

## A CALL TO OUR HOUSEKEEPERS.

Save Meat, Wheat, Fat, and Sugar and Thus Give Substantial Aid to Our Allies. Use a Little Less Sugar and Be Careful to Use Only Enough and Waste Nothing.

Mrs. Jane S. McKimmon, State Agent, Division of Home Economics, says:

"I am thrilled when I think of the part the housewife can play in our country's plans for winning this war. She has suddenly been elevated to the position where she holds in her hand the power to increase or diminish at will the distributing power of the country's food supply. There is not a doubt that housewives understand well what a serious thing the shortage of wheat, meat, fats and sweets is to our Allies on the other side, but it is hard for any woman to believe that the small economies and denials she might practice in her own home would in the aggregate make an enormous difference in what this country would be able to ship to a suffering people.

"One year ago the English citizen was restricted to three-fourths of a pound of sugar per week; in this country the amount of sugar used per person for the same length of time was one and three-fourths pounds. If the Englishman did not suffer in health with his limited amount of sweets, is it not possible for us, the housewives of America, to try cutting off at least three-fourths of a pound of sugar per person from our families' weekly supply? Much of our one and three-fourths pounds of sugar goes off the table in the bottom of the teacups undissolved or is put in an over-sweetened dessert. While the need for sharing with our brothers across the waters is so great, could we not make one and one-half teaspoonfuls do where two were required before, by using a little extra effort in stirring to dissolve it, or in giving up favorite desserts, and using instead our own sweet potatoes and fruits, canned or fresh, which need so little additional sugar?

"With meat our problem is going to be harder. We are so accustomed to its delicious flavors, and our families are so dependent on what they call the main dish of the meal, that much ingenuity in selection of substitutes and careful methods of preparation are going to be necessary. It is the study of how to prepare appealing substitutes for meat and wheat flour that all of us need if we expect to keep a satisfied household. We can do it, women, and for our own satisfaction it will be interesting to keep accounts of just how much we have saved by our efforts.

"The South has already done much in substituting corn meal for wheat flour, but we can substitute still farther, since substitution has become such a vital question. We may add cotton-seed and soybean meal to our wheat bread, and by so doing add also to our supply of meat substitutes, as these products contain in different form the protein so valued in meat.

"If the garbage pail is to be reduced until it will hold only the coffee grounds and the egg shells, we women can see that it is kept small by having our family consume every particle that is taken upon the plate, and 'the gospel of the clean plate' will spread the country over.

"The United States Food Commission has called upon all women who have charge of a household to sign a food pledge card. This card asks that the housewife pledge herself to save particularly the things I have mentioned: meats, sweets, fats, and wheat. Perhaps many of us already have signed a similar card, but in spite of that fact, we are asked to go again on Saturday, the 20th of October, to the nearest school house, hear an explanation of what Mr. Hoover is asking all of us who are willing to do our very best to assist him in this great food conservation movement. To you women who did so much in the summer in planting a garden and in saving the products of that garden by canning and drying, I make a special appeal. Come to the school house on registration day and bring every housewife whom you can with you.

"North Carolina wishes to stand in the very front of the list of States when the patriotic women of the country are registered, and you can do much in placing her there. The Governor is to issue a proclamation calling on all housewives to register for the conservation of food on the 20th of October. Let us respond as patriotically as did our sons and brothers when they were called to register for military service."

## Greensboro and Goldsboro Fairs.

The County Fairs at Greensboro and Goldsboro opened Tuesday. The cold rain interfered badly with the Fair at Greensboro and a small crowd was in attendance. At Goldsboro better weather prevailed and a big crowd turned out. The rains in the afternoon prevented the races.

## MORE MEN SENT FROM SELMA.

Local Board Number Two Sent Quite a Number of Drafted Men to Camp Jackson Last Saturday. More May be Sent on Saturday of This Week.

Selma, Oct. 9.—The following men were sent by Local Board No. 2 last Saturday to Camp Jackson. This does not complete the 40 per cent that is to be sent by this Board, but probably about ten men will be sent next Saturday.

Milford Lynch, Princeton.  
Lary D. Johnson, Clayton.  
John R. Medlin, Clayton.  
Wilson Glover, Kenly.  
Calvin Littleton, Kenly.  
Raiford Brown, Selma.  
Payton Glover, Zebulon.  
William R. Lynch, Selma.  
Wille J. Hines, Princeton.  
Leamon Woodard, Princeton.  
Preston Woodard, Pine Level.  
Herman Edwards, Kenly.  
Charlie Crumpler, Kenly.  
Wiley Thomas Welloms, Selma.  
Jesse Brannan, Kenly.  
Vernon C. House, Selma.  
Thomas H. Crocker, Pine Level.  
John A. Elmore, Selma.  
Charlie Broughton, Selma.  
Jesmond C. Duncan, Clayton.  
Barney Mitchell, Princeton.  
Fred E. Jones, Clayton.  
Lester H. Holt, Princeton.  
Ronie B. Ellis, Clayton.  
Henry A. Flowers, Kenly.  
Walter Sasser, Princeton.  
Burke Seawell, Selma.  
M. L. Phillips, Selma.  
Jesse B. Godwin, Kenly.  
Herbert W. Green, Smithfield.  
Robert J. Stevens, Selma.

