Only One Way To Stomach Health

Eat Three Meals a Day and Let Stuart's Dyspepsia Tablets Digest Them—The Stomach Soon Recovers After This Brief Rest.

The very worst thing you can do is to starve yourself to overcome stomach misery. Make your meals just as comprehensive as possible. Use Stuart's Dyspepsia Tablets freely for awhile and all trace of stomach trouble will be gone. Dieting is a fallacy. The intensive farming and gardening of the present day forces such quick results that our dietary is lacking in the quantity of flesh-forming elements of former days. Thus we get a surplus of starch; meats are

You Can Make Every Meal Feel Snug.

often despoiled of much of their nutritive quality; the soil is depleted of the amount of vegetable salts it ought to have. We do not obtain the natural ripened fruits and vegetables, hence the stomach requires assistance to digest an overabundance of fibrous material and take care of fruit acids that Nature had no chance to convert into grape sugar. So we need more pepsin than the system can supply, more diastase, more of the natural tonic and preservative properties which ripened vegetation should give us. This deficiency is made up in Stuart's Dyspepsia Tablets and is the only way to have stomach-health under modern conditions.

Try just one box and you will never want to be without this wonderful remedy for stomach troubles. Stuart's Dyspepsia Tablets contain an ingredient, one grain of which will digest 3000 grains of food. They are so entirely harmless because they have absolutely no effect on the system one way or another except to do just the one thing—digest food.

Every drug store sells and recommends Stuart's Dyspepsia Tablets. The price is 50 cents a box.

THE WEATHER

TEMPERATURE.	Lowest last night.	Highest yesterday.
Asheville	26	39
Atlanta	36	42
Augusta	38	46
Brownsville	42	50
Buffalo	24	26
Charleston	40	50
Charlotte	28	40
Chicago	24	30
Helena	-8	10
Huron	8	32
Jacksonville	52	58
Louisville	30	38
Montgomery	44	52
New Orleans	46	48
New York	26	32
Oklahoma	30	—
Raleigh	30	38
Savannah	42	52
Tampa	60	74
Washington	28	36
Wilmington	38	44

Normal for this date: Temperature 35; precipitation .17 inch.

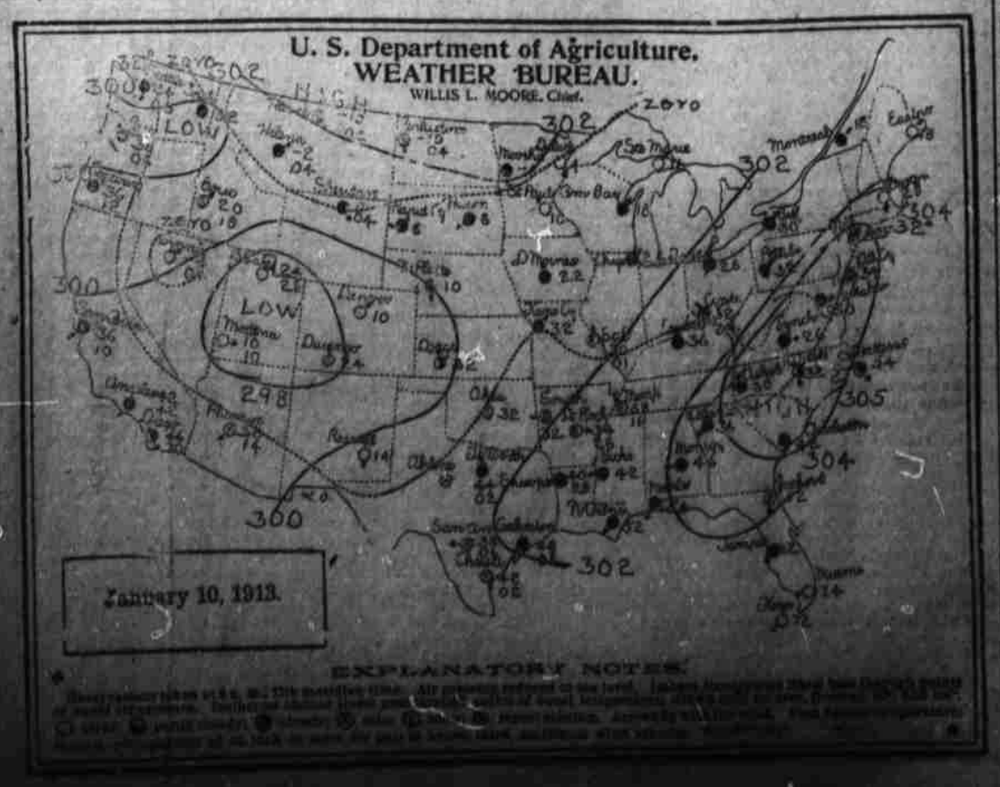
Forecasts until 8 p. m. Saturday for Asheville and vicinity: Rain tonight and Saturday, warmer.

