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Tracing Car.....\$140.00
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PRACTICAL PAINTER
And Alabastine Decorator
Home Six Miles North East of
Ahoskie, N. C., R. F. D. 5,
Box 49, Ahoskie, N. C.

How To Cure Colds.
Avoid exposure and drafts. Eat
right. Take Dr. King's New Dis-
covery. It is prepared from Pine
Tar, healing balsams and mild
laxatives. Dr. King's New Dis-
covery kills and expels the cold
germs, soothes the irritated throat
and allays inflammation. It heals
the mucous membranes. Search as
you will, you cannot find a better
cough and cold remedy. Its use
over 45 years is a guarantee of
satisfaction. Adv.

When and How to Use Lime.

Use in Large Amounts to Kill Acidity of the Soil. Two Kinds of Lime.

Mr. C. B. Williams, Chief of the Division of Agronomy of the Department of Agriculture and North Carolina Experiment Station, says there is some danger that in our enthusiasm in reference to the use of lime we may fall into the error of recommending the use of this material in such a way as not to obtain the greatest good. Again, some of us are apt to draw false conclusions from results obtained under certain conditions where this material has been used on a very sour or acid soil. It has been frequently observed that farmers have used lime under such conditions and had the productivity of the soil greatly increased. In fact, it has changed the production from not paying the expense of cultivation into a good money making proposition. The danger from these results has been that the conclusion may be drawn that lime is the only thing lacking in the soil and is all that should be applied from that time on. Such a system will lead to a system of agriculture based upon false principles that cannot survive for a great length of time.

There is no question but what with some of our soils (but relatively a small number in all probability) lime needs to be added to the soil as a plant food. It is believed from a study of the soils in the State for a number of years that the chief benefit derived generally from the use of this material is indirect rather than directly as a plant food. Its greatest usefulness is therefore a corrector of soil acidity and of making the soil suitable for the growth of bacteria which bring decomposition of organic matter and favor the growth of bacteria that form nodules on the roots of leguminous crops. It is not believed that ordinarily the use of very small amounts of lime added frequently will be the most economical way to use this material. If the soil is in need of lime, a few hundred pounds will not meet the requirements. We would say in a general way that at least from 1,000 to 2,000 pounds per acre should be added where lime is required.

Where corn and cotton and other non-leguminous crops are being grown continuously on average soil containing but little or no acidity, it is not believed that the use of a small or even a large amount as a ton per acre is going to give very marked results. But if our farmers are to build up their soils by a rational system of rotation of crops, in which leguminous crops are brought in at frequent intervals, it is believed that the liberal use of lime will pay. In fact, in order to get the best returns, lime must be used liberally under such conditions.

The form of lime that should be used will depend largely upon the cost of actual amount of lime per pound delivered at the farm. It is absolutely impossible for any one in buying this material do it intelligently and wisely unless he requires the seller to give him the guaranteed composition of his product and the price at which it can be delivered to the buyer's nearest railway station. When this information is supplied, it will be easy for the buyer to calculate which will be the cheaper source for his lime. It should be remembered, however, that there are three forms of lime and that 56 pounds of pure burnt lime has the same amount that is contained in 74 pounds of pure hydrated lime and 100 pounds of pure carbonate of lime or ground limestone.

To Drive Out Malaria.
And Build Up The System
Take the Old Standard GROVE'S
TASTELESS CHILL TONIC. You know
what you are taking, as the formula is
printed on every label, showing it is
Quinine and Iron in a tasteless form.
Quinine drives out malaria. The
Iron builds up the system. 50 cents

After Effects of Grip.

State Board of Health Advises Against Dangerous Diseases That Follow Grip.

On account of the serious after effects of grip or influenza does, the State Board of Health feels called upon to issue another warning regarding the treatment of this disease. "Grip does not cause tuberculosis, says the Board, but it lowers the resistance and weakens the bodily functions to such a degree that latent tuberculosis readily becomes active. Laymen used to attribute tuberculosis of the lungs to an attack of grip from which the patient never fully recovered.

It is quite important, the Board advises, that a person with the grip, for grip is no slight ailment, go to bed and have a physician's care. It is the person who keeps up, nurses a cold and cough, and who never gets cured of grip that is likely to come down with pneumonia, tuberculosis or most any other disease.

"But what is really better than curing grip," says the Board, "is to keep it off. By getting plenty of fresh air day and night, by avoiding overworking and excesses of every kind, by keeping regular habits and taking exercise daily, and by getting regular sleep, and avoiding people with colds or grip, you can reduce your liability to contract this dangerous disease almost to a minimum. Keeping up a strong bodily resistance is by far the best safeguard against this enterprising, bold germ."

