

WAR SHIPS NOT EXPECTED UP TAR RIVER

So sit steady in the boat, house your crops and take FIRE INSURANCE on your cotton and Tobacco, and you will be protected. The war scare will be over in 90 days and your crops will be in great demand.

Don't get alarmed as the country is in the best financial condition in history of the nation. The banks have plenty of money to handle crops the size of our present one. We will insure your tobacco in your pack houses and your cotton anywhere on earth. If you haven't the cash we will write it on time.

If you want any Life insurance we have a few policies left and will be glad to serve you in this line. Brace up and take life easy it is bound to come our way soon.

Yours to serve,

REAL ESTATE

J. A. TURNER

INSURANCE

Don't put it off. Come and get your insurance to-day

Suffered Twenty-One Years-- Finally Found Relief

Having suffered for twenty-one years with a pain in my side, I finally have found relief in Dr. Kilmer's Swamp-Root. Injections of morphine were my only relief for short periods of time. I became so sick that I had to undergo a surgical operation in New Orleans, which benefited me for two years. When the same pain came back one day I was so sick that I gave up hopes of living. A friend advised me to try your Swamp-Root and I at once commenced using it. The first bottle did me so much good that I purchased two more bottles. I am now on my second bottle and am feeling like a new woman. I passed a gravel stone as large as a big red bean and several small ones. I have not had the least feeling of pain since taking your Swamp-Root and I feel it my duty to recommend this great medicine to all suffering humanity. Gratefully yours, MRS. JOSEPH CONSTANCE, Echo, La. Rapids Par. Personally appeared before me, this 15th day of July, 1911, Mrs. Joseph Constance, who subscribed the above statement and made oath that the same is true in substance and in fact. WM. MORROW, Notary Public.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.
Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention the name of this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

How To Avoid Hessian Flies On Wheat.

I am preparing to sow wheat before the middle of October and some say that it is too soon, as the Hessian Fly will attack it. What is the Hessian fly, and what does it do?
It is always best to wait till there has been a white frost before sowing wheat, as the frost checks the fly. The Hessian fly is an insect that lays eggs in the base of the wheat and the worm-like insect eat the wheat stalks and finally go into the pulp or dormant state in the base of the plants and come out perfect flies in the spring and lay more eggs and hatch more larvae to eat the wheat. Wheat sown after frost is seldom attacked.—The Progressive Farmer.

"GETS-IT," 2 Drops, Corn Vanishes!

The Only Sure Remedy of All Corns
Desperate, are you ever trying to get rid of corns? Quit using the formulas under new names, bandages, winding-tapes, hot cotton ruffs that make a fat little package out of your



This is the only...
"GETS-IT" is sold by druggists everywhere. A bottle, or sent direct to you. Price, 25c.
"Gets-It" is sold in Louisville, Ky. by Beasley-Alston Drug Co.

Why Household Economics Should be In Public Schools.

The following splendid paper was read before the Rutherfordton Co. Teachers Ass'n in their Oct. meeting by Mrs. Rosamond Ragsdale, who is teaching Household Economics in the Graded school of Rutherfordton. It received many compliments there and is worthy of the careful reading of the entire public. The paper follows:

The woman who presides over her household should consider as one of her most important functions the purchase of food and its storage preliminary to its use in the kitchen more attention to this one thing must be given by the woman who lives in the county, if intelligence and care are lacking, money will be lost, food less wholesome, the table much less attractive than it should be. Scientific research has thrown much light on many processes concerned, whereby the householder may be benefited. The health and efficiency of the family is the chief objects of her care, and its end well worth the effort.

"Efficiency" seems to be the slogan of the business world today, men are everywhere discussing it. Efficient engineers are being sent into shop and factory to make observations, and by these observations build up the efficiency of that shop or factory, thereby saving time and money for the employer and giving the employees shorter hours and more money.

By applying these efficiency principles Manufacturers are enabled to save a great many dollars per day.

"Brandeis in his famous railroad rate hearing in Washington showed that if the railroads would work under conditions of scientific management they could save a million dollars a day."

Perhaps there is one older saying in the world than Woman's work is done. But if the principles of efficiency can be successfully carried out in business why can't they be carried out in the home? To carry out in the home the efficiency movement is the object of Household Economics.

The problem, the real issue of home-keeping comforts the middle-class woman with the present high cost of living, to know what foods really are; what elements they contain, so that she may select wisely the most nutritious ones, know how to prepare them so that no food elements is lost and that there is no waste. The servant questions make efficient housework not only a comfort but an absolute necessity.

"Only one family in ten of this middle class employs help, fewer women are entering service every year, new professions are daily being opened to women who formerly confine their work to service alone. That is there are fewer servants and will continue to be less. Their wages will also be much higher. If the total number of families, including all classes in the United States today only (8) eight per cent employ help.

