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JAMES E. MAYO, Proprietor; CARL GOERCH, Editor

WASHINGTON, NORTH CAROLINA, FEB. 17, 1916.

PHOOLISH PHEELINGS.

When you refer to a certain lady as "an old cat," "a dried-up prune" and "long-necked giraffe" and then happen to turn around and find that the lady has been standing directly behind you and taking it all in.

We may be mistaken but it is hard for us to understand how a man can be a good Secretary of Agriculture and then turn around and fill the office of Secretary of War satisfactorily.

Five hundred lepers are reported to be at large in the United States. This situation is far more serious than any danger of war with Europe and every energy should be directed towards seeing that the disease is prevented from spreading.

Something to be proud of:—That without us, the population of the United States would be 101,208,314 instead of 101,208,315.

Elizabeth City is working to beat the ears on her county fair proposition but the work that is being done in Washington in this direction is still too weak to make itself heard of or seen.

A girl in New York proposed by wireless. It's no use. If they want a fellow he might as well give up struggling because they're going to get him anyway.

THE EASIEST JOB IN THE WORLD.

Next to calling out the stations on an ocean liner or keeping pieces of the crust of Mars from hitting the earth, the position of editing a newspaper is probably the softest cinch there is—according to the ideas that are held by some persons.

As a result of this attitude there is often considerable indignation expressed when an editor blue-pencils an article that is sent in for publication. The writer of the article laughingly asserts that "he doesn't understand what can be meant."

We have had several cases of this kind lately and the persons who, sent in the articles evidently believe—according to what we have heard—that their intelligence and education have been questioned.

WHICH is the greater—the drain of war or the drain of peace? In an intelligent and well organized nation the question would be ridiculous, BUT WE ARE NOT AN INTELLIGENT AND WELL ORGANIZED NATION.

It is not our intention to give the impression that we do not desire articles for publication or suggestions, for that is not true. What we are trying to drive at is that we do not want our friends to feel insulted when at times we believe that it is advisable to make some changes in the articles they have sent in.

DOES IT PAY?

It may be a fine thing to obtain several thousand dollars for arguing a case, for being pointed to as a prominent suffragette, as a woman who can face the world as bravely as any man and as a person who has shown that woman is man's equal in every way, but— DOES IT PAY?

Imagine taking a woman like that in your arms, pulling her head down on your shoulder, nuzzling up her hair and informing her of the startling fact that she's the "sweetest little girlie-girl in the whole world. Bless 'our sweet heart!" If you can imagine THAT you've got more imagination than we have.

ROOSEVELT'S BRAGGADOCIO.

Colonel Roosevelt is credited with having said the following: "There are only two things Wilson is afraid of. I am one, and the Kaiser is the other."

Roosevelt is probably right. Wilson is afraid of him. He is afraid of him in the same manner as an engineer of a fast express train is afraid of a child on the track, or as a scientist at work on an important experiment is afraid of an idiot roaming around at large through his laboratory.

When we receive definite permission to organize a military company in Washington it may prove interesting to see just how many real patriots we have among our citizenship.

Congressman Stephens' national defense road bill is the kind of "preparedness" that it would be well to devote time and thought to instead of building unnecessary battleships and increasing our army to an unnecessary number of men.

Scientific Investigation Needed to Upbuild National Vitality

By E. E. RITTENHOUSE, President Life Extension Institute



THE physically substandard and impaired group in our vast population numbers millions. In spite of our progress this great body of low powered Americans is apparently increasing out of proportion to the increase in the population.

Neither our freedom nor our race can be protected and developed by weak limbed, soft muscled, low powered men. It is clearly the duty of the nation to do its utmost to upbuild the power of our people to resist fatigue and physical deterioration.

I therefore urge the organization of a national vitality commission composed, say, of fifteen eminent authorities in the various fields of life conservation, to be authorized and financed by congress and appointed by the president.

ITS DUTY WOULD BE TO INVESTIGATE THE TREND OF NATIONAL VITALITY AND TO RECOMMEND TO THE PUBLIC THE EDUCATIONAL AND OTHER METHODS BEST ADAPTED TO REDUCING THE EXCESSIVE WASTE OF VITALITY NOW GOING ON IN OUR COUNTRY.

