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TO SLEEP WARM IN FRESH AIR.

State Board of Health Tells Inquirer How to Sleep Warm and Yet Have Fresh Air.

"Please tell me how on earth one can sleep warm and have fresh air at the same time these cold nights?" is a recent inquiry made of the State Board of Health.

"People cannot expect to sleep warm in cold weather whether their windows are open or not without first making preparation for it. This requires, first, soft, warm night clothing that covers the arms and feet; second, plenty of light warm covering, preferably woolen blankets which are lighter and warmer than quilts; third, a soft, thick bed that lets no air in from underneath; fourth, warm bath robe and slippers that will enable one to get in bed warm.

"One of the essentials for sleeping comfortably in cold fresh air is going to bed warm in warm night clothes. If necessary, a night cap and eiderdown foot warmers should be worn. The bed should be more than a thin mattress. One can get cold for lack of covering underneath as well as on top. A cold sponge bath in the morning will not only make fresh air sleeping easier and more delightful, but it will create such a resistance to cold that thinner clothes may be worn and less covering needed at night."

The Aeroplane.

It has been only ten or fifteen years since most of us looked upon the automobile as an impractical thing, which would never amount to much. Now it has become a necessity in our modern way of living.

But the accounts we get now from the other side of the water are to the effect that the aeroplane has become one of the most useful contrivances for armies at war. It has taken the place of cavalry for scouting purposes, and does the work much better. Artillery fire is directed by men in aeroplanes, who fly over the enemy's lines and note where the shells drop.

Recently, an American aviator traveled from Chicago to New York in eight hours and twenty-eight minutes, an average of 114 miles per hour. This was not a continuous flight, as he made two stops, both of which were due to slight defects in his machinery. This man says, however, that at some not distant day he expects to eat his breakfast in Chicago and his lunch in New York.

Two weeks afterward, Ruth Law, who made exhibition flights at the Iowa State Fair this year, made a non-stop flight of 666 miles, at a speed of 118.2 miles per hour, breaking all previous records.

We do not know just how the development of the aeroplane will affect the farmer in the future, but stranger things have happened than that it should enter into his life in a very direct way within the next ten years.

"An Old-Fashioned Woman."

Mrs. Josephus Daniels, wife of the Secretary of the Navy, was called upon recently to address a woman's meeting in Washington and her speech was as follows:

"I am an old-fashioned woman, and the only thing I have done is to raise four boys in whose souls I have tried to plant the ideals held so dear by the people of the old South. I do not

mean to disparage the work your organization has been doing, for it has brought forth wonderful results, but along with this we should see that our men and boys do not lose the old ideals. Life is what we put in it and not what we get out of it. This I consider the true measure of life and one that all of us should adopt.

"The only thing" that she has done is to raise four boys with Southern ideals! "The only thing!" God bless you, dear lady, no woman has done, or could do, a nobler work or render a more useful and patriotic service than that.

The York's Post Offices.

Postmaster Morgan's report that the receipts of his office during the year have been \$35,000,000 tells but part of the story. Owing to the regrettable division of the city's territory into many Post Offices, some \$6,000,000 must be added for Brooklyn, Queens and Richmond receipts.

If the increase of 15 per cent in the year's business of the New York Post Office fairly represents that of the country, it gives a measure of the extent and swift growth in 1916 of American prosperity. But the vast share which New York assumes of the expenditure of the department entitles local sentiment to draw another moral from the figures.

The metropolis is the milch-cow of the Post Office Department. From its receipts a profit which for 1916 may reach \$25,000,000 or more, Manhattan furnishing the greater share, is drawn to maintain unprofitable services elsewhere. Yet the city is threatened with the loss of its pneumatic-tube service. And a community which pours into the coffers of the department a sum equalling the peace budget of Norway or the total assessment value of Galveston cannot even find mail-boxes in which to deposit its \$40,000,000 worth of stamps!

Stop, Look, Listen!

Observations made by railroads in California at thirty-four crossings have disclosed the fact that of 17,000 drivers of motor vehicles, 69.5 per cent looked neither way before crossing the tracks, 2.7 per cent looked in one direction only, and but 27.8 per cent looked both ways. Three thousand three hundred drivers ran over the crossings at a reckless rate of speed.

There is any amount of lip-support for the "Safety First" movement, but actual and active application of the principle is astonishingly meager. Not only are thousands of persons daily jeopardizing their safety and their lives, but also their pocket books; and it seems that, if the element of personal risk and the imperiling of one's most precious possession fail to provide an effective warning, the probability of disaster to the pocket book should exert a strong influence in these days when material wealth is on so high a pedestal. Stop, look and listen, even though it be merely your automobile which you desire to preserve from destruction.

At Hazelwood Heights.

On last Friday, Mr. and Mrs. F. L. Perkins, Mr. and Mrs. Holmes Arendell, of Raleigh, N. C., and Mrs. Robert Fennely, of Canada, motored out to "Hazelwood Heights" and spent the day with Mr. and Mrs. W. D. Tomlinson. Mr. Perkins is the oldest brother of Mrs. Tomlinson.

An English inventor's cigarette-holder is equipped with a porous disk to filter the smoke.

Day Brightens Just Ahead.

Day brightens just ahead, In spite of all we bear There's something else in life instead Of weariness and care.