For North Carolina: Rain tonight and Saturday, warmer tonight except in extreme east portion, warmer Saturday in central and south portions; moderate northeast to east winds.

General Conditions (Past 24 Hours).

A storm of moderate intensity which overlies the plateau region and the central Rocky mountain district has caused rain in the Pacific states and rain or snow over scattered areas in the plateau section and the Rocky mountain region. Rains have also occurred in the Arkansas valley, the central Mississippi valley, the gulf states and the south Atlantic states. It is warmer in the gulf and Atlantic coast states, the central Mississippi valley, the southern plains states and the southern Rocky mountain region, while it is colder in the northern Rocky mountain region and the northern plains states. Rain and warmer weather is indicated for this vicinity tonight and Saturday.

T. R. TAYLOR, Observer.



TEACHERS GET LESS THAN LABORERS

In Eighteen of Forty-Three States the Wage Is Less Than $1 a Day.

COAL MINERS GET $600, INSTRUCTORS $485

Russell Sage Foundation Division of Education Makes Public Results of Investigation.

Submitting that the average wage of teachers in the public schools of the United States is less than that of carpenters, coal miners, factory workers and common laborers; that this country has the shortest school year in the world; that schools burn down at the rate of one for every school day in the year and that the system of providing free text books is almost a century old, the Russel Sage Foundation Division of Education made its report on an interstate comparison of school systems. The bulletin is entitled "A Comparative Study of State School Systems in the Forty-eight States" and sets forth that the annual wage of teachers in the public schools is less than $1 a day and that one State rents its convicts by the year for more than it pays its teachers; that the amount for each child invested in school property ranges from $4 in Mississippi to $115 in Massachusetts, and that the providing of free text books in one State resulted in a ten per cent increase in high school attendance.

In eighteen of the forty-eight states, declares the report, the average annual wage of public school teachers amounts to less than $1 a day. In only five States is it more than $2 a day. The highest average salary paid in the United States is $918, in California, and the lowest is $200, in North Carolina. According to this, the average wage of carpenters in the United States is about $802 of coal miners $600, of factory workers $550, of common laborers $513 and of teachers $485. Throughout the Southern States thousands of rural teachers earn less than $150 a year. In one New England State hundreds of teachers earn less than $6 a week. In one county in a Central Atlantic State the average for all teachers is $129 a year. One Southern State rents its convicts to contractors at a little more than $400 a year and pays its public school teachers slightly over $300.

Rhode Island has the longest school year of any State—193 days—but if these 193 days were divided equally among the children of school age in the State the result would be 116 days of schooling each. The report terms this the "effective school year," and compares the forty-eight States on that basis. In nearly a quarter of the States the effective school year is less than three months. As a nation the United States has a shorter school day, a shorter school week, and shorter school year than any other civilized country in the world. American expenditures for public education have more than doubled in the last ten years, according to the bulletin. Today the people of the United States spend nearly a half billion dollars a year on public schools. The expenditure for each child of school age ranges all the way from $3, in South Carolina, to nearly eleven times as much, or $32, in Washington.

The report sets forth that many States, through lack of compulsory attendance laws, or through their nonenforcement, waste much of the money that they expend on their schools. Several States have long school years and short attendance years. The percentage of attendance ranges from about sixty in Maryland and Mississippi to more than eighty in Oregon and Washington. In North Carolina, New Mexico, Arkansas and Alabama the attendance period is so short that the average pupil would need about twenty-two years to complete an elementary course of eight grades of nine full school months each.

In each school system there is a series of leaks through which the children escape before completing the course. Thirty-six out of the forty-eight States have Statewide compulsory attendance laws. Ohio alone has complete legal regulation of schoolhouse construction to insure the safety and sanitation of these buildings.

FINE FOR RHEUMATISM STIFF NECK AND SPRAINS

Nothing like Begy's Mustarine to drive out cold in chest, deep seated coughs or pleurisy.

For only 25 cents you can get a big yellow box of yellow MUSTARINE and Smith's Drug store will tell you that if it isn't better than any plaster, liniment or poultice you ever used, money back.

