

AN UNEASY FEELING in the stomach or bowels, caused by indigestion or constipation, yields quickly to

SIMMONS RED Z LIVER REGULATOR
(THE POWDER FORM)

It removes all impurities or fermented food, cleanses and tones the stomach and bowels and restores that fine feeling of exhilaration, mental activity and cheerfulness that belongs only to perfect health.

Ask for the genuine with the Red Z on the label. If you cannot get it remit to us, we will send by mail postpaid. Simmons Liver Regulator is put up also in liquid form for those who prefer it. Price, \$1.00 per bottle. Look for the Red Z label.

J. H. ZEILIN & CO., PROPS., ST. LOUIS, MO.

WASHINGTON CITY NOTES.

Senator Elkins' Death and Sketch Of Life.—Other Items of Interest, Political and Otherwise.

Washington, January 12.—Death has wrought havoc again and again in the Senate of the Sixty-first Congress. The passing away of Senator Stephen Benton Elkins, while not unexpected within the past few weeks, is nevertheless a shock to those who recall his vigorous activity last session.

Senator Elkins first appeared in public life in Washington in 1879 as a delegate from New Mexico in the Forty-sixth Congress. He made one speech in that Congress, and it was for the admission of the territory as a state. Senator Elkins' career in the Senate has been conspicuously devoted to study and work upon commercial questions coming before Congress, his greatest distinction having been achieved as chairman of the Committee on Interstate Commerce in its dealing with railway rate issues.

The death of the West Virginia Senator leaves vacant the chairmanship of the Interstate Commerce committee and his places on Commerce, Appropriations, Rules, Printing and Geological Survey. His term ran to March 4, 1913, and his death is a loss to the Republicans of the Senate, reducing its majority to 8 in the next Congress.

As the West Virginia legislature which is in session, is strongly Democratic, that party will elect two Senators, the election to be January 17.

An early report and an expeditious passage of the Rivers and Harbors bill is expected in the Senate. The aggregate sum of the Senate amendments is \$2,800,000, and it is not likely that the bill as it came from the House with the Senate additions will amount to much more than \$26,000,000.

With the unexpended balances for a number of projects provided for in the river and harbor bill of last June reasonable provision has been for waterway improvement until the next regular Congress undertakes to pass a bill. It is expected that something like a \$50,000,000 bill, in accord with the policy of the National River and Harbor Congress, will be passed.

It will be just a year on January 19 since the Ballinger Pinchot investigation was authorized by Congress. Agitators for a test vote on the three reports of the Committee, the majority, the minority and the Madison report expect to get a vote by February 1st.

The Bureau of Manufacturers, Department of Commerce and Labor, has a communication from an American business house which states it has been purchasing drinking-straws abroad, but would like to make purchases in the home market.

The 19th of January will be a notable day in these parts. It will be the day for the meeting of the National Board of Trade, whose membership represents business organizations in all the cities of the United States, the day Congress votes on the Panama exposition question and the date of the common understanding among the Democrats that the first thing to be done will be the election of the Democratic or majority contingent of 12 members of the ways and means committee the early action being taken in order that the committee may get to work on the Democratic tariff bill.

Friends of Senator Charles J. Hughes, of Colorado, state that the condition of his health is so precarious that it is not at all probable that he will ever be able to resume his duties as a Senator. It is expected that he will resign.

Champ Clark confesses that he may have some French blood in him. His name was originally James Beauchamp Clark, the middle name being for his mother's family which was of Huguenot strain. The future Speaker of the House, of his own notion, cut out all of his name but the "Champ."

The battleship Arkansas, to be launched at Camden, New Jersey at the yard of the New York Shipbuilding Company, Jan. 13 will be the largest warship afloat—26,000

tons and carrying more highpower big guns than any other warcraft on the seas, having in turrets twelve 12-inch breech-loading rifles and 21 five-inch rapid fire rifle cannon for broadside battery, to say nothing of numerous quickfiring automatic smaller rifles. She will have a crew of 1072 officers and men.

EARN SOME MONEY BY WRITING.

Prizes of Five Dollars Each Offered For Essays on Hookworm Disease And General Sanitation.

