

Bulgarian Embroidery

THE LATEST NOVELTY

New line of Bulgarian Embroideries and Bandings just received.

SEE SHOW WINDOW.

Agt. Pictorial Review PATTERNS.

J. K. HOYT Washington, N. C.

Prompt Attention Given to Mail Orders.

It Won't Do Any Good

To try to insure your house while one in the neighborhood is on fire. Get the Insurance NOW, while you feel safe. Phone 59 for it.

Wm. Bragaw & Co.

First Insurance Agents in Washington, N. C.

HOW TO MAKE A GRAVEL ROAD RIGHT.

It looks as if the bulk of money is larger than the faculty for building. What we want are good roads, not for coasting purposes, but for the good of the traveling public...

wet labor, laying them in mechanically to make the eight foot roadbed and covering with the oil, clay and shell. Always put the oil bed underneath and in that way save all the fine particles to harden the roadbed.

SAVING MILLIONS.

Office of Public Roads Boosting Highway Work. It is estimated by the office of public roads of the department of agriculture that about 10 per cent of the roads in the United States are improved.

If 20 per cent of the public highways were improved, each highway being selected and improved with a view to the proportionate traffic upon it, a high degree of efficiency in highway transportation would be reached.

It is figured that millions of dollars would be saved annually in the transportation of crops, the wear and tear on horses and vehicles and in the minimizing of the waste in truck farming. Where roads are bad the farmers frequently find it impossible to get their products to the shipping points, and thus perishable products are wasted, perceptibly increasing the cost of living.

In the five years preceding March, 1912, the office of public roads had built 215 object lesson roads, in all about 850 miles of road fifteen feet wide, and by expert advice aided to the formulation of more than 650 model country road systems, resulting in most instances in beneficial reforms. It has also assisted twenty-six states in effecting equitable state aid plans. The secretary of agriculture looks forward to the coming year as promising better results than at any time in the history of the movement for improved highways.

How Texas Town Won Prize For Civic Improvement.

CO-OPERATION A BIG FACTOR

Commercial Club, Women's Organizations and City Officials Combined With Residents and Streetcar Drivers to Work School Children Enlisted.

Recently, in response to the civic improvement wave sweeping over Texas, a contest for the cleanest town was inaugurated, a cash prize of \$500 being held out as a spur to interest. The San Antonio Express says the contest was long drawn out because two towns—Gainesville and Brownwood—were tied for first place. The official inspectors found it necessary to visit the towns and make three separate inspections before the prize was handed to Brownwood.

Probably the most remarkable feature in the cleanup campaign was in the fact that Brownwood won first



CLEANING UP IN BROWNWOOD.

prize and expended only \$216 above her ordinary expense account, which goes to show that city cleanliness is not such an expensive luxury if made an everyday necessity.

When the inauguration of the clean town contest was announced Brownwood's different organizations, such as the Women's Federated Clubs and the Commercial club, at once quietly announced to the citizens that Brownwood was going after first place in the contest. Then it was simply a matter of efficient work and co-operation among the organizations and the citizens. The city's already excellent condition was improved in many ways. Every defect that could be discovered was remedied. Every trash pile, every hole for the collection of filth and dirt, was searched out by diligent officers and banished from the city limits. No one feature of the campaign was more noticeable than the untiring and efficient work of the Women's Federated Clubs through their committees and individual members. Women went into the public schools and taught the

...and given to the other towns...

Some materials in the Redford North...

Speed of a Horse. Some materials in the Redford North...

Red Bridal Gowns. It is of interest to note that the choice of white for wedding gowns is comparatively of modern origin.

Bruin Was Fishing.

I was walking up the river shore one evening about sunset watching for a deer. Rounding a bend, I saw perched upon a flat rock some few feet from shore a large black bear.

WILL LOWER THE COST OF LIVING

Groat Economies Effected Through Improved Roads.

BIG SAVING IN HAULAGE.

Cotton States Could Afford to Spend \$1,000,000 a Year on Highways, According to Government Bulletin—Poor Roads Cost Them Twice That.

