

You Can Make Excellent Cake
with Fewer Eggs

Just use an additional quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted.

This applies equally well to nearly all baked foods. Try the following recipe according to the new way:

CREAM LAYER CAKE
Old Way New Way

ROYAL BAKING POWDER
made from Cream of Tartar, derived from grapes.
No Alum No Phosphate

OFFICIAL COUNTY PROCEEDINGS.

- Honored March Accounts Audited and Paid by Board at Last Meeting. E. A. Humphrey, Co. Atty. \$25.00 Estelle T. Smith, traveling expenses 25.00 The Wilson Sanatorium, Mrs. Sarah Smith 109.50 Claude C. Baker, investigating deaths, etc. 51.50 Sou. Bell Tel. & Tel. Co., county home, 2.00 Mt. Olive Drug Co., vaccine, 5.75 Dr. W. H. Smith, salary for March, 50.00 Edwards & Braughton record books, 39.50 Goldsboro Drug Co., drugs, 7.10 Goldsboro Book Store, office supplies, 8.20 Brown & Grantham, drugs, 25.00 Palace Drug Store, drugs, 8.05 Sou. Bell Tel. & Tel. Co., long distance service, 2.23 Miss Kate Wade, typewriting and stenographic serv., 7.00 Chamber of Commerce, quarterly allowance, 25.00 Zion Institutions & Industries, office supplies, 8.70 Jordan & Taylor, previous small-pox patients, 6.27 Henry Robinson, burying dead, 2.00 D. M. Pearsall, laundry, etc., 2.50 John Daniels, plumbing work, 4.65 Charles Deans, allowance, 2.00 James Gurley, allowance, 2.00 Mrs. J. D. Daniels, Lizzy's Toilet, 15.00 Edward Harris, salary, etc., 187.16 Old Folks Home, monthly allowance, 7.50 W. P. Ezum, Jr., services co. convict camp, 5.00 Estelle T. Smith, demonstration work for March, 50.00 Ed Baker, burial expense, 12.00 John R. Higgins, court cost, 7.04 G. E. Grantham, salary, Feb., 291.67 J. B. Hooks, salary, Feb., 291.67 R. E. Pipkin, office supplies, 10.73 Barnes & Harrell Gro. toilet paper, 3.50 W. M. Smith, provisions county home, 16.55 G. E. Grantham, office supply, etc., 6.02 John Joseph, supplies jail, 6.50 Martha Webber, allowance, 1.00 Edwards & Braughton, binding Index, 8.00 E. A. Humphrey, collector for March, 50.00 D. H. Bland, judge, March, 109.00 J. P. Thompson, county atty. for March, 95.00 Car. Power & Light Co., lights, court house and jail, 9.10 Peoples Bank & Trust Co., pauper list, 135.00 U. M. Gillikin, bus co. home, 16.10 Louise Dall, burial expense, 6.00 J. A. Vison, coal, 80.00 Hoesa Bros. supplies co. home, 5.00 M. J. Best & Sons, supplies co. home, 29.00 D. M. Pearsall, custodian, court house, Feb., 50.00 T. W. Flowers, auditor, Feb., 75.00 Wayne Highway Com., bridges, 761.32 Leslie Yelverton, barbecue, 2nd Regiment, 150.00 Frank Jordan, Mrs. Newcomb, allowance, 2.50 R. H. Edwards, jail fees etc., 221.27 \$3,062.94

USE 'CASCARETS' FOR LIVER AND BOWELS WHEN CONSTIPATED

When bilious, headachy, sick for sour stomach, bad breath and co'ds. Get a 10-cent box. Take a Cascareset to-night to cleanse your Liver, Stomach and Bowels, and you will surely feel great by morning. You men and women who have headachy, coated tongue, a bad cold, are bilious, nervous, upset, bothered with a sick, gassy, disordered stomach, or have backache and feel all worn out. Are you keeping your bowels clean with Cascareset or merely forcing a passage every few days with salts, cathartic pills or castor oil? Cascareset immediately cleans and regulates the stomach, removes the sour, undigested and fermenting food and foul gases; takes the excess bile from the liver and carries off the constipated waste matter and poison from the bowels. Remember a Cascareset to night will straighten you out by morning. 16 cent box from your druggist means healthy, bowel action; a clear head and cheerfulness for months. Don't forget the children.

