

FOOD CONSERVATION CAMPAIGN

At the meeting of the executive committee of the Hertford County Food Commission on Monday, the 15th day of October, the following members were present: S. P. Winborne, J. C. Taylor, J. M. Eley, B. G. Williams, E. J. Gerock, E. W. Gaither, and N. W. Britton.

After a thorough discussion it was agreed to call a mass meeting in each of the six townships of the County in order that the plans for the food campaign, which is on all over the State, may be discussed and explained fully. An effort will be made to secure some one to address each of these meetings.

All of these meetings will be on Saturday, October 27, at 2:30 o'clock, at the following places: Como, Murfreesboro, Union, Ahoskie, Harrellville, and Winton. It is urged that there be a full gathering of the people in each of the townships on the days named.

Committees were appointed in each of the school districts of the County, whose immediate duty it is to inform the people of the township meetings and to urge their attendance. This may be done by announcements in Sunday School, church services, and all public meetings. Let every one do his or her duty in this particular. Following are the names of the committees:

Miss Mina Holloman, Rev. C. L. Dowell, Dan P. Boyette; J. D. Culens, James W. Mitchell, J. R. Fretwell; J. L. Early, W. J. Sumner, Daniel Lowe; G. T. Hoggard, James Vann, W. P. Willoughby; J. R. Wilder, J. V. Perry, Stephen Piliand; S. A. Jves, Miss Hazel Montague, B. Scull; L. H. Wynne, F. P. Britt, Mrs. Roxie Jones, N. S. Hoggard, E. V. Grissom, Raleigh Farriss; Jno Adkins, Sam Hill, W. E. Jordan, A. T. Hill, David Bazemore; Mrs. T. B. Wynn; G. L. Lawrence, Mrs. C. T. Vaughan; Gamma Vinson, J. A. Parker, Miss Kate E. Story, C. C. Parker; Mrs. E. B. Vaughan, E. W. Whitley, Mrs. H. V. Parker; Miss Annie Sue Winborne, Mrs. T. I. Burbage, Mrs. J. D. Riddick; Miss Annie M. Spiers, Miss Margaret Majette, Miss Mary E. Taylor; Mrs. J. B. Ferguson, Mrs. T. T. Barrett, Mrs. Silas Edwards; Mrs. J. R. Miller, Miss Pauline Eley, T. N. Charles; Miss Julia Cobb, J. M. Forbes; A. G. Otwell, Mrs. H. U. Griffith, Mrs. J. M. Eley, H. W. Green, Jit Rawls, N. J. Minton; Mrs. Emma Marsh, Joe Holloman, S. E. Marsh, Lewis Hayes, Arthur Liverman; J. O. Rountrey, I. J. Askew, M. R. Sumner; Mrs. Julia Newsome, Mrs. S. P. Taylor, Mrs. J. N. Clark, A. W. Taylor; Miss Mary Williams, Miss Georgia Piliand, Mrs. C. M. Britt. Each of the above named persons will work in his or her respective school district to get the people to attend the township meetings.

At these meetings arrangements will be made for registration and for delivering home Cards of Instruction, and also Membership Cards.

If we want to end the war successfully and quickly we must get together and discuss the whole affair, and begin at once to contribute our part by saving food so that we may help to feed the men who are fighting at the front. A little saved by each, and missed by none, will amount to millions of dollars in the aggregate. There is an immense amount of money being raised for the prosecution of the war, and rightly so, but money cannot buy food if there is none to buy. Let us push this campaign and leave nothing undone until everyone at least has had a chance to contribute his part in food conservation.

N. W. BRITTON, Chairman.

Dependancy
When you feel discouraged and dependant do not give up but take a dose of Chamberlain's Tablets and you are almost certain to feel alright within a day or two. Dependancy is very often due to indigestion and biliousness, for which these tablets are especially valuable. Obtainable everywhere.

Catarrh Cannot be Cured.
With local applications, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh medicine is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians for years. It is composed of the best tonics known combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free.

J. CHENEY & CO., Props, Toledo, O.
All Drugists
Hall's Family Pills for Constipation, ad

HARVESTING SOYBEANS

Raleigh, Oct. 18—Many who are growing soybeans for the first time are probably wondering what will be the best way to harvest their crop this fall. Before cold weather comes on and the leaves have only dropped a little, it will be well for those waiting hay to cut the vines. The leaves contain much of the food constituents of the crop and it should be planned to save as many of them as possible when curing the vines. When grown merely for hay the cutting should take place after the pods have formed and have grown considerable, but before they have matured. If the plants are left until the pods are mature the leaves will shed badly, and the stem will become too hard and woody for the best quality of hay. After the plants have reached the proper haying stage, there is a rather rapid decline in the food value of the stems.

