

Salts Fine For Aching Kidneys

We eat too much meat, which clogs kidneys, the back hurts and bladder bothers you.

Most folks forget that the kidneys like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless, inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

Long Enough Already.

A rather fussy man traveling from New York to Philadelphia had been much annoyed by his opposite companion, a tall, lanky fellow whose bony knees troubled him not a little. There was a stop of several minutes at Trenton and the tall traveler rose from his seat, and said with a yawn: "I guess I'll get out and stretch my legs a bit." "Good gracious!" exclaimed the other, "don't do that unless you are prepared to pay double fare, or to take a compartment all to yourself!"



Every Sip OF INSTANT POSTUM

Is Satisfaction

and suggests the aroma and flavour of mild high-grade Java. That's because the roasted "berry" of wheat, from which Postum is made, has a snappy flavour remarkably like that of the roasted coffee berry. The real taste is a delightful savor distinctively Postum—rich and nourishing.

Unlike coffee, Postum never imposes upon its users a tribute of headache, nervousness, biliousness, sleeplessness, heart flutter and other ills, because Postum contains not a particle of the coffee-drug caffeine, or any other harmful ingredient.

INSTANT POSTUM

is the concentrated form of this pure cereal food-drink. No boiling required—made in the cup with hot water—Instantly! Wonderful convenient for the home, for travel, for picnic—handy anywhere. Delicious! 30c and 50c tins.

If coffee is interfering with your comfort and success as it does for most users, suppose you shift to POSTUM.

"There's a Reason"

Postum may also be had in the original form—which must be well boiled—15c and 25c packages.

Both forms of Postum are equally wholesome and delicious, and cost per cup about the same.

—sold by Grocers everywhere.

NOTICE.
North Carolina, Beaufort County—Superior Court, before the Clerk, John H. Oden et al., vs. J. H. Bishop et al.
Notice is given by the Board of Drainage Commissioners of Jackson Swamp District that on the 15th day of March, 1916, at 12 o'clock, at the Courthouse in Washington, N. C., they will receive sealed bids for the work of constructing the drainage ways of said district and all other work to be done in connection therewith: That the approximate amount of work to be done is as follows: 112,400 sq. yards of excavation, clearing 5 1-4 miles of right of way. Building three highway bridges. Clearing out the outlets of canal at Rowland creek and Pungo creek. That said work is to be completed within twelve months after contract is let. Said work or contract therefor may be let as a whole or in sections: The right is reserved to reject any and all bids. The bidder will be required to enter into bond for faithful performance and contract. Specifications for said works are on file in the office of the Clerk of the Superior Court of Beaufort County, North Carolina. This Feb. 22nd, 1916. The Board of Drainage Commissioners of Jackson Swamp District. HARRY McMULLAN, Attorney.

Various Views of the Snow.
The farmer calls the snow the poor man's fertilizer. It keeps the ground warm and puts dollars—prospectively—in his vacant pockets. It is much esteemed by artists, who use almost every color except white when they set out to paint it. Their favorite tints for this purpose are pink, purple and a slaty blue. It seems to be the chief business of artists to inform us courteously but firmly, that our eyes are deceas.—Exchange.

Getting Rid of Sparrow Pest.
Nowhere is the English sparrow included among the birds protected by law, and as individuals and flocks have an extremely narrow range, each flock occupying one locality to which its activities are chiefly confined, they are easily exterminated. When a place has once been cleared of sparrows it will be some time before it is reoccupied.

The Better Quality.
The man who is dependable has something on the chap who is merely brilliant.—Philadelphia Inquirer.

Try "Gets-It," It's Magic for Corns!

New, Simple, Common-Sense Way. You will never know how really easy it is to get rid of a corn until you have tried "GETS-IT." Nothing like it has ever been produced. It takes less time to apply than it does to read this. It will



Exfoliate Corns—gains in Every Nerve Use "GETS-IT" in "Cure" Every Corn Sure, Quick!
dumfounded you, especially if you have tried everything else for corns. Two drops applied in a few seconds—that's all. The corn shrivels, then comes right off, painlessly, without fusing or trouble. If you have ever made a fat bundle out of your toe with bandages; used thick, corn-pressing cotton-rings; corn-pulling valves; corn-teasing plasters—well, you'll appreciate the difference when you use "GETS-IT." Your corn-agony will vanish. Cutting and gouging with knives, razors, files and scissors, and the danger of blood poison are done away with. Try "GETS-IT" tonight for any corn, callus, wart or bunion. Never fails.
"GETS-IT" is sold by druggists everywhere 25c a bottle, or sent direct by E. Lawrence & Co., Chicago.