Mrs. W. N. Hutt, Chairman of the Health Department of the State Federation of Women's Clubs, has offered three, and may perhaps offer more, prizes of five dollars each to be given for the best essays on Hookworm Disease and General Sanitation. The prizes will be offered as follows:

Five dollars to the boy or girl under 15 years of age for the best essay on Hookworm Disease.

Five dollars to the boy or girl over 15 years and under 21 years for the best essay on Hookworm Disease.

Five dollars to the boy or girl under 15 years of age for the best essay on General Sanitation.

Grading of Essays on Hookworm Disease. English Composition . . . 15 points. Style and neatness . . . 15 points. Knowledge of the disease, how it may be acquired, the harm it may produce, where it may exist, etc. 35 points. Originality displayed in proposed scheme for curing the sufferers in your County and correcting existing conditions so that those who are free from the disease may not be exposed to it . . . 35 points.

The contest will be open January 1st, 1911, and close March 1st, 1911. All who enter the contest should send in their essays to Mrs. W. N. Hutt, Chairman, Raleigh, N. C. The grading of the essays on General Sanitation will be similar to the grading of the essays on Hookworm Disease.

It is hoped that all local clubs or other civic leagues will make similar offers for their own counties. Wherever this is done the children in that county, realizing that there will certainly be one prize for their county and a chance for one or more of the State prizes, will be stimulated to increased effort. The Hookworm Commission of the State Board of Health, Raleigh, N. C. will furnish free illustrated literature on Hookworm Disease on request.

GOOD NEWS.

Every Sufferer from Catarrh, Coughs, Colds and Sore Throat Should Read It.

So many hundreds of catarrh victims who have taken the Hyomei treatment, have written us letters thanking us for publishing our method of taking the HYOMEI vapor treatment in connection with the inhaler that we gladly publish it again.

The vapor treatment is especially recommended in stubborn cases of chronic catarrh of long standing, but remember that the inhaler should be used daily as usual.

This is the simple vapor treatment and only takes five minutes of your time before going to bed. Pour a teaspoonful of Hyomei into a bowl of boiling water, cover head and bowl with towel and breathe for several minutes the vapor that arises.

You will be surprised at the result of this treatment; it makes the head feel fine and clear; you will sleep better, and that stuffed up feeling in the head will gradually disappear.

This same method will break up the worst cold in the head or chest in one night.

A bottle of HYOMEI costs 50 cents at Hood Bros., who guarantee it. If you want the complete outfit, which includes the little hard rubber pocket inhaler, the price is \$1.00.

No stomach dosing; just breathe HYOMEI and cure catarrh and all diseases of the breathing organs.

Saying and doing are two things.—Matthew Henry.

AN OPPORTUNITY TO ATTEND.

Training School For Christian Workers, Dunn, N. C., January 19 to 22, 1911.

This is the second year of this School. There will be three sessions a day of two hours each. The work will consist of three lectures or Conferences at each session. The first session will be 7 o'clock p. m., Thursday, January 19th.

Workers attending from other churches will be entertained by the good people of Dunn. To those attending twenty or more lectures will be awarded the Lecture Course Certificate of the Sunday School Board at Nashville. Those who received certificates last year will receive the first seal to the same certificate.

An effort will be made to organize Normal Manual.

Synopsis of Course of Study. I. Discussions of the Baptist Young Peoples' Union by Mr. Arthur Flake, B. Y. P. U. Secretary Sunday School Board, Baldwin, Miss. This service will be 2:30 p. m. on Thursday, January 19.

II. The Teacher and his work, by Rev. J. T. Watts, Sunday Secretary Virginia, Baptist State Convention, Richmond, Va. 1. The Teacher's General Preparation. 2. The Teacher's Special Preparation. 3. The Teacher's Supplemental Work. 4. The Teacher's Pastoral Work. 5. The Teacher's Methods.

III. Bible Studies on Israel's Decline and Restoration by Dr. W. R. Cullom, Chair of the Bible, Wake Forest College, Wake Forest, N. C. 1. Disruption and Corruption. 2. Fall of the Northern Kingdom. 3. Light and shade in Judah. 4. Fall of the Southern Kingdom. 5. The Restoration.

IV. The Sunday school organized, by Mr. E. L. Middleton, Sunday School Secretary, N. C. Baptist State Convention, Raleigh, N. C. 1. A Standard of Excellence for Baptist Sunday School. 2. The Sunday School Graded. 3. The Superintendent and His Co-workers. 4. The Sunday School Equipped. 5. Class Organization. 6. Securing New Scholars. 7. Stopping the Leaks. 8. Conferences on Organization.

