

RED CROSS TO COLLECT CLOTHING FOR BELGIUM

Hoover Asks Davison's Aid in Work of Relief

Beginning March 18 and ending March 25, a seven day, nation-wide campaign will be carried on by the American Red Cross and the Commission for Relief in Belgium to secure a minimum quantity of 5,000 tons of clothes for the destitute people of Belgium and the occupied portions of Northern France. At the request of Herbert Hoover, chairman of the Commission for Relief in Belgium, Henry P. Davison, chairman of the Red Cross War Council, has granted the use of the national Red Cross organization for collecting the needed clothing.

As the commission has allowed most of its local committees to disband because of the financial arrangements made last June with the government, it has turned to the Red Cross for help. Where the local committees of the Relief Commission are still intact, they will work side by side with the Red Cross chapters.

The practically entire exhaustion of clothing, shoes, and leather in occupied Belgium and Northern France and the shortage of these necessities in the world's markets are making it increasingly difficult for the Commission to keep clothed and shod the unfortunate people in these territories. In addition to new material, gifts of used and surplus clothing, shoes, blankets, flannel cloth, etc., are needed in large quantities from the people of the United States.

The donations will be shipped at once to the Atlantic seaboard and sent overseas for distribution.

CANTEEN SERVICE FOR SAMMIES IN FRANCE

Red Cross To Serve Boys in The Front Line Trenches

The American Red Cross has just arranged to establish with the American troops in France a front line canteen service similar to that through which they have served more than a million poilus with hot drinks during the last six months, according to a cable just received by the War Council from Major James H. Perkins, Red Cross Commissioner to France.

This will consist of rolling canteens stationed close behind the front line trenches. There are now fifteen of these operating behind the French lines, from which fifty or more large receptacles of hot drinks are sent forward daily, usually in the small hours of the morning. These drinks are served free to the men going on or coming off duty.

This service has proven of such value to the French that the American army has asked the Red Cross to have this service directly in touch with the medical relief stations nearest the front. The work is often done under heavy shell fire and requires men of great bravery and sympathy.

The American army officers are manifesting a keen interest in having this service at the disposal of the American troops and have asked the Red Cross to enlist a substantial number of men of the highest caliber to undertake this work. It will be performed at the point nearest the firing line at which civilians are permitted.

NURSES NEEDED IN MILITARY HOSPITALS

Surgeon General Asks Red Cross To Supply 5,000 Nurses

Surgeon General Gorgas of the United States army has called upon the American Red Cross to supply to the Army Nurse Corps five thousand nurses between now and the first of June. These nurses are needed for service in the military hospitals both in this country and abroad. Although the Red Cross has already supplied nearly 7,000 nurses as a reserve for the Army and Navy Nurse Corps since the beginning of the war, the imperative need for a greater army of nurses grows daily as the war progresses.

According to a statement made by Surgeon General Gorgas, it is estimated that there are between eighty and ninety thousand registered nurses in the United States, and that approximately thirty thousand will be needed for service in army hospitals during the present year. The immediate need for five thousand of these is emphasized.

Miss Jane A. Delano, Director of the Department of Nursing of the American Red Cross said:

"Not only are we appealing to the nurses to volunteer for this service, but we also appeal to the public and to the physicians employing these nurses to aid in making it possible for them, without too great financial sacrifice on their part, to hold themselves in readiness to respond to the call of their country. We wish also to bring to the attention of nurses the unusual opportunity offered by the insurance law enacted for the protection of our army and navy, which applies equally to nurses assigned to duty as members of the Army and Navy Nurse Corps.

"A great responsibility rests upon the nurses of the country. They are the only group of women recognized as a part of the military establishment, and should be looked upon as the representatives of the womanhood of America at the front.

"Not only should the other women of the country encourage nurses to volunteer for service, but they should make every effort possible to protect the nurses holding themselves ready for service and share with them the responsibility and sacrifice necessary."



Pertinent 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 diseases will be attempted.

A Girl's Weak Ankles

It is a sad fact that so many girls from ten to eighteen years old are wearing crude arch props or braces in the hope of overcoming foot weakness thrust upon them by the hideous and unnatural shoes at present in fashion. Parents are getting quite irresponsible and bowing supinely to the fads and fashions of the shoemakers, who seem obsessed with the belief that Nature was all wrong when she designed the human foot.