HOLDS OFFICE FOR 44 YEARS

Civil War Veteran Has Continuous Terms as School Board Clerk.

Marshall, Minn.—For 44 years Jacob House has been clerk of the school board of District No. 1 in Lyon county. He was first elected in 1870 and has held the office ever since. He has seen the district grow from a small one-room log schoolhouse with but a few scattering pupils to a four-room consolidated school with four teachers in charge of 185 pupils who have the advantages of domestic science and manual arts. Mr. House lives in the Camden valley of Lyon township, where in 1870 he took a claim in section 23. He was for one term treasurer of Lyon county and is a veteran of the Civil war.

HOW TO IMPROVE LAMB CROP

Practice of Allowing Youngsters to Run With Mothers Until Weaning Time is Objectionable.

Lamb should be weaned when from four to four and one-half months old. So says Frank Kleinheins, shepherd of the University flocks, in answer to numerous inquiries upon this subject.

Many flockmasters allow the lambs to run with their mothers until weaning time. This Mr. Kleinheins regards as very objectionable for it annoys the ewes and keeps them in poor condition. Moreover, at this time the lambs get but little milk and they will really do better without it.

When taken from their mothers, the lambs should be put on a piece of fresh pasture, which will help to avoid much of the stomach worm trouble.

After weaning time the ewes should be put on a scant pasture for about a week in order to dry them up quickly. During this period they should be milked a few times to prevent the udder from caking and as soon as they are fairly dry they ought to be placed on good pasture again, where they will put on flesh and become strong and vigorous before they are bred in the fall.

Early weaning and good care of the ewes after the lambs are taken away enables the ewes to go into winter quarters in good condition, thus aiding winter feeding and insuring a large crop of strong lambs in the spring.

Feed for Weaning Cots.

Often the pastures are short and dry when the young cots are weaned. There is no food so nourishing to the foal as is green grass. If a late pasture is available, the foal should have free access to it. If the late pasture is not at hand, wheat bran should be fed twice each day, with good clover hay.

IMMENSE DAMAGE TO COTTON

Nearly 18,000 Square Miles of New Territory Infested During 1915 by the Boll Weevil.

The boll weevil did about thirty million dollars' worth of damage to the cotton crop in 1915, as estimated in the new report of the entomologist. Nearly eighteen thousand square miles of new territory became infested during the year. Every effort is being made to control these depredations, particularly by the use of powdered orthocresate of lead, and hand picking of cotton squares and bolls. As sprays of lead was tried with varying results and the question of its success under practical plantation conditions today remains undecided.

LATHAM HOUSE
MRS. J. B. FREED, Proprietress
242 Cor. Second & Harper Sts.
Washington, N. C.
Under Entirely New Management. Hot and cold Baths. Special Rates by the Week.
WELL BE GLAD TO SEE YOU COME OUR WAY.

NOTICE OF FIRST MEETING OF CREDITORS.

In the District Court of the United States for the Eastern District of North Carolina, Sixth Division. In Bankruptcy.

In the Matter of John P. Fellers, Bankrupt.

IN BANKRUPTCY.

To the creditors of John P. Fellers of Washington, in the county of Beaufort, and district aforesaid, a bankrupt.
Notice is hereby given that on the 18th day of February, A. D. 1916, the said John P. Fellers was duly adjudicated bankrupt and that the first meeting of his creditors will be held at Washington, North Carolina, at the office of Stewart and Bryan, on the 1st day of March, A. D. 1916, at 11:30 o'clock a. m. at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before the said meeting.

This 18 day Feb. A. D. 1916
FRANK H. BRYAN,
Referee in Bankruptcy.

2-18-10tc.

NOTICE OF FIRST MEETING OF CREDITORS.

In the District Court of the United States for the Eastern District of North Carolina, Sixth Division. In Bankruptcy.

In the Matter of Ruby Fellers, Bankrupt.

IN BANKRUPTCY.

To the creditors of Ruby Fellers of Washington, in the county of Beaufort, and district aforesaid, a bankrupt.
Notice is hereby given that on the 18th day of February, A. D. 1916, the said Ruby Fellers was duly adjudicated bankrupt and that the first meeting of her creditors will be held at Washington, North Carolina, at the office of Stewart and Bryan on the 1st day of March, A. D. 1916, at 11 o'clock a. m. at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before the said meeting.

