

TEACHERS DISCUSS COMMENCEMENT

Wake Association Has First Meeting of Spring Term. Supt. Judd Presides.

An enthusiastic meeting of the Wake county teachers was held in the high school building at noon yesterday.

The other sections were: The high school teachers, in charge of Prof. M. B. Dry, principal of Cary High School; the grammar grade section, with Mr. J. M. Broughton, Jr., presiding.

The chief topic of the general meeting was the county commencement. What preparations the school should make, the part each school might play, the graduation of pupils from the elementary grades, in all the county schools, the exhibit to be made of industrial and academic achievements of the children—these were some of the features of the coming commencement that were discussed.

The details of the county commencement are being worked out by a committee of the teachers, appointed at the last meeting. This committee is composed of Principals M. B. Dry, E. H. Moser, John C. Lockhart, and Misses Etta Mason and Mary Rogers.

Reports were heard from a number of schools regarding betterment work that is being done. All of these reports showed that a fine spirit is at work in the county. School grounds are being beautified, school rooms made more attractive, children made

WHY GRIP IS DANGEROUS.

It is an Epidemic Catarrhal Fever Caused by a Bacillus that Generally Leaves the Patient Weak After the Acute Stage has Passed.



Grip Patients Grateful to Peruna, the Expectorant Tonic.

Do not make the error of regarding grip as an exaggerated cold. There is a big difference between the two. Grip is an epidemic disease that poisons the vital organs.

It requires a good tonic laxative to keep the body of the patient as strong as possible to counteract the effect of the poisons created by the grip bacillus.

There is no specific for the grip. Peruna has been used with good success in former grip epidemics.

Do not fail to read the experience of former grip patients with Peruna. Pastor's Wife Had Case of Grip. Rev. George A. E. Troutman, 2318 East Ninth St., Kansas City, Mo., writes: "My wife and I are strong believers in Peruna. My wife was cured from a severe case of grip, and we feel that the least we can do is to gratefully acknowledge the merit of Peruna."

Could Get No Relief from Grip. Mrs. Gentry Gates, 2213 First Ave., East Lake, Ala., writes: "I had a bad case of grip. I tried several kinds of medicine, but would get no relief. I tried Peruna, and it cured me. I can safely say that it is a fine medicine. I have used it in our family often and find it to be good."

Took Peruna for Attack of Grip. Mrs. Charles E. Wells, Sr., 230 South St., Delaware, Ohio, writes: "After a severe attack of grip I took Peruna and found it a good tonic."

WEEK OF PRAYER

This Will Be Observed by the Women of the Baptist Churches.

The ladies of the Baptist churches of the city will for seven days observe the week of prayer, beginning this afternoon.

Services will be held at the First Baptist church throughout the entire week. This afternoon, the hour will be 3 o'clock, but on the other days of the week it will be 3:45 p. m.

The week of prayer is in the interest of world-wide missions and all women are invited.

NEGRO SENT TO JAIL

Was Charged With Robbing Mail Sack and Could Not Furnish Bond.

James Hawkins, the negro who was arrested and brought to Raleigh last Tuesday on the charge of robbing mail sacks, was given a hearing yesterday morning before United States Commissioner Nichols.

The negro was charged with ripping open a mail sack on a Seaboard train between Warrington and Warren Plains, and of taking from the sack two registered packages. Hawkins was arrested in Vance county last Monday by Postoffice Inspector Carter, and was brought to Raleigh to be tried. The negro's home is said to be in Bertie county.

Some Turkey Prices.

Smithfield Herald. Smithfield is the best market in the world for the sale of turkeys. Monday while a crowd had gathered in the corner in front of the Smithfield Bank building, and the auctioneer was crying off something, the bid for which was then \$1,595, a man came running up, shouting: "Whatever you selling? Whatever you selling?" The auctioneer yelled out: "A turkey. Will you make it \$1,600?" When the bidding was all over, the Smithfield Improvement Company was the purchaser of the Smithfield Banking room in the corner of the hotel building for which was paid \$1,595.

