

LIKE A BOY AT FIFTY BUBBLING OVER WITH VITALITY—TAKING IRON DID IT

New York, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact, a young man he really was, notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. 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 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 affray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. Sauer, M. D.

NOTE.—The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit \$100.00 to any Charitable Institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed in this city by J. E. Hood & Co., and all other druggists. adv.

BRIEFS IN THE NEWS NEIGHBORING CITIES

Although Tar river has been improved to a depth of six feet from Greenville to Washington, the business interests of the former town have made no co-operative effort to use the channel for the barge and small steamer transportation of which it is capable, Congressman Small notifies the Carolina Club of Greenville. The Representative hopes Greenville will try to become an inland port.

Greenville's aldermanic finance committee Tuesday cut the tax rate about five per cent., reducing the levy to \$1.53 per \$100.

Ayden's new municipal market has been opened, with four out of six stalls occupied. The building was constructed as a sanitary and architectural model, and cost \$8,000 to \$10,000, quite an expenditure for a town of the size.

Ayden may send a delegation of business men to West Carolina to invite persons who lost all in the recent floods to come to that section to locate, offering them inducements in the way of good farming land, etc.

J. C. Hardy, editor of the North Carolina Headlight, J. R. Lloyd, J. F. White and Clifford Wiggins of North Carolina, spent Tuesday in New Bern waiting for an auto in which they had tried to get to Camp Glenn to be repaired, said the New Bern Sun-Journal Tuesday evening.

TARHEEL VICTIM OF ROBBERY ASSAULT IS IN GRAVE CONDITION

Baltimore, Aug. 1.—Because of the critical condition of N. I. Gillis of Stovall, N. C., who was assaulted and robbed on the Philadelphia road one week ago, the habeas corpus proceeding in behalf of Pearl Thornton, who is one of these charged with being implicated, were called off today by Judge Heuveler. Mr. Gillis is in such a condition that little hope is being held out for his recovery. Pearl Thornton was committed to jail several days ago without bail to await the result of the injuries of Gillis.

SOUTH CAROLINA'S TOBACCO CROP IS FAR SHORT, STATED

(By the Eastern Press) Washington, N. C., Aug. 2.—Reports to local tobaccoists from South Carolina say the tobacco crop there is from 40 to 60 per cent. off as the result of unfavorable climatic conditions. One market which last year sold 4,500,000 pounds is preparing to sell only half a million this season.

The shortage accounts for excellent prices at the opening yesterday on the South Carolina markets, tobaccoists say.

Biltmore Wheat Hearts. All grocers. (adv)

Kinston Theatre TODAY'S PROGRAM "OBJECT MATRIMONY" A good Victor Comedy "THE SEA LILY" Featuring Thomas Jefferson. "UNIVERSAL ANIMATED WEEKLY" Remember we give presents to the Ladies Thursday Night Evening 8:00 O'clock Admission 5 and 10 cents

SCENES FROM OWEN JOHNSON'S GREATEST STORY "THE SALAMANDER" AT THE GRAND THEATRE FRIDAY.



PRIZES ADDITIONAL TO THOSE OFFERED BY THE ASSOCIATION FOR FAIR

The Farmers & Merchants Bank has offered first and second prizes of \$5 and \$2.50 in gold to members of the "bank's pig club" who exhibit the best and next best pigs at the coming fair. The bank's club comprises those members of the County Pig Club who were assisted by the bank in securing registered animals this year, some 15 or 20 in number. The offer is made through the Fair Association. Mr. Mark Cummings offers a choice pair of shoes to the woman presenting the best pound cake, in addition to the regular premium offered by the Fair Association.

The premium list for the fair is now being compiled, and others who would like to offer additional prizes are invited by Sec'y Canady to communicate with him so that they may be given credit in the premium list.

EAST CAROLINA R.V.Y.

Improved Passenger Service of the East Carolina Railway, Effective Train 1, Motor Car.—Leave Hookerton 7:10 a. m., Maury 7:20; Farmville 7:40; connecting with Norfolk Southern train No. 17, Raleigh and train No. 12 to Washington. Leave Fountain 8:00 a. m., Macesfield 8:20; Pinetops 8:30; arrive Tarboro 9:10; connecting with A. C. L. train No. 90 for Norfolk.

Train 4, Motor Car.—Leave Tarboro after arrival of A. C. L. train 49 from Norfolk for Farmville. arrive Farmville 2:00 p. m., connecting with No. 50 for Maury and Hookerton.

Train 3, Motor Car.—Leave Farmville 3:00 p. m., arrive Tarboro 4:20 connecting with A. C. L. train No. 64 for Plymouth and points in Eastern Carolina.

Train 2, Motor Car.—Leave Tarboro 4:40; Pinetops 5:48, Macesfield 6:00, Fountain 6:20, Farmville 6:40, Maury 7:00, arrive Hookerton 7:10.

