

Hertford County Herald

A PAPER WORTH WHILE

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NO. 11

WILL PRAISE IT TILL SHE DIES

Mrs. Flanigan Would Be Covered With Cold Sweats and Have to Gasp for Breath.

"I'll praise Tanlac the longest day I live, and so will my daughter, Elsie, for it's simply wonderful the way the medicine has helped us," said Mrs. M. J. Flanigan, 104 Claiborne street, Nashville, Tenn., whose husband is a well-known employee at the T. C. R. shops.

"I suffered so much with cold chills and smothering spells that it's a wonder I'm here today to tell the tale," continued Mrs. Flanigan, "and if it hadn't been for Tanlac I don't know that I would. It was three years ago that I had the first one, and I have had them off and on ever since. My heart would thump like a trip hammer and then act like it was going to stop beating; and after that would wear off I'd get so nervous I could hardly lie still, and sometimes I would turn right blind.

"At other times I would be covered with cold sweat and would have to be covered up for hours before I could get warm, and then I would get so hot they would have to raise me up in bed and fan me to keep me from smothering.

"I would have lumps come in my stomach that felt just like a rock, and no matter how much I was doctored or how much medicine I took, I couldn't keep these spells off, and nobody will ever know how I suffered with them.

"While I was taking the very first bottle of Tanlac that knot failed to appear after I'd eat, and I kept right on till I had taken three bottles, and you never saw anybody in your life pick up and begin to eat like I did. I got so nothing disagreed with me, and the chills, hot spells and blindness have never come back.

"That was three months ago, and I've just kept on getting stronger and stronger and I know I weigh at least twenty pounds more than I did. Before I took it I could hardly lift a broom, let alone do any real work, but now I can do everything about the house, and you just ought to see me getting weeds out of my garden.

"My daughter, Elsie, was all run down and had no appetite when she began to take Tanlac, but now she's cashier at a picture show and is able to work ten hours a day. It's built her right up and she thinks it's the finest medicine in the world."

Mrs. Pate, a neighbor, came in while Mrs. Flanigan was making her remarkable statement, and said: "Really, I have never seen anyone build up as fast as Mrs. Flanigan has since she began taking Tanlac. It's simply wonderful."

Tanlac is sold by all druggists.

THE GREAT WAR HAS MADE CIGARETTES A NECESSITY.

"Our boys must have their smokes. Send them cigarettes!" This is a familiar appeal now to all of us.

Among those most in demand is the now famous "toasted" cigarette—LUCKY STRIKE. Thousands of this favorite brand have been shipped to France. There is something homelike and friendly to the boys in the sight of the familiar green packages with the red circle.

This homelike, appetizing quality of the LUCKY STRIKE cigarette is largely due to the fact that the Burley tobacco used in making it has been toasted. "It's toasted" was the "slogan" that made a great success of LUCKY STRIKE in less than a year. Now the American Tobacco Co. is making 15 million LUCKY STRIKE Cigarettes a day.

A good part of this immense production is making its way across the water to cheer our boys. The Red Cross has distributed thousands of LUCKY STRIKE Cigarettes.

RUB-MY-TISM

Will cure your Rheumatism, Neuralgia, Headaches, Cramps, Cuts, Sprains, Bruises, Cuts and Burns, Old Sores, Stings of Insects, Itch, Abscesses, Anodyne, used internally and externally. Price 25c.

OFFICER BARES FACTS IN CASE

Says Wife Took Mantone And Gained Same As He Did On It.

Here's another instance where two members of the same household took Mantone, gained on it and consequently enjoy greater health and happiness.

The story is told in the words of Officer J. A. Swearingen:

"When Mantone was recommended to me I suffered from nervousness, loss of appetite and a torpid liver. Soon after taking this great non-alcoholic nerve, blood and brain tonic I was back in tip top shape.

"Mrs. Swearingen also needed a good tonic and, seeing what Mantone did for me, she started on it. I am glad to say that it already has proved of equally great value in her case.

"For the sake of sufferers whom I know Mantone will help I offer this testimony," ended Mr. Swearingen, who is a prominent member of the Florence, S. C., police department.

Mantone—"Makes You Feel Good All Over"; is sold at all drug stores, including Z. V. Bellamy; Murfreesboro, T. H. Nicholson; Harrellsville, J. L. Smith.

NOTICE!

Having qualified as administrator of Jno. C. Carter, deceased, late of Hertford County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 8th day of March, 1919, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This the 8th day of March, 1918.

JNO. E. VANN,
Administrator.

Administrator's Notice

Having qualified as administrator of H. Mc. D. Spiers, late of Hertford County, North Carolina, this is to notify all persons having claims against the estate of the said deceased to exhibit them to the undersigned on or before the 18th day of March, 1919, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 18th day of March, 1918.