It is difficult, apparently, for the shoe manufacturer to think that the ball of the foot is naturally the widest part of the foot, and the inside sole line does not naturally turn out to end in a narrowly pointed sole. He assumes that a shoe should cramp the forefoot into a narrow space and twist it as far outward apart from its mate as the law will allow.

Mark the outline of an unspoiled foot on a piece of paper and you will have a sort of a wedge-shaped figure, like this:

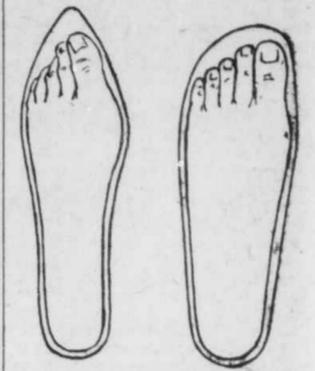


Notice that lines which bisect sole and heel meet at an angle in the foot print, whereas, if you draw bisecting lines through the sole and heel of a fashionable, high-heeled, pointed shoe there is no such angle—the toe is made to turn out. Now compare the naturally shaped shoe; the bisecting lines meet at an angle similar to that of the natural footprint, and hence the naturally shaped last gives comfort to the feet.

The Chinese grew so accustomed to deformed, cramped feet that they actually came to admire such feet. The American people once admired wasp waists and hoop skirts and bustles and other real or imitation deformities. In recent years we have come dangerously near admiring the slouchy debatable posture affected by our young fashionables of both sexes. Narrow high heels are hideous enough on a front row chorus lady, but on a school girl they look tragic indeed.

The little girl's weak ankles are caused by nothing else than bad footwear. Narrow heels which give the foot no stability; out-turned soles,

which force upon her an ankle akin to that of the flat-footed street-car conductor; sharply pointed toes which cramp the forefoot and prevent the physiological use of muscles and ligaments which support the arch. Result, first tired and aching feet, calves, perhaps hip and back; then turning in of the ankles and scuffing off the in-



FASHION'S FOOT AND NATURE'S PLAN. Natural and Unnatural Foot in a Naturally and Unnaturally Shaped Shoe.

ner borders of soles and heels; and finally, broken down arches and flat feet.

Prevent all this lifelong foot trouble by insisting upon sane footwear for the young girls. A foot dressed in naturally shaped shoes looks quite as well, rather much better than a foot foolishly shod with freak footwear, and besides is much more in keeping with the simple refinement of cultured people.

QUESTIONS AND ANSWERS.

Mother Affects Nursing Child.
Young Mother. My four months old baby seems to be constipated much of the time. Does the fact that I am frequently constipated have anything to do with my baby's condition? What shall I give the baby?

Answer: The fact that the mother is frequently constipated may be the cause of the same condition in her nursing child of four months. The fundamental cause of infant mortality is without a doubt weak heredity. Alcoholic drink or excesses in food which disturb the mother react on the child. The remedy is for the mother to select a diet under the direction of a physician, and to give the infant nothing except what is prescribed by a physician in actual attendance.



SANE AND INSANE FOOTWEAR. "Narrow Heels Are Hideous Enough on a Chorus Lady But on a School Girl They Look Tragic Indeed."

Save Crimson Clover Seed.

Raleigh, March 30.—Since the supply of Crimson Clover seed is limited, the present stock on hand being short and no likelihood of further amounts of seed being imported, all seed needed this fall should be saved this spring. Clover means fertility; fertility means better crops; better crop yield means greater prosperity and this all means that more clover must be saved.

Instead of the acreage of clover being decreased this next fall, it should be increased, states Director B. W. Kilgore, of the Agricultural Extension Service. This, he recommends, in spite of a seed shortage. To get this increase in acreage, all seed should be saved before the crop is turned under this spring for soil improvement.

Shall Not Pass.

The most anxious time was the first week of the great German offensive at Verdun two years ago. Fort Douaumont was captured and it looked as if the entire fortress would fall. But the French said: "They shall not pass," and they didn't. It is that spirit that must be depended upon now in the Allied armies.—Springfield Republican.