BEGY'S MUSTARINE absorbs instantly, is very penetrating and that's why it only takes a few minutes to get rid of earache, headache, backache and neuralgia.

MUSTARINE won't soil; won't blister; and is always ready. It's the real good old-fashioned mustard plaster brought up to date with 14 other ingredients added.

Nothing so good on earth for bronchitis, sore throat, croup, stiff neck, lameness, sore muscles, lumbago, sore corns, bunions and callouses. Druggists everywhere. Be sure it's BEGY'S MUSTARINE.

A BLOW IS AIMED AT FREIGHT RATES

Continued from page one.

is one of the moving spirits in the conference.

Governor's Message.

Following is the text of Governor Kitchin's message:

To the Honorable, The Generable Assembly of North Carolina:

The state in all its departments and industries has had unexampled prosperity. The reports from the departments which are transmitted to you, will have your careful consideration. We must continue to go forward. A progressive age requires that we keep rp with the procession or be crushed beneath the ever advancing forces of progress in our search for the joys and rewards of life. The legislature should keep abreast with the best public thought.

The Deficit.

In my inaugural address, after calling attention to the then existing deficit, I earnestly urged the general assembly to keep the appropriations within the limits of our probable revenue. Two years ago I again made the same urgent recommendation to the general assembly. It appropriated $300,000 more than our revenues. Let me again urge that the general assembly, "cut the garment to fit the cloth," and be careful not to appropriate money in excess of our probable revenues.

The Veto.

In this connection I recommend that you submit a constitutional amendment giving the governor the veto power, and in the case of all appropriation bills give him the power to approve them with amendments reducing but not increasing the appropriations. This state is the only one in the union that has not placed the responsibility of approving or disapproving acts of the legislature upon the governor. A governor with no power to forbid bad legislation can have little power to promote good legislation. I can not too strongly urge that the governor be given the veto power. I have conferred with many governors of other states and have found no difference of opinion as to its wisdom and usefulness, and in my judgment it is a practical necessity in the present age to properly safeguard and promote the public interests. Reverting to the deficit, my opinion is that we are not spending too much but collecting too little revenue. I am now satisfied that the property in this state, real and personal, including corporate property, is worth over two billion dollars, and for taxation it is listed at about one-third of its value. You should provide for traveling auditors to visit every county in the state for the purpose of assisting in equalizing, assessing, listing and reporting taxables. If you can not raise sufficient revenue under the present system, you can increase the revenue largely by revising our income tax provision.

Primaries.

To the two preceding legislatures I recommended legalized primaries. I recommend the passage of an act establishing a complete primary system for the nomination of all candidates for all offices, including United States senators. You should also pass a corrupt practices act of a stringent and comprehensive character, including publicity of contributions and expenses before and after election, prohibiting the use of money or other things of value to influence votes, to secure editorial support, or to in any way mislead the people. The publication of any false charge against any applicant for office concerning his political conduct, or reflecting upon his character for the purpose of injuring him in the primaries or in the election should be made criminal.

Prohibition.

For the better enforcement of the prohibition law, I recommend a general search and seizure act to supercede all local acts. For the better detection of criminals of all classes, I again recommend that authority be given the governor to employ agents or detectives, and to retain special counsel to assist the solicitors when necessary.

Public Schools.

Remarkable progress has been made in our public schools. I urge you to continue your liberal policy towards them, having special regard to the elementary schools in which the great majority of our people receive their only education. It is better to give all the opportunity of a good common school education than to give the opportunity of higher education.

State Prisons and Prisoners.

The success of the state's prison has been remarkable, owing largely to the judgment, diligence, and executive ability of its directors and officials. Profits have been large, health good, few escapes have occurred and a large percentage of recaptures have been made. The number of prisoners in the state's prison has increased over 20 per cent in the last four years. The superior courts dispose of about 10,000 criminal cases a year, in which less than 20 per cent are acquitted. Doubtless the recorders, and police justice courts dispose of fully as many. These courts should also be required to report their cases to the attorney general. We must either congratulate ourselves upon the better enforcement of the law or lament the serious increase of crime. While we have no statistics compiled to show it, my information is that we have several, probably four hundred more convicts on the roads than four years ago. We believe there is a more pronounced law-abiding sentiment than heretofore. We have had no lynching or other mob violence in this state in the last four years, though in three instances I deemed it necessary to call out the military to prevent it. During that time we have had fifteen capital executions, three by hanging and twelve by electrocution. Every able-bodied convict that can be safely worked on the public roads should be worked. Many convicts cannot be so worked and the farm is the best place for them. I recommend that the present penitentiary be vacated by the state's prison and that the entire state's prison headquarters, offices, electrocution plant, etc., be moved to the state farm. Suitable quarters can be prepared at the farm for such purposes for $20,000 or less, and the present penitentiary, worth perhaps $500,000 can with proper alterations be put to better use, perhaps for the blind, as that institution needs more land and ought to be moved.