In cutting, an ordinary mowing machine with a side-delivery attachment or self-rake reaper, or an ordinary mowing machine without any attachments may be used with satisfactory results. It is well to cure the vines in the swath and windrow as much as possible, finishing up in the cock, as is done with cow-pea vine hay. Great care should be exercised that the vines be exposed to direct sunlight as little as possible, after they have thoroughly withered in the swath. If this precaution is observed, there will be a minimum of the shedding of the leaves. The handling should be done, if possible when the vines are slightly damp from dew. If favorable weather prevails the hay may be carried to barn and stored there with safety after remaining in the cocks about a week.

As with cowpeas, the curing may be done usually most satisfactorily on some kind of curing pole or frame. The cocks or small stacks should be constructed as to shed water and to admit of a free circulation of air through the center of the pile.

Soybean vines have a high feeding value. Judging from the composition this hay is as rich or richer than alfalfa hay. There is no question but what if cut at the stage of developed indicated that the stock will relish it as well as any other hay produced on the farm. In this day of high feed and food values, it is of the highest importance that all hays be carefully saved and used.

When the soybeans are to be cut for hay as well as for seed, they should be cut later, after the pods are ripe, but before they have dried out sufficiently for the beans to pop out. The curing of the vines should take place in the way indicated reducing the handling to a minimum so that there will be but little, if any, shattering of the beans. After the hay has been thoroughly dried the beans may be thrashed out with an ordinary thrashing machine or with a husker or thresher. Usually it will be necessary to reduce the speed of the thrashing part of the machines in order that there may not be any splitting of the beans. After thrashing the bean should be spread out evenly on the floor in a dry place where a free circulation of air takes place. It would be very unsafe ordinarily to store these beans in boxes, barrels or sacks. There would be a danger of their damaging. As a matter of fact soybeans harvested by any method should be dried out in thin layers as indicated above before storing.—By C. B. Williams.

For a Muddy Complexion
Take Chamberlain's Tablets and adopt a diet of vegetable and cereals. Take outdoor exercise daily and your complexion will be greatly improved within a few months. Try it. Obtainable everywhere. Adv

For Sale
Duroc Jersey pigs from registered stock. B. G. Williams, Co., field, N. C. t11-4

WINTON WAVELETT

Mrs. Maggie Matthews died at her home suddenly Sunday night. Although Mrs. Matthews had been in delicate health for several years, she was as usual until a few minutes before her death.

Mrs. Matthews was born November 2, 1850, being 66 years, 11 months and 11 days old.

She was a faithful member of the Methodist Church and always attended church services when her health permitted. She was a Christian of the highest type, gentle and kind in her manners. The funeral was held Monday afternoon at the home, by her pastor, the Rev. Mr. Wright. The burial was at Oak Villa.

Surviving Mrs. Matthews are five children: Mrs. H. B. Knox and Mrs. A. T. Newsome, and M. C. Matthews, of Winton; Mrs. E. C. Hobbs of Ahoskie, and Robt. Matthews, a medical student at the State University.

The family has the deepest sympathy of many friends, in this their saddest hour.

The revival services in the Methodist Church were well attended. Rev. Asa Parker, a native of Hertford County but now pastor of the Methodist Church at Red Springs, who assisted the pastor in the meeting, is a splendid preacher. He presents the gospel in a way so clear and simple that even a child can understand it. The congregations also enjoyed Mr. Parker's singing. He has a deep, full, and sweet voice, and he sang a solo at each service. The meeting closed Friday night.

It should have been sixty-five dollars instead of thirty, as we reported last week that the guarantors of the Chautauqua turned over to the Red Cross Chapter of Hertford County.

The Y. W. A. of the Winton Baptist Church will meet with Miss Lillian Shaw Friday night at 7:30.

The Chowan Club will meet with Mrs. Willie Daniel, Monday night, October 22.

Mrs. R. H. Powden, of Tarboro, was the guest of Mrs. S. N. Watson Monday and Tuesday.

Mrs. W. P. Shaw, Sr., is visiting her daughter, Mrs. D. R. Britton in Colerain.

Prof. N. W. Britton received a letter from his son, W. S. Britton, telling of his safe arrival in France. The date of his arrival had been marked out.

Sim Taylor, of Norfolk, spent Sunday with his mother, Mrs. S. P. Taylor.