NOTICE.

The undersigned having qualified as Executrix on the estate of Hafton Hudson, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 26 day of March, 1918 or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.
This 23 day of March, 1918.
MATTIE E. HOLLEY, Ex.



Sticking Type is one thing and **Artistically Designed Advertising** is another. We specialize in the latter—the kind that will make your letter-heads, stationery and advertising matter a credit to your business. See us the next time you need something in the printing line.

TWO CARS OF STOVES AND Ranges just received. Cotter Hardware Company.

WHY HOARD YOUR MONEY when we sell 16 per cent. Acid Phosphate for \$18.75 per ton for the cash. Farmers Mercantile Co., Selma, N. C.

Two Meals a Day Were His Limit

A Pioneer Food Conservator Who Gained Nothing by Saving.

Against His Will He Cut Out One Meal a Day For Five Years.

Experience teaches us that the human body requires food three times in every twenty-four hours and, knowing this, most people wisely follow the practice of eating three times a day. Here is a case, however, of a man who lived for five years on two meals a day. This man, Thomas Poole, 118 North Person Street, Raleigh, says: "For the last five years I have been unable to eat breakfast. I had stomach and Liver trouble and my digestion was very poor. I got up in the morning feeling so weak that I felt more like returning to bed, and I had severe pains in my back and kidneys. A relative recently advised me to try Peplac and I am glad that I did. I now jump out of bed, feeling fine and free from the old pains in my back. I can now eat a hearty breakfast for the first time in five years, and am taking on weight rapidly. Peplac has made life worth living for me and I am sorry that I did not use it long ago."

Inability to eat is one of the penalties that a sufferer from stomach trouble has to pay. Peplac corrects this condition by cleaning out the alimentary tract, putting the stomach in order and toning up the appetite.

The merits of this great constructive tonic will be gladly explained at Hood Brothers where it is recommended and sold. Adv.

FOR BURNS AND OLD SORES, DR. Muns' pile and eczema ointment is a valuable remedy.

I HAVE A NICE JERSEY COW with young calf for sale. John H. Langston, Bentonville, Route 2 N. C.

NOTICE.

The undersigned having qualified as Administrator of the estate of Sallie J. Powell, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 16 day of March, 1918, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.
This 16 day of March, 1918.
W. A. POWELL, Admr.

Makes Hard Work Harder

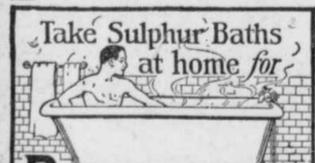
A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

A Smithfield Case

C. A. Bryant, carpenter, R. F. D. No. 1, Smithfield, says: "I suffered from dull pains across my back. In the morning, I was so sore and stiff

that I could hardly stoop to put on my shoes. I had dizzy spells, too. I read of Doan's Kidney Pills and got a box at D. H. Creech's Drug Store. They relieved me of all symptoms of kidney trouble.

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
Foster-Milburn Co. Buffalo, N. Y.



HANCOCK'S SULPHUR COMPOUND nature's own blood purifying and skin healing remedy—SULPHUR—prepared in a way to make its use most efficacious. Use it in the bath; use it as a lotion applied to affected parts; and take it internally.
50c and \$1 the bottle at your druggist's. If he can't supply you, send his name and the price in stamps and we will send you a bottle direct.
HANCOCK LIQUID SULPHUR COMPANY, Baltimore, Md.
Hancock's Sulphur Compound Ointment—50c and \$1—for use with the Liquid Compound.

NOTICE.

The undersigned having qualified as Administrator on the estate of L. E. Parker, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 21 day of March, 1918 or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.
This 21 day of March, 1918.
Q. C. PARKER, Admr.
JAMES D. PARKER, Attorney.

NOTICE—SALE OF TOWN LOT.

By virtue of authority contained in a mortgage deed executed by James A. Pierce and Ora Pierce to the undersigned on February 26th, 1917 and recorded in Book No. 37, page 205 of Johnston County, I will on March 29th, 1918, expose for sale to the highest bidder a lot of land situated in the town of Kenly, N. C., and described as follows:
Being lot No. 8 in block No. 2 in the J. T. Revell plot. Size of lot 50 feet by 150 feet, fronting 50 feet on Tilgham Street, and further known as part of the Jesse Kirby land.
This Feb. 25th, 1918.
WILEY H. HOWELL, Mortgagee.