The post offices only of these men are given, and it does not mean that the men from the towns named themselves, in fact most of these men live on the R. F. D. Routes.

Quite a crowd gathered at the Opera House to bid these men good-by Saturday afternoon, and a number marched with them to the union station. The men made a good appearance and no more manly and staunch supporters of the government will be found in the camps, than these men from Johnston County.

## SOME CAMP JACKSON NOTES.

The Johnston County boys here at visited the camp last Monday for a Camp Jackson are learning "to soldier" right along. Some of the boys who left home since September 5th are already acting as corporals, policemen, etc. We of Company H, 321st Regiment, think we have the best captain down here. He is doing all he can to get married men released from the service, and several of them will soon know again the quietude of home-life.

Mr. W. A. Rose, of Rocky Mount, was here during the past week for a few hours. He has several friends here who were greatly rejoiced at his unexpected appearance.

Mr. John P. Eldridge left today on a short leave of absence to visit the home folks near Glenwood.

The sanitary conditions of the camp are superior to those of any town we have ever visited. None of the Johnston County boys have been very sick since their arrival, except from inoculation.

The officers here are of the opinion that by January first we shall sail for France where our training will be completed by next spring. By that time the National Army will be ready to strike the enemy, and we are American enough to think that that will be the beginning of the end.

Every mother in the United States who has a son in the army ought to pray for the Y. M. C. A. and the Red Cross. These two great organizations are the soldiers' good angels. A soldier never enters the Y. M. C. A. without hearing the inviting tones of the Victrola or the piano. Three times every week they come to the Y. M. C. A. and hear the best religious service that can be had. The Y. M. C. A. men themselves are the dandiest kind of fellows. One may stay on his feet for ten hours, but no worry will cause his face to frown or his speech to be sharp. If a fellow from the big woods comes in and asks if postal cards will have to be stamped or if stamps in stamp-books are as good as any other, the Y. M. C. A. man never laughs the scornful laugh, but advises the soldier as sincerely as though he were explaining the Liberty Bond or concert schedules.

The Herald at Camp Jackson is a very popular visitor.—H. V. R.  
Camp Jackson, Oct. 3, 1917.

## WHERE NEGRO MEN WILL TRAIN

Negroes of North Carolina To Go To Camp Grant, Illinois.

A newspaper dispatch sent out from Washington and published in Wednesday's daily papers, states that the negro selected men from North Carolina will be sent to Camp Grant, Illinois, for training. The negroes from nearly all the Southern States will be sent to Camps in the North and West.

## BENTONSVILLE NEWS.

The Community Fair Last Week a Great Success. To Have Bond Election November 9th. Good Roads Association Organized. Popular Young Couple Wed.

Bentonville, Oct. 9.—Quite a large crowd of our people attended the Masonic funeral of the late I. I. Thornton at his late residence in Wayne County Sunday.

Our farmers are busy now-a-days picking cotton. We think as short as the crop is this fall it will all be out before much cold weather.

Mr. and Mrs. C. C. Young, of Benson, were visiting relatives in this section Sunday.

Mr. John King, of the Four Oaks section, spent the week-end in this section with his sister, Mrs. K. L. Rose.

The visitors at the Bentonville Fair last Thursday were estimated at 2,000 and all report the best Community Fair ever pulled off. Hurrah for Old Bentonville!

The County Commissioners have granted Bentonville township a bond election to be held on November 9th, for the purpose of voting for or against a railroad bond in behalf of the Central Carolina Railroad Company.

The citizens of this section seeing the need of improvement, have organized the Bentonville Township Good Roads Association with W. H. Britt, President; K. L. Ross, Vice-President, and W. A. Powell, Secretary. They will hold a meeting at Bentonville on Saturday, October 20th, at 2 o'clock P. M., and invite all progressive citizens to come out.

The Bentonville Township Community Fair was a perfect success. This was the first Fair for Bentonville. Now let's get together for a still better and larger Fair for 1918.

Mr. and Mrs. W. W. Cole, Messrs. J. A. Wellons, L. T. Royall, E. J. Wellons, Mr. and Mrs. H. S. Powell, Mrs. G. E. Thornton and Mr. Everett Thornton, Miss Nell Pickens, Miss Myatt and Mrs. Wade, all of Smithfield; Mr. and Mrs. James Rose and Mr. J. B. Benton, of Benson, were visitors at the Bentonville Fair Thursday.

