

NOTICE

Having qualified as Admr. on the estate of R. W. Jones, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 13th day of March, 1915, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

NOTICE

Having qualified as Admr. on the estate of Sarah Lowdermilk, deceased, before W. C. Hammond, Clerk of the Superior Court of Randolph County, all persons having claims against said estate are notified to present them to the undersigned, duly verified, on or before the 20th day of February, 1915, or this notice will be pleaded in bar of their recovery; and all persons owing said estate will come forward and make immediate settlement.

NOTICE

By virtue of the power of sale contained in the mortgage executed by J. M. Smith and wife Emma N. Smith to S. V. Young, dated the 10th day of July, 1908, and duly registered in the office of the Register of Deeds of Randolph County, in Book 127, Pages 543, 544 and 545, and by virtue of the power of sale contained in another mortgage executed by the said J. M. Smith and wife Emma N. Smith to N. N. Newlin, dated the 26th day of January, 1908, and duly registered in the same office, in Book 133, Pages 24, 25 and 26, the undersigned will sell at public auction to the highest bidder for cash at the Court House door in Asheboro, Randolph County, State of North Carolina, on Monday the 23rd of March, 1914, at 1:00 o'clock P. M. the following described real estate, to-wit:



I am looking for WORK!! I am a Soap-Maker. I am a Scrubber. I am a Cleaner. I am a Dirt Eater. I am a Disinfectant. I will wash clothes whiter and with less rubbing. It's the RUB that ruins. I am from Missouri and will show you for five cents. I am Red Devil Lye 5c. FOR GREAT BIG CANS. Half the usual price. SAVE MY LABELS.

J. W. AUSTIN, M. D. Practice Limited to Eye, Ear, Nose and Throat, South Main St., next to P. O. HIGH POINT, N. C.

Wm. C. Hammer R. C. Kelly HAMMER & KELLY Attorneys at Law Office—Second door from street in Lawyers' Row.

DR. D. K. LOCKHART, DENTIST ASHEBORO, N. C. Phone 28. Office over the Bank. Hours, 9 a.m. to 12 m. 1 p.m. to 5 p.m.

CRAVEN & REDDING Lawyers Law Bldg. Asheboro, N. C. General practice. Special attention to land litigation. Criminal practice and collections. Loans negotiated.

DR. JOHN SWAIM Dentist Asheboro, N. C. Office over Postoffice

COLDS & LaGRIPPE 5 or 6 doses 666 will break any case of Chills & Fever, Colds & LaGrippe; it acts on the liver better than Calomel and does not gripe or sicken. Price 25c.

Sale of Valuable Farm Lands. I will sell at public auction on the premises at 12 o'clock A. M., March 21st, 1914, the valuable farm land of A. E. Andrews, deceased, adjoining the lands of Ed Wadford, Joshua Underwood, Mary Easter, Polly Myers of Thomasville, 1 1/2 miles from railroad station on Yadkin Railroad on main public road from Lexington and Thomasville to Asheboro. This is one of the nicest locations for a home in Conrad Hill township, has fairly good house and as good barn and outbuildings as you can find on any farm. This farm is well watered on either side, good well in the yard and ever-flowing spring in barn lot. Daily mail service and telephone connections and one share of stock in telephone company to be sold on same day together with telephone in house, all of which is in good, first-class condition. This property will be sold on above date, rain or shine, and any one wishing to buy will do well to look it over. It is in first-class neighborhood. All parties adjoining owning their homes.

LEE ANDREWS, Admr. of A. E. Andrews, deceased. NOTICE. NORTH CAROLINA. RANDOLPH COUNTY. In the Superior Court, Before W. C. Hammond, Clerk. G. A. Carver, Administrator, et al, vs. James Overman, Columbus Overman, John Overman, and Sarah Overman, Heirs-at-Law of Harriet Record, deceased, Non-residents.

The defendants above named will take notice that an action entitled as above has been commenced before the Clerk of the Superior Court of Randolph County to divide the land held as tenants in common by Caroline Staley and Harriet Record, late of Randolph County and situate in Liberty township in said county, and to sell the half which may be allotted to Harriet Record, deceased, for assets; and the said defendants will further take notice that they are required to appear before the Clerk of the Superior Court of said county on the 22nd day of December, 1914, at the Court House of said county in Asheboro, N. C., and answer or demur to the complaint in said action or the plaintiff will apply to the court for the relief demanded in said complaint. This the 22nd day of February, 1913. W. C. HAMMOND, Clerk of Superior Court.

PRACTICAL TALKS BY GOVERNMENT FARM EXPERTS

No. V. — How to Deepen Soil — Imported Meats. Girls' Canning Clubs.



(Official News Summary of Up to Date Matters Compiled by the United States Department of Agriculture.)