Good roads are an important factor in the reduction of the cost of living. At least that is the theme of the latest farmers' bulletin of the department of agriculture, which shows that the benefit from improved highways does not accrue only to automobilists, but also to the farmer and the shipper of produce of all kinds.

Ready-made roads would save the cotton states of the south approximately \$2,000,000 annually in hauling charges, according to the department, which gives these figures to prove its contention.

In the cotton states of the south the average haul of cotton from the farm to the shipping point is 11.8 miles. The average load is about 1,700 pounds, a little more than three bales—and the average cost is 60 cents per bale. The cost of marketing the 1911 crop of 16,290,276 bales was \$18,000,000 if computed on the above basis.

To each bale of cotton there is about half a ton of cottonseed, which was hauled from the farm to the gin, and then a large percentage of it hauled again by the shipping point. The average cost of the hauling cottonseed in the United States is \$3 a ton. The 1911 seed crop therefore cost \$24,575,414 to haul.

The total cost of hauling the cotton crop in 1911, including the seed, was therefore \$37,375,334. Any system of road improvement throughout this zone which would reduce the annual hauling charge 5 per cent would effect a saving of \$1,868,781 a year. From these figures it would appear that it would be good business to incur an ex-



AN IMPROVED ROAD IN ONE OF THE COTTON STATES.

pense for road improvement, even if such investment entailed an annual interest and maintenance charge of \$1,000,000 to the community of cotton states.

There are certain direct economic or money advantages which follow the improvement of public roads in every community, says Acting Director. Secretary of the department in the bulletin. These advantages are probably most apparent in the reduced cost of hauling.

Certain dependent or reflex economic advantages also arise in a community where roads have been improved. The increase in the value of farm lands is an example of the indirect economic advantages of improved road conditions. It should not be considered, however, that in presenting the advantages of improved roads the direct decrease in the cost of hauling and the increase in farm values are entirely separate and independent. The farm increases in value partly because the cost of hauling is decreased.

Whatever methods are used to improve a road, the improvement for hauling purposes is due to three causes: the betterment of the road surface; the reduction of the grade and the shortening of the length. On such an improved road the time required to haul a given quantity of material a given distance is reduced. The reduction may be largely due to increased speed of hauling to increased load of both. It is important to recognize that for transportation purposes reduction of time is equivalent to a decrease of the distance from the market center. It is easy to see, then, why the increase of farm values must follow improved roads, for their effect is to bring the farmer to a nearer the market. The fact that on roads with improved surfaces hauling becomes largely independent of the season of the year or weather conditions means another very considerable reduction in hauling costs. It also means that many of the fluctuations of the number and kind of farm operations are immediately removed.

TO MORROW

IN THIS PAPER.

We Sell Butterick Patterns. They Are the Best.



Of Interest to Women

Extremes in Motor Headgear Interesting—French Women are Inclined to Sensible and Pretty Millinery for Motor Cars.

In hats, as usual, there are extremes of all kinds, as well as sensible headgear. Some of the models for motor cars are especially interesting. French women incline more and more to hats for this purpose which are not directly different from their ordinary millinery. Perhaps this is because the motor car has become so much a part of modern life that motor millinery is ordinary millinery. One entirely practical little motor hat, which is at the same time charmingly chic, is a twilight gray tulle of velvet plush, a material with a long, thick pile, resembling fur. The only trimmings are some cord and small ornaments of gold, silver and coral.

More exclusively for motoring is a large Empire bonnet to match a blue motor coat trimmed with green. It is beautiful enough in color to alone in part for the purpose of concealing almost entirely the head and face it protects.

DRIVING ORDINANCE

The Board of Aldermen do enact: 1. That all persons who shall drive any vehicle upon the streets of the city of Washington shall be required, at all times, to keep on the right side of said street; and all persons stopping vehicles upon said streets shall be required to stop on the right side of the street, in the direction in which said vehicle is going.

2. It shall be unlawful for any person, firm or corporation to place upon any of the streets of said city more than one row of vehicles.

