

# THE WASHINGTON DAILY NEWS

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EXCEPT SUNDAYS

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CARL L. MAYO, Proprietor  
GOERCH, Editor

WASHINGTON, NORTH CAROLINA, DEC. 30, 1914

In the majority of cases, "Happy New Year" is going to mean "Could you please pay this bill now?"

There's more than one way of bringing about a discussion of peace terms besides getting down into the bottom of a well and whispering our desires.

## A LONG CHRISTMAS HOLIDAY.

Pupils of the city school are rejoicing over the long holiday they have been given this Christmas. The school will remain closed over two weeks, no classes having been held for the entire week before Christmas.

We doubt whether it was a wise policy on the part of the school board to give this lengthy holiday. Impressions are made readily on young minds and they are just as readily lost. It will take considerable "review work" to bring back to the minds of the pupils those things that were learned before the Christmas season. Thus, to a certain extent, it can be seen that a good deal of the work that has been accomplished during the first part of the present term will have been lost.

## USING BRAINS WITH YOUR FOOD.

A general agitation is spreading over the country in which the people are being urged to cut down the amount of food that they eat and to pay more attention to the ingredients of the food than to the quantity. Prominent physicians are recommending various kinds of diets and there appears to be an inclination on the part of the people to follow these instructions.

The North Carolina State Board of Health, in a press article sent out this week, deals with this subject in a brief and concise manner and urges the citizens of the State to follow the advice that is being given along this line.

That brains mixed with food will reduce the high cost of living without decreasing the nutritive value of the food is one of the conclusions already reached in the experiment that is now being conducted in Chicago for the purpose of knowing whether or not people can be properly nourished on 40 cents per capita per day. The experiment is being conducted by the city commissioner of health and includes a "diet squad" of twelve people who are furnished three meals a day—breakfast, luncheon and dinner—the menu being changed daily with a view of both economy and variety.

The results of the first week of the experiment showed a total gain in weight of 20 1/4 pounds, the average weight gained per member being 2.23 pounds. The members go daily about their business just as before beginning the test. The actual cost of food served for the first week was 33 1/4 cents per person per day, this exclusive of fuel, lights, service or other overhead charges. The menu in part for the week which was bought at retail prices was two dozen eggs, 35 quarts of milk, 54 pounds of meat, sugar and flour. Bread was bought in ten cent loaves.

Probably the most valuable lesson that the experiment will teach is that economy does not mean deprivation, but education and training—to mix brains with the daily food supply, in choosing, buying and preparing. The experiment will not have been in vain if it sets people to thinking as to how they can buy the most nourishment for the least money and at the same time adapt that nourishment to their needs.

## NEW YEAR RESOLUTIONS.

Monday, January 1, will be the day for making New Year resolutions. The custom has come to us through many years of usage and has unquestionably been of great individual and general benefit.

How, where and why New Year resolutions came about no one apparently knows. The custom, however, is not an American one for it is also known in European and Asiatic countries. In fact, New Year's Day is much more observed in some countries than is Christmas. This is particularly true in France, where comparatively little observance is paid to Christmas but where everyone joins in celebrating the advent of the new year.

There are probably very few people who have not made resolutions on the first day of the year. It is a time for taking inventory of our bad habits and endeavoring to correct them. Men resolve to quit smoking, drinking or playing cards; women resolve to give up candy, to spend less for clothes, to attend church more regularly; children resolve to be obedient and kind. Those are some of the more common forms of resolutions that are made. There are, of course hundreds of others, but it is safe to say that nine men out of ten, who make any resolutions at all, have made up their minds to quit smoking. And, out of this number, probably eight have gone back to smoking again before the end of the year.

Even if New Year resolutions are not kept, they will have done some good. During the period when a man or woman is endeavoring to live up to some resolution, there must be self denial and use of will power. So don't be afraid to make your resolution on Monday. Even if you fail to keep it, you will be the better off for having made it.



## Today's the Day

Yesterday will never return again. The opportunities which it held are lost forever, unless you were prepared.

Perhaps it was only financial preparedness you lacked. Perhaps a little capital would have given you a start on the road to wealth.

This bank is always ready and willing to help finance your business. Remember—TODAY'S THE DAY!

**Bank of Washington**  
Washington, N. C.

## How Delightful

IS  
WASHINGTON PARK!

For the Children's Game lot's outstretched.

A. C. Matthews

What Women Are Doing in France. France being a country where universal service is the rule in war, and depending largely on the work of women, but even in the times of peace there were places where they were the chief citizens. At present, in the Department of the Oise, most of the public appointments are held by women, and will be until their present holders die. There is a postmistress instead of a postmaster; the telegraph department is run by a woman; a station mistress directs the porters at the local station; a lady barber cuts the hair of the community; and the own sister also takes "care" on the same of her calling. In most cases these posts were held by husbands or fathers, and the villagers considered their female relatives were their legitimate successors. It is also partly the case in the English towns mentioned, although in some cases daughters have succeeded mothers in the general satisfaction.

## The Town Gossip

Mr. Klapp—I found the telephone, fixed O. K. when I got down to work this morning. I'm much obliged.

