EASTERN CAROLINA MOST HEALTHFUL.

Carolina, which are of more or less interest and contrary

State. The general State morbidity rate was found to

Another development of this survey contrary to general

the most healthful in the State. The work of improving

Much progress must be made. The results already ale-

tailroad has just issued a most interesting bulletin en-

ina" in which the advantages of this section me sat;

The bulletin affirms that the natural advantages in

soil, prices and railroad facilities compare most favorably

Enormous yields, says the bulletin, can be produced on

he sandy loam soil of Eastern Carolina when proper

nethods of cultivation are used. After careful investiga-

ion, Agricultural Agent Kizer of the Norfolk Southers

rives some interesting examples of what really can be

from 75c to \$1 per barrel. In the season just passed the

Carolina crop of over 3,000 cars of number one potatoes

vith other potato regions in the United States.

omparatively healthy.

GROWING IRISH TOTATOES.

to the prevailing opinion as to health conditions. The survey was made to cover all sections of the Jess Willard says:

Take Nuxated Iron

If you want plenty of 'stay there' Strength and

Endurance and Health and muscles like mine."

JESS WILLARD AT HOME

Among all the prominent figures of the prize ring, probably none is so devoted to family life as Jess Willard. After each engagement the champion burries to his wife and children and remains at their side until public de-

mand forces him to leave for new encounters. Everything is done to bring

up the "little Willards" with strong healthy bodies Mr. Willard accounts f

(United Press Telegraphic Reports) H. GALT BRAXTON, Editor and Manager

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WEDNESDAY EVENING, NOVEMBER 22, 1916

Speaking of optimists, Messrs, Hughes and Willed mve the world bent for sticking to a fectors hope.

But then President Wilson doe n't seem to be very much disturbed because of the delayed congratulations.

After the 1916 election "John Parleycorn" tegality hold about as much area as candidate flughes. Twenty-three states are now in the statutory state-wide prohibition columns and large areas of many others are dry territory through local option laws.

The esteemed Sun-Journal of New Bern endorses the idea put forth in the news columns of The Free Press a few days ago for the establishment of a motor boat line between New Bern and Kluston for the carrying of freight. The plan might, as a matter of fact, prove to be the entering wedge for the deep water route for which North Carolina average from 80 to 125 barrels to the we have been striving. It sufficient tonnage was given to a motor line, unquestionably it would be a forceful argu- acre, and that loaded on the cars they can the farmer ment for increasing the facilities.

The Washington Daily News happily suggests that sold from \$3 to \$6.75 a barrel, representing an average General Funston had better stick to military affairs and profit to the grower of \$100 to \$400 per acre. let religious matters alone. There is no doubt about the And in addition to the crop of Irish polatoes it is jus-General being on thin ice when he endeavors to restrict sible, says the bulletin, to grow a crop of com or saya evangelistic work among the troopers. The people of beans one the same land without additional fertilizer. this country are sticklers for religious freedom, and they will hardly tolerate any upsetting of the time-honored Nobody can dispute that the young woman who wroke traditions of the Nation even though they be for "mili- the aerial flight record from Chicago to New York is a \$1.00; Mrs. J. Stevenson, Kinston. tary purposes."

You will find Dr. King's New Life pimply, muddy complexion are the Omaha. distressing effects. A dose of Dr. King's New Life Pills tonight will assure you a free, full bowel movement in the morning. At your Drug-

THANKSGIVING FOOTBALL GAME U. of N. C. vs. U. of V.

AT RICHMOND

For the above occasion the Atlantic Coast Line will sell excursion tickets for those scheduled to reach Richfor all trains on November 29th and lowed by paintal twinges of rheuma- at your Draggists, 25c.

A Clogged System Must Be Cleared. Mr. E. B. Lewis, National Auditor Pills a gentle yet effective laxative back from a visit to camps at Greensfor removing impurities from the boro, Rocky Mount, Hendersonville system. Acumulated waste poisons and Winston-Salera, made in company the blood; dizziness, biliousness and with Nationa Commander Fraser of

mond up to 2:10 p. m., November

eturning until I cember 2nd. ion desired, apply to 🥛

D. J. WALD, Ticket Agent, Kinston, N. C.

Rheumatism Follows Exposure.

