

Alabama Minister Relieved

Stomach Troubles Made Him Feel Sick at Meal Times, But Now Always Enjoys His Meals.

DO YOU enjoy your meals? Eat without the dread of the after-effects? Loss of appetite, and a disagreeable, sick-at-the-stomach feeling after meals, usually indicate that your digestive organs are not working properly. As a result, you will feel weak, lose weight and lack the energy that is to be derived from well-digested food. A valuable help in correcting such conditions is mentioned by the Rev. B. K. McKenzie, of Route 1, Section...

Ala, who writes: "I had stomach trouble. When I would go to eat, I would turn sick. I took one bottle of Ziron, and it cured me. Am always ready for my meals and enjoy them. I think it is a fine medicine." If your food hurts you, if your appetite is poor, if you are pale, weak and run-down, and have other symptoms that indicate your system needs help, try Ziron. It will put iron into your blood and help build you up. Take it according to directions, and if not benefited by the first bottle, the money-back guarantee will protect you. Ask your druggist.

Billiard Tables

Pocket Tables Billiard supplies

"The Better Kind" For Less Money

Sold on Easy Payments

Write Wire Phone

Fred E. Mountcastle

3005 Washington Avenue Newport News Va.

Nature's Bookkeeping. D. F. B. sends us this "brief scenario for a 'whoops' as he calls it. "In the spring air is highly charged with fragrance, but we know not all for a scent."—Boston Transcript.

Speed of a Waterspout. A waterspout is constantly spinning. The moment it ceases it collapses. At the distance of about a quarter of a mile above the sea level its spinning speed has been estimated at six miles...

He Knows His Use. An Indianapolis family a few years ago took a boy from an orphanage. Now, of course, everything at the new home was different from the place he had just left. Still he tried to make himself at home and help all he could. One day the woman of the house told her grown daughter to go upstairs after a box. The orphanage youngster offered to go instead. "But you don't know where to find it," protested the woman. "Oh, yes, I do," the little boy insisted. He had gone to her closet before after things and had seen the boxes. "They are in the little pantry that you keep your clothes in."

Alloy Stronger Than Steel. An Italian engineer has discovered a new alloy of zinc and copper which is stronger than steel and less corrosive than copper, says the Scientific American. The most important characteristics of the new alloy, which has been named "Black Metal," are the highest known breaking point, the highest limit of elasticity, perfect homogeneity and higher resistance to both heating and chemical action. It has been stated that it can successfully be cast, machined, rolled, forged, drawn and stamped. It is expected that it will prove an acceptable substitute for steel, brass and aluminum.

Ground Ice. A professional paper of the United States geological survey on the Canning river region, in northern Alaska, describes the occurrence of ground ice in that region and reviews the literature of ground ice in considerable detail. The author concludes that the two varieties of ground ice most common in northern Alaska are formed by the burial of river ice by sediments and by the growth in place of vertical ice wedges.

Where She Might Shine. Mrs. Tompkins—You've heard my daughter sing. Don't you think she's about ready for a public appearance? The Supercario—Certainly, madam. I thought if I listened to her what a fine movie actress she'd make.

Administrators Notice

Having qualified as administrators of the estates of Jerry and Sophie Rogers, deceased, late of Carteret county, North Carolina, this is to notify all persons having claims against the estates of said deceased persons to exhibit them to the undersigned at Oriental, N. C., on or before the 1st day of August, 1921, or this notice will be pleaded in bar of their recovery. All persons indebted to said estates will please make immediate payment. L. F. McCabe, Administrator of Jerry and Sophie Rogers. This 23rd. day of July, 1920. Sept. 2nd.

Sunday School a Woman's Idea. The credit of organizing the first Sunday school in the United States is claimed for a woman—Miss Sarah Colt, who died at her home in Paterson, N. J., in 1872, at the age of ninety years. Miss Colt's original idea was to teach the mill boys to read and write, and from this the school gradually grew into a means of exclusive religious instruction.

Unlucky Mondays. There are three particularly unlucky Mondays in the year. The first Monday in April when Cain was born and Abel was slain. The second is the first Monday in August, which is the day on which Sodom was confounded. The third is the last Monday in December, the day on which Judas Iscariot was born.

No Gratitude. It has just about gotten so in this country that if you stop your car to take a man to town on a sloppy morning he will kick because you haven't got your rain curtains up.—Dallas News.

Notice of Sale

By directions of an order of the Superior Court of Carteret County, made in Special Proceeding entitled "Eliza Faison et al. vs. Isaac Vann et al", being No 440 on Special Proceedings Docket, undersigned will on Monday August 30th 1920 at 12 M. o'clock, at the court-house door in Beaufort N. C. offer for sale, and sell, subject to the Court's confirmation, to the highest bidder for cash, the following described lands: In Town of Beaufort: part lot 198 Old town; on North side of Pine Street, commencing at southwest corner of lot 198, running easterly on line of Pine street 27 feet, thence westerly 27 feet, thence southerly on line of said lot 110 feet to beginning; Also piece adjoining same, commencing at southeast corner of lot 199, running westerly six feet thence northerly 110 feet, thence easterly six feet, thence southerly 110 to beginning. This July 27th, 1920.

Julius F. Duncan, Commissioner of Court August 26

Read The News

If you have any interest in your county you ought to take your county newspaper. The price of September the first will be \$2 a year. Subscriptions are being taken now at the old price \$1.50 a year. Get on the band wagon.

Clouds. Off the cloud which wraps the present hour serves but to brighten all our future days.—John Brown.

Notice of Sale Under Execution

In the Superior Court. North Carolina, Carteret County. George I. Stanley vs. Micheal Gaskill

By virtue of an execution directed to the undersigned from the Superior Court of Carteret County in the above entitled action, I will, on Monday the 6th day of September, being the first Monday in September 1920, at the hour of 12 o'clock, M. at the court house door of Carteret County, sell to the highest bidder for cash to satisfy a debt execution, all the right, title and interest which the said Micheal Gaskill, the defendant, has in the following described real estate, the same being a one-fifth interest, to wit:

The south half of lot Number Seventy Seven (77) New Town according to the plan of the town of Beaufort, N. C.

This 28th day of July 1920.

T. M. Thomas, Jr.

8-26 Sheriff Carteret County.

Vast Size of the Sun. It may surprise many people to learn that the sun, which is by no means a large star, as stars go, could easily contain within its boundaries the entire earth and moon and also the distance between them. In fact, three systems like that consisting of earth and moon could be strung out in a row through the center of the sun, without coming within 50,000 miles of his surface on either side.

Fall Shoes Coming In

And some are already here. Shipments have recently arrived of the celebrated QUEEN QUALITY and Everybody's for women and Lenox for Children.

Men's Shoes

We have a considerable stock on hand and many more bought that will be coming right along. The early shopper always gets the chance to make the best selections, so you had better look over our line now.

Childrens' Shoes

School days are almost here and the Children will need shoes. We have some of the good substantial sort that will stand considerable kicking and look good

As Usual a Big Line of Dry Goods & Men's Furnishings

W. P. SMITH, - Beaufort