIZE

That the high cost of living bears forcibly on the question of health is admitted by all health workers, particularly by public health nurses. Infant welfare workers will tell you that poverty is the largest single factor in producing high baby death-rate. Social workers will tell you that the general sickness rates are highest among people who earn but little. With these thoughts in mind the State Board of Health is giving the advice, "Beware where and how you economize." A bulletin from the Board says:

"The high cost of living does send up deathrates and sickness rates too, points that are affected from many angles and directions. High prices may mean cheap dirty milk, or canned milk, or milk without ice in summer, which means sick babies; or it may mean skimping on doctor's bills and doing without the doctor when he is needed which means more illness and death perhaps; or it may mean over crowding and bad housing conditions which means spread of contagion and various forms of ill health.

"If there must be short cuts and economies," says the Board, "let them be made without sacrifice of the family's health. Clean, fresh cool milk is essential to the baby's health in summer. A home well screened from flies and mosquitoes and admitting plenty of fresh air is necessary to the family's health as well as to their comfort. Pure drinking water, nourishing food, cleanliness and regular rest are further essentials not to be overlooked. Let the skimping be made made on non-essentials, such as expensive dress, tobacco, cold drinks, moving pictures and automobiles.

TRAINING SCHOOL AT A. & E.

West Raleigh, N. C., April 24.—The Board of Trustees of North Carolina State College of Agriculture and Engineering recently took a great step forward in the history of the college by its action in adding a Department of Teacher Training or Vocational Education. This action was taken upon recommendation of President Riddick, and necessary funds were appropriated for the maintenance of such a department. This course will take the place of the Normal course now listed in the catalogue, and will devote itself primarily, for the time being, to training teachers of agriculture and rural economics for positions in the farm life schools of the State. The work will cover the field of elementary pedagogy, including psychology, methods of teaching, history of education, school-room management, secondary and agricultural education, etc., and at the same time retain as much of the regular courses in agriculture as is possible.

The need of such a course has been recognized for a number of years. The establishment of farm-life schools brought out more strikingly the demand for young men not only trained in the science and art of agriculture, but of education also. Many graduates have had to go through several years of apprentice teaching before they learned to adjust their methods to the requirements of the adolescent period with which they had to deal.

This is one of many forward movements of the college under the virile administration of President Riddick, and will no doubt be greeted with enthusiastic approval by the alumni and other friends of the college.

Buxton White.

Notice of Sale for Taxes.

To be sold Saturday, May 12, 1917, at Mayor's office.
Colored
Mary E. Newsome, House and Lot on Maple St.
Kadre and Askew and Co., store and lot on Main Street.
P. W. Holloman, Collector.