Kentucky Druggist's Opinion of Kidney Medicine.

About fifteen years ago I commenced selling Dr. Kilmor's Swamp-Root and since that time I have never had a single complaint of Swamp-Root seem to give universal satisfaction to its users in every case.

Very truly yours, I. OKERDORFER, April 2nd, 1916, Paris, Ky.

Prove What Swamp-Root will do for You. Send ten cents to Dr. Kilmor & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing be sure and mention the Goldsboro Headlight. Regular 35-cent and one-dollar size bottles for sale at all drug stores.

Don't Let Your Cough Hang On. A cough that racks and weakens is dangerous. It undermines your health and thrives on neglect. Relieve it at once with Dr. King's New Discovery. This soothing, yet powerful, remedy loosens the phlegm, its antiseptic properties kill the germ and the cold is quickly broken up. Children grow-up like soldiers. Get Dr. King's New Discovery pleasant to take as well as effective. Have a bottle handy in your medicine chest for grippe, croup and all bronchial affections. At your druggist, 50c.

Clothes do not make the man and bread of prosaic suits may even unmake him. Men's Reformer Belted. Unusual work, bending and lifting or strenuous exercise is a strain on the muscles, they become sore and stiff. The muscles are cramped and in pain. Sloan's Liniment breaks you quick relief. A clear liquid, cleaner than muslin plasters or ointments, it does not stain the skin or clog the pores. Always have a bottle handy for the pain and ache of rheumatism, gout, lumbago, grippe, neuralgia, stiffness, backache and all external pains. At your druggist, 25c.

Never expect too much from a friend and you will never want for one. Clear Away the Waste. Howed regularly the secret of good health, bright eyes, clear complexion, and Dr. King's New Life Pills are a mild and gentle laxative that regulates the bowels and relieves the congested intestines by removing the accumulated wastes without griping. Take a pill before retiring and that heavy head, that dull, dragging feeling disappears. Get Dr. King's New Life Pills at your druggist, 25c.

You may have noticed that many people are unable to retain their urine. This is due to a weak bladder. Here's a pleasant cough syrup that every child likes to take. Dr. Bell's Pine-Tar-Honey. If your child has a deep hacking cough that worries you give him Dr. Bell's Pine-Tar-Honey. The soothing pine balsam relieves the cough, loosens the phlegm and heals the irritated tissues. Get a bottle tonight at your druggist and start treatment at once.

CASTORIA For Infants and Children In Use For Over 30 Years Always Bears the Signature of J. C. Ayer & Co.

SPECIAL BUSINESS LOCALS. MARRIAGE - Two good work horses, cheap. J. A. VISION, Wood and Coal Dealer, Phone 149, 150.

REEDS - All kinds of truck and garden seed; peas, beans, potatoes, corn seed, and cabbage seeds. A full line of drugs and patent medicines. PALACE DRUG STORE.

MATRIMONIAL - Good looking male and widow, both well educated, both toward good looking, educated, honest, own small farm. Route 2, Box H, Four Oaks, N. C.

FARM LANDS FOR SALE IN 1917.

If you intend buying a farm in 1917 there is no need to wait. You can buy these subject to possession January 1st, 1918, and be allowed 6 per cent interest on your purchase price until date of possession.

In the majority of cases the price and terms are withheld by request of the owner, but full information can be obtained regarding any particular property by communicating with the undersigned.

A desirable 290 acre farm in Johnston County on sand-clay road, between Seama and Arble Lodge, within 7 miles of Selma, N. C., and within 3 miles of Smithfield. 140 acres cleared, three dwellings, plenty of wood for farm use. This is clay land especially adapted to the growth of cotton and tobacco. This farm can be bought as a whole or subdivided to suit purchaser. Price \$10,000, on very liberal terms.

A 90 acre farm with 50 acres cleared, located 1 mile west of Dudley, N. C. adjoining the lands of John Cox and others. Price \$4,250, on easy terms.