NOTICE.

North Carolina, Johnston County. In the Superior Court..... Term 1918.

Mattie O. Boniger vs. E. C. Boniger. The defendant above named will take notice, that an action entitled as above has been commenced in the Superior Court of Johnston County to annul the bonds of Matrimony existing between the plaintiff and the defendant, and the defendant will further take notice that he is required to appear at the next term of the Superior Court of Johnston County to be held on the 23 day of September 1918 at the Court House of said County in Smithfield, North Carolina, and answer or demur to the complaint in said action or the plaintiff will apply to the court the relief demanded in said complaint.
This March 30, 1918.
W. S. STEVENS, Clerk of Superior Court.
WELLONS & WELLONS, Attorneys for plaintiff.

NOTICE.

The undersigned having qualified as Admr. on the estate of John T. Futch, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 19 day of March, 1918, or this notice will be pleaded in bar of recovery; and all persons indebted to said estate will make immediate payment.
This 18 day of March, 1918.
JESSE DAUGHRITY, Admr.
F. H. BROOKS, Attorney.

NOTICE.

North Carolina, Johnston County. In a Justice's Court before D. T. Lunceford. Selma Supply Company vs. L. S. Mixan. The defendant above named will take notice, that an action entitled as above has been commenced in a Justice's Court before D. T. Lunceford, Justice of the Peace, in Smithfield township, Johnston County on account alleged to be due the plaintiff by the defendant, which Summons is returnable before the undersigned at his office in Smithfield, in said County and in said Township, on the 30th day of May 1918, when and where the defendant is required to appear and answer or demur to the complaint or the relief demanded will be granted.
This March 29, 1918.
D. T. LUNCEFORD, Justice of the Peace

MORTGAGE SALE OF LAND.

Whereas, R. R. Johnson executed to F. H. Brooks, Trustee, a certain deed of trust on October 15, 1915 to secure payment of \$1,974.15 payable to J. D. Bizzell for the purchase price of tract No. 4 of the Lemuel Jordan farm as will appear from Plot recorded in Plot book No. 1, page 16, Registry of Johnston County, containing 48.15 acres more or less, which deed of trust is recorded in Book No. 8, Page 278, Registry of Johnston County; and

Whereas, the said R. R. Johnson has failed to pay the said note and the said J. D. Bizzell, the present owner of the same, has made demand on the undersigned, trustee, to foreclose the deed of trust aforesaid and collect the money due thereunder;

Therefore the undersigned, trustee, will offer for sale at Public Auction to the highest bidder, at the court house door, in the Town of Smithfield, N. C., on Saturday the 27th day of April, at 12 o'clock, M., the following described tract or parcel of land situated and being in Oneals Township, Johnston County, N. C., being known as tract No. 4 of the Lemuel Jordan farm as will appear from plot recorded in Plot Book 1 Page 16, Registry of Johnston County, containing 48.15 acres more or less. For meets and bounds and a more particular description of said property, reference is made to the plot of said land above referred to.

Terms of sale, Cash.
This March 27, 1918.
F. H. BROOKS, Trustee.

SAVE THE QUARTERS and SEE THE DOLLARS GROW. BUY WAR-SAVINGS STAMPS!

SEED IRISH POTATOES FOR sale at Cotter-Underwood Co.

NOTICE

The undersigned having qualified as Admr. on the estate of Gaston Woodard, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 12 day of March, 1918, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.
This 9 day of March, 1918.
IRA WOODARD, Selma, No. 2, Admr.

Notice of Sale of Personal Property By Administrator.

The undersigned having qualified as administrator on the estate of L. E. Parker, deceased, will on Thursday, April 11, 1918, at the hour of 10 o'clock A. M. at the late residence of the said deceased in Ingrams township, Johnston County, North Carolina, sell to the highest bidder for cash at public auction the personal property of the deceased consisting of one mule, four head of cattle, some hogs, farming utensils, one log cart, one dump cart, corn, fodder, hay, a one-half interest in a saw-mill engine and boiler, two engines, two boilers, two cotton gins, two sets of mill rocks, one corn shredder and binder, one wheat drill, one hay baler, one mower one cutaway harrow, and other articles of personal property.