3. All persons violating the provisions of this ordinance shall be guilty of a misdemeanor and upon conviction shall be fined \$1.00.

4. This ordinance shall be in force from and after the 17th day of April, 1913.

This April 8th, 1913. W. C. AYERS, City Clerk.

Japan Posters Home Industries. The Japanese are making great strides in the woolen industry, and by importing the latest modern machinery are striving to manufacture all classes of woolen goods that find a market in Japan.

NOTICE

Having qualified as Administrator, C. T. A. of E. Stanley McCullough, deceased, late of Beaufort County, North Carolina; this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 15th day of March, 1914, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This March 15, 1913. EDWARD S. McCULLOUGH, Administrator. Ward & Grimes, Attorneys. 3-15-13

NOTICE

Notice is hereby given that I have this day sold the retail drug business heretofore conducted by me in Aurora, N. C. under the firm name and style of Staley Drug Co., to C. V. Knight, who will continue to conduct said business as Staley Drug Co. All debts due by said Staley Drug Co., contracted prior to this date will be paid by the undersigned, and all persons now indebted to said company will please make immediate payment to me or to W. A. Thompson, Attorney, and all debts contracted by said company from this date will be assumed by C. V. Knight, and the public will take notice that I have no further connection with said Staley Drug Co.

Mr. Knight is a licensed pharmacist, and to those who have heretofore had business relations with said Staley Drug Co., I cheerfully recommend a continuance of same.

Thanking the public for the liberal patronage given said company in the past, and asking a continuance of the same to the present proprietor in the future.

This the 16th day of April, 1913. Respectfully, S. W. STALEY, M. D., Aurora, N. C. 4-14-13

ANNOUNCEMENT

The law firm of Rodman & Rodman is this day by mutual consent dissolved. Willey C. Rodman will continue the practice of law in the present offices occupied by the firm. William B. Rodman, Jr., will continue the practice of law and will occupy offices on the second floor of the Savings & Trust building.

WILEY C. RODMAN. WILLIAM B. RODMAN, JR. April 1st, 1913.

ADMINISTRATOR'S NOTICE

This is to certify that I have this day qualified as Administrator of the estate of Jesse R. Mayo, deceased. All persons holding claims against said estate are required to present them to the undersigned within twelve months from this date, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make settlement with the undersigned.

This 19th day of Feb. 1913. J. L. MAYO, Administrator of Jesse R. Mayo, Deceased.

NO VAUDEVILLE

Admission 10c and 20c Open From 7:30 to 11:00

Can't Get Away From It.

It is possible to nourish, strengthen and Rebuild the Brain by Food? Every man who thinks uses up part of the brain each day. Why doesn't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fog and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the lee of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure. Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

If we desired to keep brain strong and healthy we would use food known to contain the things Nature uses for the purpose.

True, Nature provides these elements in a variety of edible things. We submit the following facts for those who care to know something definite on the subject:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphate Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.23 of all mineral Salts. This is over one-half.

Beaunis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.97.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows Potassium and Phosphorous (which join and make Phosphate of Potash) is considerably more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as Nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

Mind does not work well on a brain that is broken down by lack of nourishment. A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to

albumen and water.

Grape-Nuts contain that element as more than one-half of all its mineral salts. We must remember that nearly 50 per cent of the brain is composed of water and albumen, but the little worker Phosphate of Potash must be present in order to blend the more bulky materials into useable form.

So with Grape-Nuts. The Phosphate of Potash is more than one-half of all the mineral salts, but the total volume of those elements is exceedingly small as compared with the greater bulk of other food elements contained in Grape-Nuts.

We should also remember that this small ingredient should not be put into the food in the form it might come from a chemist, because man cannot produce these elements in as digestible a form as Old Mother Nature, when she puts them in the wheat and barley from which Grape-Nuts is made.

A healthy brain is important, if one would "do things" in this world. A man who seems at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain-rebuilding material is certainly found in a very natural and perfect form in

Grape-Nuts

"There's a Reason" Postum Cereal Co., Ltd., Battle Creek, Mich.