A 210 acre farm in Sampson County, with about 100 acres cleared, single story eight room house, painted, with two tobacco barns, within 5 miles of Turkey, N. C. and 10 miles of Chilton, N. C.

A 137 acre farm, with nice home, considerable cleared land, and located on clay road, within 7 miles of Goldsboro, N. C., \$2,250.00 on easy terms.

A 90 acre farm in Sauton Township, adjoining the lands of J. J. Newsome, with 70 acres cleared, 2 dwellings, tobacco barn, pack house and good land. Price reasonable with a small cash payment and the balance in ten equal annual payments.

A 90 acre farm near Seveo Springs, N. C., with 72 acres cleared, with 2 dwellings, and located on two county roads. Good land for the growth of cotton, corn and tobacco.

A 60 acre farm on highway between Mt. Olive, N. C., and Dudley, 40 acres cleared. Good little truck farm.

A highly developed 186 acre farm within 1 1/2 miles of Mt. Olive, N. C.; 140 acres cleared land, good pasture with wire fence, with running stream, two-story nice room house, painted and in good repair. 2 tenant houses, 2 tobacco barns and necessary outbuildings. One of the most valuable plantations offered for sale in the Mt. Olive section for some time. Ask for particulars.

A 300 acre farm, located 5 miles west of Mt. Olive, N. C., with 165 acres cleared, 3 dwellings, 2 tobacco barns and good pasture facilities. Can be bought very reasonable on easy terms.

241 acres of highly improved land, with 125 acres cleared, located 5 miles of Smithfield, N. C., \$2,000, worth of merchantable timber, 2 dwellings, 7 tobacco barns and good pack house. Bargain to quick purchaser.

A 75 acre farm, with 60 acres cleared, good dwelling, 3 tenant houses, tobacco barn, good land, located 4 1/2 miles south of La Grange, N. C. Ask for particulars.

W. P. Brogden's (formerly F. A. Cox farm) 231 acre farm, about 200 acres west of Dudley, N. C., adjoining the lands of Henry O'Berry and others. There are about 175 acres cleared land in a profitable state of cultivation, nice seven-room house, three tenant houses and two tobacco barns. Price \$12,000 with \$2,000 cash and the balance payable \$500 per year for four years, balance the fifth year.

A 90 acre farm six miles south of Goldsboro, with 40 acres cleared, five room dwelling, two tobacco barns and good pasture. Price and terms upon application.

The I. W. Swinson home place in Duplin County, about six miles southeast of Mt. Olive, containing 177 acres with 100 acres cleared, a new dwelling, tenant house and tobacco barn. Price \$28.00 per acre on easy terms.

A 432 1/2 acre farm, three miles southwest of Goldsboro, within one mile of Asylum station on Southern Railway, with 380 acres cleared, six dwellings, plenty of wood. Laid very productive for the growth of truck crops, cotton, tobacco and grain. This desirable plantation can be bought as a whole, but for the convenience of the small farmers, the owners have subdivided the tract into fifteen farms varying in size from 10 acres to 45 acres, and therefore offer same as a whole or in separate tracts. This is an opportunity for either the large or small buyer.

A 265 acre farm, with 200 acres cleared, located about 2 1/3 miles north-west of Mt. Olive, on new clay road, adjoining the Korngas school property, nice home, large barn and stables; three tenant houses, good pasture with running water. This land is excellent for truck crops, cotton and tobacco. Can be had at a bargain on easy terms.

There are a number of farms on this list that the owners would exchange for city property. If you have city property that you would like to put in farm land, this is a good opportunity. If you are in the market as a buyer or seller of Real Estate, I will be glad to confer with you. I am prepared to sell your Real Estate by private or auction sales. For further information, see or write JOE A. PARKER, Real Estate, Farm Loans Negotiated. 116 East Centre St., S. Goldsboro, N. C.

Items of State News.

Hildred Herring, the young white man who was shot at a logging camp near Burgaw about two weeks ago when he was taken for a burglar at a camp commissary, died Friday night at the Tankersley Sanitarium in Wilmington. He was 21 years old.