THE ASSOCIATED CHARITIES OF THE CITY OF RALEIGH

The Report of Superintendent R. S. Stephenson Giving an Account of the Work Done in the Past Six Months.

To the Subscribers of the Associated Charities. The following report shows what your association has done for the last six months, June, July, August, September, October and November, 1913. Applicants for and during the month of June 1053 Help extended to 1024 Applications refused help 19 I cannot give you in this statement all the records of the cases we have dealt with.

The governing board of your association and the ladies of the general committee have helped your superintendent to carry on this difficult

The Associated Charities of the clearing house for families in distress. Its office is open daily, except Sunday, from 8:30 to 1 and from 4 to 6. We are centrally located and our window is labeled so as to be easily found. The applicants come from all Europe. They come of their own accord, they are sent from the mayor's office, by the county commissioners, by the police department and all other city departments; they are sent by business houses by professional men; the churches and church workers send many other social agencies send them to us. Some of the persons and agencies send the applicant direct to us, some telephone in the condition of the family, some send notes with the applicant, and many come personally with the applicant.

And so it is the applicants come from all states and a varied group they are. The old, decrepit and alone in the world; the homeless man out of money and out of work, the crippled, the blind and the maimed; the wife whose husband deserted her, the widow with small children; the unmarried mother who refuses or cannot return to her people, the girl who without education or training, found in a large city, professional charity tourists; the transient stranded family; the spinster who will neither toil nor spin and yet expect that provision shall be made for them; the homeless and destitute patients with no money, resident elsewhere and desiring to go to the sanatorium at Montrose, the family that has just moved to the city and has failed to get established, the family in which the bread-winner is sick. This is the array, not all in one day, but surely all in one week. What do we do for them? Each family stands on its own feet, each one is considered individually and some plan of procedure is evolved and we try to do what is best for each of them. It is impossible to give any detailed description of the work done in this respect, but if you will come to our office we will show you what is being done.

Mrs. J. called at the office and asked that we send her and the children to the country so they could pick cotton. We had been helping these people for quite a time, so we decided the best thing to do was to send them. I am glad to state that this family is getting along nicely; we helped them to help themselves.

Mrs. M. called directly from the city hall. It was learned that she had just reached the city and wished transportation to her home in South Carolina. It was suggested that instead of a ticket the office would secure her employment and furnish lodging for the night, to which she agreed.

Mrs. J. was sent to the office by an officer, she had three small children, her husband having deserted her, she had nothing. We secured a ticket and sent her to her people.

Railroad tickets have been bought for sick people who are stranded in Raleigh; these have been secured by Mayor Johnson, City Physician McKee, Dr. A. B. Hunter, Col. F. A. (Olds) Maj. Leo D. Hearty, your superintendent and other citizens.

Our district nurse, Miss Eva Palmer, the physicians and other citizens a great many ice tickets were furnished the sick, I am sure this was a great benefit to those who were not able to buy same.

At Thanksgiving we sent out over 300 baskets, larger and better filled than ever before. The ladies of our general committee were faithful in their labor of love.

Your superintendent thought it wise to appoint a committee from the colored Ministerial Association to help your superintendent to investigate and help out for the colored people. There seemed to be such a cry for help that I was determined to have all cases investigated more closely than ever before.

It would be surprising to know how many times I am called up by the officers of the police force and other citizens at night, asking for judgments for people who are stranded here.

We have worried for quite a number in splitting and putting away wood for our clients, who have paid them for their labor and they have gone on their way. We try to keep in touch with the citizens who need people to work for them. Thanks to those who have participated in the work.

In conclusion, the Associated Charities wishes to extend thanks to The News and Observer and the Evening Times for the notices they so kindly printed from time to time, the Elks Club and the Capital Club and to the numerous sources of help contributing both to the individual case and general progress of the work, and especially do we thank the school children for their kind gifts at Thanksgiving. We could do more for the unfortunates if our income was larger, and all of our citizens would give their money directly through one channel to take care of the poor of our city and stop so much overlapping.

