

HERTFORD COUNTY HERALD

THE LARGEST WEEKLY NEWSPAPER PRINTED IN EASTERN NORTH CAROLINA.

VOL. 6

AHOSKIE, N. C., FEBRUARY 26, 1915.

NO. 6

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Littleton, N. C.

MACHINERY SPECIALISTS

Everything in Machinery and Supplies

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Practice in all courts. Loans negoti-
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Plans and Specifications furnished upon
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Metal Worker
Prices Right.
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DR. L. G. SHAFER
SPECIALIST
in the examination of the Eye and
fitting Glasses at "MANHATTAN
HOTEL" Ahoskie every 3rd Wed-
nesday. Artificial eyes made to
order, perfect fit and match guar-
anteed.
Home office Rocky Mount, N. C.
Cambridge Hotel Building, First
Floor, Phone 662.

Keep It Handy for Rheumatism
No use to squirm and wince and
try to wear out your Rheumatism.
It will wear you out instead. Ap-
ply some Sloan's Liniment. Need
not rub it in—just let it penetrate
all through the affected parts, re-
lieve the soreness and draw the
pain. You get ease at once and
feel so much better you want to
go right out and tell other suffer-
ers about Sloan's. Get a bottle
of Sloan's Liniment for 25 cents
of any druggist and have it in the
house—against Colds, Sore and
Swollen Joints, Lumbago, Sciatica
and like ailments. Your money
back if not satisfied, but it does
give almost instant relief. Buy a
bottle to-day. Adv.

Helps for Home-Makers.

Edited by the Extension Department
of The State Normal and In-
dustrial College.

FOODS—Prepared by Miss Minnie L.
Jamison, Director of the Domestic
Science Department.

ECONOMY IN THE MEAT DIET.
Economy in the meat diet may
be observed in the home not only
by buying the less expensive cuts
and handling them intelligently,
but by using substitutes for meat;
which are valuable as food.

For example:
Eggs in all their combination.
Milk.
Cheese.
Stuffed vegetables (left over
meats).

Peas and beans.
Fish.
Nuts, etc.

SUBSTITUTES FOR MEATS.
Stuffed Onions.

Boil Spanish onions in salted
water until nearly tender; drain
and remove the core. Chop fine a
little cold ham or beef and mix
with the chopped core, adding salt
and pepper to taste. Stuff the
center of the onions with the meat,
cover with cream sauce and bake
until tender.

Cream Sauce.

Melt the butter, add the flour,
mix until smooth; then add the
milk and stir constantly until it
boils. Add salt and pepper and pour
over the onions.

Stuffed Peppers.

Cold-cooked ham, veal or beef,
1 pt.
Milk, 1 cup.
Flour, 3 tablespoons.
Butter, 1 tablespoon.
Salt and pepper to taste.

Heat the milk, melt the butter,
add the flour to the melted butter
and when thoroughly blended
pour into the hot milk. Stir un-
til thick, add salt and pepper and
mix with the meat. Take the core
from the peppers, stuff and bake.

Rarebit.

Cheese (grated), $\frac{1}{2}$ lb.
Cream or milk, 2 3 cup.
Mustard, $\frac{1}{2}$ teaspoon.
Salt, $\frac{1}{2}$ teaspoon.
Cayenne, a dust.

Egg, 1.
Butter, 1 teaspoon.
Toast.

Melt cheese over hot water,
drop the whole egg into the cup
of milk and pour into the melted
cheese, stir until it thickens. Sea-
son. Serve on toast.

Baked Beans.

Beans, 1 quart.
Onions, 1.
Bacon, $\frac{1}{2}$ lb.
Salt, 1 teaspoon.
Mustard, $\frac{1}{2}$ teaspoon.
Molasses, $\frac{1}{2}$ cup.

Chili sauce, 2 tablespoons,
Soak beans over night. In the
morning put them in fresh water
and simmer until shells are soft.
Then pour cold water through
them and put them in the bean pot
with the onion and Chili sauce.
Bury the pork in the bean pot, add
boiling water to the mustard, salt
and molasses, sufficient to cover
the beans and keep them covered
until the last hour. Then lift the
meat to the top and brown.