The two-year-old daughter of S. M. Fields, who resides four miles east of High Point, was drowned Monday evening in a small creek near the home of her parents. The child was playing in the yard when a wagon passed the house. She followed it to the creek, a short distance below the home, and in attempting to cross, fell into the water. The water was only about 12 inches deep, but it is supposed that the current prevented her from regaining the banks of the small stream.

Two lives were lost and considerable property damaged by a cyclone which struck Chatham county during Friday night. The killed were children of Everett Andrews, a girl of 11 and a baby of 8 months. The children's bodies were found 150 yards from the house, while the mother, badly hurt, was found a short distance away. T. B. Cole, a farmer, was also badly hurt, and five other children more or less injured. Several homes and farm buildings were destroyed and timber sprouted along a path two hundred yards wide for a distance of three miles.

Immediate Plant Shows Up. Chester, Pa., April 10.—One hundred and twelve persons, most of them women and girls, are known to have lost their lives and 121 were injured by a series of terrific explosions today in the shrapnel building of the Edgemoor ammunition corporation at Edgemoor, one mile from this city. Many of the injured were mortally hurt and it is feared the total death list will reach 150, while others probably will be maintained for life.

There was scarcely a fragment of the structure left intact. Fire added to the horror and most of the bodies were so badly charred that identification was impossible.

San Diego, Cal., April 10.—A multi-ton carrying schooner, bound for a Mexican west coast port, was fired upon and captured by two United States torpedo boat destroyers. It was learned tonight from authoritative sources. Five shots were fired at the vessel when it attempted to escape and the ship was then beached. Several thousand rounds of rifle and machine gun ammunition were taken aboard the destroyers and landed at a Pacific coast port.

Mr. A. K. Robertson, of the State Agricultural Department, next presented the State's certificates to the five Car Club boys of Wayne county who had won State distinction, among them being Master Allison Overman, who not only won the State first prize for the highest yield of corn on one acre, but came within three bushels of beating the United States' highest record. He was awarded the Progressive Farmer's gold medal for the State's best record.

The judges at the High School auditorium Tuesday night, were Messrs. A. K. Robertson, Archie Deas, Rev. J. M. Robson and Rev. R. O. L. Edwards, and their decision at the conclusion gave the retention medals to Miss Ruth Stout and Miss Vera King, respectively, and the silver medals to Master Henry George Epstein, of this city, and Miss Ethel Byrd, of Mt. Olive, respectively.

The magazine silver loving cup given by Wayne County's University Club as a track meet trophy, and won last year by the I. O. O. F. Home school team, was successfully defended by that team this year, so that they hold the cup for another year, and if they win it again next year, it will be their permanent prize.

FOR SALE—One steel tire top buggy in good repair. Two good work horses, cheap. Apply to H. E. BRADFORD, Goldsboro, N. C.

Dr. Caldwell's Syrup Pepsin Effective as a Remedy for Constipation.

Among older people the various organs of the body have a tendency to slow up and weaken, and this is usually first manifest in a pronounced involution of the bowels.

Good health is dependent on regularity in this important function; whenever there is the slightest indication of constipation a mild laxative should be taken to relieve the accumulation and dispose of the accumulated waste. Cathartics or purgatives should not be employed, however; these are too violent in action and their effect is only temporary.

A mild laxative such as the combination of simple laxative herbs with pepsin, known as Dr. Caldwell's Syrup Pepsin, is the ideal remedy. It is gentle in its action, bringing relief in an easy external manner, without griping or other pain or discomfort. It is pleasant to the taste and can be obtained in any drug store.

Says Simple Remedy Prolonged His Life

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Robert Le Forgee

the past eighteen years, and that by using it occasionally as the need arises and in this way keeping his health good, it has prolonged his life, and brought ease and comfort.

Dr. Caldwell's Syrup Pepsin is sold by druggists everywhere, and costs only fifty cents a bottle. To avoid imitations and ineffective substitutes be sure you get Dr. Caldwell's Syrup Pepsin. See that a facsimile of Dr. Caldwell's signature and his portrait appear on the yellow wrapper in which the bottle is packed. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 466 Washington St., Monticello, Illinois.