

## Eat Less Meat If Back Hurts

Take a glass of Salts to flush the kidneys if bladder bothers you—Drink lots of water.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys. They become overworked; get sluggish; clog up and cause all sorts of distress, particularly headache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; 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 has been used for generations to flush clogged kidneys and stimulate them to normal activity, also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; make a delightful effervescent lithia-water drink, which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney diseases.

### Two Groups of Spiders.

Roughly speaking, spiders may be divided into two groups—the sedentary spiders, who spin a snare for the capture of their prey, and the roving spiders, who employ other methods for obtaining food. To this last class belong the jumping and wolf spiders, both of which present features of considerable interest. The jumping spiders are an important family, numbering several thousand species, but they do not show to advantage in temperate climates; their home is in tropical countries, where they attain a metallic glory of coloring which can vie with the brilliance of the humming birds. The eyesight of these spiders is very keen, and it is a curious fact that certain species can alter the color of their eyes by a movement of the internal mechanism.

### Kites in Life-Saving Work.

The employment of kites for ascending life lines to vessels in distress at sea has been suggested as having a marked advantage in certain instances over the methods ordinarily followed, says Popular Mechanics. Instead of throwing a line to a sinking ship by using a rocket, which sometimes miscarries, it is proposed that this be accomplished by attaching a trailing cable to a series of box kites which from a windward position might easily be directed over the middle of a ship. After reaching the line, it would only be necessary for those aboard a sinking steamer to draw in a hawser with this lighter rope and attach it in a position which would allow the operation of a breeches buoy.

### In a Russian Church.

The interior of a Russian church is outspokenly oriental, for it consists merely of a gorgeous hall and a sanctuary, without any seats, as that is the custom in other temples. There is neither an organ nor a pulpit in the Russian church and the temple ceremony is one mostly of music, chanting and spectacular gesticulations, which remind one of ancient Egyptian dancing in their temples. For music there is a choir of boys and men in all the Russian services.

## Comfort and Prosperity

depend to a large degree upon every-day health. And there's a great health advantage in eating the right kind of food.

## Grape-Nuts

FOOD is made of choice wheat and malted barley and contains all the nutriment of the grains, including their mineral elements which are vitally necessary for the healthy balance of body, nerves and brain.

Thousands who have attained comfortable health by eating right, know

"There's a Reason" for

**Grape-Nuts**  
—sold by Grocers everywhere

### Borneo

Borneo, in one of the strangest cities in the world. Once the headquarters of the Borneo pirates, it is a kind of eastern Venice, being built entirely over the water. This remarkable city is the capital of the state of Brunai, Borneo. All the houses are built over the River Limbang, constructed on slender piles made from the Nibong palm, a wood that resists the action of water for many years. The inhabitants of Brunai are Malays, Kadayans, Orang-Bunkita, and a few Muruts. They earn their living mostly by trading with other tribes in the interior of Sarawak and British North Borneo. Some of them are very skillful brass workers, and the Brunai women make beautiful cloth, interwoven and embroidered with gold threads. Sage is grown in the valleys nearby, and a small quantity of rice is also raised. In the early part of the nineteenth century Brunai was the rendezvous of the dread Borneo pirates, and a market for the slave trade.—Wide World Magazine.

### National Religion of Russia.

Prince Vladimir of Russia, who brought the Greek religion to Russia in 987, preferred it because of its oriental form, and thought it closer to the Russian character than the rites of the Roman. He made Kiev the seat of the metropolitan, while the patriarch remained just the same in Constantinople. But Peter the Great forbade the Russian clergy to recognize the foreign patriarch, and founded the Holy Synod in 1721, which became the head of the Russian church. There are about 15,000 monks and 30,000 priests in Russia, the former celibates, the latter married. Besides there are some 5,000 nuns with 250 convents, of which Novo Devitchy is the largest of all.

### The Future Men.

A street car conductor in Kansas City said to a passenger as his car rattled past one of the playgrounds of that city: "Why, there's an entirely different bunch of kids when they are on that playground from what they were running the streets. They used to be poppin' cars and puttin' things on the track and up to all sorts of deviltry. They seem to behave all right over there. Guess it's because they have something to do." That is the importance and value to the community of every playground, measured in human terms. The boy of today is the man of tomorrow. It is not a waste of money to make of him the best possible man he can be made.