Mr. Flake will be present on Thursday only; Mr. Watts on Saturday and Sunday; Mr. Middleton and Dr. Cullom will be present through the entire session. The order of the lectures will be arranged by teachers.

Those expecting to attend, notify J. P. Pittman or James A. Taylor, Dunn, N. C.

MRS. COOK TELLS TRUTH.

Dexter, Ky.—In a signed statement, Mrs. Cook tells the truth about how Cardui brought back her health and strength. She says: "I could not get any relief, until I tried Cardui, the woman's tonic. I suffered more or less for 10 years, and was so weak and nervous I could hardly do my house work. Now I am in better health than ever before, am regular as clock work, do not suffer at all, and gain strength every day." Thousands of women have been helped back to health by Cardui. Try it.

The Comforter.

He was very bashful and she tried to make it easy for him. They were driving along the seashore and she became silent for a time. "What's the matter?" he asked. "Oh, I feel blue," she replied. "Nobody loves me, and my hands are cold."

"You should not say that," was his word of consolation, "for God loves you, and your mother loves you, and you can sit on your hands."

—Success.

Knowledge and timber shouldn't be much used till they are seasoned.—Holmes.

FREE SAMPLE OF LAXATIVE CURED THEIR CONSTIPATION

When a person has become discouraged through years of failure to find a cure, and finally, perhaps, gives up trying it is small wonder that he becomes skeptical. And yet, to all who have constipation, we would say, "Try just one thing more."

We wish you would try Dr. Caldwell's Syrup Pepsin, a laxative tonic that has been used for a generation. Thousands are using it; surely some of your friends among the number. You can buy it of any druggist at fifty cents and one dollar a bottle, but better still, send your name and address to Dr. Caldwell for a free sample bottle. He will send you enough to convince you of its merits, and then if you like it you can buy it of your druggist. Mr. J. J. Petty, of Unionville, Mo., Mr. George W. Zimmerman of Harrisburg, Pa. and many others of both sexes and in all parts of the country first used a sample bottle and now have it regularly in the house.

You will learn to do away with salts, waters and cathartics for these are but temporary reliefs while Dr. Caldwell's Syrup Pepsin is guaranteed to cure permanently. It will train your stomach and bowel muscles so that they will do their work again naturally without outside aid. Cast aside your skepticism and try Syrup Pepsin.

Dr. Caldwell does not feel that the purchase of his remedy ends his obligation. He has specialized in stomach, liver and bowel diseases for over forty years and will be pleased to give the reader any advice on the subject free of charge. All are welcome to write him, whether for the medical advice or the free sample address him Dr. W. B. Caldwell, 402 Caldwell building, Monticello, Ill.

NOTICE.

By virtue of the authority contained in mortgaged deed, executed to us on the 13th day of December, 1909, by Wayland Jones and wife, Lydie Jones, and duly recorded in the Register's office of Johnston County, in Book J No. 10, page 193, we will sell at public auction, for cash, at the court house door in the town of Smithfield, Johnston County, N. C., on Monday, February 6th, 1911, at 12 M., the following tract or lot of land, situate in the town of Selma, N. C., and bounded as follows, to wit: Beginning at the east corner of Summer and Noble streets, and runs with Summer street S. 34 E. 150 feet to Oscar Mitchener corner; thence N. 56 E. 60 feet to a stake Willie Kings; thence N. 34 E. 150 feet to Noble street; thence S. 56 E. 60 feet with the line of Noble street to the beginning. Said lot being part of the old school property. Default having been made in the payments of the notes secured by the Mortgage Deed. January 5th, 1911.

NOWELL & RICHARDSON, (Inc.) Mortgagee. R. L. RAY, Attorney.

NOTICE OF SUMMONS.

North Carolina, Johnston County. In the Superior Court, March Term, 1911.

Elsie Wise, vs. John W. Wise.

The defendant, John W. Wise, will take notice, that an action has been commenced in the Superior Court of Johnston County, for divorce under and by virtue of section, 1560, and the said defendant, John W. Wise, will further take notice, if he fails to appear, answer or demur to the complaint which will be deposited with the clerk, on or before March the 7th, 1911, plaintiff will demand relief asked for in complaint. This January 10th, 1911.