This 18 day of Feb. A. D. 1916.
FRANK H. BRYAN,
Referee in Bankruptcy.

2-18-10tc.

EVERY MAN SHOULD BE PHOTOGRAPHED.

If you don't want one some one else might. Ingils Studio. 2-24-tfc.

SOME DON'T'S

For Stomach and Liver Sufferers. Don't take medicine for your Stomach ailments morning, noon and night, as usually such medicines only give temporary relief and simply digest the food that happens to be in the Stomach.

Don't permit a surgical operation. There is always serious danger in operations and in many cases of Stomach, Liver and Intestinal Ailments the knife can be avoided if the right remedy is taken in time.

Don't go around with a foul smelling breath caused by a disordered Stomach and Liver, to the discomfort of those you come in contact with.

If you are a Stomach sufferer, don't think you can not be helped; probably worse cases than yours have been permanently restored by Mayr's Wonderful Remedy.

Most Stomach ailments are mainly caused by a catarrhal condition. Mayr's Wonderful Remedy not only removes the catarrhal mucus, but also lays the chronic inflammation and assists in rendering the entire alimentary and intestinal tract antiseptic, and this is the secret of its marvelous success.

Don't suffer constant pain and agony and allow your stomach ailment to physically undermine your health. No matter how severe your case may be or how long you have suffered—one dose of Mayr's Wonderful Remedy should convince you that you can be restored to health again. Mayr's Wonderful Remedy has been taken and is highly recommended by Members of Congress, Justice of the Supreme Court, Educators, Lawyers, Bankers, Bankers, Doctors, Druggists, Nurses, Manufacturers, Priests, Ministers, Farmers and people in all walks of life.

Send for FREE valuable booklet on Stomach Ailments to Geo. H. Mayr, 154-156 Whitting St., Chicago, Ill.

Mayr's Wonderful Remedy is sold by leading druggists everywhere with the positive understanding that your money will be refunded without question or quibble if ONE bottle fails to give you absolute satisfaction.

An Old Recipe To Darken Hair

Common garden Sage and Sulphur makes streaked, faded or gray hair dark and glossy at once.

Almost every one knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome.

Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Compound." You will get Everybody uses this old, famous recipe a large bottle for about 50 cents per bottle, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair; taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger.

I HAVE FIFTY HOUSE DRESSES

which I will put on sale next Friday morning. They are worth \$2.50 to \$7.00 each, will be sold on Friday for \$2.48. This is a great bargain. See west show window display. J. K. Hoyt.

YOUR EMPLOYER EXPECTS YOU

to be on time. Over sleeping is no excuse when a dollar will buy a reliable alarm clock. J. S. Campbell, Jeweler. Phone 383-2. 2-24-ttc.

PLENTY OF PATIENCE TO TRY

and get just what you want of the Little One. Ingils Studio. 2-24-tfc.

NOTICE—I HAVE TAKEN UP ONE

cow, color red, with white head, marked crop and under square the left, under square the right. Owner can get same by applying to M. I. Burrus on Laughinghouse farm and paying charges. If not called for within 20 days will sell to pay charges. S. L. Laughinghouse. 2-24-tt4wc.

CASTORIA

For Infants and Children. The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Watson*

An Active Liver Means Health.

If you want good health, a clear complexion and freedom from Dizziness, Constipation, Biliousness, Headaches and Indigestion, take Dr. King's New Life Pills. They drive out fermenting and undigested foods, clear the Blood and cure Constipation. Only 25c, at your druggist.

Explaining "Memory."

When you speak of others as having a good memory, you do not mean that at all. Instead of meaning that the man with a "good memory" has accurately perceived an event in the full ramifications of all its details, and recorded it in his whole human nature ready for reproduction at will, what you really indicate is that he has good power of retention, irrespective of detailed accuracy or faithfulness of the full recollection.—Dr. Leonard Keyes Hinshberg.

Work for an Expert.

A Pennsylvania man is said to be trying to grow a watermelon with a handle by which it may easily be carried. Practical, perhaps, but altogether unnecessary! What the world needs is a watermelon with a cutaway hinge, allowing for it to be cut into reverse curves, so that it may be eaten in the good old-fashioned way without getting the ears full of water.—Providence Journal.