### Why Wisdom Teeth.

The so-called wisdom teeth are the two last molars to grow, and they have no real connection with the possession of wisdom. They take their name from the time of their arrival, from twenty to twenty-five years, at which age the average person is supposed to have reached years of discretion. Cutting one's wisdom teeth means simply arriving at the point of completeness in physical equipment, and has no direct relation to mental equipment. The possession of these teeth is no guaranty of wisdom. They grow at about the same age in people whether they are wise or not.

## NO BARROOM, NO DIVORCE, IF MEN HELP WOMEN.

New York, Feb. 25.—If American men helped American women as much in their homes as the women help the men in their offices, there would be no barrooms and no divorces at all.

"The only reason why American men's offices are so admirably run is that the men do not run them. They only run the women."

A man himself has said it—and it's greatly to his credit, in the eyes of women, at least. He has said it in the Woman Suffrage number of Puck and he is Charles W. Crowninshield, author of "Manners of the Metropolis," editor of Vanity Fair and a popular member of Fifth Avenue and Newport society.

He wouldn't take back a word of his enthusiastic tribute to American womanhood. With Mr. Crowninshield, she is evidently a conviction, based, as he frankly admits, on twenty years of work in American offices.

"The success of our women in the field of business is marvellous—the world has never known anything like it!" he exclaimed. "Fifty years ago less than five thousand American women were employed in clerical capacities. Now there must be two millions, maybe more. The life insurance companies in New York State alone employ over 70,000 women."

"And you think the women really run the offices?" I asked.

"The big, red-faced, bull-necked man swaggers and struts and shouts, 'Teh him I won't and mean while the unobtrusive, systematic, diplomatic woman secretary keeps quietly doing the work and running the office. It's a well known fact, as Dr. Katherine Davis says, that certain big municipal positions in this town allegedly filled by men are really occupied by women secretaries held over from administration to administration. The reason that American business concerns are leading the world is that American women have put their shoulders to the wheel and helped manage."

"My hat goes off to that splendid body of young women who appear promptly every morning in shop or office and without complaining go home to make and launder their clothes, and yet somehow manage to read the latest books, see the latest play, hear the latest music."

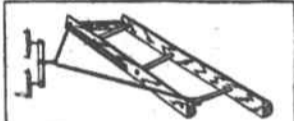
They Surely Will. Mr. Yeast—"Cook says if you put a spoon before using it to serve jelly you will find the jelly will not stick to it." Mrs. Yeast—"Yes, but if you stick it to the spoon the people will eat more, won't they?"

## GOOD ROADS

### OPERATION OF A ROAD DRAG

One of Advantages in Maintenance of Smooth Surface, Free From Ruts and Troublesome Holes.

(By H. F. HASKELL.)  
The successful operation of a drag involves two principles: The first concerns the length and position of the hitch, while the second deals with the position of the driver on the drag. Each influences the other to a large extent and successful manipulation of the drag is dependent upon an understanding of both at once.  
For ordinary purposes the snatch link, or clevis, should be fastened far enough toward the blade end of the chain to force the unclogged drag to follow the team at an angle of 45 degrees. This will cause the earth to move along the face of the drag smoothly and will give comparatively light draft to the team, provided the driver rides in the line of draft.  
The distance from the drag at which the team is hitched affects the depth of the cutting. Shortening the chain tends to lift the front slab from the ground; a longer hitch causes the blade to cut more deeply. The length



Serviceable Road Drag.

of the hitch may be regulated by lengthening and shortening the chain at the end which runs through the hole in the blade end of the drag. Usually two horses are enough to pull a drag over an ordinary road.  
The object of the drag is to move earth toward the center of the roadway and to raise it gradually above the surrounding level. While this is being accomplished, all mudholes and ruts will be filled, into which traffic will press the fresh earth. The drag does the best work when the soil is moist, but not sticky.  
In soils full of loose stones or even small bowlders the drag does good service. The loose stones are drawn into a windrow down the center of the road, while the earth is deposited around the bowlders in such a way that the surface is leveled.  
The approximate cost of a split-log drag, labor and material is about three dollars; the cost for dragging one mile, going over several times, team and driver, is just what you will make it from one dollar up, depending on the number of times required to go over the rough road.