To reach these servantless homes, to help these homes we must train the children through the greatest known medium, our public schools.

Efficiency does not necessarily mean an expensive equipment, impractical theories, but simple principles, which enable one to aid every homekeeper, to do her household duties in the best way, with the least effort and still yield her abundant success.

We should begin, first to teach the children the Economical use of time, material etc., in every branch of their work. To Economize in time, we should plan well each point before undertaking the task.

Possibly the average public school is not fitted by reason of its crowded course of study to do more than theoretical work in Household Economics.

"Food is the largest item in the family budget." As a purchasing agent the

housewife must know food values; what foods possess these values; something of the metric principles she should also know as well, the part each food plays in the building of the human body. If she does not know a round steak at 20 cents per pound possesses as much interment as a porterhouse at 27 1/2 cents she can neither expend wisely nor will.

She should know what foods will give a well balanced meal, what place milk, fruit, and eggs occupy in the diet; what some healthful meat substitutes are, and know the nutritive value of various kinds of bread, vegetables and cereals. This knowledge will enable her to buy foods intelligently, so that her family may be nourished with a varied diet at a moderate cost. By knowing the cost of foodstuffs, she will know whether the price she is paying comes within her income. Too often the money spent for food is entirely out of proportion, to the income, and to the amount spent for other things, such as clothing and shelter. She should know well that no one food contains the right proportions of food elements to supply the need of an adult body. With systematic planning and forethought dishes can be made over with but little expense and be just as nourishing and palatable as at the first serving. No food is economical no matter how inexpensive if it is not attractive enough to stimulate the appetite. She should know that monotony both in foods and in the ways of preparing them should be avoided. "Good Housekeeping" says there need be no monotony since there are fifty dainty ways of serving eggs, thirty easily made cream soups, ten wholesome hot breads, and ten ways of serving potatoes. Many other things may be enumerated in the same way. Truly the economical relation of woman to the rest of the world is a terribly real thing and a live responsibility.

Now then, do the mothers wish their daughter's trained in this, woman's great work, of homemaking or, are they merely to receive culture? This is a vital question, which we as teachers must help to solve, with the mother is the decision, with us how it is to be done.
Domestic Science and Art in our public schools comes the answer loud and clear.

We all know says a prominent writer that there are two opinions on this subject swaying the school and Colleges of our country today. One says that a girl should not waste the precious limited time she can spend in High school or College studying cooking cleaning and home-making, which if says the mother may teach her or safely leave to her intention and general intelligence that in this precious time in school she should get nearer to the great minds of the ages closer to the great minds of the ages closer history, music and art.

The other side claims her to be a being endowed with human feeling and provided with definite line of work in life by the great Creator of the universe. That we owe to her to give her the practical and theoretical training possible for her future life's work.

This theory also holds that every woman is inherently a homemaker, it also holds that homemaking is not a simple kind of knowledge, which can be left to chance, but that it is a study brimful of opportunity to apply the highest kind of knowledge, science, art and all the ideals of culture and education. These educators insist that our daughters will be better wives and mothers, happier homemakers if they are taught definitely how to apply their art, their literature, their biology their chemistry to problems they will face later. Why should we teach a girl, art without showing practically how to bring it into the decoration and furnishing of her home? Why teach her chemistry without teaching the

chemical changes caused in cooking, and the right and wrong combinations of foods? Why teach her botany without telling her a knowledge of the yeast plant will enable her to make good bread? Why teach her sociology and economics without showing her how to manage her home finances and telling her of her relation as a purchasing agent to the great world of business. Why may we ask why teach her psychology without teaching her to train the minds of children.

We can teach the practical work of home economies without sacrificing the cultural, let us then be up and doing.

Through our public schools, it must be done out of our efforts there is bound to come a wider, greater interest and the nation will be brought toward the efficiency standard at which all man's endeavors and activities are so zestfully aiming and working.

Death of Little Emma Earl Williams.

On Friday morning Nov. 13th, the death angel entered the home of Mr. and Mrs. W. H. Williams Jr., and took from them their treasured jewel, little Emma Earl. She was 6 years and four months old. A child who was loved by every one that knew her. Her illness lasted for several weeks but through it all, she was never known to murmur or complain.

The interment took place at the family burying grounds Saturday afternoon and her body was laid to rest beneath a mound of beautiful flowers.

Many sad hearts deeply sympathize with the heart broken loved ones, but they have the comforting assurance that she is only "Sleeping in Jesus for it is not death to die."
"She is not dead, the child of our affection,

But gone into that other school, Where she no longer needs our protection,

And Christ Himself doth rule in that great cloister's stillness and seclusion,
By guardian angels led safe from sin's pollution, she lives whom we call dead."