In the rain all day is generally fol-

ee our

All the New Styles and Colors for this Fall

Are shown Here. Remember Our Motto

"Quality First."

gent For Clapp, Bannister, and Flosheim Shoes

Yours to Please.

of the Woodmen of the World, is Blast Heaters and Ranges will be LaGrange. shown at H. E. Moseley Hardware Company's Friday and Saturday.

tism or neuralgia. Sloan's Liniment will give you quick relief and prevent the twinges from becoming torture, \$1.00; Mrs. D. L. Cuthrell, Golds-For schedules, :leoping car accom- It quickly penetrates without rubbing boro. nodations and ar 7 further informa- and scotnes the sore and aching joints. For sore, stiff, exhausted muscles that ache and throb from overwork, Sloan's Liniment affords quick relief. Bruises, sprains, strains and other minor injuries to children are quickly soothed by Stean's L. niment. Get a bottle today

The interesting issue of the University News Letter of this week gives some statistics from the morbidity survey conducted last apring by the Metropolitan Life Insurance Company among its policy-holders in North

be 28.5 per thousand in the sixty-six thousand persons examined. Surprising as it is, the mountain section of the complete 15th of premium showed the highest percentage, 37.4, while the tideweter awards at the recent fair. The list is section was lowest with 26.5, and the Predmont section being given in full in The Free Press

Home Made Candles. opinion was in the examination of nine thousand persons,

The morbidity rate for these mill workers was 23.4, or Ourlaw, Kinston.

five less than the general average for the state-at-large. Best cream, 50c; Miss Lucy Har-The splendid progress made in condicating malaria in vey. Ninkton.

Hest mints, buc; Mass Natatie Nunn, Eastern Carolina during the past few years is no deabt largely responsible for the fact that this section is now

Best aga form, fire, 50e; Miss Daiv Oullaw, Kinsten. the health conditions, however, is yet in its incept on. Best fondant, first abe; Miss Lucy

ained, however, should encourage and stimulate a be terl tancy Work. po-operation in the future than has been accorded by the Best gunch west, was it first, \$1; great mass of people to the institution of health program, Mrs., F. C. Smith, Pink Hill.

ions in the past. Be that as it may, Eastern Caroline is 110s1 F onch coules lery waist, 15t Best Frence en a ... ev watst, 2d. W. M. F. C. Sanch, Pink Hill.

The Agricultural Department of the Norfolk Southern H. P. Loften, Kinston. itled, "Growing Irish Potatoes in Eastern North Caro- Mr. E. A. P.y. Kinston.

Mrs. D. L. Jacon, Kinston, Her ome level counterpane, 1st. Eastern Carolina as a potato region are unexcelled. The \$100; Mer. D. W. Parrott, Kins-

> by the description of the second. 700; Mrs. J. S. Spencer. He t lant counterpant, first, \$1.00

Miss Lottie Canady, Kinston, K ... conterpane, second, 50c; Mis-En a C. Loftin, Kinston.

the French embroide y baby capthe Mex. D. L. Cuthrell, Golds These investigations show that the yields in Eastern

> 4 hose Mer. J. Stevenson, Kinston. Best face only cap, first, \$1.00; Mr. W. J. Middleton, Hallsville. t neket buby cup, second, 50c; M.s. Allen Parrick, Grifton.

Bost initing baby cap, first, \$1.50 Mrs. Roy Hardy, LaGrange,

Thirting hally vap, first, \$1.00; Mrs Nov Hardy, LaGrange.

Tasting buoy cap, second, 50c; Mr. Best an weidered corset cover. Ist Embergared corset cover, second,

50c; Mrs. J. O. Hood, Kinston. Best French embroidered atch: The great fuel saving Cole Hot dress, first, \$1.00; Mrs. O. C. Jones,

> French embroidered night dress, second, 50c; Mrs. D. W. Parrott.