THERE is no question that breaking and pulverizing to a depth of from eight to twelve inches and adding plenty of humus to the soil is economical, according to plant specialists of the United States department of agriculture. "Whether a plant has plenty of food all the time or only part of the time makes a difference between good crops and poor crops. The advice to plow gradually is given solely because the inexperienced farmer may try to plow too deep the first time, thereby bringing to the surface too much of the subsoil.

"In case no winter cover crop is used the level land should be disked or harrowed two or three times during the winter, provided it is dry enough. Give good drainage to all parts of the field, and any cultivation done after the deep fall breaking should be shallow, not more than three or four inches deep. "Generally the plow may be set down eight, ten or twelve inches with impunity. Double plowing—that is, to break at the usual depth and then follow in the same furrow with a narrower plow or a subsoil plow and go down as deep as desired—is better than shallow plowing, though a little more expensive than the use of the disk plow and not so effective. Many trials made on a great variety of soils show that the cost of plowing ten inches deep is on an average about 50 per cent more than ordinary breaking, and in double plowing the initial cost averages \$1.25 per acre.

"No principle in agriculture has been more thoroughly demonstrated than the value of a deep and thoroughly prepared seed bed. The Romans plowed, on an average, nine inches deep, always three times for a crop and in some land nine times. They did not call three inches plowing, only 'scary-fying.' The Flemish farmers were the first to follow the better lines of agriculture after the dark ages. They devoted their efforts to three main points—the frequent deep pulverization of the soil, the accumulation of manure and the destruction of weeds.

"On the sugar plantations of Louisiana the average depth of plowing is from twelve to fifteen inches, and on the Eua plantation in Hawaii the average depth of plowing is thirty inches. These plantations produce the largest crops of sugar cane to the acre in the world. "Experiments made by the farmers' co-operative demonstration agents of the department developed that a thoroughly pulverized seed bed filled with humus has the following advantages: It provides more food because it increases chemical action and multiplies bacterial life in the larger body of soil. It stores more moisture and loses the moisture less rapidly on account of its lower strata and the presence of more humus. It increases the number of roots that a plant growth will throw out and allows them to root deeper and find permanent moisture, and it obviates the necessity of terracing because it holds the water in suspension. "Humus enables the soil to store more moisture, increases its temperature, makes it more porous, furnishes plant food, stimulates chemical action and fosters bacterial life."

Inspection of Imported Meats. Section 545 of the new tariff law provides that meat and meat food products imported into the United States shall be subject to the regulations made by the secretary of agriculture and when duly admitted shall be deepened and treated as domestic meats within the meaning of the federal meat inspection and pure food laws. The regulations of the secretary of agriculture, effective Oct. 4, require that imported meats be accompanied by a certificate issued by the proper authorities of the foreign country, showing that the meat was from healthy animals, verified by an ante-mortem and a post-mortem veterinary inspection at the time of slaughter, and that the meat is sound, healthful, fit for human food and contains no harmful or prohibited ingredients. In addition to this, before admission to the United States a careful inspection at port of entry is made of the meats by inspectors of the bureau of animal

industry, which bureau conducts the federal meat inspection service. The meats which pass inspection are so marked and may then be shipped and handled the same as domestic meats which have received government inspection. The only exemption is for small quantities of meats which are exclusively for the personal use of the consignee, and which will not be offered for sale in the United States. Meats which are found to be unfit for food for any cause are condemned and destroyed for food purposes unless removed from the United States by the owner within a specified time. The enforcement of these regulations should not interfere in any way with desirable additions to our meat supply, but will insure the American consumer protection against foreign meats which are diseased or otherwise unfit for human food.

Canning Clubs. The girls' canning clubs, unique organizations started by the United States department of agriculture among rural girls, have reached a membership of over 33,000. The work is under the control of the farmers' co-operative demonstration division of the bureau of plant industry, which has issued the following statement on the subject: "The club label will always bear the motto 'To Make the Best Better.' Every girl who joins a club is urged to put forth her best efforts to learn and to become skillful. It is a good thing to know about the soil, plants and nature. It is an accomplishment also to learn the arts of cooking and house-keeping. A girl who does this work well for a year will take a decided step toward self improvement and efficiency.

"Fresh vegetables should not be sold unless a profit can be made, and here is where the home canner will come to the rescue. The canned products will usually command a fair price, and they can be kept until the market is ready for them. Care should be taken to see that only first class products are put on the market, because the reputation of the clubs and of the individual members is at stake. Perfect cleanliness and an honest pack are absolutely necessary. There will be no difficulty in creating a strong demand for all of the products if the motto and purposes of the clubs are strictly followed.