Rice and Creamed Eggs.

Boil rice until thoroughly tender,
drain, and season with butter or
cream.

Boil the eggs by method 1 for
hard boiled eggs, remove the
shells, cut in equal parts and serve
in cream sauce over the rice.

When there are skins and bones
left from a roast chicken the above
may be made by cracking the bones
and boiling bones and skins to
make sufficient sauce to use instead
of the milk in the cream sauce for
the rice and eggs.

Rice and Creamed Chicken.

Mince cold chicken and reheat
in some of the stock made from
the bones and skins. Cook the rice
so that every grain will be separate.
Place the creamed chicken in the
center of the platter and make a
border of the rice, or

Mold rice, cooked soft as a cereal,
and pour the creamed chicken
(Continued on Page 8)

Attention! Farmers!

The North Carolina State De-
partment of Agriculture will dis-
tribute, to all farmers of the state,
liquid inoculating cultures for all
kinds of peas, beans, peanuts,
alfalfa, vetches, and so on, at fifty
cents an acre as against two dollars
and acre, charged by the leading
commercial companies that handle
this material. Full directions for
treating the seed go with each acre
bottle, and all postage is prepaid
by the Department of Agriculture.
Only acre size bottles are dis-
tributed.

Address all orders to the Com-
missioner of Agriculture and be
sure to send payment with your
order as we are not allowed to
send out the material before re-
ceiving the cost of manufacture
which the Board of Agriculture
has placed at fifty cents an acre.
Approved:

W. A. GRAHAM,
Commissioner of Agriculture.
JAS. L. BURGESS,
Agronomist & Botanist in charge.

EXPORTATION OF CORN FROM NORTH CAROLINA.

West Raleigh, Feb. 23.—All the
corn exported from North Carolina
passes through the port of Nor-
folk, according to W. R. Camp,
Chief of the Division of Market-
ing. For the last ten years North
Carolina has averaged about 140,-
000 bushels per year through this
port, most of the corn going to
Germany. Only the variety known
as Horse Tooth corn has been ex-
ported. This corn brings from five
to ten cents a bushel over Western
corn. South African corn is begin-
ning to enter into active competi-
tion, however. This corn will ger-
minate 98 per cent., while our corn
germinates only 81 to 88 per cent.
Our corn is more prolific than the
South African, so the corn from
the two places stands on equality.
No corn has been exported this
season on account of the war.

T. W. Wood & Sons are reported
to buy about 1,000 bushels a
year of North Carolina Horse
Tooth corn for distribution as seed
in the United States. Norfolk also
handles from 10 to 11 thousand
bushels of other corn from North
Carolina. So under normal con-
ditions this would make the total
amount of sale of North Carolina
corn from 136,000 to 166,000 bus-
hels a year through Norfolk alone.
At the same time a great deal of
corn is shipped from Norfolk and
Richmond into North Carolina.
This should not be so if we had a
proper system of distribution.

Chowan Club.

The Chowan Club of Como was
organized October 26th., 1914
with 14 members, but now the
number has increased to 23.

We have met once each month,
and these meetings are always
enjoyed for we strive to make
the programs interesting as well as
beneficial.

At a recital given under the
auspices of the club on November
30, 1914, the sum of 46 dollars
was realized—which amount was
left in the hands of the committee
of the Alumnae Association, to be
used as they see fit.

Our last meeting was held at the
hospitable home of Mrs. R. A.
Magette, February 15th., 1915.
The meeting was called to order
by the president and then a very
interesting article was read by
Miss Jessie Barrett. After this
the minutes of last meeting were
read and the roll was called by
secretary—each member respond-
ing to her name with an interest-
ing item of news.

After the business session, we
were given a very instructive con-
tact of Familiar Authors, Miss
Eddie Maie Vann receiving the
prize.

The members enjoyed immensely
the social feature offered by their
charming hostess.

The club was invited to meet at
the home of Mrs. J. H. Barnes,
Wednesday March 17, 1915.

One Feature of the Work Worth Over \$500,000.00 Per Year.

Some Excellent Results Shows By a
Summary of a Preliminary Annual
Report By State Agent C. R. Hudson.