The advantages to be gained from the persistent use of a road drag may be summarized as follows:  
The maintenance of a smooth, serviceable earth road free from ruts and mudholes. The obtaining of such a road surface with the expenditure of little money and labor in comparison with the money and labor required for other methods. The reduction of mud in wet weather and of dust in dry weather.

## BATTLE IS WON BY AUTOS

Re-enforcements by Motor Turned Scale for Germans at Solsons.

Berlin.—The automobile played an important role in deciding the battle of Solsons. It is now learned that re-enforcements, brought up by a column of more than two hundred automobiles on the night of January 12 and thrown in on the German left flank at Vregny, turned the scale when the Germans were making their counter-stroke and enabled them to sweep the French from the plateau.  
Hitherto automobiles have been used by the Germans but little in this campaign, except for the transportation of riflemen attached to cavalry divisions, owing to the length of time required for loading in motor cars large bodies of troops, which, to a great extent, neutralizes the extra speed in the actual movements. On this occasion the troops were drawn up four abreast in a column along the road. As each automobile arrived men clambered in quickly and without confusion.

## WANT IT SPELLED "SERBIA"

Nation Opposes "Servia" Because of Latin Derivation Meaning "To Serve."

London, England.—The Serbian legation in London has addressed a letter to the press and public urging the adoption of the spelling of "Serbian" and "Serbia," instead of "Servian" and "Servia."  
"The latter spelling," says the legation spokesman, "is highly offensive to our people, mainly because it suggests a false derivation from the Latin root, 'to serve.' It is a source of hidden pain to Serbians to see that some journals persist in using the corrupt forms."  
The same letter requests wider publication and performance of the Serbian national hymn. "In restaurants and public places we hear the British patriotic songs and hymns, with those of your allies—France, Russia, Belgium and Japan—yet, alas! not that of Serbia, which is really a beautiful

Why the Blues? Everyone loves the blue sky, with its brightness, warmth and softness. Hundreds have written of it in glowing terms of praise, while the martinet millions have felt what they expressed. Who does not love a pair of blue eyes? Laughing blue eyes, true blue eyes, tender blue eyes, Irish blue eyes. The men who follow the sea love her every mood and hue, and yet 'tis her sparkling sapphire cloak they would have her don on the happiest occasions. "It is impossible, in our condition of society, not to be sometimes a snob," wrote Thackeray—not to have a heart that would relish pumping a little blue blood along with the red. But when my thoughts are dull, depressed and sallow like an unkind wintry sky, we are in the blues. Why this accidental defamation of the color which is associated with so many of the fair and pleasing things of life? It was most witty a cynic there are yellow snappers and Jewfish; there are yellow devils and sea-eggs. Why the blues? Boston Globe.

### LATHAM HOUSE

Mrs. J. B. FEED, Proprietress  
248 Cor. Second & Harvey Sts.  
Washington, N. C.  
Under Expertly, New Management.  
Hot and Cold Baths.  
Special Rates by the Week.  
WE'LL 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 F. Fellers, Bankrupt.  
IN BANKRUPTCY.  
To the creditors of John F. 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. 1915, the said John F. 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. 1915, 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. 1915.  
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. 1915, 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. 1915, 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. 1915.  
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.

## CASTORIA

For Infants and Children. The Kind You Have Always Bought. Bears the Signature of *Dr. J. C. Holt*. An Active Liver Means Health.

## NOTICE

North Carolina, Beaufort County—Superior Court, before the Clerk, John H. Oden et al.  
J. H. Bishop et al.  
Notice is given by the board of Drainage Commissioners of Jackson Swamp District that on the 28th day of March, 1915, 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 Execution, 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 there for 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, 1915.  
The Board of Drainage Commissioners of Jackson Swamp District.  
HARRY McMILLAN,  
Attorney.

2-23-3vc.