Our health departments and our schools should be used to teach individual hygiene as well as public hygiene. Our excessive individualism, our time saving mania, our increase in wealth, have bred extravagance and overindulgence in both work and play and produced a nervous strain that is responsible for our large army of neurasthenics and has contributed greatly to the vast low powered group in our population.

American Republics Must Stand Together Against Foreign Foe

By JOHN BARRETT, Director General of the Pan-American Union

THERE is no doubt whatever that if any foreign foe ever succeeded in extending its dominion over a considerable part of Latin America and if the nations of Latin America should become dependencies it would inevitably follow that the United States would meet the same fate, BECAUSE NO FOREIGN FOE COULD ACHIEVE SUCH A RESULT EXCEPT BY A VICTORY OVER THE UNITED STATES.

All Pan-America will rejoice if the scientific conference shall give the inspiration, though it might not be able to write the act, because it is not a political gathering, for the actual evolution of the Monroe doctrine into a pan-American doctrine which will mean that the Latin American republics, in the event the United States were attacked by a foreign foe, would, with all their physical and moral force, stand for the protection and sovereignty of the United States just as quickly as the United States under corresponding circumstances would stand for their sovereignty and integrity.

WITH A PAN-AMERICAN DOCTRINE RECOGNIZED AND APPROVED BY ALL THE AMERICAN REPUBLICS THERE WOULD BE NO DANGER FOR THE SOVEREIGNTY AND PEACE OF PAN-AMERICA, AND THE GREATEST STEP POSSIBLE FOR PRACTICAL PEACE AMONG ALL NATIONS WOULD BE ACHIEVED.

Drain of War Is Not So Great as the Loss of Child Life In England

By GEORGE BERNARD SHAW, Author and Dramatist

WHICH is the greater—the drain of war or the drain of peace? In an intelligent and well organized nation the question would be ridiculous, BUT WE ARE NOT AN INTELLIGENT AND WELL ORGANIZED NATION.

The drain of war is shown by the figures just published. We have lost 100,000 men killed in the war. If we take for the purposes of comparison the first year of our war we had under arms in that period 3,900,000 men. Seventy-five thousand men were killed. It is the military tradition that a country is defeated when it loses 20 per cent of its men. We have lost only 2 1/2 per cent.

Take the other side. Of the 800,000 babies born in England every year 100,000 die before they are one year old. This means dirty milk or no milk at all—slums, bad food and ignorance. We lose 100,000 before one year of age; we drop another 200,000 before they reach the age of fifteen, just when they are becoming industrial producers and available for military service.

THAT IS 37 1/2 PER CENT DESTROYED IN PEACE FOR THE 2 1/2 PER CENT DESTROYED BY THE WHOLE GERMAN ARMY FIRING SHOT AND SHELL AT THEM.

Keep a piece of pumice stone in the kitchen to clean the irons with. It will instantly remove those particles of starch that adhere to the iron and will also remove rust or dirt. A careful rubbing with pumice before you put the irons on to heat will prevent any possibility of dirty marks on the delicate hinges and faces.

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NOW FEELS ENTIRELY WELL.

Those who have backache, rheumatism, stiff and swollen joints or other symptoms of kidney trouble will be interested in a statement from A. H. Francis, Zenith, Kan., who writes: "I had a severe pain in my back and could hardly move. I tried several remedies with no results. I took about two-thirds of a 50c box of Foley Kidney Pills and now feel entirely well."

LOW ROUND TRIP FARES

Premier Carrier of the South \$26.75 Raleigh, N. C., to New Orleans, La., and return, account Mardi Gras Celebration March 2nd to 7th, 1916. Tickets on sale Feb. 28th to March 6th inclusive with final limit March 17th. Stop-overs permitted on either going or return trip, or both.

\$28.85 Raleigh, N. C., to Mobile, Ala., and return, account Mardi Gras Celebration March 2nd to 7th, 1916. Tickets on sale Feb. 28th to March 6th inclusive with final limit March 17th. Stop-overs permitted on either going or return trip, or both.

