

**PROGRAMME OF THE ANNUAL  
W. M. U. MEETING OF THE  
WEST CHOWAN AS-  
SOCIATION.**

To be Held at the Buckhorn Church,  
Como, July 30, 1919.

Morning, 10:30.

Song.  
Invocation.  
Address of Welcome—Miss Annie  
Sue Winborne, Como.  
Response—Mrs. J. F. Cale, Roxo-  
bel.

Song.  
Devotional Service—Mrs. E. B.  
Vaughan, Mapleton.

Reports of County Presidents: Ber-  
tie—Mrs. R. White, Askewville;  
Hertford—Miss Bessie Tayloe, Union  
Northampton—Mrs. E. A. Huggins,  
Rich Square.

Report of officers.  
Song.

Why and How to Train a Child  
on Missions—Mrs. N. H. Shepherd,  
Colerain.

Address—The Challenge of Our  
Allies—Mrs. T. J. Battle, New Bern

**Business Hour.**

Roll call, Minutes, Appointments,  
of Committees, report of Nominating  
Committee.

Announcements.  
Adjournment.

**Afternoon.**

Song.  
Devotional Service—Mrs. J. H. Bar-  
nes, Merry Hill.

Plans for Development in the Ju-  
nior Work—Mrs. R. B. Lineberry,  
Colerain.

Our Associational Aims, How to  
Reach Them—Mrs. W. R. Haight,  
Windsor.

Song.  
Address—A Program for World  
Evangelization—Mrs. W. N. Jones,  
Raleigh.

Colored Evangelization—Mrs. D.  
A. Day, Murfreesboro.

Personal Service in a Country Chu-  
rch—Mrs. James Long, Aulander.

Report of committees.  
Adjournment.

**Night.**

Song.  
Devotional Exercise.  
Sermon—Rev. J. W. Whillay.

Song.  
Benediction.

**COLERAIN NEWS.**

Mr. and Mrs. Jarbis of Norfolk,  
are visiting in town at the home of  
Mrs. Matthews.

Miss Annie Grey Stokes, of Wind-  
sor, is spending some time with her  
mother, Mrs. L. E. Stokes.

Mr. and Mrs. Wayland Northcott  
of Norfolk spent the past week end  
with Mrs. Charlie Matthews.

Mrs. L. A. Nowell and son, Lass,  
were visitors in Norfolk this week.

Misses Janie and Allie Sharpe, of  
Harrellsville, were in town on Tues-  
day.

The Goldsboro Orphanage Class  
gave their Annual Concert here on  
Wednesday night. The rain prevent-  
ed a large crowd.

Mr. Joe Sessoms, who has been  
stationed at Camp Upton, returned  
home Wednesday.

Colerain and Windsor played a  
game of baseball here last Wednes-  
day, the score being 11 to 12 in favor  
of Colerain.

Mr. Wycliff Swain, of Danville,  
Va., spent last Friday in town.

Mr. L. H. White left Saturday for  
Chapel Hill to spend a few days.

Rev. Lineberry and Mr. C. B. Mor-  
ris left Monday for Morehead to at-  
tend the mobile school, being held  
at that place.

Mr. Carl Sessoms is now located  
in North Dakota.

Misses Mabel and Louise Britton  
of Norfolk, are visiting at the home  
of Dr. L. A. Nowell.

Mr. T. E. Beasley left Monday for  
Baltimore, where he will spend the  
remainder of the summer.

**Remember**  
That every added sub-  
scriber helps to make this  
paper better for everybody

**HERTFORD COUNTY'S FIRST  
THOROBRED PIG SALE HELD**

County Agent E. W. Gaither through  
the Hertford County Fair Asso-  
ciation treated Hertford County to  
her first Thorobred Pig Sale on the  
Fourth of July.

Ten Hertford County raised tho-  
robre pigs were sold to the highest  
bidder at the fair grounds in compe-  
tition with a very interesting and ex-  
citing base ball game. The fact that  
this rivalry existed and that the ball  
game had the start on the sale and  
that all pigs brought satisfactory prices  
all combine to show that the farm-  
ers and sportsmen of good old  
Hertford are interested in real home  
raised pigs.

The results of these sales marks  
a very good beginning, and the 4th  
of July Pig Sale at the Hertford Co-  
unty Fair Grounds will become a per-  
manent institution. Next year it is  
hoped that the Ahoskie player who  
clouted out that home run will be  
kind enough not to do it just at the  
moment some fellow has made up his  
mind to raise the bid on the best pig  
in the lot.

Farmers and Club members will  
please take pains to have their tho-  
robre pigs registered. One man in  
Hertford County who failed to have  
this attended to has lost at least 250  
on his pigs through neglecting to at-  
tend to this matter at the proper  
time. Insist on the pedigree going  
with the pig whether you are buying  
or selling.

Do not forget that Hertford Coun-  
ty has adopted the slogan, "A Thoro-  
bred sire for every animal born in  
the county by 1922; Make the Best  
Better."

**MEAT INJURIOUS  
TO THE KIDNEYS**

Take a tablespoonful of Salts if Back  
hurts or Bladder bothers—Meat  
forms uric acid.

We are a nation of meat eaters and  
our blood is filled with uric acid, says a  
well-known authority, who warns us to  
be constantly on guard against kidney  
trouble.

The kidneys do their utmost to free  
the blood of this irritating acid, but  
become weak from the overwork; they  
get sluggish; the eliminative tissues clog  
and thus the waste is retained in the  
blood to poison the entire system.

When your kidneys ache and feel like  
lumps of lead, and you have stinging  
pains in the back or the urine is cloudy,  
full of sediment, or the bladder is irri-  
table, obliging you to seek relief during  
the night; when you have severe head-  
aches, nervous and dizzy spells, sleepless-  
ness, acid stomach or rheumatism in bad  
weather, get from your pharmacist about  
four ounces of "Jad Salts"; take a  
teaspoonful in a glass of water before  
breakfast each morning and in a few  
days your kidneys will act fine. This  
famous salt is made from the acid of  
grapes and lemon juice, combined with  
lithia, and has been used for generations  
to flush and stimulate clogged kidneys,  
to neutralize the acids in urine so it is  
no longer a source of irritation, thus  
ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot  
injure; makes a delightful effervescent  
lithia-water drink, and nobody can make  
a mistake by taking a little occasionally  
to keep the kidneys clean and active.

**Loss of Appetite.**

As a general rule there is nothing  
serious about a loss of appetite; and  
if you skip a meal or only eat two  
meals a day for a few days you will  
soon have a relish for your meals  
when meal time comes. Bear in  
mind that at least five hours should  
always elapse between meals so as  
to give the food ample time to di-  
gest and the stomach a period of  
rest before a second meal is taken.  
Then if you eat no more than you  
crave and take a reasonable amount  
of outdoor exercise every day you  
will not need to worry about your  
appetite. When the loss of appetite  
is caused by constipation as is often  
the case, that should be corrected  
at once. A dose of Chamberlain's  
Tablets will do it.

Having qualified as administrator  
of the estate of J. M. Wynn, deceased  
late of Hertford County, North Caro-  
lina, this is to notify all persons hav-  
ing claims against the state of said  
deceased to exhibit them to the un-  
dersigned at Murfreesboro, N. C., on  
or before the 28th day of May 1920,  
or this notice will be pleaded in bar  
of their recovery. All persons en-  
debted to said estate will please make  
immediate payment.

This the 28th day of May 1919.  
Stanley Winborne, Administrator  
of J. M. Wynn.

**EYESIGHT IS OUR  
GREATEST FACULTY**

We can ill spare any one of our  
faculties with which we are endowed  
but of the five senses we can least  
afford to lose that of eyesight; which,  
after all, is but another way of  
saying that vision is our most pre-  
cious gift.

Many people of today are inflict-  
ing grave injury upon their eyesight  
simply because they do not under-  
stand it until too late. Neglect is  
robbing them of good eyesight. The  
moment your eyes give you the very  
slightest concern, the least  
cause for alarm—consult Dr. Mas-  
row, Norfolk's foremost eyesight  
specialist, and let him give your eyes  
scientific examination. He enjoys  
by far the largest patronage and his  
lifetime experience assures immediate  
and lifetime relief and satisfaction.  
Dr. Masrow's office is in the Dick-  
son Building, corner of Granby and  
Tazewell Streets. His charges for  
glasses are within easy reach of ev-  
erybody. Office hours: Sunday 11  
to 12 a. m.; daily, 9 a. m. to 5 p. m.  
Telephone 219—advertisement

**NOTICE OF SALE.**

By virtue of the power contained  
in a certain Deed of Trust, executed  
April 4, 1917, by Willie Manly and  
wife, Minnie Manly, which is duly  
recorded in Book 60, page 54, office  
of Register of Deeds of Hertford  
County.

Default having been made in the  
payment of the debts therein secur-  
ed, at the request of the holder of  
said debt, the undersigned trustee,  
will, on Monday, the 18th day of Au-  
gust, 1919, between the hours of  
10 o'clock A. M. and one o'clock, P.  
M., offer for sale to the highest bid-  
der, for cash, the following describ-  
ed real estate:

Beginning at a corner of the home  
lot of P. D. Manly on Hill Street in  
the town of Winton, and running  
along said Hill Street twelve and one  
half yards a north Course; thence  
an east course a straight line one  
hundred yards to the line of the late  
J. L. Anderson; thence a south course  
twelve and one half yards to the  
corner of the lot of P. D. Manly's  
home lot; thence along said Manly's  
line a west course one hundred yards  
to first station. Containing one-h  
lot in the town of Winton. Same be-  
ing the home place of said Manly.

Place of sale: courthouse door.  
This the 19th day of July, 1919.  
Roswell C. Bridger, trustee.

Having qualified as administrator  
of Mrs. Jennie B. Wynn, deceased,  
late of Hertford County, North Caro-  
lina, this is to notify all persons hav-  
ing claims against the estate of said  
deceased to exhibit them to the un-  
dersigned at Murfreesboro, N. C., on  
or before the 28th day of May 1920,  
or this notice will be pleaded in bar  
of their recovery. All persons en-  
debted to said estate will please  
make immediate payment.

This 28th day of May 1919.  
Thomas B. Wynn, Administrator  
of Jennie B. Wynn.

**An Inside Bath  
Makes You Look  
and Feel Fresh**

Says a glass of hot water with  
phosphate before breakfast  
keeps illness away.

This excellent, common-sense  
health measure being  
adopted by millions.

Physicians the world over recom-  
mend the inside bath, claiming this is  
of vastly more importance than out-  
side cleanliness, because the skin  
pores do not absorb impurities into  
the blood, causing ill health, while the  
pores in the ten yards of bowels do.

Men and women are urged to drink  
each morning, before breakfast a  
glass of hot water with a teaspoonful  
of limestone phosphate in it, as a  
harmless means of helping to wash  
from the stomach, liver, kidneys and  
bowels the previous day's indigestible  
material, poisons, sour bile and toxins;  
thus cleansing, sweetening and puri-  
fying the entire alimentary canal be-  
fore putting more food into the stom-  
ach.

Just as soap and hot water cleanse  
and freshen the skin, so hot water and  
limestone phosphate act on the elimi-  
native organs.

Those who wake up with bad breath,  
coated tongue, nasty taste or have a  
dull, aching head, sallow complexion,  
acid stomach; others who are subject  
to bilious attacks or constipation,  
should obtain a quarter pound of lime-  
stone phosphate at the drug store.  
This will cost very little but is suf-  
ficient to demonstrate the value of in-  
side bathing. Those who continue it  
each morning are assured of pro-  
nounced results, both in regard to  
health and appearance.

**WESTED ENOUGH TO  
START A BUSINESS**

Contractor's Wife Tells Of  
Her Remarkable  
Experience.

"If I had all the money, today,  
that I have spent on medicines be-  
fore I got hold of Tanlac, I could set  
up a nice business," said Mrs. Kate  
Blanton, wife of a well known con-  
tracting painter, and living at 814  
Bois D'Arc Street, Fort Worth, Tex.  
"Seven years ago," she continued  
"I was as well and strong as anybody  
when a complication of troubles set  
in that finally, about a year ago,  
brought me under the surgeon's  
knife. The operation left me so  
weak and run down that my condition  
became alarming. I lost my appe-  
tite, and the little that I forced sour-  
ed and formed gas that pressed so  
on my heart that I felt like I would  
smother to death. I was nervous  
and restless at night and lost so  
much sleep, that by morning I was  
dull and heavy and hardly had en-  
ough energy to get out of bed for a  
week at a time. I suffered from spells  
of dizziness, my head would ache until  
I thought I would go distracted, and  
I felt so miserable all the time I was  
afraid I'd never be fit for anything  
again."

"Some of my friends had been  
benefitted by Tanlac and advised me  
to try it. I sent for a bottle, and  
before I had taken many doses of  
this medicine those headaches and  
dizziness disappeared. My appe-  
tite has returned now, and I can eat  
hot biscuits, sweet potatoes and  
many other things I've had to shun for  
years. My nerves are now steady  
I sleep like a baby and get up feel-  
ing fresh and strong enough to do  
all my housework, and more besides.  
Two of my sons have taken Tanlac  
with gratifying results and all my  
family are now boosting it where-  
ever they go."

Tanlac is sold everywhere by all  
leading druggists.  
(advertisement)

Subscribe to the Herald—\$1.50.

**FARM FOR SALE!**

Great bargain in highly improved, 135  
acre farm, with large dwelling and large  
barns, located in splendid neighborhood on  
improved highway, good neighbors, fine  
water, near the growing town of Whaleville,  
Va., land is adapted to cotton, corn, pea-  
nuts and tobacco, and also potatoes. Come  
down and buy this great "snap." I have  
other farms for sale also at bargain prices.

**E. L. Deans, Whaleville, Va.**

**COMING!**

We are expecting to receive a  
car of **GOOD BRICK**  
every day.

See us for **build-  
ing lime & cement.** We  
have a good supply on hand.

**S. E. VAUGHN AND BRO.**  
AHOSKIE, N. C.

**CITIZENS BANK**

Resumed business Monday, July, 7th 1919.

No accounts closed, and its deposits were lar-  
ger than on any day since it commenced busi-  
ness in 1911. It's day of resuming business  
has been the best and brightest of any day in  
it's history.

An invitation is extended to the public to call  
to see us and meet Mr. J. A. Campbell, it's  
Cashier.

**CITIZENS BANK**

Murfreesboro, North Carolina