### Whitest Marble Vein

The greatest marble-producing industry in the world is no longer to be found in the famous Carrara district of Italy, but in Vermont, where one of the richest veins in the world stretches in an irregular line across the state. So great is the production of marble in this section that the inhabitants have lost much of their appreciation of its value, and use it for such humble and utilitarian purposes as paving, underpinning for barns, kitchen posts, stepping stones and draining troughs for horses. This vein is about fifty-seven miles long, from 1,650 to 2,200 feet in width, and from it is being taken for enormous quantities white marble that is equal to the finest Italian marble, as well as an endless variety of blue, yellow, green and jet-black marbles.

## Instantly Relieves Swollen, Inflamed Nose, Head, Throat, Bronchitis, Hoarseness, Freely—Dull Headache Goes—Dry "Ely's Cream Balm"

Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the croup, cold-in-head, catarrhal sore throat will be gone. Small bottle of "Ely's Cream Balm" at any drug store. This great, fragrant balm dissolves by the heat of

Paying the Spled.  
Louis XVIII must have been sincerely grateful for the institution of epinecchti. Shortly after the restoration he asked Fouché, his minister of police (who had filled the same office under Napoleon) whether he had been efficiently spied upon during his exile in England. After a considerable amount of guessing, Fouché admitted that one of the members of the royal household, the Duc de Blacas, used to furnish regular reports concerning his master's movements. "How much did you pay for his services?" inquired the king. "A fixed allowance of 25,000 a year," was the reply. "I am glad to hear you say that," said the king. "We arranged to divide his earnings as a spy, and so long as he was working for you I used to draw 24,000 a year. It is comforting to learn that he didn't cheat me."—London Chron.

Our indebtedness to Slaves.  
To the emperors and popes of bygone ages, writes Mrs. Ida Hustad Harper, the modern world is deeply indebted for treasures of art and architecture that without them never could have existed. It was only by the labor of unpaid and indentured slaves that the Colosseum, the magnificent arches, the enormous baths, the marvellous palaces could have been erected; and it was only through grinding the faces of the poor by taxes and enforced contributions that the splendid churches could have been built and their matchless decorations made possible. Popes, emperors and unfortunate victims have long since passed alike into dust, not all the pomp and circumstance of power being able to avert this common fate, and it matters not whether this dust has returned to the simple elements of earth or been preserved in gorgeous tombs.

Evidence.  
She—"The Ideal Here's a professor in Philadelphia who says the bobble skirt is 3,000 years old." He—"Well, dear, I see a lot of 'old things' wearing them."

J. K. HOYT IS SHOWING A LINE of Ladies House Dresses which range in prices from \$5.00 to \$10 which he offers for sale Friday, February 26th, at only \$2.45 the garment. See his window display.

## Opens Up Nostrils, Clears Head, Ends Colds or Catarrh At Once

Instantly Relieves Swollen, Inflamed Nose, Head, Throat, Bronchitis, Hoarseness, Freely—Dull Headache Goes—Dry "Ely's Cream Balm"

Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the croup, cold-in-head, catarrhal sore throat will be gone. Small bottle of "Ely's Cream Balm" at any drug store. This great, fragrant balm dissolves by the heat of

the nostrils penetrates and heals the inflamed, swollen membrane which lines the nose, head and throat; clears the air passages, stops cleaning, soothing relief comes immediately.

Don't lay awake tonight struggling for breath, with head stuffed, nostrils closed, hawking and blowing Catarrh or a cold, with its running nose, foul mucous dripping into the throat, and raw dryness is distressing but truly needless. Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.

Early American Industry.  
When English colonists settled on the Atlantic coast from New England to North Carolina, the abundance of wood suggested to them that there might be profit in the sale of ash-wood in 1811, less than fifty years after the founding of Jamestown, the Virginians were selling ash-wood at from \$30 to \$40 a ton for export to England. The burning of ash-wood was a favorite business undertaken by negroes who had run away from slavery in the South and had settled in Canada. No capital was required, as wood was free; and though the income was small, the work was easy and served to attract a good many people. As late as 1898 Canada exported annually 1,232 barrels of ash-wood and pitch, the equivalent of more than 20,000 barrels of ashes.—Hardwood Record.

## 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 election day) "can't hardly wait for fresh green stuffs after the monotonous 'unseasoned goods' period of winter, a repast of now 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 over 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 PELLETIER, "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