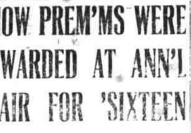
> Best madeira embruidered night dress, first, \$1,00; Mrs. Susan Ald-J. M. Parrott, Kinston.

(Continued on Page 3)

Dr. George E. Kornegav SPECIALIST In Diseases of Women & Children

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engaged in textile manufacture, principally cotton mills. Best Fudge, in a form Miles Dalay Ordinary Nunated Iron Will Often increase Strength and Endurance of the Delicate Nervous Folks 200 Fer Cent. in Two Weeks' Time.

> SLECIAL NOTE-Dr. E. Sauer. a well be we physician who has stud-I wristly in both this country and pe, has been specially employed o truce a thorough investigation inthe real secret of eth, power and endurance of Willard, and the marvelous valpuxated ir n as a strength-

> YORK-Upon being inter-I to the apartment in the Colonve a commist with me to study the different foods and products their power to produce great th and endurance recommendation I have often gusated iron and I have partiadvocated the free use of iron hose who wish to obtain great ent and mental power. Without

> able to whip Jack Johnson so impletely and easily as I did, and an, I regularly took nuxated iron at I am certain that it was a most monetant factor in my winning s Continuing, Dr. Sauer said Mr. Willard's case is only one of hundreds which I could cite from my wn personal experience which proves onclusively the astonishing power of

of all strength builders. If people form. k simple suxated iron, I am con-meed that the lives of thousands of iron, iron acctate ssons might be saved, who now die simply to save which started their disease was noth- any good, other ing more or less than a weakened warse than useless. ondition brought on by lack of iron n the blood. Iron is absolutely nec- won the day simply

uxated from to restore strength and as a consequence you become weak. NOTE-Nuxated Iron recommendthe state of the s and raked me to give him a prelim- the following test: See how long you a. . examination for life insurance, can work or how far you can walk and whose iron constituents is wide-I dispressure of a may of 20 and as two five-gram tailors of ordinary everywhere. Unlike the older inormal man; in fact, a young man he ter meals for two weeks. Then test game iron products, it is easily assimally was notwith tanding his age. your strength again and see for your-he seemed he said was taking iron—self how much you have gained. I from had filled him with re- have seen dozens of nervous run-down them black, nor upset the stomach; newed life. At 30 he was in bad people who were all at all the while, on the centrary, it is a most potent benith! at 46 careworn and nearly all double their strength and endurance a. Now at 50 a miracle of vitality and entirely get nil of all symptoms and his face beaming with the buoyard of dyspepsia, liver and other troubles gestion, as well as for nervous, runger of youth. As I have said a miracle ten is over, iron is the greatacld only throw away patent medi- some cases been doctoring for months ated Iron that they offer to forfeit has any mauseous concections and without obtaining may benefit. But don't take the old forms of reduced \$100.00 to any charitable institution

Many an athlete or prize fighter has They also offer to refund your money essary to can be your blood to change the secret of great strength and en-food into living tissue. Without it, durance and filled his blood with iron strength and endurance in ten days' no matter haw much or what you eat, bers, he went into the affray, while time. It is dispensed in this city by our food merely passes through you many another has gone to inglorious J. E. Hood & Co., and all good without doing you any good. You defeat simply for the lack of iron.— druggists. druggists.

self to make one which is well known to druggist Next take ly prescribed by eminent physicians in have such great confidence in Nuxtincture of iron if they cannot take any man or woa few cents. You man under 60 who lacks iron and invery year from pneumonia, grippe, must take iron in a form that can be easily absorbed and assimilated like crease their strength 200 per cent. The real and true cause nuxated iron if you wish it to do you or over in four weeks' time provided vise it may prove they have no serious organic trouble. because he knew if it does not at least double your

I consider that plenty of iron in my blood is the secret of my great

strength, power and endurance.'

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Burlington, N. C. Pearson Remark Company,

Burlington, N. C. Dears Sirs .-

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I was induced to try your Genuine Indian Blood Purifier and to my surprise it cured me and made me feel ke a new man.

Hoping this may be the cause of others being cured by your wonderful remedy, I am.

Burlington, N. C.

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