Train 50, Mixed.—Leave Tarboro after arrival of A. C. L. train 90 and 65 for Farmville and Hookerton, arrive Maury 2:25, arrive Hookerton 2:35 p. m.

Train 51, Mixed.—Leave Hookerton 3:30 p. m., Maury 3:40, Farmville 5:12, arrive Tarboro, 7:00 making connection with A. C. L. train 41 for points South.

We don't guarantee the operation of the motor cars, nor do we guarantee connections.

No baggage will be handled on motor cars except hand-bags. All baggage will be checked and handled on trains 50 and 51.

For reservation and further detailed information, address, J. O. JONES, Traveling Passenger Agent, adv. Raleigh, N. C.

WHEN YOU HAVE A COLD Give it attention, avoid exposure, be regular and careful of your diet, also commence taking Dr. King's New Discovery. It contains Pine-Tar, Antiseptic Oils and Balsams. Is slightly laxative. Dr. King's New Discovery eases your cough, soothes your throat and bronchial tubes, checks your cold, starts to clear your head. In a short time you know your cold is better. It's the standard family cough syrup in use over 40 years. Get a bottle at once. Keep it in the house as a cold insurance. Sold at your druggist. adv.

Such tobacco enjoyment

as you never thought could be is yours to command quick as you buy some Prince Albert and fire-up a pipe or a home-made cigarette!

Prince Albert gives you every tobacco satisfaction, your smoke-appetite ever hankered for. That's because it's made by a patented process that cuts out bite and parch! Prince Albert has always been sold without coupons or premiums. We prefer to give quality!



PRINCE ALBERT the national joy smoke

has a flavor as different as it is delightful. You never tasted the like of it! And that isn't strange, either.

Men who think they can't smoke a pipe or roll a cigarette can smoke and will smoke if they use Prince Albert. And smokers who have not yet given P. A. a try-out certainly have a big surprise and a lot of enjoyment coming their way as soon as they invest in a supply. Prince Albert tobacco will tell its own story!

R. J. REYNOLDS TOBACCO CO., Winston-Salem, N. C.

WANT ADS ONE CENT A WORD EACH MINIMUM 15 CENTS One cent a word each insertion, unless order is accompanied with cash and insertions are to be given in consecutive issues of the paper. RATES Consecutive Insertions Only When Accompanied By Cash 1 insertion.....1c a word 3 insertions.....2c a word 5 insertions.....3c a word 7 insertions.....4c a word 12 insertions.....6c a word 26 insertions.....12c a word Positively No Books Kept Where These Rates Apply

WHY SUFFER SO?

Why suffer from a bad back, from sharp, shooting twinges, headaches, dizziness and distressing urinary ills? Kinston people recommend Doan's Kidney Pills. Could you ask for stronger proof of merit?

G. A. Wilkins, Caswell Hotel, Kinston, says "I had terrible pains in my back and hips and suffered from rheumatic twinges in my shoulders. I had headaches and dizzy spells and the kidney secretions were scanty, and contained sediment. I used Doan's Kidney Pills, procured at Dunn's Standard Drug Store, and they cured me of all signs of kidney trouble."

Price 50c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that cured Mr. Wilkins. Foster-Milburn Co., Props., Buffalo, N. S. adv.

MAYR'S WONDERFUL REMEDY FOR STOMACH TROUBLE ONE DOSE WILL CONVINCE

Gall Stones, Cancer and Ulcers of the Stomach and Intestines, Auto-Intoxication, Yellow Jaundice, Appendicitis and other fatal ailments result from Stomach Trouble. Thousands of Stomach Sufferers owe their complete recovery to Mayr's Wonderful Remedy. Unlike any other for Stomach Ailments. For sale by J. E. Hood & Co., druggists, Kinston, N. C. adv.

A. & N. C. RAILROAD STOCKHOLDERS' MEETING

The annual meeting of the stockholders of the Atlantic & North Carolina Railroad Company will be held at Morehead City, on Thursday, August 10, 1916. T. W. SLOCUMB, Secretary.

FOR RENT—Four rooms, with bath. Apply to Mrs. B. W. Spilman, 604 North Queen St. 7-31-tf-D

WANTED—A nice, reliable boy to carry The Free Press—13 or over. Apply this office. 7-25-tf

LOST—Saturday afternoon or night, Jet and Gold Breastpin. Finder please return to Mrs. C. B. Woodley, 8-1, 2, 3-Dly

GROCERY STORES FOR SALE—Desiring to retire from business, I am now offering to sell before the busy season my three grocery stores, located in good business parts of the city. Hardy Hill. 7-21-D&SW-tf

FIRST NATIONAL BANK OF KINSTON Capital and Surplus \$160,000 STRONG, SAFE, DEPENDABLE Your Interest as Well as Ours Will Be Promoted By Patronizing the FIRST NATIONAL BANK N. J. HOUSE, President OR. HENRY TULL, Vice-President D. F. WOOTEN, Cashier J. J. SIZZELL, Asst. Cashier T. W. HEATH, Teller DIRECTORS S. H. Iles N. J. House C. Felix Harvey David Oettinger H. E. Mowley

SALE OF LAND BY MORTGAGEE.