Politics and Our Policy.

The political pot will soon be warming up, and in a few months, perhaps week, this same pot will begin to boil, in this and adjoining counties. This is a mere prediction, but there is every indication that this a true prophecy. We have no particular objections to this state of affairs—we rather like it—yet something should be said by us, the proprietors of this paper, as to the stand this paper is to take in the coming campaign.

Non-partisan, and non-faction, is the policy of this paper in all that it shall have to say about political affairs, local, county, state or national. This has, of course, nothing to do with the individual opinions of the Herald proprietors and we still claim the right and privilege to cast our ballot and harbor our own political inclinations in any way we see fit, and without fear of any one. But let us place emphasis on the fact that no issue will be taken in the columns of this paper with any faction or party, unless such articles be paid for by the author thereof.

This leads us to announce the rate and conditions under which political advertising will be accepted by the management of this paper. Our regular advertising rates will apply to political advertising, just as for any other advertisement. Every article must be signed by the writer, whose name must be written on the original printer's copy, and be made to appear at the end of the article as it appears in the paper. This rate and condition applies to all alike, without exception.

We reserve the right to refuse any article of such a nature as to lower the standard of this paper.

Now's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.
We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by him.

NATIONAL BANK OF COMMERCE
Toledo, O.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free.
Sold by Druggists. Price 75c per bottle.
Take Hall's Family Pills for constipation. Adv.

Wreck at Ahoskie.

Engine Runs Into Open Switch. Two Cars Demolished—One Hurt.

What came near being a serious wreck occurred at Ahoskie, Friday, January 21. Engine number 817, carrying about seventy-five cars, ran into a switch that had been left open near the depot, and crashed into a string of box cars standing on the siding, right along side the Wellington and Powellsville platform.

Two of the cars on the siding were completely demolished, and several others were thrown off the track, but did not turn over. The engine was not derailed and was only slightly battered up, the cow hooker and headlight being smashed up pretty badly.

Engineer J. W. Bowden, who had charge of the engine, seeing the danger ahead threw on his emergency brakes, and was in some way either thrown or jumped out of the engine, striking the ground on the opposite side of the engine from his regular berth. The fall resulted in a broken ankle and a few minor bruises about the face. He was taken to Dr. Walker's medical office, where the ankle was set by Doctors Walker, Greene, and Mitchell.

The fireman jumped from the cab just before the crash came, and escaped without injury. The wreck was cleared away some time Friday night by a wrecking crew from Rocky Mount. Engineer Bowden was taken to the Coast Line Hospital on the 6:18 train.

Rural Credit: Genuine or Spurious?

The chief recent evidence of an awakening has been the growing demand for having the American Government establish a modern system of rural credit—a demand which was solemnly included in the platforms of the Democratic, Republican and Progressive Parties in the campaign of 1912.

The farmers of this country accepted these platform declarations as meaning something. They began to take on new hope. They knew what Europe had done for her farmers through rural credits, and they said, in the language of Senator Gore, "What Europe has done for her farmers America must do for hers."

Now when the farmers of America heard those platform declarations, they didn't suppose that what was proposed was simply a plan by which they could lift themselves by their bootstraps. They didn't suppose that what the Government meant to say was, "We are going to pass a little bill whereby farmers can organize associations and sell bonds and finance themselves." If that were all, there was no use raising any racket about it or holding out any false hopes. Any state legislature could have done that in half a day any time for fifty years past—or any Congress.

Now let us make our position clear. We don't want to see Congress give the farmers anything; we don't want any gift or subsidy—not even the free seed with which the mails are overloaded at this season. We believed with David Lloyd George, the greatest champion of the masses in Great Britain: "To let them expect all to be done for them by gifts, alms, and charity is not statesmanship. This is the sort of thing that would create a parasite democracy such as ended Rome."—Progressive Farmer.

ANNOUNCEMENT.

I am a candidate for the office of sheriff of Hertford County, subject to the action of our primary.

If nominated and elected I will endeavor to perform the duties entrusted upon me faithfully and well.

J. N. Vann.

Heart Diseases Have First Place.

Census Figures Show That Death Rate From Heart Diseases is Highest.

That heart diseases kill more people in the United States than tuberculosis, pneumonia or any other disease is the statement given out by Director Sam L. Rogers of the Bureau of the Census, Washington, D. C. The death rate for this disease has increased from 123.1 per 100,000 population in 1900 to 150.8 in 1914. This increase raises this disease from its rank as third or fourth in the list of diseases with high death rates to first place.

The above figures are based on the vital statistics reports of the registration area of the United States for the year 1914 which reports embrace about two-thirds of this country's population.