"Each member of the clubs must plant her own crop and do her own work. It is permissible to hire heavy work done, but the time must be charged. The garden and products must be carefully measured. Each girl should keep a careful record of her year's work. This will aid greatly in preparing the history and account required in awarding prizes. "Uniform club labels should be used for all products in both tin and glass put up according to demonstration instructions. No member will be permitted to use the uniform labels unless the products conform to the best grade requirement in both measurements and quality. "While it has been pointed out that marketing is not the object of this work, it is a part of it, however. It is



TOMATO CANNING CLUB

realized that each home, after it supplies its own needs, may have something to sell, and the home will be helped if the marketing can be done to the best advantage. "Whenever possible, meetings of the clubs should be held twice a year. It will be well to have a president, one or two vice presidents and a secretary. A simple constitution and bylaws should be adopted. Girls joining the clubs must be between the ages of ten and eighteen years. No girl shall be eligible to receive a prize unless she becomes a member of a club and plants a garden occupying one-tenth of an acre. Members of the clubs must agree to study the instructions of the department of agriculture and such other instructions as may be sent them from co-operating sources."

Milk Easily Contaminated. Milk quickly becomes contaminated when exposed to the air or when placed in unclean vessels, according to dairy experts of the department of agriculture. Milk must be kept cool to prevent the bacteria already in it from multiplying to a point where it is undrinkable. Producers and dealers have done their duty if they give the consumer a bottle of clean, cold, unadulterated milk, free from the bacteria which cause disease. The consumer must then do his part if he wants clean, wholesome milk for himself and his family. Milk dipped from a can or drawn from the faucet of a can may be a source of danger and should be avoided where it is possible to get bottles of milk, according to the special lists of the department of agriculture.

THE TERRIBLE CASE OF MIKE MULLIKAN

Down about old Boston town, in the district of Back Bay, Mike Mulligan had his being, and also ran a dray. But the Fates one day got after Mike, they would not let him be, and so one fine morning he had the pleurisy. Then followed coughs, sore throat and colds, and finally gripe and boils, and sunburn inflammation then—they got him in their coils. Mike also got some bruises, corns, bunions, burns and sprains, he had rheumatic symptoms and lumbago gave him pains. Neuralgia, toothache, felons, crowded fast upon his ills, tonsillitis and pneumonia then knocked him off his sills. The doctor said bronchitis, too, would come most any day, and it looked like Mike might have a job of riding his own dray. But just as death began to dance and mourners all looked grim, a kindly good o'd neighbor said: "Try Gowans stuff on him." And so they took beloved Mike and rubbed him hard all day, and Mike sings Gowans praises now, and Mike still drives his dray. Gowans is Sold and Guaranteed by all Druggists.

THREE SIZES 25, 50 AND \$1.00. GOWAN MEDICAL CO., Concord, N. C.

APPETIZING FISH DISHES.

Sardine Appetizer. To one slice of bread take three sardines, one tablespoonful of ketchup, one tablespoonful of lemon juice and a dash of tomato sauce. Drain the sardines; then remove the skin and bones and spread the fish on the bread. Mix the ketchup, lemon juice and sauce and pour it over the sardines.

Sardines au Gratin. Drain the sardines from the oil. Sprinkle the bottom of a shallow baking tin or pie dish with fine dry crumbs and lay the sardines on them. Squeeze a few drops of lemon juice on each one, strew over them more crumbs, dot with bits of butter, cover and put in the oven. Cook thus for ten minutes, until the fish are heated through. Uncover and brown lightly. Grilled Sardines. Free the sardines from oil, put a small piece of butter in a frying pan and lay the sardines on it. Cook for about five minutes, turning them with a fork, being careful not to break them, and transfer to squares of toast on a hot platter. Serve with sliced lemon or pickles.

Picked Up Codfish. Place a pint of salt codfish in cold water for several hours, pickled into little bits. Drain well and add a pint of rich milk. Put on to cook and when scalded stir in one-fourth of flour mixed to a smooth paste with one-fourth cupful of milk. Stir constantly until the boiling point is reached; then allow to cook over hot water for ten minutes. Just before serving stir in two eggs, lightly beaten. Herring Appetizer. Buy prepared herring and cut them into one inch strips and lay on the plate and garnish with strips of pickles or canned red peppers. Codfish Balls. Wash and pick into very small pieces one cupful of salt codfish. Wash pieces and soak two cupfuls of potatoes cut in uniform size. Mix the fish and potatoes and cook in boiling water, covered, until the potatoes are soft. Drain thoroughly, return to the hot saucepan in which they were cooked and mash thoroughly, being sure there are no lumps in the potato. Add one egg well beaten, one-half tablespoonful of pepper. Beat two minutes and add salt if necessary. Immerse in deep fat and fry one minute; then drain on brown paper. Reheat the fat after each frying. The fat is of the right temperature for frying when an inch cube of bread from the soft part of the loaf will fry to a golden brown in forty seconds. Codfish Fritters. Cut the codfish in strips about the size of the finger. Soak overnight. In the morning dry in a towel, dip each piece in a batter made of eggs, milk and flour and fry brown in hot fat. Codfish Souffle. Use the leftover codfish in a souffle. Mix one cupful of boiled and flaked codfish, one cupful of mashed potatoes, one-half cupful of milk, one well beaten egg, salt and pepper to taste, put into a buttered baking dish and bake until brown. Serve hot.