The Farmers' Co-operative De-
monstration Work carried on by
our A. and M. College and our
State Department of Agriculture,
co-operating with the United
States Department of Agriculture,
is now in operation in 69 counties
of the State, with a County Agent
in charge of the work in each
county. During the present year
these men had enrolled as demon-
strators and directly under their
supervision, 5,859 farmers. These
farmers were growing for their
own benefit and as demonstrations
in their respective communities
the following crops, where the
best known methods in agriculture
were applied: 11,086 acres of corn,
3,068 acres of cotton, and 55,487
acres of other crops, or a total of
69,651 acres. This is an average
of over 1,000 acres per county in
Demonstration territory.

During the present year these
agents have made 38,607 personal
visits to individual farmers. They
have talked to 104,884 farmers in
meetings attended. They have
probably advised and helped as
many more of which we have no
record. Each demonstration plat
influences from five to one hundred
farmers. Farmers often drive
from eight to ten miles to study
these plats. Aside from this; there
were enrolled about 10,000 other
farmers, some of whom were
visited, and all of whom received
agricultural bulletins, pamphlets,
etc. In this work there is not
much stress put upon the method
of giving instructions or advice by
correspondence, still several let-
ters have been written in reply to
requests for information by farm-
ers. By all of these methods com-
bined, there has probably been
reached 500,000 farmers, most of
them in a practical way.

Aside from this, the growing of
the ordinary summer crops,
another valuable feature of the
work, has been the growing and
planting of 50,737 acres of winter
growing crops. A conservative
estimate of these is that they are
worth at least \$10.00 per acre, or a
total value of over \$500,000.00.
These crops consist of 32,510 acres
of clover; 4,240 acres of grasses,
and 12,987 acres of other crops,
consisting of rye, vetch, rape,
small grain, etc.

During the season County
Agents have started definite sys-
tems of rotation of crops with
1,081 farmers. These will furnish
valuable object lessons in their
respective communities, and will
furnish much valuable information
to Demonstration Agents to be
distributed through their counties.

Teachers' Association.

Notwithstanding the bad roads
and disagreeable weather we had a
good meeting the 5th., of February
at Winton, some of the teachers
coming from the farthest points of
the county. This speaks well for
their interest in the work in which
they are engaged.

Among other important exer-
cises at that meeting a primary
class was at the school building
and a lesson in phonics was taught
by the teacher of that class, so
that every one present might see
the actual work of teaching a
primary class.

We meet on Friday the 5th., of
March at Ahoskie at 10:30 o'clock.
In order to have as much observa-
tion work as possible, Prof. Wil-
kams has been requested to have
the entire Ahoskie school in ses-
sion until 12 o'clock on the day of
our meeting. Every teacher will
be expected to visit one or more of
the different departments to gain
and to impart as much information
as possible. After this we will
have other exercises and transact
such business as may come before
the association.

N. W. BRITTON.

Aulander News

Compiled and Arranged for Herald
Readers by our Regular
Correspondent.

Mr. Thomas Casper has opened
a grocery business near the depot.
Mr. R. J. Dunning is ill at his
home here.

Hon. C. W. Mitchell and Mr.
W. S. Dunning are in Raleigh this
week on business.

Mrs. Rachel Pritchard, who has
been very ill, is improving and the
trained nurse attending her has re-
turned to Norfolk.

Urquart Bros are manufacturing
and shipping a large quantity of
lumber from this point. This firm
recently bought a tract of timber
from Dr. W. J. Harrell.

The brick plant will soon start
up making brick for this season.
Preparation has been made for a
larger output this season, the
orders for last season could not be
filled.

The automobile will go back on
the Windsor route on the first of
March. Mr. Mitchell had sublet
the contract for the month of
February on account of the
weather.

Dr. Herndon of Richmond, Va.,
arrived last week and will locate
here. Dr. Herndon comes well
recommended and will no doubt
give satisfaction here. He is said
to be well up in his profession.
We welcome the doctor to our
town.

The Chataqua here was well at-
tended despite the rainy weather,
and while some loss was reported
financially, the promoters are satis-
fied that the series of entertain-
ment were well worth the cost.
Our people enjoyed the entertain-
ments very much.