\$22.00 Raleigh, N. C., to Pensacola, Fla., and return, account Mardi Gras Celebration March 2nd to 7th, 1916. Tickets on sale Feb. 28th to March 6th inclusive with final limit March 17th. Stop-overs permitted on either going or return trip, or both.

Low round trip fares from all other points on same basis. For further information, Pullman reservation, etc., call on any Southern Railway Agent, or O. F. York, T. P. A., Raleigh, N. C.

Flowers! Flowers!

For All Occasions. Roses, Violets, Orchids, Violets and Carnations a specialty. Wedding Bouquets and Decorations. Floral Offerings arranged in latest art. Write us for price list of your needs. Cut Flowers or Plants of all kinds. All communications promptly executed by "Our Business is Growing" P. O. Box 147. J. L. O'Quinn & Co. RALEIGH, N. C.

LIVE STOCK HUSBANDRY

STALLIONS IN WINTER.

Animals Need Exercise to Keep Them in Proper Condition.

How to keep the stallion in prime condition at a minimum cost during the winter season is a question frequently asked, says the Kansas Farmer. Many valuable stallions are seriously injured during this season of the year from poor care and improper feeding. It is argued by some that they cannot afford to feed the stallion much during the winter because it is a season of no income. Therefore the horse is starved and neglected.

It would be much better for the horse breeding industry of this country if all



As a rule, the average Belgian horse will remain in good flesh under conditions where the ordinary horse would get thin. Belgians are easy keepers because they are rather short of length and leg. It will usually be noticed that a horse of moderately short leg and body will keep in better flesh on short rations than will one of the loosely built, rangy type. The Belgian stallion shown is a fine type of the breed.

stallions were worked. The feeding of the stallion that works is an easy problem in comparison with feeding one kept in idleness.

To be a success as a breeding animal the stallion must be in the best of condition, and he cannot be so kept without proper exercise. When kept in the box stall he cannot get enough exercise, and even if a small yard is provided it is seldom that the stallion will exercise enough for his own good. There is always more or less danger that a horse will injure himself in attempting to exercise in the small yard as a result of the short turns that must necessarily be made. Breaking the horse to work in the harness is the simplest way out. This can easily be done, provided the man who works him understands stallions and knows how to give them the proper care while being handled in this way.

The stallion should be broken for harness before he is two years old. Few are broken, however, at this age, and those who work stallions must of necessity break them after they have reached maturity. It is not a specially hard job to break a stallion to harness. They are seldom afraid. It must always be remembered that the stallion, even though big, is usually soft and must be gradually toughened to work. He should be given only a few hours of light work each day for several months.

During the season when not used for breeding purposes, the stallion, after becoming hardened to it, can do a full day's work and at least half a day's work during the breeding season. A successful horseman of Kansas who always works his stallions uses a jockey stick on them when they are in the harness, one end being fastened to the bit of the horse and the other to the harness of the harness on the other horse.

The stallion at work should be fed the same as other work horses are fed. They should not have too much hay. The amount of grain to feed will vary, of course, with the work the horse is doing and his general condition. He should not be permitted to run down in flesh, but corn or kafir should not be used as the exclusive grain ration. Bran is always a valuable supplement to these grains, and it is always well to feed some oats if they are not too expensive.

Treatment For Thrush.

Thrush is caused by filth and wet in the stable. Treatment: Cut away loose or underrun horn of the frog, and then perfectly clean, including the cleft of the frog, says the Farm Journal. Then swab with a 1000 solution of corrosive sublimate, and when dry pack the cleft and on each side of it with a mixture of equal parts of castor oil, salicylic acid and boracic acid, held in place by oakum or absorbent cotton, packed on top. Renew the dressing once daily. Keep the stall clean and dry, and bed with shavings or sawdust. Work or stanchion exercise the horse every day. Feed lightly. Use the corrosive sublimate solution again if recovery is slow.

When Horses Knockle Over.

