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J. L. PARKER

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Health Promotes Happiness

Without health, genuine joy is impossible; without good digestion and regular bowel movement you cannot have health. Why neglect keeping bowels open and risk being sick and ailing? You don't have morining you will have a full, free bowel movement and feel much better. Helps your appetite and never be seen littered with trash horrify the patrons of buil fight-digestion, Try one to-night. Adv. and unsightly objects.

Helps for Home-Makers.

Edited by the Extension Department of The State Normal and Industrial College.

CARE OF HOUSE.

Floors.

fatigue that comes from taking up number who signed it, I will state the carputs and matting, dusting to the public that the statement is them and puting them back!

Is there anything that means more confusion and disorder in the home! What to do to make the that will injure their good name. old floors sightly prevents many

Painted Floors With a Hard Finish.

If an old floor is good, heavy and not too uneven by warping it may be made presentable.

First: Take up all the tacks and have the floor cleaned; then when it is thoroly dry, paint it with two coats of oil paint, allowing it to dry between coats. Then apply a coat of a good brand of "hard floor finish," This is a special form adapted to use on floors; it does not show heal marks can be wiped with a damp cloth, and lasts longer than ordinary floor varnish or wax.

Painted Floors With Wax Finish. Instead of the varnish, a little beeswax may be added to the paint. This will give the finish of a polished floor, and may be wiped off with a damp cloth.

Stain With Wax Finish.

After the floor has been thoroly shellac may be put on. Then a coat of good floor wax may be put trouble. on next. After this has been on for a an hour or two the floor may be polished with a woolen cloth across it.

Stain With Wax Finish. A good hard floor finish, Valspar having been cleaned and stained as aware of the fact. previously stated.

In either of these mothods of finishing, the spots may be wiped up with a cloth slightly damp. altho any great amount of water left on the floor will damage the To the Honorable Board of Comfinish. The floor should be swept missioners of Hertford County; and then rubbed over with a GFERTINGS:woolen cloth moistened with a little oil. This cloth may be fast- d ened on a broom.

Wood Work,

Unless wood work has a grain worth showing, it should be painted rather than stained.

In the colonial houses and in most houses that have been built for a number of years, the wood work is painted white, or ivory tint. One does not tire of this, and if the paint is enameled rather than left dull it is not hard to keep clean.

Stain is a transparent finish intended for use on woods that are beautiful grained by nature. Woods with grain are usually in three steps: filling, and staining. and surface finishing. Filler and stain may often be mixed and applied in one coat. Firms that Benthall, as our road Supervisor. manufacture wood finishes of variour kinds show that cypress and ordinary yellow pine may be made very beautiful by using on them the same grayish, greenish, and brownish stains that are ordinary applied to oak and chesnut. After wood is filled and stained, the surface may be finished with either varnish or wax. The latter is predoes not require skilled labor.

Don't You Say the Same?

If Ahoskie would be attractive to visitors and a healthful place for our homepeople, no food should be exposed to flies in its grocery per crop of baseball wonders who stores, food-shops and market; its have just emerged from the dense to. Take one small Dr. King's hotels, cafes and restaurants should undergrowth.

New Life Pill at night, in the not be swarming with flies and its Cuba will permit no more prize streets and vacant lots should fights. It is supposed that they

Denies Charges.

An article appeared in the colamns of the Herald last week signed L. T. Edwards, accusing the men who got the petition up Mr. T. J. Teaster.

I being one of the men who got absolutely untrue. We have brought no charges against any of the present Board of Subervisors

A copy of the petition will be housekeepers from doing away found in this issue of the Herald with carpets and using rags in- and the public can see for themselves that there is no charges against Mr. Teaster.

As for it being signed without explanation, I can't see it that way and I'm sure that every fair minded man will agree with me after reading the petition. Mr. Edwards also claims he and others have been fooled in signing the petition. Mr. Edwads is a very intelligent man, and a man of his caliber should read before he writes. If he read the petition before he signed it he could not have been fooled as the petition is sufficient explanation. It is also claimed that the petition was gotten up through malice. That is also untrue. There was no malice used. it was strictly a business proposition. As for throwing Mr. Teaster out of office, we did not look at the matter in that way. My understanding is that their term of office expires June 1st. cleaned and dried a coat of stain 1915, and will have to be re apmay be applied. After this has pointed on the above date, and I dried, if the floor is old and of can't see where we will be throwsoft wood, one or two coats of ing any one out of office. Expiration of time will save us that

Mr. L. T. Edwards signed the petition with his eyes wide open, and since that time for some reason fastened on a broom, or with a unknown to the writer Mr. Edweighted brush, rubbing with the wards has changed his mind and is grained of the wood rather than trying to cast reflections on the people who signed it.