Mr. J. W. Herring of this town
has improved the machinery of the
peanut picker and has had his
ideas protected by patents recently
issued. Mr. Herring will shortly
organize a company to manufacture
and market his new machine. It
is said that he already has orders
for seven of the improved pickers
and the outlook is bright for the
new machine. It is said that the
improvements consist of a stem-
ing apparatus which thoroughly
stems the peanuts leaving no stems
at all and insuring a cleaner nut,
also the apparatus which blows
out the inferior peanuts is improv-
ed. Mr. Herring is also working
on an improvement which will do
away with the services of one man
in feeding the machine, the im-
provement is said to automatically
feed the picker.

The boys are beginning to talk
baseball for this season and an
effort will be made to put out a
good team again this season. We
have the best material in the coun-
try here and if the boys remain at
home, a winning team can be had
this year. Several of the last
years team have opportunities to
make the Virginia or Carolina
league and some of them will very
likely try out for these leagues.

January Tobacco Sales.

The tobacco warehouses of the
State sold 22,997,399 pounds of
tobacco in the month of January.
This is according to the report
filed with Commissioner of Agri-
culture. Winston-Salem took the
lead with 4,848,912 pounds. Wil-
son led the market in the eastern
part of the State.

A Test for Liver Complaint Mentally
Unhappy—Physically Dull.

The Liver, sluggish and inactive
first shows itself in a mental state
—unhappy and critical. Never is
there joy in living, as when the
Stomach and Liver are doing their
work. Keep your Liver active
and healthy by using Dr. King's
New Life Pills; they empty the
Bowels freely, tone up your
Stomach, cure your Constipation
and purify the Blood. 25c. at
Druggist. Bucklen's Arnica Salve
excellent for Piles. Adv.

FIRE INSURANCE NOTARY PUBLIC

WALTER L. CURTIS
AHOSKIE, N. C.

DON'T SPEND ALL YOUR EARNINGS

Put some aside for possible sickness, or misfortune.
We welcome small accounts as well as large ones.
The man who has a little money saved is the one who is
in a position to open the door when Opportunity Knocks.
Don't run the risk of loss by fire or thieves, deposit your
surplus earnings with us.

THE BANK OF WINTON
WINTON, N. C.

MONTAUK ICE CREAM TOUCHES THE SPOT

Fills the demand for a dainty dessert, as no other dessert can.
It's the choice of mother, father, sister and brother—and
the boarders, if there be any. It's one subject upon which
the whole family agree. That's because Montauk Ice
Cream is so pure, rich and delicious. Try it!

THE MONTAUK COMPANY, INC.,
Makers of "Purity" Ice Cream and Ices
275 Granby Street NORFOLK, VA.

COMFORT AND CONVENIENCE.

Things are arranged here for your comfort and convenience.
We are equipped to care for your deposits with absolute safety.
We are prepared to aid honest men in developing legitimate
business enterprises.
In short there is no function of a bank we cannot perform
to your complete satisfaction.

Merchants and Farmers Bank
Winton, N. C.

CABBAGE PLANTS.

Every Kind, Millions of Them
\$1.00 per 1,000, 3 to 4,000 85c per 1,000, 5 to 10,000 75c per
1,000. Money with order, been in the business over 20 years.
Guarantee satisfaction in every way.

JAKE LASSITER, Rich Square, N. C.

1904 1914 THE PEOPLES BANK MURFREESBORO, N. C.

Capital and Surplus \$25,000.00
OLD—SAFE—STRONG—RELIABLE.

Are you one of its many patrons?
If so you have aided us in building up
this creditable Institution, and we believe
we have aided you in building up this pro-
gressive community. Together we have
prospered for the past ten years.
Join us with renewed vigor for a con-
tinuation of mutual prosperity.

IT PAYS TO BE ONE OF OUR PATRONS.



A Big Measure of Our Oats

will mean a lot more to your horse than its cost. Our feed and grain put new life in a horse, new strength to his muscles, new lustre to his eye, new glossiness to his coat. Try them on yours. It will take but a short time to prove the advantage of feeding them regularly.

S. E. VAUGHAN, Ahoskie, N. C.

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