Horses tend to knockle over when tired from overdriving, or it may be due to lack of proper shoeing or to standing idle on a hard floor. Drive or work the horse lightly every day. Allow him a box stall in the stable. Have him stand once a month. Hand rub the joints and back tendons of the weak legs each time he comes into the stable, and then snugly bandage with Gannet. Farm Journal.

ASTER LAGRIPPE—WHAT?

Coughs that "hang on" after lagrippe exhaust the strength and lower the vital resistance. F. G. Prevost, Bedford, Ind., writes: "An attack of lagrippe left me with a severe cough. I tried everything, but nothing would get me well. I was asked as if I would never get well, I tried Foley's Honey and Tar and two bottles cured me. I am now well and back to my normal weight. Foley's Honey and Tar gets right at the trouble. It is a safe, reliable remedy. Davenport Pharmacy."

Hot Water for Sick Headaches

Tells why everyone should drink hot water with phosphate in it before breakfast.

Headache of any kind, is caused by auto-intoxication—which means self-poisoning. Liver and bowel poisons called toxins, seeped into the blood, through the lymph ducts, excite the heart which pumps the blood so fast that it congests in the smaller arteries and veins of the head producing violent throbbing pain and distress, called headache. You become nervous, dependent, sick, feverish and miserable, your meals sour and almost unpalatable. These symptoms are due to acidities, aspirin or the bromides which temporarily relieve but do not rid the blood of these irritating toxins.

A glass of hot water with a teaspoonful of limestone phosphate in it, drunk before breakfast for a while, will not only wash these poisons from your system and cure you of headache but will cleanse, purify and freshen the entire alimentary canal.

Ask your pharmacist for a quarter pound of limestone phosphate. It is an expensive, harmless salt, and almost tasteless, except for a sourish twinge which is not unpleasant. If you aren't feeling your best, if you are coated or you wake up with bad taste, foul breath or have colds, indigestion, biliousness, constipation or sour, acid stomach, begin the phosphate-hot water cure to rid your system of toxins and poisons.

Results are quick and it is claimed that those who continue to flush out the stomach, liver and bowels every morning never have any headache or know a miserable moment.

For Contagions.

It is important that the mother or nurse who is attending a child ill with a contagious disease should take a walk in the fresh air every day. The best way to arrange this is for her to keep a change of clothing in the next room. She should also bathe before leaving the quarantined room. If a bathroom has been set aside for quarantine she can use this; if not, a second and a basin in the sickroom will have to answer. Then she should slip into the next room and put on fresh clothing.

She should leave the house by the back way preferably, or, at any rate avoid coming in contact with any of the occupants of the house. Above in the street she should not use the street cars nor enter any other house and avoid as much as possible touching anyone.

The fumigation of a sickroom after a contagious disease is done by the board of health upon request in most cities, or it can be done by the family under directions of the physician.

Esquima Sets.

For the fittest boy on his wintry rambles there come the comfiest brush ed wool and knit sets that increase him from head to toe in frostproof armor. They consist of a little round cap topped with a pompon of wool or a woolen tassel or even a bit of fur, a close buttoned sweater, long tight and legging combined and a pair of mittens or woolen gloves. The young hopeful rigged up in these garments looks like a very small chamois bear or a snow man, according to the color chosen.

NOTICE OF SALE.

Under and by virtue of the authority contained in a judgment of the Superior Court of Beaufort County in an action entitled W. B. Rodman vs. J. T. Bland, rendered at the January Special Term 1916, the undersigned Commissioner will on Monday, February 21st, 1916, sell at the Court House door in Beaufort County to the highest bidder for cash but certain property in the town of Washington on the South side of Second street, being Lot No. 10 of the property formerly owned by S. T. Nicholson which was subdivided, map of said property being of record in the office of the Register of Deeds of Beaufort County in Book 106, at page 600, said lot being bounded on the East by the property of C. F. Warren, on the North by Second street and on the West by Lot No. 11. This the 20th day of January, 1916. W. B. RODMAN, JR., Commissioner.

NOTICE OF SALE.