Mr. Edwards also claims that the work has been satisfactory, for instance, of the wax, the floor that may be true, but I was not

W. R. HOWARD.

Copy of the Petition.

State of North Carolina, Hert-

Whereas we the un-St. Johns Township Hertford County, N. C., have reasons to believe we should get results from the money spent for public roads in St. Johns Township.

2nd. We believe we will get greater improvements for the same money now spent, if you will nominate and appoint for us a man we truely believe to be fully competent for a Township Supervisor, also one we believe will give the desired time to the work necessary to apply the funds of the Township to the greatest possible advantage for better and more permanent roads.

3rd. We pray your Honorable Board to appoint for us J. C. W. R. HOWARD.

Getting Better.

(Charlotte Observer.) Bradstreet says there "is business in the south; lots of it, and it gets better every day." The cotton mills used more raw material in March by 6,000 bales than in any ferable if it is to be applied by previous month in two years. Of members of the family, since it course there is business in the south-more by a long shot right now than known in the history of this section of a country of which the south is far and away the best

As usual the country has a bum- and valued.

Dr. Alexander to Speak

in Anlander, N. C

Aulander, N. C. April 26 .- Dr Alexander, president of the North

ander and behold, we want to hear already availing himself of the free him again. He takes you captive treatment. Elsewhere over the and binds you hand and foot, makes you remember things you ments you thought were dead and changes the ideals of a life-time in an hour and you are proud of your new convictions.

The speaker comes to us under the auspices of his Union, however, his address will be generally, educational. No admission will be charged for members of the Union and they are cordially invited to be present. A general admission to the public of 15c will be charged in order to defray necessary expenses.

Miss Kate Jenkins, Miss Mar garet Faucett and Mr. C. W. Mitchell Jr. of the Chowan College Glee Club will furnish music. The sweetness, melody and symphony which this talent renders is exceptional and all of our musiclovers await their coming with I impress upon you the great many appreciations.

#### Newspaper Charity.

"Space and copies of his paper go to make up the newspaper man's entire stock in trade," says the Fourth Estate in an editorial shown us that the death rate is them.

"One thing newspaper people ford County, St. Johns Township. The principle is the same in the sanitary ordinances. newspaper office as in the dry I hope the school committees goods store, the grocery, the drug will look into the health conditions store, and what a great many peo- at the school houses. ple need is to come to recognize it The privy is ten times paper charity list.

paper is for sale, not to give away. evil. Heat dries the excrete and It has a certain intrinsic value in the wind blows the germs, also itself that makes it worth money. insects are more numerous in hot Copies of the newspaper are for weather and these are carriers of sale, not to give away. If they disease. There are some privys are worth having, they are worth in our towns situated right on the exceedingly small price asked drains leading to the streets, and for them

"The public, or at least a large portion of it, has some verry er. ters on our streets. Sometimes in roneous ideas about these matters, the summer you can detect the and it is but just to the newspaper folks that these ideas be corrected in accordance with the same business principles that prevail in all receptable to receive the excreta other business establishments.

"In the vast majority of cases, this geneaous charity on the part of newspapers is blusfully taken for granted, and the paper's liberality abused. That which is purely a favor is accepted as a matter of course, and what should be requests are couched as demands.

"When the courtesy has been performed there is rarely appreciation, and more often dissatisfaction-generally silence.

"The result in many other towns and cities has been that a ban has been put upon all free publicity, no matter what its object-even upon the church notice. In those cities such favors as the press bestows are properly appreciated

China and Yellow Perial (Yadkin Valley Priot.) As the pacific coast relaxes ap prebensive interest in the "yellow

peril" China takes it up.

Vance Starts Early.

Holding Free Anti-Typhoid Dispensaries throughout the County.