D. B. Spiers, administrator.

MORTGAGE SALE

By virtue of a mortgage deed executed by M. T. Bryant and wife, Millie Bryant on the 2nd day of February, 1914, and recorded in the office of Register of Deeds for Hertford County in book 54 on page 15, I will sell at public outcry at the Courthouse door in Winton, N. C., on the 22nd day of April, 1918, the following described land, viz:

The undivided interests of said mortgagors in the tract of land in St. Johns Township, Hertford County, North Carolina, on which said mortgagors lived in the year 1914, and being the tract conveyed to Henry Bryant by T. J. Vann and wife, Bettie, by deed dated January 1st, 1885 and recorded in Book "T" on page 193, and adjoining the lands of William Maget, Bynum Jenkins, the Sutton or Lassiter and Gajling land and others, containing 170 acres more or less.

Terms of Sale—Cash
Time of Sale—April 22, 1918.
Place of Sale—Courthouse door in Winton, N. C.
This March 16th, 1918.

C. W. Mitchell, mortgagor.
Winborne and Winborne, attorneys.

ADMINISTRATORS NOTICE

Having qualified as administrator of Mrs. Bettie Joyner, deceased, late of Hertford County, North Carolina, this is to notify all persons holding claims against the estate of said deceased to exhibit them to the undersigned on or before the 1st day of March, 1919, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 1st day of March, 1918.

W. H. MILLER, Adm'r.



Questions on Health, Hygiene and Sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office or to the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual cases will be attempted.

Appetite—Something Not To Worry About

In most instances a loss of appetite is a distinctly beneficial incident of health.

Impairment of appetite is one of Nature's defenses against disease.

Lots of functional and organic ailments are caused by overeating or prolonged by overeating or rendered obstinate to cure. Few, if any, are attributable to loss of appetite.

People commonly misinterpret the signs. Some malady of more or less serious import begins suddenly or insidiously, and the appetite falls off—Nature striving to rest the body metabolism, perhaps, by giving the organs less work to do. The impairment of appetite, however, is apparent to the individual himself and especially obvious to his family or friends—or sometimes both. They say nothing

porary impairment of our too hearty appetite is about the luckiest thing that can happen to us.

Appetite is such an innate attribute of the organism that it should rarely be tampered with, never, in fact, without the advice of the physician. Many little ills and some big ones are unquestionably produced by the very popular custom of sousing strong condiments like pepper, Worcester sauce, vinegar and other irritant stimulants upon food in order to force the stomach to receive it.

It is certainly a rare event, in health or disease, for an appetite to fail to call for all the food the individual can assimilate, and hence it is doubtful if one should ever attempt to whet the appetite with medicines, unless by the advice of a doctor.

The common idea is that a person loses his hearty appetite, gets run down as a result of not taking sufficient food and develops consumption, anemia, or some other illness.



APPETITE LOST! DON'T WORRY.

Nature is merely striving to rest the body metabolism.

about it, if they are real friends; if they are just members of his family they are pretty sure to sing out, encouragingly, as members of one's family will: "Hey, what's the matter—are you sick? You are not eating enough to keep a sparrow alive!" Well, if you kept pestering a man about his "symptoms" he will inevitably begin to worry about them himself. So, likely enough, the poor fellow does really develop a "bad case of nerves."

We are prone to forget that the great majority of us eat considerably more than we require or can possibly metabolize (burn up), and that a tem-

The truth is that the person acquires consumption, or becomes anemic from some hidden infection or undetected source of poisoning, runs down as a consequence, and loses his appetite when the metabolism or oxidizing apparatus is so impaired that it cannot manage the customary overload of nutriment as before.

When your appetite leaves you, don't worry, and don't dope. Wait a meal or two and it will come back, like Mary's lamb. If it stays away and you can't be happy without it, then the place to search for it is in the doctor's office.

UNION NEWS.

The recital given here last Saturday night by Miss Golden from Chowan College, was very much enjoyed. Quite a large crowd attended.

Misses Jannie Parker and Mattie Macon Norman from Chowan College are spending a few days with Mrs. A. M. Brown.

Mr. and Mrs. Benthall and grandson were the guests of their daughter, Mrs. J. C. Britt, last Saturday night.

Mr. T. D. Dunn spent last Monday night in Norfolk, Va.

Dr. Raleigh Parker and wife of Norfolk, Va., were the guests of their sister, Mrs. A. M. Brown last Saturday night.

Mrs. Wilson Clemens of Gloucester, Va., is spending a few weeks with her mother, Mrs. F. S. Duke.

Those that spent Easter home were: Misses Kathleen Vaughn, Gladys Howell; Messrs. Bruce Duke, Claude Duke, Wallace Lawrence, Worth Sears and Leigh Wynne.