W. S. STEVENS, Clerk of Superior Court. R. L. RAY, Attorney.

NOTICE.

The undersigned having qualified as Administrator on the estate of T. Jeff Ferrell, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 13 day of January, 1912, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment. This 11th day of January, 1911. M. G. GULLEY, Admr. Clayton, N. C.

NOTICE OF NEW REGISTRATION.

The voters of the town of Smithfield, N. C., will take notice that a new registration has been ordered by the Board of Town Commissioners of said town for the special election to be held on Feb. 21, 1911.

D. T. LUNCEFORD has been appointed registrar. The registration books will be open in the office of Mr. Luncford at the Court House from Monday, January 9, 1911, till Saturday, February 11, 1911, inclusive, Sundays excepted.

By order passed by the Board of Town Commissioners of the town of Smithfield, N. C., at their regular session, Tuesday, December 6, 1910. This December 6, 1910. JAS. A. WELLONS, Mayor. H. L. SKINNER, Clerk.

NOTICE.

The undersigned having qualified as Executors on the estate of E. J. Holt, deceased, hereby notify all persons having claims against said estate to present the same to us duly verified on or before the 23rd day of December, 1911, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment. This 22nd day of December, 1910. S. S. HOLT. R. R. HOLT, Executors.

NOTICE.

Notice is hereby given that application will be made to the present, nineteen hundred and eleven. (1911) Session of the General Assembly of North Carolina to amend the Charter of the town of Clayton, North Carolina. This January 10th, 1911. ERNEST L. HINTON, Mayor.

NOTICE.

The undersigned having qualified as Executor on the estate of M's. Mary A. Thurston deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 16 day of December, 1911 or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment. This 15 day of December, 1910. CHAS. W. HORNE, Ex.

NOTICE.

The undersigned having qualified as Administratrix of the estate of Clem Richardson, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 16th day of December, 1911 or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment. This 15 day of December, 1910. MRS. N. L. RICHARDSON, Admr. Selma, N. C.

BOY RUN AWAY.

Floyd Langley, my grandson, left me Monday night, January 2, 1911, without leave. I hereby forbid any and all persons from hiring him or feeding him, or in any way dealing with him. He is only sixteen years old. Any information leading to his whereabouts will be thankfully received. He is a son of Mrs. Dora Langley. J. G. LANGLEY, Benson, N. C. R. F. D. No. 1.

NOTICE OF REGISTRATION.

This is to notify the voters of the town of Smithfield, N. C., that a new registration has been ordered for the special bond election to be held in said town on Tuesday, Feb. 21, 1911, and that I have been appointed registrar to make said registration. Beginning on Monday, Jan. 9, 1911, the registration book will be open in my office in the Court House in Smithfield on each day for thirty days, Sundays excepted, and will close on Saturday, Feb. 11, 1911. D. T. LUNCEFORD, Registrar. This December 6, 1910.

MORTGAGE SALE OF LAND.

By virtue of authority and power of sale contained in a Mortgage Deed executed to T. T. Godwin by G. T. Boykin and wife, Lillie J. Boykin, on the 9th day of February, 1909, said Mortgage Deed is recorded in the Registry of Johnston County, North Carolina, in Book "J" No. 10, at page 85, to which reference is made; and the amount evidenced by said Bond which said Mortgage secures, has not been paid, and the same passed due; therefore, in order to collect the amount due including the necessary expenses of sale, etc., the undersigned, D. T. Godwin, Administrator of T. T. Godwin, deceased, will sell to the last and highest bidder for CASH, at public auction, at the Court House door in the town of Smithfield, N. C., on Saturday, Feb. 4th, 1911, about the hour of twelve o'clock M., the following described lots to wit:

Two lots, the first described as follows: Being all of lot No. 3, in block "C" in the plan of the town of Kenly, N. C., fronting on second street in said town fifty feet, and fronting Gardner Avenue one hundred and fifty feet, and being the same lot described in a deed from The East Car. Land and Improvement Company to G. T. Boykin, which deed is recorded in the Registry of Johnston County, N. C., in Book "U" No. 6, page—. Also one other lot situate outside of the town of Kenly, N. C., and bounded as follows: Beginning at a stake on the east side of the road leading to Kenly, J. H. Watkin's heirs corner and runs with their line N. 61 E. 210 ft. to a stake, said Watkin's corner; thence with Watkin's line S. 29 E. 472½ feet to corner of lot sold to colored church; thence /S. 61 W. 210 ft. to a stake at the aforesaid road; thence with said road to the beginning, containing two and one-fourth (2¼) acres, more or less. This January 2, 1911. D. T. GODWIN, Administrator of T. T. Godwin, Deceased, Mortgagee. JOHN A. NARRON, Attorney.