The following explains what we mean: Misplaced Charity. It is very important to exercise a great deal of care in the matter of charity, for indiscriminate giving is misplaced charity in almost every case. This discrimination is one of the numerous strong points in the work of our city's effective local organization, the Associated Charities. This organization does its work all the year round, but soon the season when the demands are greatest will be upon us. The Associated Charities at Harrisburg, Pa., has set out in its annual report the following well stated facts and a concrete example:

"Relief given in an indiscriminate way and without a work-plan of cooperation among the benefactors is ineffective and degrading. This was very apparent when the Associated Charities found a family of man, wife and three children and his brother, living in an old house of three rooms. He was accustomed to attend several churches and get help from them and from many other sources. He and his brother spent the money for drink. None of the adults worked and they sent the children to school very irregularly and allowed them to beg. When the Associated Charities heard

of them, fourteen clergymen, eight relief societies and fourteen householders, thirty-six in all, had been helping during two years and they were so improperly fed that the children fainted in school for lack of food and all seemed to be inefficiently nourished. This was the natural result of unorganized charity, with no plan of co-operation. The men had become habitually idle, and frequently drunk and the woman a disreputable housekeeper. When the thirty-six helpers were brought together by the Associated Charities, work was secured for both men and the family gradually became self-sustaining and happy.

Our interest in strengthening the backbone of these people amounted to much more than the material relief needed to supplement it." Taken from the Raleigh Times, August 23, 1913.

Our books and records are always open for the inspection of any of our citizens.

R. S. STEPHENSON, Superintendent.

The following report of the district nurse for November, 1913, explains District Nurse's Report for November, 1913.

Table with 2 columns: Category and Count. Patients visited 28, Visits made 166, Temperature and pulse taken 9, Baths given 4, Rooms disinfected 103, Beds made 8, Sheets given from Associated Charities 4 pr., Garments given from Associated Charities 11, Hats given from Associated Charities 2, Delicacies given from Associated Charities 24, Garments given from Woman's Club 45, Sheets given from Woman's Club 1 pr., Bedroom slippers given from Woman's Club 1 pr.

MRS. W. J. ANDREWS, Chairman, E. N. COMPTON, MRS. EVA PALMER, District Nurse. Rev. R. S. Stephenson, Supt. A. C. This is one branch of the work of the Associated Charities.

Mrs. A. M. McPheters. The friends of Mrs. McPheters and family are invited to attend the funeral of Mrs. McPheters from the residence 114 South Dawson street, at two o'clock this afternoon.

CALL A TAXICAB 25c A Trip in City 25c Limits Phone 731.

IT'S A BUILDER

A Builder of Health and Strength. REXALL OLIVE OIL Emulsion with Hypophosphites.

Its merit is the reason for its instant and tremendous popularity. Contains no alcohol or habit-forming drugs.

KING CRAWELL DRUG CO The Quality Drug Store.

