

TAKE IRON, SAYS DOCTOR, IF YOU WANT PLENTY OF "STAY THERE" STRENGTH LIKE AN ATHLETE

Ordinary Nuxated Iron Will Make Delicate, Nervous, Run-down People 200 Per Cent. Stronger In Two Weeks' Time In Many Cases

New York, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sauer, a specialist of this city, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double and even triple their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days'

time simply by taking iron in the proper form, and this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

Note.—Nuxated Iron recommended above by Dr. Sauer, is one of the newer organic iron compounds. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy, in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by J. E. Hood & Co., and all other druggists. adv.

SOCIAL And PERSONAL

Mrs. H. D. Harper is visiting relatives in Conetoe.

Mrs. A. Mitchell is the guest of friends in New Bern.

Mr. and Mrs. W. H. Amerson have returned from Wilson.

Mr. and Mrs. J. A. Herndon have returned from a short stay at Seven Springs.

Mr. K. N. Bell of Cedar Point, N. C., has returned home after a short stay here.

Miss Sallie Jackson has returned to her home in Greenville after a visit to Miss Irene Fort here.

Mrs. H. A. Earnest of Tallahassee, Fla., is visiting her niece, Mrs. T. E. Cook, on East Gordon street.

Mrs. Frank Wood is expected to arrive here from Atlanta this week to join her husband, who has been in the city for some time.

Cantata Practice.

Rehearsal of the Easter cantata to be given in Caswell Street Methodist church on April 24 will be held at the residence of Mrs. W. O. Davis on Queen street Thursday night at 8 o'clock.

Waters—Stark Wedding This Afternoon.

Shine street, or return to E. S. Copeland.

FOR SALE—Furniture and fixtures. Shamrock. 4-10-14

FOR SALE—My home, 610 College street. All modern conveniences. W. J. Matthews. 4-12-10

NEW YORK CANDY KITCHEN—Fruits and Candy. Is open for business. Foxman's old stand. Phone 358. 4-12-7*

FOR RENT—Store building on Gordon street now occupied by L. E. Isler & Co. Possession any time. L. Harvey & Son Company. 3-24-14

WOMEN—Wanted full time, salary \$15, selling guaranteed hosiery to wearer; 25c an hour spare time. Permanent; experience unnecessary. International. Box 122, Norristown, Pa. 4-3 to 20-Dly

THIS IS TO NOTIFY my friends that I entered the Free Press Voting Contest yesterday (Monday) and ask them for their votes and interest. I also wish to most heartily thank all those who so generously supported me on a previous occasion. Miss Jane Tligham. 4-12-14

How to Treat Croup Externally

Rub Vick's "Vap-O-Rub" Salve well over the throat and chest for a few minutes—then cover with a warm flannel cloth. Leave the covering loose around the neck so that the soothing medicated vapors arising may loosen the choking phlegm and ease the difficult breathing. One application at bedtime insures against a night attack. 25c, 50c, or \$1.00. At druggists. VICK'S VAPORUB SALVE

some. Her home is in Culpeper, Va. During the scholastic year just ended Mrs. Waters taught at Grainger school. She is a member of an old Virginia family, it is said.

Dr. LaRoque to Wed. Invitations reading as follows have been received in the city: "Mr. and Mrs. Augustus Murdoch announce the approaching marriage of their daughter Eva Page to

Dr. George Paul LaRoque on Wednesday the nineteenth of April nineteen hundred and sixteen at four o'clock Highland Park Richmond, Va."

Dr. LaRoque is a prominent young physician of the Virginia capital, born and reared here. He is the brother of Postmaster LaRoque, Mr. Mab. LaRoque and Mr. Frank LaRoque of Kinston. The prospective bride is understood to be a young woman of unusual charm and accomplishment. Dr. and Mrs. LaRoque are expected to visit here in the few days following the wedding.

Biltmore Wheat Hearts. All grocers. (adv)

HOOKERTON TO HAVE STATE HIGH SCHOOL

Hookerton school district Tuesday carried an election for a State high school by the vote of 61 to 34.

The new high school will be one of less than 30 State-supported high schools in North Carolina. There is already an ample building in the district, and all that was necessary to secure State aid was to vote a longer term and agree to comply with the law which requires the school to be opened to any child in Greene county. It will cost about \$2,500 a year to maintain the institution.

The school will be the first of its kind in Greene county.

BRIEFS IN THE NEWS OTHER COUNTIES AND CITIES OF SECTION

Illicit distilling in Onslow county is on the increase, the New Bern Sun-Journal has learned.

The Republicans of the Third Congressional district will hold their district convention in Goldsboro Friday.

Fishermen found the body of an unidentified negro, apparently about 25 years old, near Swan Island, in the mouth of Neuse river. The remains were taken to Roe, and there interred. It would have been impossible to identify the body, it was said, because of decomposition. It is believed the man was a sailor.

Ruffin Midgette, colored, has been sentenced to 30 days on the Craven county roads for striking with a horsewhip the small son of Chief of Police at New Bern.

COMMENCEMENT DATES BEGIN WITH THE 13TH

The commencement of the City Schools will be held on April 30 and May 1 and 2, Superintendent Caldwell announced today.

The speakers and program have not been announced.

"Sent in your nomination, yet?"