PURE FOOD LAW HARD HIT BY SUPREME COURT

Justices Decide Unanimously That Law Cannot Be Enforced Unless Government Can Prove Actual Injury to Health.

The national pure food law has received a heavy blow, in consequence of a Supreme Court decision. The Court says in substance that the Government cannot stop the sale of "treated" or adulterated foods, even though they contain poisons, unless it can prove in court that the poisons or harmful preservatives are present in such quantities as actually to injure health. To prove that an unwholesome preservative or coloring material has been used is not enough. The decision was given by Justice Day, but all the other justices agreed with it. The case decided was one in which the Lexington Milling and Elevator Company had bleached flour to an artificial whiteness by a chemical process, using nitrogen peroxide gas. The Government was able to prove that the flour was artificially bleached, but did not prove that anybody's health had been hurt by it. The same principle holds in most other cases under the pure food law. It will be hard for the Government to enforce the law at all if it must prove in every case that the food it condemns is actually poisonous or injurious to health. Officials of the Department of Agriculture are in despair over the decision. It seems to open wide the door for the sale of all sorts of unwholesome, unclean and artificially-colored foods. Dr. Wiley, who was formerly at the head of the Government's pure food bureau, says the pure food law is "killed" by the Supreme Court decision. But Representative Mann, author of the law, approves the decision, and says the law did not attempt to cover cases where the poisonous substance is so small in quantity as to do no harm to health.

Twenty-four men were killed in a gas explosion in a coal mine in Russia Sunday. The explosion was caused by a miner opening his safety lamp in a gas filled chamber to light a cigarette. Monthly Statement of Town of Asheboro Water & Light Dept. for Feb., 1914. J. B. Ward, work on Motor house, \$1.25. J. B. Ward, repair on Engine house, roof and painting same, 3.25. W. S. Rankin, treasurer, 1st quarter water Anya, 16.00. Asheboro Motor Car Co., repair on pipes & Supplies for same Home Bldg. & Material Co. shavings for last month, 13.80. Otis Rich, drayage, 1.50. J. S. Lewis, well rent for Feb, 25.00. M. M. Rogers, salary for Feb., 50.00. Ed Sykes, salary for Feb. 28 days, 42.00. Ed Sykes, rolling coal for Feb. 3.00. Leo Barker, salary for Feb., 50.00. McCrary & Redding, supplies for pump, 23.25. Odell Hardway Co., packing, 2.86. Westinghouse Electric Co., transformer oil, 3.05. G. W. Hilliard agent, freight on car coal, 119.23. Unloading car coal, 5.00. One car coal, 62.13. Wm. C. Robinson & Son, 1 bbl. Cyl. oil, 16.30. Pulling pump rods and pipes at Fur. Pump, 12.82. Parish dray, hauling coal, 3.25. C. L. Cranford, 5 gals. roof paint, 6.25. W. C. Hammer 181-2 cords wood, 37.00. Receipts for Feb., 1914 \$671.36. Profits for Feb., 1914 165.92. \$671.36 \$671.37

CASTORIA For Infants and Children. The Kind You Have Always Bought

Bears the Signature of J. C. Ayer & Co. How New York Birds Keep Warm. The birds have learned to make use of some of the conveniences of civilization. During the recent extremely cold weather in New York thousands of the feathered creatures kept warm by roosting on electric light bulbs; particularly on the small bulbs of the great electric advertising signs.

Advertisement for Potash fertilizer. You must use chemical fertilizers to get bright, smooth Sweet Potatoes. Too much ammonia in sweet potato fertilizer prevents early maturity. Barnyard manure makes the potatoes rough. The proper fertilizer is a chemical mixture containing 8 to 10 per cent of POTASH applied at the rate of one-half ton per acre. This kind of fertilizer has given a 325-bushel yield per acre. For free book on Fertilizer Formulas and directions, and for prices on Potash Salts, write to us. We will send any amount of Potash from a 200-lb. bag up. GERMAN KALI WORKS, Inc. 42 Broadway, New York. Chicago, McCormick Block. Atlanta, Empire Bldg. New Orleans, Whitney Building. Savannah, Bank & Trust Bldg. San Francisco, 25 California St.