HELLER BROS. RALEIGH

FIT THE LITTLE FELLOW In a Pair of Our Shoes. They Keep the feet in good shape



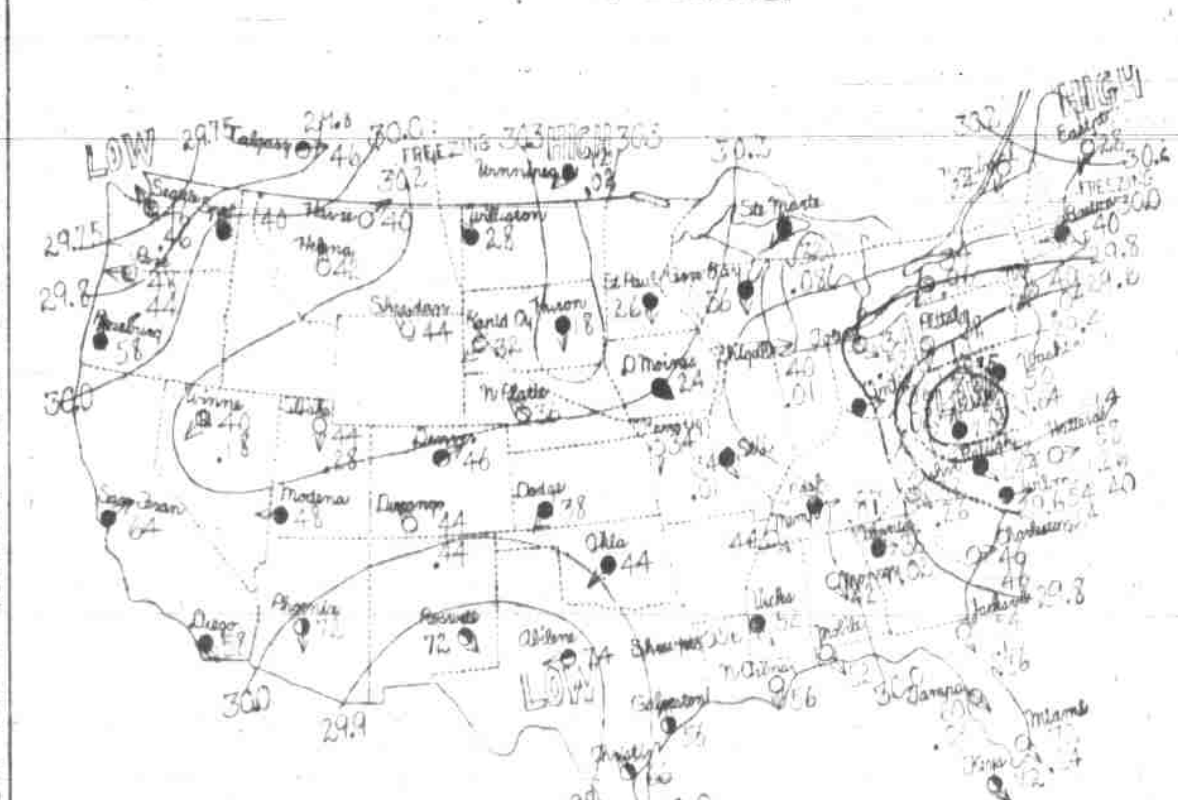
BLACK TAN SERVICEABLE, TOO. HELLER BROTHERS

HELLER BROS. RALEIGH

WE ARE CLOSED TODAY

W. G. THOMAS & SON Druggists.

U. S. Department of Agriculture, WEATHER BUREAU.



EXPLANATORY NOTES. Observations taken at 8 p. m. seventy-fifth meridian time. Air pressure reduced to sea level. Dashed lines show lines through points of equal air pressure. Isotherms (dotted lines) pass through points of equal temperature. Drawn only for zero, freezing 9° and 12°.

Raleigh, N. C., Jan. 3.—For Raleigh and vicinity: fair Sunday, colder. Monday fair. For North Carolina, fair Sunday, colder in east portion with brisk to high northwest winds. Monday fair.



Here's to You and Me and POSTUM

—the pure food-drink that meets the desire of young and old for a palatable table beverage which is wholesome and satisfying.

Postum is made only of clean, hard wheat and a small per cent of New Orleans molasses. It tastes like the higher grades of Java, but is absolutely free from caffeine, the drug in coffee, which causes so much headache, sleeplessness, indigestion, nervousness, and heart trouble.

Coffee drinkers can learn something of value by a 10 days' change to Postum.

Then, as the coffee poison is eliminated from the system, the brain works clear, nerves become steady, and the gradual return of peace and comfort will show plainly.

"There's a Reason" for POSTUM

Postum now comes in two forms: Regular Postum—must be boiled 15 to 20 minutes. Instant Postum—is a soluble powder. A scant teaspoonful stirred in a cup of hot water dissolves instantly. The convenience of Instant Postum is apparent. But, when prepared according to directions, both kinds are exactly the same. The cost per cup is about equal.

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