AGRICULTURAL

Rountree & Co.'s Cotton Letter. New York, April 8.—In our letter of last week we stated that the weather map looked more like rain in the southwest than for some time. On Saturday reports of from one to two and a half inches over a large area came in and the market came under more pressure than for some time. Selling started in both new and old crop positions, many dealers being of the opinion that the termination of the drought in the southwest would result in a radical change in the general price of cotton. This selling carried October through 12c and to 11.93 on Monday morning. To the surprise of every one this decline of 20 points was the total effect of the best crop news we have had in some time. Traders who sold for lower prices have spent the balance of the week covering, and October today sold at 12.25, or ten points over the level quoted before the rains arrived. Under these circumstances, one is compelled to go further than weather news for the support of the market.

The mills of the country are doing probably the best business in their history. The demand for dry goods has been on a scale that keeps supplies depleted, and mills are booked up with orders way into next fall, and, in some cases, into 1917. The conservative element in the trade is not willing to run very much risk under these conditions and, as a result, each day brings buying orders in the distant positions for trade accounts.

It is realized that should anything happen the next crop, or developments in Europe look toward the settlement of the war before this crop, that is now being planted, can be replaced with another, prices would be influenced very materially. It is safe to assume that four out of five individuals firmly believe the European war will be over before the 1917 crop is gathered. Prices are made by supply and demand, in their ideas as to the duration of the war, but inasmuch as this is unquestionably the prevailing sentiment, it is going to be very difficult to create any substantial selling power in new crop positions until a great deal more is known about crop prospects and the general outlook for next fall.

Freight rates have fallen considerably of late, and served to bring New York and Liverpool closer together.

May liquidation, now under way, tends to create more activity. Heretofore this season, every active month has declined under liquidation, so that every advance now encounters selling by those who look for some decline before notice day.

Cotton Seed Oil—A period of inactivity, with a good reaction in prices, has followed the great advance. We think purchases around this level should pay.

KEEP YOUR SKIN CLEAR AND HEALTHY.

There is only one way to have a clear, healthy complexion and that is to keep the bowels active and regular. Dr. King's New Life Pills will make your complexion healthy and clear, move the bowels gently, stimulate the liver, cleanse the system and purify the blood. A splendid spring medicine. 25c at your druggist. adv.

"Yes, I am in the contest. Save your votes for me."

The GRAND THURSDAY



Scene from that Great Fox Feature, "The Broken Law," Featuring the Greatest and Highest Salaried Moving Picture Actor in America, "William Farnum," the \$100,000 Star.

INSURANCE OF ALL KINDS

C. OETTINGER, Manager
Kinston Insurance & Realty Co.
Telephone No 182 (Next to Postoffice)

Graceful Styles That Charm



The new J & K strap-effects and novelties have all the dainty refinement that appeals to young women. Furthermore, they FIT—Snugly, comfortably. The secret lies in the ability of the J & K designers to build shoes that fit the arch. For when the arch is fitted, the entire foot is fitted. For stirring style, see the new J & K's. For a real fit, wear the new J & K's

Mark Cummings.

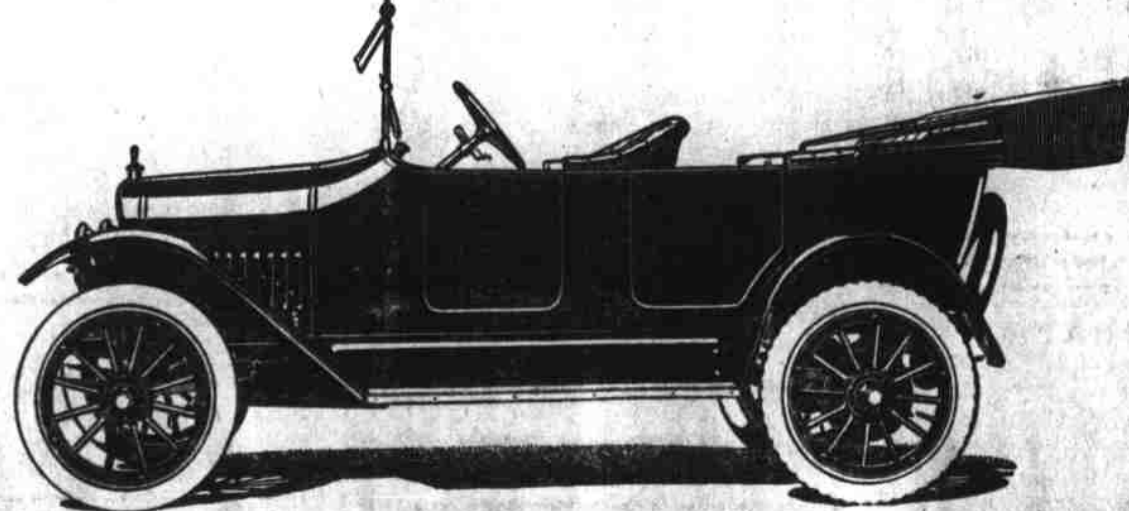


This store has made a specialty of spreading "big city" clothes throughout town. After trying various lines at various prices, we have concluded that our present lines of Griffon Brand Clothes have reached the point of perfection in materials and skilled tailoring.

ADLER BROS.

OPPORTUNITY TIME

In The Free Press Voting Contest



40,000 Free Votes

Capital Prizes 2 Maxwell Touring Cars