Vance county is going after of bringing serious charges against Carolina Farmers' Union, has ac- typheid fever. Their new health cepted an invitation of the Chatau- officer, Dr. D. C. Absher, got on que Committee to deliver an ad- the job there a few months ago. The spring cleaning, and the the petition up and one of the large Soth. The speaking will be in the he is starting anti-typhoid vaccidress here Friday evening, April According to an unofficial report, Woodmen half and the hour will nation dispensaries all about over the country. At Kittrell, nearly Most of us have heard Dr. Alex. one person out of every four is county the people are lining up for the treatment before the fly have forgotten, puts life into senti- and typhoid season gets here in full blast.

One enthusiastic Vance county man, in writing of the splendid results they are getting from their whole time health officer, says, "He is a hustler, and he realizes that he can get all the cooperation from the people of this county he wants."

To the People of Hertford County

At present the growing disposition on the part of the medical world is to prevent disease, and enlighten the masses as to the transmission of disease; with this enlightenment should come coufidence and cooperation.

It is the desire of the Board of Health of Hertford county that value of the proper sanitation of the privy. The unsanitary privy is one of the greatest menaces to health in Hertford county, giving us the source of such diseases as typhoid, hook-worm, tuberculosis

entitled, "Objects of Charity." higher in rural districts (country "These two are all that he has to and small towns) than in the large offer for sale tas the public, and no orties. This condition is due to one has ever yet given any sort of the larger cities having sewerage satisfactory reason why he should and to the ensetment and enforceever be asked by anyone to donate ment of proper sanitary regulations. There is no reason why we should not have rural health will never be able to understand is conditions approximating the why any person will walk into a ideal. In the country this is a newspaper office and make himself matter with the individual and I or herself an object of charity and urge you not to neglect this matinsist upon what they would dister of vital importance. In the dain to ask for in any other shop towns I would suggest the enactor place of business in the town. ment and enforcement of proper

agreeable in summer than in winter, "Advertising space in the news- so now is the time to remedy this the first heavy rain that comes washes the filth right in the gutodor of these houses 75 yards.

> The essentials of a sanitary privy are: That it should have a proper as it is discharged, a receptacle which will protect the contents from contact with insects and proper disposition of the excreta. I think the most practicable would be viz: galvanized tub or tubs as receptacles, occupying a vault, which should be made fly proof with a hinge door at back for re moval and empting of tubs. As soon as tubs are full same should be removed and contents buried in the ground, the tubs sprinkled with lime, returned to the vault and door fastened.

> I hope the people will give this matter proper consideration. Plans of construction for privys (sanitary) can be obtained from the N. C. State Board of Health or any physician in the county can get

W. B. POLLARD, Supt. Health Hertford county.

Piles Cured in 6 to 14 Days

## FIRE INSURANCE NOTARY PUBLIC

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WALTER L. CURTIS AHOSKIE N. C.

DON'T SPEND ALL YOUR EARNINGS!

Put some aside for possible sickness, or misfrtune. 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 "Purify" Ice Cr 275 Granby Street NORFOLK. VA.

in this community cary accounts at this bank. Some are checking, others are sayings, while still others are both.
We invite YOU to become a member of our happy family.
Checking accounts are the most convenient me thod of paying bills, and they discourage extravagant habits.
Saving accounts draw 4 per cent interest.

Merchants and Farmers Bank Winton, N. C.

LET ME HAVE YOUR BUSINESS

I have opened up an up-to-date Pressing Parlor in the rear of my stand and solicit the work of the public. Syecial Attention to Ladies' and Childrens' Garments.

Let Me Have Your Order For That Spring Suit or Trousers,

Z. V. BELLAMY, Ahoskie, N. C.

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is often no harder to find than a dollar when you want one in a hurry.

Annex a check book by opening an account at this bank, and protect yourself from such annoyances is the future. We carry many accounts at this bank.

Possibly we have yours, too. If not, we invite you to open an ac-

count today. We will serve you faithfully.

THE PEOPLES BANK MURFREESBORO, N. C. 

Feldman's Bargain Store Is Open For Business.

We will again serve you with genuine bargains. Our bargains are awaiting you. Everything in new Spring Goods.

FELDMAN'S BARGAIN STORE

Newsome's Block AHOSKIE, N. C.