Commutation.

I recommend that the same commutation be allowed for good behavior to all convicts on the county roads as to those in state's prison.

Pardon Board.

I recommend the indeterminate sentence for convicts, and the establishment of a pardon board, to meet at stated intervals to hear all applications for clemency and make recommendations to the governor. In the last four years 1123 applications for pardons have reached me. The number is steadily increasing with the increase of prisoners on roads, in jails, and in state's prison. It grows like any other business in a growing state and especially where the newspapers give the matter so much advertising—often misleading advertising. Whether applications have merit or not they require time. We should have a parole system. New York paroles annually between ten and fifteen per cent of her average prison population. She pardons practically none, only two or three a year out of an average of near five thousand prisoners, and then only when it is thought the conviction was erroneous. North Carolina shows clemency annually to about four per cent of our average number of convicts. I have adopted the conditional pardon as the usual clemency. This is in its essence similar to the parole, but is not as safe for the state or as beneficial to the prisoner as the legal parole.

Aid to Dependents.

I recommend that in all cases where able-bodied convicts are worked by the county or state that inquiry be enjoined upon the courts to ascertain whether there is a wife of children dependent upon such prisoner and in such cases that the county or state be required to pay one-third of the value of such convict's work to the support of such dependents. In many instances the suffering of the innocent for the necessities of life are terrible. In homicide cases another one-third should go to the dependents of the deceased. The state is making money through her convicts. Money making by the state should never be a purpose of punishment.

Convict Aid Roads.

I urge you forthwith to appoint a select committee of two senators and three representatives of recognized experience and judgment to at once visit and examine all the convict roads, look into the condition, and make full report to the legislature,—the Jefferson-Wilkesboro Turnpike Co., the Elkin & Alleghany, the Statesville Air Line, the Mattamuskeet, the South Atlantic Transcontinental, and the Watauga Railroad companies. The governor and the council of state's prison have endeavored to comply with the acts of the general assembly, but have not been able to do so fully, as the legislature has authorized the working of 1000 convicts for stock in the four state aid roads now under construction while we have been unable to supply more than 300 convicts for such work. The state's prison has earned $220,000.00 in railroad stock, for which the state treasurer has not been called on to pay.

School for Feeble-Minded.

The School for the Feeble-Minded has been located at Kinston, and with proper appropriations which you will provide, will at an early date be ready for operation.

Administration Building.

Under an act of the last legislature, I appointed a building commission composed of Hon. Ashley Horne at Johnston, Hon. J. A. Long of Person, Hon. J. S. Carr of Durham, Hon. W. E. Springer of New Hanover, Hon. J. Elwood Cox of Guilford, Hon. Aaron S. Rascoe of Bertie, and Hon. W. L. Parsons of Richmond. The administration building is now nearing completion, facing the capitol on Morgan street, between Fayetteville and Salisbury is the commendable production of their judgment and diligence, and is suitable to the present necessities of the state. You should forthwith provide for its equipment and care.

Light and Power Plants.

I recommend that all water power plants selling power and light to others and all power and light plants serving the public be placed under the jurisdiction and made subject to the control of the corporation commission in all respects as are railroad companies.

Mileage Books.

I again recommend that railroad companies be required to draw mileage from mileage books on the train in accordance with the plan outlined in my last general message.

Judicial Districts.

I recommend an increase in the number of judicial districts from sixteen to twenty.

Deaf and Dumb Directors.

I recommend an increase to nine in the number of directors on the board of the School for the Deaf and Dumb, at Morganton, and that at least one director be a deaf man. Our charitable institutions have met the reasonable expectations of the people. There is pressing need for enlargement of our asylums and particularly of the one at Goldsboro.

Pensions.

I recommend increased pensions for Confederate veterans and their widows.

Factory Labor.

Factory inspection is absolutely essential to the enforcement of our child labor laws, not that all manufacturers fail to obey them but that some violate them. You should provide ample inspection. You should prohibit boys under 16 years of age and all girls and women from night work in factories.

Corporations.

All foreign corporations should be required to obtain license before doing business in this state, and provision should be made to revoke such license for violation of our law, or for failure to submit to the jurisdiction of our courts in all cases of corporations which maintain any established office in this state for the receipt of money or the transaction of business, whether of manufacture, transportation, or commerce.