Ex-Sheriff C. S. Powell and son, of the Sanders Chapel section, were visitors at the Fair Thursday.

Miss Elsie Flowers, of this section, and Mr. John Morgan, of the Poplar Grove section, were happily married at the home of the bride's parents, Mr. and Mrs. N. T. Flowers, last Sunday afternoon at 3 o'clock, Rev. T. W. Siler officiating. The happy couple left immediately after the marriage for their future home near Benson.

Miss Julia Williams, of Smithfield, spent the week-end in this section with her parents, Mr. and Mrs. D. J. Williams.

Mr. A. M. Johnson, of Missouri, and Mr. Windberry, of Washington, D. C., were visitors at the Bentonville Fair Thursday.

Mr. C. M. Massengill and Miss Lonnie Massengill spent Saturday and Sunday in Princeton with friends.

## What Could It Have Been?

A little four-year-old girl was enjoying her first visit in the country and, while playing near a brook, made the acquaintance of a specimen of the fauna of the region which she could not name. After carefully observing it for some time, she ran to the house, exclaiming: "O grandma, I saw something so funny down there. It put its hands and its feet in its pockets and swallowed its head. What is it?"—Harper's Magazine.

## GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. 25 and 75 cent bottles. Sold by Creech Drug Co.—Adv.

## NOTICE.

North Carolina, Johnston County, In the Superior Court.

Estelle DeArmand  
vs.  
E. A. DeArman.

The defendant above named, will take notice that an action entitled as above has been commenced in the Superior Court of Johnston County to obtain an absolute divorce from the defendant; and the said defendant will further take notice that he is required to appear at the next term of the Superior Court of said County to be held on the 10th day of December, 1917, at the Court House of said county in Smithfield, 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 6th day of October, 1917.  
W. S. STEVENS,  
Clerk of Superior Court.  
WELLONS & WELLONS,  
Attorneys for Plaintiff.

## FARMING

## Men Listen

Do you realize what the present prices for Farm Products mean? Do you realize that Farming has become about the most profitable business in which one can engage? Do you not know that, with the prevailing prices for everything that is grown in Mother Earth, you can pay for a farm in two or three years, or perhaps less? Don't you know, too, that the price of land is bound to go up? It is the prevailing opinion that cotton and tobacco will remain as high, or higher, for the next four or five years.

## If You Don't buy and Pay For a Farm During Times Like These When Will You Ever Own One?

If you have a few hundred dollars to pay down on a place we can arrange the balance on such terms that you would not be called on to pay out much, if any, more each year than the annual rent would be.

## We Offer the Following:

271 acres 5 miles West of Four Oaks. Three-horse crop open. This farm is well fixed up with buildings, having three good dwellings, two tobacco barns and all other necessary buildings. We can offer you a bargain in this tract of land. It belongs to J. D. Lassiter.

228 acres 4 miles West of Smithfield. This is the Gillis Hood tract, and has about 100 acres of good cleared land. We can sell it at a low price and on easy terms.

38 acres adjoining the corporate limits of Smithfield. This farm is practically in town, and will, in all probability, within a few years, be covered with nice dwellings. Here is an opportunity to make a fortune on a small investment.

469 acres 8 miles South of Smithfield with about an 8-horse crop cleared. This is part of the B. E. Gardner farm. It has one almost new-nine-room dwelling, nine tenant houses, cotton gin, tobacco barns and other buildings. It can be bought at a low price and on long terms.

63 acres within two miles of Wendell, N. C. This is one of the nicest farms we have ever seen. It has about 35 acres of beautiful cleared land and there is not one acre unfit for cultivation on the whole place. It has a beautiful eight-room dwelling, a good tenant house, three tobacco barns and a very large pack house all in the best of shape.

140 acres about 4 miles North of Wilson's Mills. This farm has only about 10 acres of cleared land and no buildings but the land is very fine and we can offer it at a ridiculously low price. This is one share of the old Daniel Eason farm.

194 acres within two miles of Cary, N. C., and 10 miles from Raleigh. Here is the cheapest farm we have ever seen. There are about 50 or 60 acres cleared and the land is very strong. It has two dwellings, one tobacco barn and other necessary buildings. We can sell you this farm at \$25 per acre on good terms.

42 acres 5 miles North from Selma. About 30 acres cleared. Nice dwelling and one tenant house. This is an exceedingly nice little farm and you will be pleased with it.

We also have several other small farms, and we are continually adding more to our list.

## Don't Fail to See Us If You Want to Sell

PLEASE NOTE--If you have a farm you wish to rent, or, if you wish to rent a place from someone, and will leave your name and address with us we will try and put you in touch with the man who can fill your bill. This service will cost you nothing.

## ABELL &amp; GRAY

Insurance and Real Estate

SMITHFIELD, NORTH CAROLINA