Look Ahead!

The present moment is the worst, the latest hour of time is dimly and hourly either lightning the horizon, or making us insensible to the weight.—Robert Burns.

Miraculous Activities.

A diner in a restaurant thought he would have a joke with the waiter, and asked him if he had ever seen a sausage roll. "Say," said the waiter, "I have not only seen a sausage roll, but I have seen a biscuit box, a table spoon, a chimney sweep, a chain link, a nose gay, a camera slide, a garden hose, a sword fish and a wall flower."

Game in California.

California is one of the richest states of the Union in game. The varieties include deer, elk, moose, antelope, caribou, wild turkey, pheasant, duck, geese, brant, plover, snipe and rail.

Constipation a Penalty of Age

Nothing is so essential to health in advancing age as keeping the bowels open. It makes one feel younger and fresher and forestalls colds, flues, fevers, and other dependent ills.

Cathartics and purgatives are violent and drastic in action and should be avoided. A mild, effective laxative-tonic, recommended by physicians and thousands who have used it, is the combination of simple herbs with pepsin sold by druggists everywhere under the name of Dr. Caldwell's Syrup Pepsin. The price is fifty cents and one dollar a bottle. For a free trial bottle write to Dr. W. B. Caldwell, 453 Washington St., Monticello, Ill.

Power of Suggestion.

The greatest tightwad I ever saw was a man who owned a store, says a correspondent early fall this man, instead of a fire in the stove to warm his bones, would place a lighted candle inside the light of which shined through the cracks, making the fire as burning cool for the customer.

True Definition of a Peacemaker.

"Pe, what is a peacemaker?" "A peacemaker is a man who, no matter what he gets on Christmas, would rather have the money."

ANY AMATEUR WHO WANTS INFORMATION

can have it to the best of our ability free. Ingils Studio. We do amateur work. 2-24-tfc.

AN INDIVIDUAL GREENHOUSE



Patent applied for. The advantage of being two or three weeks in advance of the regular season and a like length of time ahead of other and less progressive growers is apparent to all truck planters.

Benefit the Consumer. In the early spring when the public's palate is craving for the "first" of the season" and (like the "kids" two weeks before circus day) "can't hardly wait for fresh green stuff after the monotonous "canned goods" period of winter, a repast of new grown vegetables fresh from the ground is a treat indeed.

OUR FORCING BOXES SUPPLY THIS TREAT.

Benefit Your Customers. Whether you sell to the commission merchant or direct to the consumer either will welcome your early shipments or deliveries. You being able to supply them ahead of other growers will "put you in good" will give you the "inside track" for other sales when the season proper opens up, and cause them to speak of you as one who is up to the minute in progressive gardening.

OUR FORCING BOXES FORCE EARLY SALES.

Benefit Yourself. Some people go to farming for their health, but we take it for granted that your object in being in this business is to make money—you owe it to yourself then to "get all that is coming to you." Supply yourself with a sufficient quantity of our "individual greenhouses" to meet your demands. Be able to "do liver the goods" at a time when the market is highest and you will find that you have not only paid for your investment several times over the first season, but have a nice little bunch of "Kale" (we do not mean cabbage either) that you otherwise wouldn't have.

OUR FORCING BOXES FORCE OUT DOLLARS.

ORDER 'EM NOW! SPRING IS COMING! FOR SALE AND DISTRIBUTED BY Hassell Supply Co. & Harris Hardware Co. WASHINGTON, N. C.

NEW THEATRE

MONDAY NIGHT ONLY, MARCH 1st, The New York Casino Success

"LADY LUXURY"

Books and Lyrics by Rida Johnson Young.

Music by William Schroeder.

Staged by R. H. Burnsides.

WITH FLORENCE WEBBER, Late Star "Naughty Marietta"

J. W. HERBERT, "Waltz Dream" FORREST HUFF, "Chocolate Soldier" ARTHUR ALBRO, "La Scala, Milan"

EMILIE LEE, "High Jinks" DONALD McDONALD, "When Dreams Come True" JEAN PELLITIER, "Suzi"

EMILY FITZROY, SAM J. BURTON, And Others E. H. CRAWFORD

BEAUTY CHORUS. GOWNS BY LADY DUFF GORDON.

PRICES: Orchestra, \$2.00; Parquet, \$1.50 \$1.00; Balcony, 50c, 75c and \$1.00. Seats Friday