All persons indebted to said estate are hereby notified to make payment. This 21st day of March 1918.
Q. C. PARKER, Admr.
JAMES D. PARKER, Attorney.

SALE OF VALUABLE LANDS.

Pursuant to the Decree of sale in the special proceedings entitled "Alonzo Parrish and wife, Nellie Parrish, J. G. Godwin and wife, Eva Godwin, Julius Lee, and wife, Nellie Lee, against G. C. Bryan and wife, Lillie Bryan," now pending in the Superior Court of Johnston County, I will sell at public auction to the highest bidder for cash, the following described lands located in the town of Benson, County of Johnston, and State of North Carolina, described as follows, to-wit: FIRST. One lot of land in the town of Benson, and running back 300 feet to Harnett Street, comprising of lots Nos. 8, 9, 10, and 11, in Block "34" according to the revised plan of the town of Benson, made by Riddick, mann and Hales.

SECOND. One lot 75 by 140 feet, fronting on Mill Street, being lot No. 13 in block No. 34, according to said plan of said town.

THIRD. A lot fronting on Wall and Mill Streets 140 feet by 90 feet, the same being Lot No. 3 in block No. 48, according to said plan of said town.

FOURTH. Three lots, containing three houses on Harnett Street, and said houses being now occupied by and 3, in block No. 33, according to Charlie McLean, Neill Furguson and said plan of said town.

FIFTH. Lot No. 8 in block No. 20 according to said plan of said town.

SIXTH. Lot No. 5 in block No. 36 according to said plan of said town, said lot being known as the Home Place, fronting on Main Street about 397 feet and running back 300 feet to church Street.

EIGHTH. A tract of land in the town of Benson, N. C., bounded on the north by Harnett Street, on the East by the lands of Alonzo Parrish, on the south by the lands of J. W. Wood, and on the west by the lands of Nat McLamb, deceased, containing ten acres, more or less.

DATE OF SALE: Saturday, April 6th, 1918, 11 o'clock.

PLACE OF SALE: Postoffice Door, Benson, N. C.

TERMS OF SALE: Cash, upon confirmation by the Court, 10 per cent. cash deposited on day of sale required.

This 22nd day of March, 1918.
N. A. TOWNSEND,

Will Cozart, respectively, said three lots together comprising lots Nos. 2 Commissioner.

Sale of Land for Taxes.

I, W. M. Ives, Town Tax Collector do hereby offer for sale the following lots for delinquent taxes for the year 1916 to be sold at 12 o'clock m., at the Court House door in Smithfield, N. C., on Monday, April 8th, 1918:

White.

J. D. Bizzell, 1 lot\$ 1.20
C. V. Ferrell, 4 town lots.... 2.70
Rand and Lawrence, 1 lot108.20
A. G. Stephenson, 1 lot 6.90

Colored.

James Allen, 1 lot110.77
Bettie Alford heirs, 1 lot 16.45
John W. Byrd, 1 lot 22.05
Rogers Dublin, 1 lot 6.30
J. A. Holden, 1 lot 9.10
Harvey Hodges, 1 lot 9.48
C. H. Hodges, 1 lot 12.86
J. H. Jones, 3 lots 22.95
Milton Kennedy, 1 lot 8.25
John Lassiter, 1 lot 7.90
Oscar Merritt, 1 lot 6.03
Major Smith, (deceased) 1 lot... 13.25
Haywood Smith, 1 lot 13.25
Ed Smith, 1 lot 7.35
Jake Smith, 1 lot 3.30
Easter Sanders, 1 lot 9.10
W. M. IVES, Tax Collector,
Town of Smithfield, N. C.

NOTICE.

The undersigned having qualified as Administratrix, on the estate of John Austin Phillips, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 4th day of April 1918, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment.
This 1 day of April 1918.
BETTIE PHILLIPS, Admr.
Four Oaks, N. C., No. 3.