But the greatest significance attached to the fact that heart diseases are now causing more deaths than any other disease is, according to the State Board of Health, the necessity for regulating daily living habits. Overeating, overdrinking, overplaying and overworking are pointed out as the chief causes of this disease. In other words, heart disease is the result of improper living and is after all very largely a matter of personal hygiene. Health experts declare heart disease to be merely the effects of fast and improper living and the inconsiderate treatment given the human body.

There's Money in the Waste Places.

A few weeks ago we remarked that in traveling over the upland South we constantly see farmers almost wasting their time on poor hillsides while rich black bottom lands on the same farm, lands capable of producing three times as much per acre, are not in cultivation. It frequently happens that labor expended on a poor hillside is not giving the laborer a return of more than 50 cents a day for his work, whereas labor expended on the rich bottom lands would pay for labor possibly two or three dollars per day in net profits.

Let's get busy now on the waste areas and put them to work. Patchy, irregular fields not only mean lands that are not working for us, but they mean, too, that we are being kept from using on our farms the horse power and labor saving implements that are necessary to maximum profits. Why not aim in 1916 to have the big, broad, open fields that are such a delight to the eye and that mean good farming?—Progressive Farmer.

Honor Roll of Ahoskie High School.

First Grade—Etta Parker, Audrey Dilday, Estelle Newsome, Lavonia Hill, Ben Mitchell Williams, Madeline Darden, and Nellie May Baker.

Second Grade—Harry Conland Bessie Newsome, Bailey Vaughan, J. B. Whitehurst, and Gilbert Howard.

Third Grade—Mabel Clair Hoggard, Sarah Floyd, and Horace Garrett.

Fourth Grade—Mary Sumner. Seventh Grade—Lois Gerock, Annie Laura Sessoms, and Iola Wooten.

Eighth Grade—Linwood White.

To Cure Children's Colds.

Keep child dry, clothe comfortable, avoid exposure and give Dr. Bell's Pine-Tar-Honey. It is pleasant, soothing, antiseptic, raises phlegm and reduces inflammation. The first dose gives relief, continued treatment with proper care will avoid serious illness or a long cold. Don't delay treatment. Don't let your child suffer. Get a bottle to-day. Insist on Dr. Bell's Pine-Tar-Honey. 25c. at Druggists. Adv.

W. L. Curtis, President. C. I. Perry, Vice-President. J. G. Carter, Sec. & Treas.

The Guarantee Company, Inc.
Capital \$1,000.00
REAL ESTATE, INSURANCE, STOCKS AND BONDS RENTS AND COLLECTIONS
AHOSKIE, N. C.

MOST PEOPLE
in this community carry accounts at this bank. Some are checking, others are savings, while still others are both. We invite YOU to become a member of our happy family. Checking accounts are the most convenient method of paying bills, and they discourage extravagant habits. Saving accounts draw 4 per cent interest.
Merchants and Farmers Bank
Winton, N. C.

"Yes, I Eat Sam Vaughan's Hay and Grain."
That's what makes 'em fat and healthy.
My goods are the very best.
Flour and Salt Specialties.
S. E. VAUGHN, Ahoskie, N. C.

Your Account Solicited, Protected and Appreciated.
We Pay 4 Per Cent on Time Deposits.
Farmers-Atlantic Bank,
Ahoskie, N. C.

Open a Savings Account Today
Add to it frequently and your power in dollars increases, you will be aroused to a consciousness that you have the ability and strength to accomplish much. Think it over.
4% INTEREST ON SAVINGS
BANK OF AHOSKIE
AHOSKIE, N. C.

As The Holidays Are Now Over,
you naturally begin to think of making 1916 the most successful year of any.
And in order to do so we extend to you a cordial welcome to visit our store and let us help you make this year a success by giving you attractive prices on a general line of up to date merchandise, and by helping you, you help us.
And so lets be frank and help each other.

Yours to serve,
HOGGARD & STOKES
AHOSKIE, N. C.

IDEAL SHADE AND CURTAIN HANGER
WHAT IT DOES
1. Hangs shade and curtain combined
2. Fits any size window, shade or curtain pole
3. Instantly attached or detached.
4. Requires no nails, tacks or screws.
5. Holds in position without scarring the wood-work.
6. Can be applied by any one and taken down when house cleaning.
7. Finished and looks like rest of hardware in room.
8. Cannot get out of order.
9. Lasts a life-time.
10. Is a source of comfort and pleasure to every home.
H. L. HARRELL, Sole Agent for Hertford County
COLONIAL HOTEL AHOSKIE, N. C.

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