NOTICE OF ELECTION.

By virtue of the authority conferred upon us, the Board of Commissioners of the town of Smithfield, Johnston County, N. C., by Chapter 424 of the Private Acts of the Legislature of North Carolina in its session of 1907, entitled "an Act to amend and consolidate the Charter of the town of Smithfield, North Carolina," we, the Commissioners of the said town of Smithfield, do hereby order that an election be held in the Court House in the town of Smithfield by the duly qualified voters of said town, on Tuesday, the 21st day of February, 1911, upon the question of issuing bonds to the amount of \$55,000.00 in denominations of \$500.00 each, to bear interest at the rate of 5 per cent per annum, interest payable semi-annually and to mature January 1st, 1941, proceeds of said bonds to be used for the following purposes:

For erecting, equipping, conducting and operating an Electric Plant to furnish lights for the streets of said town and for its citizens; for constructing and equipping a system of Water Works and maintaining and operating the same, to furnish water for the use of the town and its citizens; for constructing and maintaining a Sewerage System for the said town of Smithfield and operating the same.

The polls will be open on the day of election from 8 o'clock a. m., until sunset and not longer, and each person whose name shall be registered shall be entitled to vote. A new registration is ordered, and the registration book for the said election will be opened by D. T. Luncford, registrar, in his office in the Court House in said town of Smithfield, on Monday, January 9, 1911, and will remain open each day for thirty days, Sundays excepted, closing on Saturday, the 11th day of February, 1911.

This December 6, 1910. N. T. HOLLAND. J. H. KIRKMAN. HARRY P. STEVENS. L. E. WATSON. N. B. GRANTHAM. J. D. UNDERWOOD. Commissioners, Town of Smithfield, N. C. JAS. A. WELLONS, Mayor.

Attest: H. L. SKINNER, Clerk.

NOTICE.

By virtue of authority contained in a mortgage deed, executed by Calvin Richardson and wife, Susie Richardson, dated November 30th, 1909, to secure their bonds of even date, and the bonds not having been paid by the said Calvin Richardson and wife, Susie Richardson, or by any one for them, we will, on February 6th, 1911, at 12 M., in front of the court house door in Smithfield, N. C., offer for sale to the highest bidder for cash, the following described land situated in Selma Township, Johnston County, and bounded as follows: Beginning at a stake in J. G. Rapers line and runs with his line S. 86½ E. 68½ poles to a stake; thence S. 3 W. 32½ poles to a stake; thence N. 4 E. 32½ poles to the beginning, containing 14 acres, more or less. The same being part of the lands in the division of the Wm. Batten lands and known as lot No. 1. NOWELL & RICHARDSON, (Inc.) Mortgagee. R. L. RAY, Attorney. January 4th, 1911.

A Great Magazine Offer.

The Smithfield Herald and Hampton's Magazine, both one year for \$2.00. Regular price \$2.50. Hampton's made the "hit of the year" last year by publishing Peary's Discovery of the North Pole, and Rostand's great play, "Chanticleer." This year Hampton's has again scored, by getting "Dr. Cook's Confession." Cook says that he may have reached the Pole, and perhaps not. But he will tell his wonderful story in Hampton's Magazine, beginning in the January number, which is already out. Get in now by taking Hampton's (regular price 15 cents per copy) and The Herald both one year for \$2.00. Address all orders to THE HERALD, Smithfield, N. C.

NOTICE.

The undersigned having qualified as Administrator on the estate of J. T. Ellington, deceased, hereby notifies all persons having claims against said estate to present the same to me duly verified on or before the 23rd day of December, 1911, or this notice will be pleaded in bar of their recovery; and all persons indebted to said estate will make immediate payment. This 21st day of December, 1910. J. R. WILLIAMS, Admr. Clayton, N. C.