Under and by virtue of the power of sale contained in that certain mortgage made to the undersigned, W. H. McCotter by William Phillips and wife, Addie Phillips, on October 23, 1912, which said mortgage appears of record in the office of the Register of Deeds of Lenoir county in Book 44 at page 581, default having been made in the payment of the indebtedness secured by said mortgage, now due the undersigned, the undersigned will on

SAURDAY, SEPT. 2, 1916, at about 12:00 o'clock M., offer for sale to the highest bidder for cash at the Courthouse door in Kinston, N. C., the following described tract of land, which is that land mentioned and described in said mortgage, to-wit:

Beginning at Siddle Lane's corner on the Kinston road, running south with her line to I. E. Jenkins' line, and with his line to J. L. Tucker's line; then with his line to the Kinston road, and with said road to the beginning, containing one acre, more or less, and known as the Moses Spivey home lot. This July 28, 1916. W. H. MCCOTTER, Mortgagee.

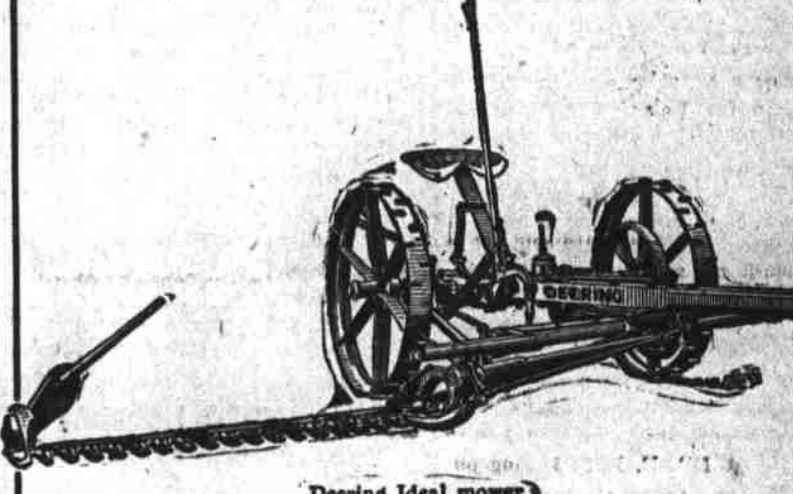
7-29-Sats till Aug 26-dly

FACT. Local Evidence. Evidence that can be verified. Fact is what we want. Opinion is not enough. Opinions differ. Here's a Kinston fact. You can test it. J' F. Ballard, printer, 302 West Elount street, Kinston, says: "My kidneys were out of order and I had dull pains across my back and loins. In the morning I was so sore and stiff that I could hardly stoop over! I also had headaches and dizzy spells and the kidney secretions passed irregularly. Doan's Kidney Pills soon relieved me of all symptoms of kidney trouble. Price 50c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Ballard had. Foster-Milburn Co., Props., Buffalo, N. Y.

NOTICE TO HOUSEKEEPERS.

On account of high priced raw material, I must cut my expenses and am going to ask you to help me by getting your orders in early. For morning orders we will leave store at 11:30 to arrive in time for dinner. Will take orders until 5:30 in afternoon to reach you in time for supper. Yefr promptness in this will enable us to be prompt to you. Thanking each one for past favors and soliciting your co-operation in this request. Respectfully, HERBERT'S BAKERY, W. M. HERBERT.

Haying Tools



The way to get full value for your hay crop is to use Deering hay tools. Thousands of farmers can testify to the excellent results obtained from using Deering mowers, rakes, stackers and tedders. They are reliable machines, and will do the same work for you that they have done for other farmers we have sold in your community. Come in and see us about a Deering machine next time you are in town. You don't have to buy, but you may learn something of value to you about raising hay. You can make our store your headquarters when you are in town if you desire. Ask for a Deering catalogue which explains details better than we can.

H. H. GRAINGER

We have your Harvest Hardware



DON'T WAIT UNTIL YOU WANT TO USE IT, BUT COME TO OUR STORE "NOW" AND BUY ALL THE HARDWARE YOU NEED FOR HARVEST TIME. YOU'LL HAVE NO TIME THEN. AND WHEN YOU WANT HARDWARE AT ANY TIME, REMEMBER WE CARRY THE STOCK, GIVE THE HIGH QUALITY AND PUT THE PRICE DOWN LOW.

D. V. DIXON & SON