One who loved her.

Remarkable Cure of Croup.

Last winter when my little boy had croup I got him a bottle of Chamberlain's Cough Remedy. I honestly believe it saved his life," writes Mrs. J. B. Cooke, Indiana, Pa. "It cut the phlegm and relieved his coughing spells. I am most grateful for what this remedy has done for him." For Sale by ALL DEALERS.

STOMACH TROUBLES

Mr. Ragland Writes Interesting Letter on This Subject.

Madison Heights, Va.—Mr. Chas. A. Ragland, of this place, writes: "I have been taking Thedford's Black-Draught for indigestion, and other stomach troubles, also colds, and find it to be the very best medicine I have ever used.

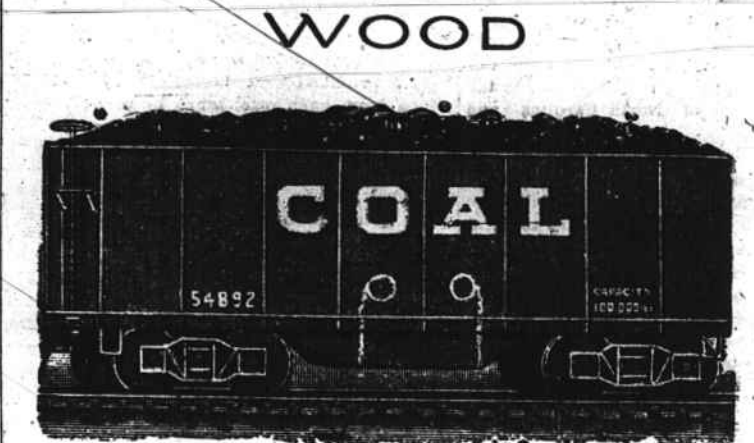
After taking Black-Draught for a few days, I always feel like a new man." Nervousness, nausea, heartburn, pain in pit of stomach, and a feeling of fullness after eating, are sure symptoms of stomach trouble, and should be given the proper treatment, as your strength and health depend very largely upon your food and its digestion.

To get quick and permanent relief from these ailments, you should take a medicine of known curative merit.

Its 75 years of splendid success, in the treatment of just such troubles, proves the real merit of Thedford's Black-Draught. Safe, pleasant, gentle in action, and without bad after-effects, it is sure to benefit both young and old. For sale everywhere. Price 25c. N. C. 127.

R. H. YOUNG CO.

COMMISSION MERCHANTS



Having purchased the coal contract of Mr. J. W. Hollingsworth we will be prepared to furnish any quantity anywhere, rain or shine, quantity and quality guaranteed. Will appreciate our friends calling us when in need.

WE ARE WHOLESALE DEALERS IN
Oranges, Apples, Bananas, Lemons, Potatoes, Onions, Peanuts, Flour, Feed, Oats, Meat, Lard and Hams, Staple and Fancy Groceries, Candy and Cigars
Res. Phone 322. Freeman old stand Office Phone 236

STATEMENT

Citizens Bank of Henderson

Henderson, N. C., October 31st 1914

Resources.	Liabilities
Loans and Discounts.. \$664,123.68	Capital Stock paid in.. \$100,000.00
Overdrafts .. 3,407.25	Surplus and Undivided Profits .. 115,625.29
Stock and Bonds .. 30,651.25	Bills Rediscounted .. 105,000.00
N. C. State 4 per cent Bonds .. 25,000.00	Cashier's Checks outstanding .. 778.00
Banking House and Fixtures .. 10,732.73	Certified Checks .. 20.00
Cash on hand and in banks .. 268,734.60	Due to Banks .. 5,095.75
	Deposits .. 676,130.47
Total, \$1,002,649.51	Total, \$1,002,649.51

The management of this Bank is in the hands of officers who devote their entire time to its affairs. Our directors are well known to you as responsible men, and the record of the Bank shows their care in its management.
J. B. OWEN, President. W. A. HUNT, Cashier.

All business private and Confidential

NOTICE

On account of Mr. R. F. Fuller having sold his stables we will have to insist on our customers meeting their notes promptly as they become due. We want to get our business straight, and must insist on collections being prompt. We have a few horses left upon which we are making specially low prices. Come to see us
FULLER & PERRY

YES!

The Bargain Store has moved its stock from the room under the Racket Store to the new building on Market street and its prices from the higher to the lowest.
We expect to improve and increase our stock for the fall trade and want you to come in and see us before you do your shopping.
THE BARGAIN STORE
Joseph N. Ramey, Proprietor