Famine Prices for Paper.

The Federal Trade Commission has completed its investigation into the present abnormal prices for paper and its cost of manufacture. No industry is more seriously threatened by the extravagant rise in the prices of raw materials than the printing and publishing business.

This remarkable finding in the face of claims by the manufacturers that the prices of their raw materials had risen extravagantly, is explained simply and finally by the following facts: The ingredients for which the mill had to pay higher prices made up only a small percentage of the aggregate cost factors; and that disadvantage was more than swept away by the great cost reductions resulting from operating the mills twenty-four hours a day six days in the week, with every pound of paper sold without effort or expense to clamoring buyers.

An Old But Effective Sentence.

Now and then from odd corners of the country some sensible judge in a merciful way passes an unusual sentence on the convicted offender.

You read of the court's judgment and smile and say to yourself, "how foolish." This is where you make a mistake. Sometimes those unusual sentences convey with them a wondrous amount of meaning.

For instance, in Providence last week a judge, old in years and vast experience, had before him a lad not ten years of age charged with attempting murder.

The boy had no idea of committing murder. He had no thought or desire to injure the prosecuting witness. It all happened like this: The boy, filled with all of the energy and spirit of youth, had a craze for throwing rocks. He delighted in smashing the windows of vacant houses and in seeing how many arc lights he could destroy with his unerring aim.

But one afternoon in smashing at a billboard, this boy fractured the skull of a little girl who was passing. He was a mere child; he was not ten years of age, there was no criminal intent in his heart, only the wicked spirit of mischief.

The judge had been a boy himself once. Possibly he threw rocks. But the contrite face of the boy before him moved the venerable jurist to a unique sentence that will be generally approved.

"You like to throw rocks?" he asked in a paternal way.

"All right," declared the judge. "I will sentence you to throw 1000 rocks before you can go home, and I instruct the officers of this court to see that you throw them."

The boy was taken to a gravel pit and was required to carry out the mandate of the court. When his little arm grew weary he was allowed to rest. When he merely tossed a rock he had to use another and throw it to the best of his ability.

The Corn Growers.

One hears at every hand the repeated statement that "we must do something" to reduce the high cost of living. It is a theme with which congress wrestles and ordinary citizens contend.

While this argument is in progress there are in our midst about 1,000 bright-eyed boys and girls from Ohio taking in the sights, looking up at the Monument, peering into the Capitol, going through the Library of Congress, making a trip to the tomb of Washington—in fact, having a good time and becoming properly impressed with the greatness of their country.

These are the boy and girl "corn growers." They have answered to the teachings in agriculture given by their State and by the Federal Government. That noblest of occupations, the tilling of the soil, is theirs.

Perhaps no more opportune time could be found for telling them and ourselves that they have been "doing something" to reduce the high cost that far outweighs all the talk that could be made in a year on the subject. As their numbers increase they will do still more.

Belgium Not To Be Forgotten.

Belgium was the first victim of the war and her wrongs have impressed themselves so strongly upon the imagination of every one who speaks or writes about the atrocities committed in this struggle that she has become the prototype of all the rest of the small nations and little peoples who have been ground beneath the heels of advancing armies.

Poles, East Prussians, Armenians, Serbians and others have suffered wrongs which the pen cannot describe. Every rule of civilized warfare and international law has been violated since its outbreak in August, 1914. To right these wrongs as far as possible and to take measures to prevent repetition at any time in the future, President Wilson is now addressing himself. Whether he will succeed or not none can foretell, but the influence of the United States as the leading neutral of the world will be exercised in a cause the righteousness of which none can doubt or deny.

An illuminated fountain pen which carries its own miniature battery and its Mazda lamp is used for writing at night.

STATEMENT

Showing receipts and disbursements of the special road tax of Wilders township, Johnston County, for the year 1916:

Table with columns for date, description, and amount. Includes items like 'To A. S. Upchurch, repairs', 'H. S. Wall, 2 months' board mules', 'Pay roll on Boyett Road', etc.

Table with columns for date, description, and amount. Includes items like 'Oct. 21—Pay roll, Joe Medlin road', 'Oct. 28—J. A. Wall, on Clayton road', 'Nov. 4—Wendell Hdw. Co., account', etc.

Table with columns for date, description, and amount. Includes 'TOTAL' and 'RECEIPTS' sections.

By virtue of a decree of the Superior Court of Johnston County, North Carolina, entered at the December Term, 1916, in an action entitled Parish-Godwin Company, Inc., vs. W. B. Benson and wife, Stella Benson, the undersigned commissioner named in said decree, will offer for sale for cash to the highest bidder before the Court House door in Smithfield, N. C., at 12:00 M., on Monday, the 12th day of February, 1917, the following described property, to-wit:

NOTICE OF SALE. By virtue of the power and authority contained in a certain Deed of Trust executed by Otto Barnes, S. A. Barnes and S. H. Hooks, to W. T. Burton, Trustee, and registered in Book "L" No. 12, on page 552 of the Registry for Johnston County, default having been made in the payment of the Bond therein secured, the undersigned will, on Wednesday, the seventh day of February, 1917, between the hours of twelve noon and one P. M., offer for sale to the highest bidder, for Cash, at the Court House door in Smithfield, Johnston County, North Carolina, the following described town lots situate in the town of Kenly, N. C.: