

HOME MADE YEAST FOR HOME GROUND FLOUR

Raleigh, August 16.—Home ground flour from home grown wheat makes just as good bread as the wheat flour from other sections of the country, says Mrs. Jane S. McKimmon, who has tested the matter thoroughly in the laboratories of the State College and Department of Agriculture. To help make the best bread from this home ground flour, Mrs. McKimmon suggests that liquid or potato yeast can be used and it is a wonderful substitute for the bought product.

This is the recipe that she uses in making this yeast:

Boil eight medium sized Irish potatoes, peel and mash them until there are no lumps. Add one quart of lukewarm water, one half cup of sugar, two level tablespoons of salt and a cake of compressed, dry, or other good yeast. Put this mixture in a bowl, cover and set in a warm place (85 degrees to 90 degrees) for five hours. At the end of that time pour into quart jars and screw down the tops but use no rubbers, keep in a cool place (refrigerator if possible) and use when it is twenty-four hours old.

One cup of this yeast will raise one quart of flour very quickly. If there is time to spare, one half cup will answer the purpose.

The mixture should be shaken before it is used that the potato may be evenly distributed.

When making a second quantity of yeast use a cup of the old yeast as a starter instead of the dry or compressed yeast.

WHY MERCHANTS SHOULD ADVERTISE

One merchant, who saw a farmer carrying from the express office a large package of goods bought from outside sources, had his eyes opened to the value of local advertising, reports the Goldsboro Record, which tells about the incident in an interesting way. The HERALD would like for every merchant in Ahooskie to read this incident and think about it carefully until he fully understands the message given. The local merchant expects the home paper to do all it can to build up the town, to advertise its possibilities and to be a real community leader. This the paper wants to do and will do whether it receives the full support of all those engaged in business or not. It is to the best interest of the community, however, for our local business men to realize that a sign out on the highway cannot be brought to the home of a customer for him to read.

The Goldsboro Record says: A farmer who was carrying an express package from a city mail order house was accosted by a local merchant with the words: "Why didn't you buy that bill of goods from me?" he asked. "I could have saved you the express, and besides you would have been patronizing a home store, which helps pay the taxes and build up this community."

With characteristic frankness the farmer replied: "Why don't you patronize your home paper and advertise your goods? I read it and didn't know you had the goods I have here, nor do I see your name in the paper inviting me to come to your store."

NOTICE OF SALE UNDER MECHANIC'S LIEN

By virtue of the power conferred upon me by a mechanics lien for work done and material furnished upon a Ford touring car during the month of December, 1922, the said car was left with this lienor for repair by a party whose name is unknown to this lienor during the month of December 1922.

I will sell to the highest bidder for cash the said Ford touring car to satisfy said lien on the same for the amount due of \$60.00

Place of Sale—In front of Liverman's Garage, Winton, N. C.

Time of Sale—Saturday, August 25, 1923, at 3 o'clock P. M.

Terms of Sale—CASH.

This the 8th day of August, 1923.

A. W. LIVERMAN, Lienor.

8-16-2t.

Suffer from sunburn? MENTHOLATUM cools and heals.

THE HERALD—\$1.50 for one year.

Chowan College

Apropos the campaign recently inaugurated and which has gained sufficient momentum to guarantee several additional scholarships, Mrs. R. C. Bridger, of Winton, active leader in affairs pertaining to public enterprises, has composed a poem to "Chowan College." Mrs. Bridger, although not of the Baptist faith, is keenly interested in the work of the scholarship campaign, and says she expects to lend her efforts to the securing of scholarships for the Baptist College at

Murfreesboro. The several Chowan College clubs in eastern North Carolina have been for several weeks engaged in a campaign to provide scholarships. The total number wanted and desired by the officials and friends of the college is 100, and by the dint of hard and consistent work, the college alumnae and friends hope to reach the goal in time for new students to be enrolled for the coming session. Mrs. Bridger's poem is as follows:

Dear Old Chowan with its campus wide, Seats here and there where one may abide And listens to songs of her birds in the trees, And breathe in all nature, that ever can please. Our seat of learning we point to with pride, Each day adds new features, hence changing her tide. Three associations flanked her there, And a life of usefulness she ever will wear. All over this State her monuments stand, Hearts of pure women as broad as our land, Carry on the teachings they learned as a child, From the steps of the college to her rostrum so wide. In every day life, in Church and in State, Her daughters are toiling early and late; That in all of life's duty they may sooner or later, All honor shed on their dear Alma Mater. There christian gentlemen of the old type rule, Were held and rudder to our college school. Torey and Hooper, McDowell and Brewer, Names ever sacred, none could be truer. She was known long ago as the C. B. F. L., Was treasured then, but she looked to the sky And promised her students who came year after year, A college she'd be and for them not to fear. Though she now has passed the three-score mark, She is not a dead wire, but will ever start Ambition and life, to all true souls Who gather there, their lives to mould. Year by year from states of the South, They gather there and from mouth to mouth The praises of old Chowan are sung, For days that are and those just begun. We thank you friends who placed her there In our midst and free from care. She will be as the years roll by, With endowment fund before we die.

MRS. R. C. BRIDGER.

BONDS - RAIN - FIRE

We Write All Kinds of Surety Bonds

Citizens Insurance & Realty Co. Ahooskie, N. C.

AUTOMOBILE - HAIL - TORNADO

Cooper-Riddick Co. INCORPORATED

Wholesale, Feed and Building Material

We have in transit several cars of select Oklahoma and Texas grown Oats. These are probably the best quality oats that have ever been offered on the Eastern market. We also have several cars of number 2 Michigan Rosen Rye. We will be pleased to have your inquiries.

147 East Washington St. Phone 32 SUFFOLK, VIRGINIA

OUR COMMERCIAL PRINTING IS DONE WITH LATEST MACHINERY, NEW TYPE, AND SKILLED WORKMEN

LEGAL NOTICE

North Carolina—Hertford County. In The Superior Court.

J. P. Trant and Lyman Dickerson, partners trading as Trant & Dickerson,

Versus

W. A. Tschumy, Trading as W. A. Tschumy & Company. Notice of Summons and Warrant of Attachment.

The defendant, W. A. Tschumy above named will take notice that an action entitled as above has been commenced in the Superior Court of Hertford County to recover judgment for the sum of \$1,393.65; \$383.64 of which is for balance due on account for barrel staves and headings sold delivered to defendant or his order, and \$1,000.00 of which is for breach of contract of purchase of ten car loads of headings made in 1921; and the said defendant will further take notice that he is required to appear at the office of the Clerk of the Superior Court of Hertford County, in Winton, N. C., on the 27th day of August, 1923, and answer or demur to the complaint in said action or the plaintiffs will apply to the Court for the relief therein demanded. And the defendant will further take notice that a warrant of attachment was issued in said action against the property of said defendant, which warrant is returnable at the time and place above named.

This the 30th day of July, 1923. D. R. MCGLOHON, Clerk Superior Court.

EYE SIGHT-EYE HEALTH

Blindness, Cataracts, diseased eyes, crossed eyes and poor vision due to near sight, far sight, astigmatism or old sight, yield to late methods when other systems have failed.

Under our methods glasses are rarely needed, helpful and proper vision is afforded without them.

DR. J. M. CALHOUN, NORFOLK, VA.

Dean of Virginia Optical Institute 211-214 Board of Trade Building (Across from Postoffice) 8-10-23-ct.

The youngest man in the United States Senate is C. C. Dill, from Washington, age thirty-eight years.

"Well! Strong!"

My Aunt Clara, of R. F. D. 5, Winton, N. C., says: I began to suffer some months ago with womanly troubles, and I was afraid I was going to get in bed. Each month I suffered with my head, back and sides—a weak, aching, nervous feeling. I began to try medicines as I knew I was getting worse. I did not seem to find the right remedy until someone told me of

CARDUI

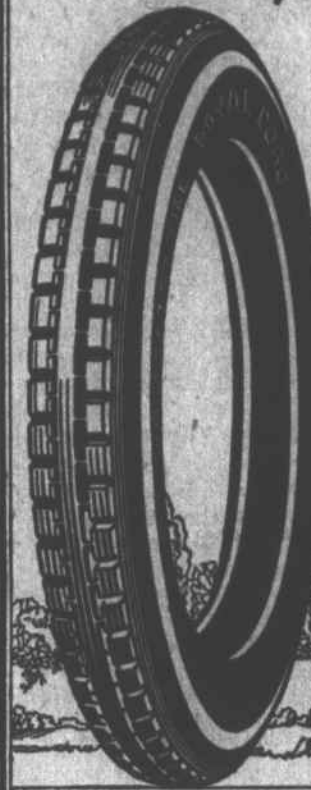
The Woman's Tonic

I used two bottles before I could see any great change, but after that it was remarkable how much better I got. I am now well and strong. I can recommend Cardui, for it certainly benefited me.

If you have been experimenting on yourself with all kinds of different remedies, better get back to good, old, reliable Cardui, the medicine for women, about which you have always heard, which has helped many thousands of others, and which should help you, too. Ask your neighbor about it; she has probably used it.

For sale everywhere.

Here's Good News for the Man who needs a Royal Cord



ROYALS are the only tires in which you get the benefit of the three new U. S. discoveries—Sprayed Rubber—Web Cord and the Flat-Band Method of building a Cord Tire.

Made in all sizes 30 x 3 1/2 and up.

United States Tires are Good Tires



Where to buy U.S. Tires

J. S. DEANS, Ahooskie, N. C. G. J. NEWBERN & CO., Ahooskie, N. C. CHAS. H. JENKINS & CO., Aulander, N. C. G. E. HOLLOWMAN, Coahall, N. C. H. H. TAYLOR, Harrellsville, N. C. E. L. BANKS, Winton, N. C.

ROANOKE FAIR

Williamston, N. C.

NOVEMBER 13th to 16th

Largest PURSES Ever Offered in Eastern Carolina. 6 Thousand 4 Hundred Dollars for Races.

The Great Sheesley Shows

and Trained Wild Animal Arena, thirty-five carloads, all clean, moral and the kind you have never seen.

Six Wonderful Free Acts Day and Night FIREWORKS GALORE

Our specialty the farm and stock exhibits, the largest premiums ever offered you by a county fair. Womans building full of ladies work.

Write for premium book.

J. G. STATON, Williamston or H. M. POE, Rocky Mount

FOUR BIG DAYS AND NIGHTS

Enter and Compete for a Premium

COMMERCIAL PRINTING OF ALL KINDS NEATLY AND PROMPTLY DONE AT THE HERALD OFFICE

SEE! THE MAMMOTH EXHIBIT OF THE UNITED STATES DEPARTMENT OF AGRICULTURE. A FAIR WITHIN ITSELF, OF INTEREST TO ALL HUMANITY.



SIGHTS FOR THE SERIOUS

SCHEDULE OF DAYS

MONDAY—LABOR DAY.

TUESDAY—CHILDREN'S DAY—FREE.

WEDNESDAY—VIRGINIA-CAROLINA DAY.

THURSDAY—NORFOLK-PORTSMOUTH DAY.

FRIDAY—NEWSPORT NEWS-HAMPTON DAY.

SATURDAY—AUTO RACE DAY.

NORFOLK FAIR LABOR DAY, SEPTEMBER 3, 4, 5, 6, 7, 8. EXCURSIONS BY ALL LINES OF TRAVEL.

GREAT OPEN AIR HIPPODROME.

TWO PERFORMANCES DAILY—DAY AND NIGHT.

MAY WIRTH & CO.—PREMIER RIDING ACT OF THE UNIVERSE

CE. DORA

THE GIRL IN THE GOLDEN GLOBE.

THE CROMWELLS—DARING AERIALIST.

SIG FRANZ TROUPE—A REAL EUROPEAN NOVELTY.

SIX STELLAS—ACROBATIC WHIRLWIND BEAUTIES.

BOB DUGAN—"SAFETY LAST" WONDER.

MABEL CODY FLYING CIRCUS—IN DEATH DEFYING FEATS.

PROF. VICTOR'S CONCERT BAND AND SOLOIST.

INTERNATIONAL'S MARVELOUS FIREWORKS.

FUN FOR THE FRIVOLOUS