Miss Ina Mitchell, Mr. and Mrs. C. Wallace Jones, and Mr. J. R. Jordan attended the Virginia State Fair at Richmond last week. The trip was made on the latter's car.

Mr. E. F. Banks, of Newport News, Va., spent a few days the past week with his family here.

Mr. and Mrs. E. M. Turner, who have been visiting their parents, Mr. and Mrs. I. V. Turner, have returned to their home at Fort Oglethorpe, Ga.

Mrs. R. H. Bowden, of Tarboro, and Mrs. S. N. Watson attended the Quarterly Meeting of the Woman's Missionary Society of Bertie County, at Colerain, Wednesday. Mrs. Bowden read a paper, "What Women Owe the Gospel," and Mrs. Watson on Woman's Work in Training Themselves, Boys and Girls and Children.

Plies Cured in 5 to 14 Days
Your druggist will refund money if PAIN OINTMENT fails to cure any case of itching, stinging, or protruding piles in 5 to 14 days. The first application gives ease and rest. See

For Sale
Duroc Jersey pigs from registered stock. B. G. Williams, Co., field, N. C. t11-4

SUGGESTIONS BY COUNTY AGENT

The Extension Service is very anxious to preserve the sweet-potato crop this year and a special effort is being made to introduce better methods of harvesting and storing this crop. The U. S. Department of Agriculture has worked out and proven these methods and has arranged to furnish special assistance to any farmer who wishes to construct a modern potato storage house or to remodel any old building he may have on his farm, to meet the requirements of the potato storage house.

Blue print plans and specification and material bills for any new house are in the hands of the County Demonstration Agent and may be seen at any time at his office. Copies of any one of these can be obtained by any farmer who wishes to build one of these, upon writing to the County Agent.

Copies of Extension circular no. 30 on handling, harvesting, and storing sweet potatoes can be secured from the County Agent or by writing B. W. Kilgore, Raleigh, N. C. Your County Agent urges all farmers of this County to give the saving of this crop special attention, and he will help you in any possible. Call on him.

Those Winter Cover Crops.

The County Agent has a list of farmers who have home-grown seed wheat, oats and rye on hand and if you have difficulty in securing seed he can help you in securing same.

Wheat, oats, rye and vetch are best suited to this section and should be planted very soon; rye is a fine winter forage for hogs, chickens and other farm animals; give it a try-out this winter.

Winter cover crops will preserve the fertility of your soil, prevent erosion, furnish winter grazing, early forage, or a grain crop. If desired they may be grazed and then turned under in time for any spring crop you may want to put in. They will help in your spring ploughing by keeping soil loose and help increase the effectiveness of your commercial fertilizer, besides giving you an extra crop. If you have never tried, now is your best time to begin.

DO YOUR BIT!
By all means do not fail to plant enough wheat to supply your own needs. It will be a good investment. It will give a certain supply of flour for your own use next year; it will help feed our allies and our own boys in France; it will help relieve our transportation lines, and will be a part of your contribution toward the winning of the war.

If the farmer will plant and save and the merchant find a market for the farmer's surplus by taking advantage of the newly established Office of Markets the food supply problem can be relieved and no one hurt.

Meat is high and many farmers have sold their breed stock down to the danger point, therefore, it is very important that every hog be saved that can produce an extra pound of meat. A hog can be insured against hog cholera for the price you can get for two or three pounds of meat. Figure a little and see if you can afford to take a chance on a fifty to one shot with the odds against you. Mr. N. B. Sewell, Ahoskie, will do the work free if you will pay for the serum. Write him, giving the number of hogs you want vaccinated and the weight. This will save him from three to four days and perhaps an extra trip in ordering the serum.

Think over that TICK and make a start toward lifting that cattle quarantine. Add \$10 to the value of your cow by the dipping vat route. Uncle Sam will show you how to build it, the State will furnish the "dope" and both together will help you do the dipping. If you want any more call on your County Agent and he will scrap around and see if he can get it for you.

E. W. Gaither,
County Demonstration Agent.

HOW TO GIN SEED COTTON

Raleigh, Oct. 16—North Carolina cotton producers lose a vast amount of money and are handicapped in the sale of their cotton because they sell a notoriously large amount of poorly ginned cotton. Mr. O. J. McConnell, of the Extension staff, states that a part of this loss is due the large number of obsolete and poor ginneries in the State, but that a greater part of it can be attributed to the farmers themselves. It seems certain that cotton growers do not fully appreciate the gains that would come from proper care and storage of their seed cotton or they would have long ago discontinued the practice of picking immature cotton, allowing it to remain on the ground in the dew or rain and then having it ginned without allowing it to dry. It is realized that it is frequently necessary to pick some of the cotton green, but there is no good reason why any should be ginned green or wet. Storage of seed cotton improves the lustre of the lint, and many claim that it also lengthens the staple. Almost any gin will turn out smooth lint free from neps and gin-cutting if the cotton is ginned while thoroughly dry.