I BELIEVE. THAT THERE ought to be SOME KIND of a law AGAINST A merchant SELLING A person. A LOT of things. THAT HE don't want. AND YESTERDAY afternoon. I DROPPED IN. AT ONE of the stores. ALONG MAIN street. TO GET a collar button. AND MY old one. HAD BROKEN. AND THE collar. PERSISTED in rising. UP ABOVE my ears. AND I got the new button. AND PAID for it. AND STARTED to go out. AND THE merchant asked me. TO WAIT a minute. AND THAT he had SOMETHING to show me. AND HE took me over. TO THE necktie case. AND SHOWED me some ties. THAT HE said. HAD JUST come in. AND HE talked. FOR FIVE minutes. ABOUT THEM. AND THEN he asked me. TO POINT out the one. I LIKED best. AND I did. AND HE wrapped it up. AND I paid for it. AND I started. TO GO out again. AND HE commenced. TELLING ME. ABOUT THE way. THAT THE price of things. WAS GOING up. AND HE showed me. SOME GLOVES.

## Regain Your Normal Weight

You can add one-fourth to one-half pound a day by drinking a glass of this delicious digestant with each meal

## Shivar Ale

PURE DIGESTANT AROMATICS WITH SHIVAR MINERAL WATER AND SUGAR. Gives a hearty appetite, vigorous digestion, rich blood, clear complexion and firm flesh. Your money back on first dozen if not delighted. At all grocers and druggists.

Bottled and guaranteed by the celebrated Shivar Mineral Spring, Shelton, S. C. If your regular dealer cannot supply you telephone JAS. ELLISON & CO. DISTRIBUTORS FOR WASHINGTON.

## NOTICE OF TAX PURCHASE.

To Jno. G. Perry: You are hereby notified that at a sale for taxes by W. C. Ayers, City Clerk, Washington, N. C., Sheriff, County, on the 3rd day of April, 1915, at the Court House door I purchased the following property on said date, which was sold for the taxes for the year 1915 due on said property which was listed in your name including the cost of the sale, said property being one lot Washington street.

You are further notified that you can redeem said property by payment of the taxes \$7.25 and charges allowed by the law on or before the first Monday in April, 1917, payable to the undersigned or to W. C. Ayers, City Clerk, Washington, N. C., and if not paid by said time, the undersigned will demand a tax deed for said property.

This December 28th, 1914. ELLIS M. PHILLIPS. 12-25-14.

ADVERTISING IN THE DAILY NEWS

## FAMILY AVOIDS SERIOUS SICKNESS

By Being Constantly Supplied With  
Thedford's Black-Draught

McDon, Va.—"I suffered for several years," says Mrs. J. B. Whitaker, of his pains, with sick headaches, and stomach trouble.

Ten years ago a friend told me to try Thedford's Black-Draught, which I did, and I found it to be the best family medicine for young and old.

I have Black-Draught on hand all the time now, and when my children feel a little sick they ask me for a dose, and it does them more good than any medicine they ever tried.

We never have a long spell of sickness in our family, since we commenced using Black-Draught.

Thedford's Black-Draught is purely vegetable, and has been found to be the best stomachic, aid digestion, relieve indigestion, colic, wind, cramps, headache, sick stomach, and similar symptoms.

It has been in constant use for more than 70 years, and has benefited more than a million people.

Your druggist sells and recommends Thedford's Black-Draught. Price only 25c. Get a package to-day.

W.C. & C.

AND HE said. THAT BEFORE another week. THEY'D GO up 50 cents. AND HE asked me. TO TRY on a pair. AND I did. AND TOOK them off again. AND HE wrapped them up. AND I paid for them. AND HE showed me. SOME NEW shirts. AND BEFORE he got through. I HAD bought. ONE of them. AND JUST then. ANOTHER FELLOW. CAME IN. AND SAID something. ABOUT WANTING a suit. AND WHILE he was talking. I TOOK the chance. AND BEAT H. AND IF he hadn't come in. AT JUST about that time. I GUESS. I WOULD have been. BUYING YET. I THANK you.

NOTICE. The annual meeting of the stock holders of the First National Bank of Washington, N. C., will be held at the banking house Tuesday, January 9th, 1917, at 12 o'clock noon. A. M. DUMAY, Cashier. 12-1 to 1-9.

## The Stenographer Says

I SPEND most of the day. AT MY typewriter. WRITING LETTERS. OR ELSE. I'M WITH the boss. TAKING DICTATION. AND SOMETIMES. I'LL GET a bunch. OF LETTERS. THAT HAVE to be typed. BEFORE GOING home. AND I start in. AND HAMMER at the keys. UNTIL MY fingers. FEEL LIKE lead. AND MY head aches. AND IT doesn't seem. AS IF I could possibly. GET MY work finished.

AND WHEN I feel. LIKE THAT. I'VE FOUND out. THAT THE best thing. FOR ME to do. IS TO phone. OVER TO the drug store. AND TELL them. TO SEND me. A PEPSI-COLA. AND I drink it. SLOWLY. TO THE last drop. AND THEN. I START working again. AND I feel. ALTOGETHER DIFFERENT. AND MY fingers. RACE OVER the keys.

AND THE work is done. BEFORE I know it. AND THE boss. HAS TOLD me. SEVERAL TIMES. THAT WHENEVER I feel. LIKE ORDERING a drink. OF PEPSI-COLA. TO GO ahead. AND DO it. AND HE drinks it too. AND KNOWS. A BIG help. IN GETTING out. THE DAY'S work. AND I don't know. WHAT I would do. WITHOUT IT. I THANK you.

## JOIN NOW

The Pin-money Club Is Now  
Open For Membership

10c, 25c, 50c or \$1.00 WILL START A SYSTEMATIC SAVINGS ACCOUNT. Many have already joined. They will make regular weekly payments for 50 weeks and before next Christmas they will draw out a neat sum. You'll never miss the dime or quarter that you put in now but at the end of the 50 weeks you will be astonished to see how the amount has grown.

See Us About It

First National Bank

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