Roads and Drainage.

In the last four years more miles of good roads have been constructed, and more acres of swamp lands reclaimed than in the preceding 30 years. I recommend the creation of a state highway and drainage commission, and that the state be authorized to take at par the bonds of counties issued at 5 per cent for good roads, and issue state 4 per cent bonds to obtain the money to pay for them, to run for 40 years on the plan recommended by me two years ago.

Freight Rates.

I recommend that you authorize the employment of counsel and special agents to assist the corporation commission in its efforts to obtain justice for our cities and towns in interstate commerce freight rates, to the end that all unjust discrimination be abolished. Suitable appropriation should be made for this purpose. I made recommendation for continuance of such appropriation four years ago, but the legislature failed to grant it.

Public Health.

The usefulness of the public health department has been multiplied in the last few years. I recommend that the appropriation for that department be increased, and that provision be made for gathering vital statistics throughout the state. I recommend that you authorize the commissioners of the several counties in their discretion to establish county hospitals.

Library Commission.

The North Carolina library commission was created by the general assembly of 1909, and was granted an annual appropriation of $1500 for the promotion of library extension. Through it a general public library law has been enacted, now public libraries have been established, library institutes have been held, helps for public school libraries have been issued, a library magazine has been published, the need of a legislative reference library has been emphasized, and a campaign now generally endorsed by civic, educational, agricultural associations of the state for a system of traveling libraries has been waged. Since the work of the commission clearly furthers public education and in view of the fact that traveling libraries are operated in 29 states to the great advantage of the rural population especially. I recommend that the commission's appropriation be increased to $7500 annually in order that it may extend its advisory work and begin the operation of traveling libraries.

Valuation of Railroad Property.

Railroad property should be physically valued by an expert or experts under the corporation commission.

Divorce Statistics.

Divorce statistics should be kept and compiled showing race and nativity of parties, and reported to the attorney general.

Challenges.

The number of peremptory challenges in criminal cases should be made the same for the state and the prisoner.

Torrens Land Title System.

The Torrens land title system should be authorized on a voluntary basis.

Fish and Oysters.

Our fish and oyster industries, exclusive of fish for fertilizers, have been declining. They should be developing and paying a handsome revenue to the state. In my opinion no part of the state's internal material business so greatly demands your attention as the fish and oyster industry. This is a state matter, and you should so regard it, and enact laws and provide for their enforcement from the standpoint of the public. I commend to your consideration the views of our state geologist on this important subject. It became necessary for the fish commission to borrow the sum of $2377.66 upon the advice of the geological board, the note being also signed by the members of that board and members of the special committee appointed by the legislature of 1909.

(Continued on page 4)

VICK'S Croup and Pneumonia SALVE

No Department Without Some Bargains

We want yon to expect some bargains in every department. We have in some instances broken lots and have priced them to move readily, some discontinued numbers which we are anxious to dispose of and of course you are the gainer.

Make it a point to come in and inspect our offerings. You know by now

It Pays to Trade Here.

People's Department Store

40-42 PATTON AVE.

TALK BUSINESS Phone 1787

WHITESIDE PRINTING CO.

22 S. Pack Sq.

284-3

PALAIS ROYAL

5 & 7 S. MAIN STREET

Saturday Morning Great Bargain Sale

1000 yards 32 in. Dress Gingham, stripes and checks, 10c and 12 1-2 value at

7 1-2c

1000 yards good 36 in. Percal at

10c

2000 yards high-grade Galatea 20c quality, all colors at

15c

3000 yards 40 in. White Lawn 12 1-2c value at

10c

500 yards Fruit of Loom, Bleaching, 12 1-2 quality at

9c

1000 yards Curtain Swiss, 12 1-2 quality at

10c

SATURDAY MORNING WHITE SALE

200 pretty white Muslin skirts, trimmed with embroidery, $1.50 value at

98c

75c Muslin gowns at

49c

$1.50 Muslin gown at

98c

39c Corset Covers at

25c

50 dozen children's Muslin Pants for

10c a Pair

MILLINERY SALE

All winter millinery at half price and less. $5 and $6 fine hats at

$2.98

All winter Suits and Coats 1-3 off in price. It will pay you to get our prices before buying. Big sale Black Cat Hose, the best on earth, will wear twice as long as other makes at 15c, 25c, 50c, and $1.00.

Follow the big crowd and go to the Palace Royal Saturday, at 5 and 7 S. Main St, the Money-Saving Store.