Feelin' Mean?

Headache? Nausea? Dizziness? Biliousness? Constipation? Lazy and good for nothing most of the time? What you need is a shaking-up of your "innards" and a gingering-up all over. The thing that'll fix you up is:

## Dr. THACHER'S LIVER And BLOOD SYRUP

An old doctor's prescription; in use for 68 years. Enlivens your Liver, purifies and enriches your Blood. Regulates your Bowels and is a fine family TONIC. Get a bottle from your drug store and you'll soon be

Feelin' Fine!

Attention Mrs. Housekeeper

When you want something for the family Table here is the place to get it.

Fresh vegetables right from the country: Nice Fresh Eggs, Butter of the best grade, Poultry Fresh Western Meats, Nice Hams and Cheese. Del Monte Asparagus, Peaches, Pineapples, Corn, Peas, Good line of Presesves and Jellies.



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SOME FACTORS OF SUCCESSFUL SMALL GRAIN PRODUCTION IN SOUTHERN STATES.

WHEAT AND OATS

THE OUTLOOK

Wheat is too closely related to hu man hunger ever to suffer'a serious slump in demand. At this time the great wheat producing areas of Europe give no signs of getting immediately back to normal production. Soviet Russia, the greatest of all, offers no signs of growing wheat beyond-if even equal to-the needs of Russia. Roumania, Austria, Hungary and the Balkans are so depleted in men and means, and so disturbed with war and international politics, as to grow not even enough small grain for their own hungry and starving millions. Other leading European countries are importers and not exporters of grain. The Americas will, therefore, be the hope of Europe's bread. In fact, the mand will continue to be very urg-

LABOR-The labor requirements per acre of wheat is less, of course, than for cultivated crops. Where labor's scarce wheat and oats are, therefore, to be looked upon with favor. But the labor problem involved in producing wheat will not be completely solved unless the farmer goes in for farge yields per acre. It requires no more preparation, and seed, to grow a big crop of wheat than a small ode. Therefore, the intelligent farmer will look well to his soil treatment so that maximum yields may be made at a minimum cost per bushel. Farm labor is too expensive to neglect this precaution. PREPARATION-Wheat and Oats

PREPARATION—Wheat and Oats do best on upland soils. The stiffer, tirmer soils are preferred. But it does not pay to sow these crope on eroded, thin soiled slopes. If the crop is to tollow cotton, corn or other cultivated grop, the soil may be disked. Deep breaking is not necessary. After drilling in the seed, the soil may be firmed and smoothed with a roller.

FERTILIZATION—Intelligent fertilization will pay on wheat and oats. Fertilizers will create a good root derelopment and thus protect the plant against winter-killing; they will hasten the growth of wheat that has been sown late on account of the Hessian fly; it will increase stooling or tillering, and make plumper grain and fuller heads; and well-fed plants are also

# Building and Loan a Safe Investment

Commissioner James R. Young reccomends it to the people of the State, classing it as a "splendid safe medium for saving or invest. ment"

The people of the State now are being offered a great variety of investment stocks; some of them, of course, good and others extremely bad, Relative to the latter-just read what Commissioner Young says about them.

Why take chance on losing your money in speculative stocks stocks when Beaufort Building and Loan stock pays above 6 per c tax free a net return-and is the safest, soundest investment to be found

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ases.

An application of nitrogen in late winter or early spring will prove very selpful in giving the grain crops a vigprous new start.

GOOD SEED—A variety of wheat may be good, but the germinating power of the seed poor. A farmer should give more attention to his wheat and oat seed. He should find but their yielding record. Different strains of a variety will have different yielding ability. Get only the best— It pays.

Good seed includes clean seed. Make them smut-free by a dip into blue stone. Use only the varieties that have rust resistance power.

Farmers of the cotton belt would do well to go into the growing of cereals on a broader scale. Small grains fit in with a well arranged crop rotation. They provide necessities, and thereby add to the independence of the farmer and to his powersto conserve the returns from his money crops.

#### BENEFITS OF RYE AS A WINTER-COVER CROP.

Southern soils are much in need of organic matter or humus. An excellent opportunity for providing it is afforded by rys sown in the fall and turned under in the spring. Not only will it increase the organic contents of the soil, but it will conserve plantfood and increase the yields of subsequent crops. It uses nitrogen that would have leached out and would have been lost during the fall and winter. It also utilizes the phosphoric acid and potash that becomes soluble during the winter. All these and ther elements of plant food go into the ground with the spring plowing and will be released for the subsequent crops.