By virtue of the power of sale contained in a mortgage deed, executed by T. E. Cutler and wife to G. A. Phillips, dated February 2, 1914, and recorded in Book No. 173, page 449, Register's office and hereinafter referred to, I will offer for sale to the highest bidder for cash at public auction on Saturday the 26th day of February, 1916, at 12 o'clock noon at the Court House door of Beaufort County, the following property conveyed and described in said mortgage, to-wit:

That certain tract of land lying and being in Beaufort County, State of North Carolina, known as the "Long Acres" containing the lands of Moses Cutler, now James Brady, beginning at a point, the Boyd patent, running with the Boyd line N. 28 degrees W. 43 poles to the Leechville road at a stake, thence with said road S. 30 degrees W. 34 poles to a stake 4 feet south of James J. Cutler Sr. avenue; thence parallel with the avenue 4 feet from it south 55 degrees E. 28 poles to a stake standing in a branch that crosses the said avenue; thence with the run of the said branch to a gum standing in the mouth of said branch in the west prong of Goose Creek swamp; thence the said swamp with the run of said swamp to a maple tree of the Boyd corner thence west 6 poles to the first station; containing 26 acres more or less; it being the same land sold by the said T. E. Cutler, by conveyed to said G. A. Phillips, by recorded in Book 148, page 50, and herein referred to. Also one bay horse purchased of Washington Horse Exchange Company, on January 24, 1916.

This January 24, 1916. G. A. PHILLIPS, Administrator.

NOTICE OF ADMINISTRATION.

Having qualified as administrator of Cordeius Blackledge, 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 January 19, 1917, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This January 19, 1916. JONATHAN HAY VENN, Administrator.

Professional Business Cards

W. H. Small, A. D. MacLean, S. C. Bragaw, W. B. Rodman, Jr., SMALL, MacLEAN, BRAGAW & RODMAN, Attorneys-at-Law, 45 Market St., Opposite City Hall, Washington, N. C.

H. W. CARTER, M. D., Practice limited to diseases of EYE, EAR, NOSE & THROAT and the FITTING OF GLASSES, Office over Brown's Drug Store, Hours 9 to 12 a. m.; 2 to 5 p. m. except Mondays. WASHINGTON, N. C.

H. S. Ward, Junius D. Grimes, WARD & GRIMES, Attorneys-at-Law, WASHINGTON, N. C. We practice in the courts of the First Judicial District and the Federal courts.

W. C. RODMAN, Attorney-at-Law, WASHINGTON, N. C.

HARRY McMULLAN, ATTORNEY-AT-LAW, Laughinghouse Building, Corner Second and Market Sts.

R. S. SUGG, B.S., D.V.M., WASHINGTON, N. C., Veterinarian Surgeon, Physician and Dentist, Office Winfield's Stable, 343 Market St. Day Phone 25, Night Phone 333.

E. A. Daniel, Jr., J. S. Manning, L. C. Warren, W. W. Kiteaux, DANIEL & WARREN, MANNING & KITCHIN, Attorneys-at-Law, Practice in Superior, Federal and Supreme courts of this state.

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N. L. Simmons, W. L. Vaughan, SIMMONS & VAUGHAN, LAWYERS, Rooms 13-14-15, Laughinghouse Building, Washington, N. C.

G. A. PHILLIPS & B.L.O., FIRE INSURANCE, WASHINGTON, N. C.

JOHN H. BONNER, Attorney-at-Law, WASHINGTON, N. C.

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NOTICE OF SALE.

By virtue of power of sale contained in deed of trust to me executed by James H. D. Gurkin and wife, dated October 23, 1912, and recorded in Register's office of Beaufort County in Book 184, page 205, which is hereby referred to, I will sell at public auction for cash to the highest bidder at the Court House door of Beaufort County on Monday, February 21, 1916, at noon, that tract or parcel of land in Long Acre Township, Beaufort County, being a tract of land known as the Daban Kelly Patent, bounded on the North by the land of George A. Latham, on the East by the James D. Boyd patent, on the South by the patent of H. S. Latham and H. L. Waters, and on the West by W. T. Latham, containing 2 1/2 acres more or less, it being part of the land sold by the will of James H. D. Gurkin. This January 24, 1916. E. H. BRYAN, Trustee.