Mr. Oscar Parker, who has been clerking at Sebrell, Va., being on his way to the training camp at Petersburg, Va., came home Monday to bid his relatives and friends goodbye.

Mr. T. W. Sears is spending Easter holidays in Raleigh, N. C.

JEFFERSON STANDARD LIFE INSURANCE CO.

Aulander, N. C.,

March 26th, 1918.

Beaton Insurance Agency,
General Agents,
Jefferson Standard Life Insurance Company, Boykins, Virginia.

Gentlemen:-

This is to express my appreciation of the business-like manner in which you have handled the adjustment of the claim of Mr. J. D. Rice, deceased, check for same being received through you very soon after the proofs of death were filed.

Again thanking you and with my sincere wishes for the success of you and your very valuable company, I am,

Yours very truly,

H. M. BURDEN,

Administrator.

Estate of J. D. Rice, deceased.

CALOMEL DYNAMITES A SLUGGISH LIVER

Crashes into sour bile, making you sick and you lose a day's work.

Calomel salivates! It's mercury. Calomel acts like dynamite on a sluggish liver. When calomel comes into contact with sour bile it crashes into it, causing cramping and nausea.

If you feel bilious, headachy, constipated and all knocked out, just go to your druggist and get a 50-cent bottle of Dodson's Liver Tone, which is a harmless vegetable substitute for dangerous calomel! Take a spoonful and if it does not start your liver and straighten you up better and quicker than nasty calomel and without making you sick, you just go back and get your money.

If you take calomel today, you'll be sick and nauseated tomorrow; besides, it may salivate you, while if you take Dodson's Liver Tone you will wake up feeling great, full of ambition and ready for work or play. It's harmless, pleasant and safe to give to children; they like it.

To the Voters of Hertford County.

I hereby announce myself a candidate for the nomination for County Commissioner, subject to the action of the Democratic primary.

F. G. Tayloe.

HOW TO STRETCH A POUND OF BUTTER.

In this day when the price of butter is soaring around 60 cents per pound any suggestions for making it do more are most welcome to the housewife. Mrs. Josephus Daniels has tried the following plan of increasing the family butter supply with the happiest results and has turned it over to the Division of Home Demonstration Work. This Division has also tried it, states Mrs. Jane S. McKimmon, found it good, and in turn, hands it to the public that it may enjoy a thickly buttered slice of bread almost at the same cost that it did a thinly buttered one.

Here is the recipe. Cut a half pound of butter into small pieces and put into a bowl and keep in a warm place until soft but not oily. Heat one cup of milk just to the boiling point, remove and cool until luke-warm. Beat the milk into the butter with an egg whip, pouring in a little until all has been taken up. The resulting mass will be light and creamy and will taste very much like butter fresh from the churn. The color of this butter will, of course, be much lighter than the original pat and will be less salty. If a salty flavor is desired more may be added.

It is needless to say that this product will not stay fresh very long. It is advisable therefore, to keep it upon ice and to whip up only as much as will be consumed in one or two days. Butter balls cannot be made of this product as they will fall to pieces in the making, but it can be molded and cut in squares. Try it; you will find it good and economical.

ALL EFFORTS TO FIND RELIEF MET SAILORS SAYS THIS MISSIONARY

Well Known Mission Worker of North Carolina and Florida Says Peplac Has Installed New Life In Her.

For ten years a sufferer from nervousness and indigestion and unable to find relief in any medicine, Mrs. May A. Gurganious of 1011 Castle Street, Wilmington, states that upon the advice of interested friends she consented to give Peplac a trial, with the result that today she is well on the road to perfect health.

Mrs. Gurganious is well known as a Missionary of the Gospel, not only in North Carolina, but in Florida as well. In both of these States she has been a prominent figure in the work of spreading the doctrine of Christianity.

In commenting on her experience to the Peplac expert, Mrs. Gurganious said: "It's wonderful just what two bottles of Peplac have done for me, I am feeling now like a new woman and that new life has been installed into me. I get up in the morning feeling refreshed and ready to do anything the day may bring forth. It's a pleasure for me to dress my little girl and get her off to school and then take up my household duties, something I haven't been able to do for almost ten years."

Owing to her continued ill health, Mrs. Gurganious found it impossible to continue her religious labors and had to give them up sometime ago. Now however taking science, she began taking Peplac, her health is so improved that she hopes to take up this good work in which she finds so much pleasure.

Peplac, the ideal reconstructive tonic, appetizer, blood and system purifier and invigorant which is spreading health among so many men and women of North Carolina is sold and recommended by Z. V. Bellamy. Try a bottle; it will do all that is claimed for it.

To the Voters of Hertford County.

I hereby declare myself a candidate for nomination for the office of Sheriff of the County, subject to the Democratic Primary.

Bismark Scull.