Winter legumes are excellent where they can be grown with success, but it is much easier to get a stand of rye on all kinds of soils and under various climatic conditions. Rye is in fact the most dependable crop for poor soils, and it is the poor soil, of course, which needs a winter-crop most.

Mistakes are sometimes made in a failure to plow under typ at the right time. If the spring is dry it should be turned under early, no matter what its stage of growth is. The danger, of course, is that rys will pump out too much soil moistare, rendering the soil bard and lumpy when plowed and giving the following crop a poor show. If the spring is well or normal, of course, the rys should be allowed to grow as long as pearlish, state it will be adding benefits to the soil. Byo Leing such a good soil helper right to be given a better show than a usually accorded it. The seed bed "ion" 1", well prepared and fertiliners thenlif de apriled, to both of which F uakes roudy respond.

### **BIG IMPORTANCE OF HOME CANNING**



Don't Neglect Home Canning-Let the Children Help.

Home canning-of utmost impor- | account of high-priced sugar. There tance during the war-will be just as are few desserts that do not take from important this year, according to presone-half to on, cupful of sugar, and ent indications as they are viewed by no dessert is more healthful than fruit. It is not necessary to use such the United States department of agrithick strup as was used in the days of culture. The shortage of labor on the farms makes it necessary for the canplenty. A ten per cent slrup made of neries to pay high prices for the comone part sugar to nine parts water will dition that will be canned later in make palatable any of the acid fruits. Such fruits as apples, pineapples and the like can be canned without sugar. the season. Labor in the canning factories is expensive and difficult to ob-In fact, ordinary glucose or corn strup may be substituted for sugar in mak-ing the strup. A palarable strup is tain. Everything, from cans to carttransportation is slow and more expensive than it was a paid by the ut-this increase must be paid by the ut-finate communer; stid there is not even ashirance that there will be mough cauned produces to go around. mough cauned produces to go around to sugar will make 20 cup-

Can Without Bugar. That sugar is bisher in price than it has been hitherto is advanced by scone as a reason lor exhing either less fruit or nothing hut vegetables: but unless one indinds to give mp sweets altogether there seems no good reason for not using enneed fruit on

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True Liberty.

True liberty can exist only when

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## SIRUPS SAVE SUGAR IN MAKING JELLIES

Directions Given by Department of Agriculture Experts.

When Fruit is Cheap and Sugar Expensive Jellies May Be Made to Advantage With One-Half Usual Amount of Sweetening.

To obtain the largest possible amount of jelly from fruit with the use of the smallest possible amount of sugar, follow the directions given below by United States department of agricultute specialists:

If a good jelly-making fruit, such as quince, green grapes, tart and partly ripe apples, Siberian crabs, or cranberries, is being used, make a second extraction from the fruit. That is, take the pulp from the jelly bag, add one cupful of water to each pound of pulp, cook 20 minutes, and drip a second time, using some pressure at the last. Second-extraction jellies are likely to be somewhat different in flavor from the first, and it is an excellent plan to combine the two jellies before sweetening.

When fruit is cheap and sugar expensive, jellies may be made to advantage with ope-half as much sweetening as usual, that is, with one-half cupful of sugar to one cupful of julce. The yield of jelly will be less, for one cupful of a good julce plus one cupful of sugar should make between one and one and one-half cupfuls of jelly, whereas one-half cupful of sugar plus one cupful of julce makes between onehalf cupful and three-fourths cupful of jelly.

One-half of the sweetening may be glucose strup, light-colored corn strup, honey or sorghum strup. If the other half is granulated sugar, there will be little noticeable difference in sweetness in most cases. Grape with glucose or corn strup will make a good jelly even when no sugar is gaed.

#### "Chauviniam."

"Chauviniam" derives its name from Nicolas Chavrin, a soldier in the army of Napoleon, who was ridiculed by his commades for his demonstrative and unreasoning pairiotism. The term has come to be applied to anyone exhibiting unreasoning patriotism, or as arcessive enthusiasm for national asconducty.

Above the Earth.

The earth's sensible atmosphere extends some 60 miles above the earth's surface but becomes, at only a few miles height, of too great a tenuity to support life.