It is no exaggeration to say that the value of the cotton crop in North Carolina if properly ginned would be increased over a million dollars, states Mr. McConnell.

Ginners should provide storage bins for seed cotton and insist that it be placed in them to dry when it is brought wet to the gin, as the ginning of wet cotton injures their machinery and greatly reduces the capacity.

Cotton producers should discontinue slip-shod practice of having cotton ginned while damp. Quick money is not as desirable as sure money. Profits are determined by other things than weight or quantity. Growers should consider quality. The production of a quality product will pay ever increasing dividends.

Rev. LONG PREACHED TWO ABLE SERMONS.

Rev. James Long, of Laurinburg, delivered two sermons at the Ahoskie Baptist Church Sunday, both morning and evening. The church auditorium was filled to the limit at each service, and the forcefulness of his sermons were evidenced by the close attention given, and the interest manifested by his audience.

The morning service was devoted to a strong and able sermon on "The Outer Man and The Inner Man." His exposition of these two natures was complete, and was fully replenished with vivid and beautiful illustrations. At the evening service, Rev. Long spoke with feeling and evident mastery of his subject on "Time and Opportunity." Although neither of his sermons were lengthy in point of time consumed, they were well delivered and intensely interesting to the large congregations that attended each service.

A CAPITAL PLAN IN WAKE

In Wake County officers are on a salary basis and the office fees are turned into a fund, which is apportioned equally to Roads and Schools. From year to year this sum varies in totals, ranging from twelve to twenty thousand dollars.

In 1915-16 the fee of the treasurer for handling the school funds amounted to \$2,803, but instead of going into his pocket it went into the Fee Fund for Roads and for Schools, and out of this fund the schools drew \$6,000.

Under this plan the public school funds of the County were increased by courthouse fees, instead of lessened by a treasurer's commission. The net gain was nearly \$9000, you see.

We might add that Kentucky has placed all county officers on a salary basis, and so have California, Colorado, Idaho, Montana, Nevada, New Jersey and Ohio.—University News Letter.

MENOLA NEWS

Mr. E. W. Whitley and family went to Winton last Tuesday and attended the chautauqua.

Mr. G. O. Hare spent Wednesday in Winton.

Mrs. R. M. Cornett, of Ocean View spent from Tuesday until Thursday with her father, Mr. John Hare. Her aunt, Miss Edith Moore accompanied her home and will be her guest for some time.

The baptizing of Buckhorn church took place at Hill's ferry Monday afternoon.

Mr. and Mrs. G. B. Story spent Sunday afternoon with the latter's parents, Mr. and Mrs. E. W. Whitley.

Miss Anna Darden, of Ahoskie, spent several days last week with her nephew, Mr. J. H. Darden.

Miss Fannie Gatling, of Ahoskie was the guest of friends here this week.

Mr. and Mrs. S. L. Griffith and children spent three days in Norfolk last week, the guests of Dr. and Mrs. W. J. Boyette. They also attended the play, Ben Hur, at the Colonial.

Mr. and Mrs. Silas Edwards, of Maney's Neck, spent Sunday at the home of Mr. and Mrs. S. L. Griffith.

M. E. CHURCH'S PASTOR PRAISES IRON REMEDY

Doctors Had Almost Given His Daughter up to Die. No One Thought She Could Live.

WAS A LIVING SKELETON
Through Use of Acid Iron Mineral Daughter Was Restored to Health Says Rev. O. B. Newton.

The following tribute to a medicine from Reverend Doctor O. B. Newton, Pastor M. E. Church, speak volumes for the medicinal value of natural iron as it is now concentrated, tested, and bottled in the Ferrrodine Chemical Corp. under the name of Acid Iron Mineral. He said:

"My little girl suffered from gastritis, acute Bright's disease, and developed symptoms of pelagra. For several months she was an invalid and reduced almost to a skeleton. No one who saw her thought she could possibly live. The best medical skill available was applied but with no results. She only grew worse until physicians told us not to be surprised at her death at any time. Our attention was first called to a kidney and bladder pill and we gave her part of one fifty-cent bottle, after which we gave her Acid Iron Mineral regularly. She is now well and has all her faculties well developed again and you would not guess she had ever had a sick day in her life by her appearance. We have recommended A-I-M to several friends and do most heartily recommend it to anyone suffering from any trouble which it claims to relieve." Respectfully, (signed) O. B. Newton, Pastor M. E. Church, South, Chatham, Va.

Unlike many prepared remedies containing iron, Acid Iron Mineral does not act as a laxative, but the necessity of keeping the liver and bowels working normally being so apparent, the Ferrrodine Chemical Corp. puts up an A-I-M Liver Pill in 250 boxes which are recommended as part of the treatment when using Acid Iron Mineral. These little pills are the best we can recommend and are very inexpensive.

Note:—Acid Iron Mineral is just a highly concentrated form of natural medicinal iron, non-alcoholic and very economical. Whole families should take it. It never injures the teeth, goes from two to six times as far and is many times more powerful and efficient than with other inferior preparations. A half teaspoonful in a tumbler of water after meals makes a delightful, invigorating and most unusual tonic, stomach, kidney, bladder regulator. Cleansing the blood, enriching and purifying it, watch how quickly the appetite increases and the user gains weight. Most druggists sell Acid Iron Mineral in both a large and small size bottle. Get a bottle today.

For sale by Z. V. Bellamy, Ahoskie, N. C. Adv

MUST REPORT TO QUARANTINE OFFICER

Do you know what is required of you by the new State Quarantine Law? It requires parents or householders to report every case of diphtheria, whooping cough, measles, smallpox, scarlet fever and typhoid fever occurring in their homes to the County Quarantine Officer. It requires physicians to report every case of these diseases that they are called on to attend to the county quarantine officer and to do this within twenty-four hours. It requires public school teachers to fill out and return blanks furnished them by the county quarantine officer, and to follow the rules and regulations sent them to protect them and their schools in the case of an outbreak of any contagious disease. It requires county quarantine officers to send to any parent or householder in whose home a contagious disease has been reported a yellow placard with the name of the disease printed on it with instructions for posting the placard on the front of the house; it requires him to send instructions for treatment and control of the patient in the house. The quarantine officer is required to enforce the quarantine law and make it give the protection for which it was intended.

Counties reporting many cases of contagious diseases are given credit for doing good work. It shows that the people are co-operating with the quarantine officer and are reporting all or a great many of the cases. It shows that they are interested in reducing illness and saving lives of little children, and it means that there will be fewer deaths to report later.

The names and addresses of those having a case of contagious disease during the month of September, which were reported to me are printed below. If you know of other cases whose names do not appear here, such information given the quarantine officer will be appreciated and held in strict confidence. It may be the means of saving a life or keeping down an epidemic.

The following cases were reported: Diphtheria, Margaret Jones, Earleys; Scarlet Fever, Virginia Hill, Como. (Signed) W. B. POLLARD, County Quarantine Officer.

Second Liberty Loan Facts.

1. More than 99 per cent of the people of the United States can invest in the Second Liberty Loan 4 per cent bonds without being in any way affected by their taxable feature.

2. The new 4s are exempted from all state and local taxes.

3. The income from the new 4 per cent Liberty Bonds is subject to only surtaxes.

4. Surtaxes are levied only on incomes in excess of \$5,000.

5. Out of a total population of 110,000,000 in the United States only 400,000 paid income taxes in 1916.

6. Only 246,000 persons paid surtaxes.

7. \$5,000 face value of the new 4 per cent Liberty Bonds are exempt from all taxes whatsoever, present or future.

8. An individual may own (provided he has no other capital) \$130,000 Liberty Loan 4s and pay no taxes.

9. The income of an individual from Liberty Loan Bonds (provided he has no other income) is exempt up to \$5,300. Of this exemption \$5,000 represents the 4 per cent interest on bonds of a face value of \$125,000 (exempt from all normal taxes) and \$300 represents the interest at 4 per cent on bonds of a face value of \$5,000; exempted from all taxes (Paragraph 2 Liberty Loan Act).

What is LAX-FOS
LAX-FOS IS AN IMPROVED CASCARA
A Digestive Liquid Laxative, Cathartic and Liver Tonic. Contains Cascara Bark, Blue Flag Root, Rhubarb Root, Black Root, May Apple Root, Senega Leaves and Pepsin. Combines strength with palatable aromatic taste. Does not grip. See

For sale by Z. V. Bellamy, Ahoskie, N. C. Adv