

STATE FIRE LOSS IS LIGHT AGAIN

LIGHTNING CAUSES DAMAGE OF \$16,000 CARRIES IT OVER \$200,000 MARK

Raleigh. Excluding five fires caused by lightning and doing damage to the amount of \$16,000, August would have been the fourth month in a string with fire loss of less than \$20,000, according to the monthly statement of Stacey W. Wade, Insurance Commissioner.

There were 140 fires with \$1,334,875 of property at risk and \$795,725 of insurance involved. There were 91 fires in dwellings, with a loss of \$98,548. Of these the town and rural dwellings have about equal losses, \$49,000 each, although 76 were in towns and 17 in the country. Another illustration, Commissioner Wade says, of the actual money value of fire departments and waterworks and fire districts.

While stocks of goods were damaged in one of two fires in business buildings, there was not a single independent store fire in the state during the entire month. Next to dwellings, feed barns lead in number with nine, followed by tobacco curing barns with seven. There were 12 fires of \$5,000 and more loss per single fire. The principal losses were a furniture factory at Marion, \$38,000; two dwellings in Buncombe, \$17,500; business block at Southern Pines, \$14,000; Rober sonville lighting plant, \$12,400, and a negro church at Tarboro, caused by lightning, \$8,200.

The causes of the 140 fires were principally shingle roofs and defective chimneys, 40; unknown, 34; adjoining buildings, 8; oil stoves, and over-hot tobacco fires, 7 each, incendiary, 6, 8.

An unusual loss by lightning was of about \$4,000 of a freight boat. The increase over the loss for August, 1922, \$84,689, the lowest of record, is explained by the fact that there were only three fires in the \$5,000 and over class in that month, whereas this August the commissioner points this loss over \$12 of this class of fires with a loss aggregating \$145,200, leaving for the other 128 fires a total of but \$27,900.

The national fire loss for August also shows an increase over the previous month of nearly eight million dollars, and from present outlook, the September fire loss will prove disappointing in increase in both state and nation as compared with records of the past five months. Still there will be a decrease in North Carolina as compared with September of last year, is the opinion of Commissioner Wade.

The following towns, reporting to the department that there was no fire, or no damage from fire during the month are placed on the department's honor roll for August: Durham, Henderson, High Point, Kinston, Greenville, Reidsville, Oxford, Lumberton, Rockingham, Graham, Albemarle, Spring Hope, Mooresville, Troy, Aberdeen, Randleman, Elm City, Pinehurst, Kernersville, Fairmont, Ansonville, Granite Falls, Bonlee.

Contract For New College. Contract for the construction of the first quadrangle of six buildings for new Meredith College, west of Raleigh, has been awarded to J. E. Beaman, Raleigh contractor, for approximately \$1,000,000, it was announced by the building committee of the Board of Trustees.

With the committee, it was a task to bring the cost of the proposed first group of buildings within the means of the college. Bids of eighteen contractors ranged from \$1,240,000 to \$1,800,000. But in the changes the committee found necessary to make in the plans none of the essentials were omitted. Fineries here and there were stripped off but in space and serviceability the six buildings will hew to the line of the original plans. They will be of brick and limestone construction. The six buildings under contract, it is announced, will house 500 students and fifty teachers. They include four dormitories, of seventy-five rooms each, an administration and library building, and a dining room and kitchen. This will comprise the first unit of plans that contemplate accommodations for a thousand students.

Raleigh Fourth in Insurance Totals.—Raleigh ranked fourth among the cities of North Carolina in 1923 in the total paid to beneficiaries of life insurance policies, according to figures compiled by the Insurance Press. The amount was \$308,000.

Give Over \$1,000 For Horticulture.

More than \$1,000 will be given in prizes for agricultural exhibits alone at the North Carolina State Fair, which will be held here during October 13 to 17. It was stated by C. D. Mathews, chief of the horticultural department of the extension Division of the State College and Department of Agriculture. The exact amount to be given in prizes is \$1,397.50 of which applies will take the major part of the award.

POINTS ON KEEPING WELL

Dr. Frederick R. Green, Editor of "Health."

WHY SOME CHILDREN ARE PUNY

THE human body is an engine. Like all engines, it must have every day, from without; enough fuel to produce the energy needed for the day's activities. This fuel comes from food, water and air.

The adult body is completely formed and so needs only enough fuel to replace the daily loss. But the growing child needs more. It must also have body-building material or proper, healthy growth will be lacking.

Children who do not have enough food or whose food is not of the right kind for growth are said to suffer from malnutrition. Literally, this means bad feeding.

This condition is by no means confined to children in poor families. It is often found in well-to-do families.

How can the undernourished child be recognized? It is underweight as compared to healthy children of the same age and size. It does not grow or develop as fast as other children. Its skin is pale, waxy and rough, instead of smooth and rosy. Its eyes are dull and watery, often with dark circles. The lips are pale; the teeth are soft, the gums bleed easily and the tongue is coated. The child is round shouldered. The expression is dull, listless and unhappy. The child has little energy or ambition, is easily tired out, nervous, fretful and irritable. It does not care to join in the play of the other children. Its muscles are weak and flabby, it has poor digestion, cold and clammy hands and feet, poor resistance to infection and frequent colds. The child has no definite disease. It's just "puny."

If you have a "puny child," what can you do to make it strong, healthy and well developed?

First, have the child carefully examined by a competent doctor.

Second, don't expect any medicine to make it well. Anything its body needs can be gotten through foods better than by medicine.

Third, give the child a simple, plentiful diet. At least a quart of good milk a day, good bread and butter, fresh eggs, cereals, fresh vegetables and fruits with a reasonable amount of boiled or roast meat will furnish all the material the growing body needs.

Fourth, cut out tea, coffee, pies, candy, fried foods and highly spiced and seasoned foods.

Fifth, have the child go to bed at a definite time and see that it gets ten hours' sleep every night in a comfortable bed in a room with the windows wide open.

Sixth, give the child plenty of water, at least six glasses a day.

Seventh, keep the child out of doors as much as possible.

The human body is an amazingly tough machine. It will recover from an astonishing amount of abuse if it is only given a chance.

FEEDING THE RUNABOUT CHILD

MUCH has been written and said during the last ten years especially, about the care of babies.

Much has been written about the health of school children, the value of physical examination of the child when it enters school, of school hygiene, sanitation and ventilation, warm lunches for school children, examination of school children's eyes, and all the other conditions that have to do with the health and well-being of school children.

But how about the child who is no longer an infant, but not yet old enough to go to school? Little attention has been paid to the child from two to six years old. Until recently, not even a name has been proposed to designate the great group of children of this age. Yet this is the period when early habits are formed, good or bad, which may become life habits.

This group of children, formerly neglected, are now being given much attention. Dr. William Palmer Lucas of San Francisco calls them "Runabout Children"; those who can walk but are not yet old enough to go to school.

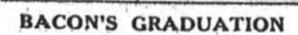
What should the runabout child eat? It is past the babyhood period. It is just learning to eat the solid foods from which it must get its nourishment during the rest of its life.

Milk should still form a large part of its food. Not milk alone, as during its babyhood, but milk soups, chardards, junkets, blanc mange, tapioca, bread and rice puddings. Meat in small amounts, because the child is not able to digest large quantities and because, if given meat often and in large quantities, the child will refuse the milk and vegetables which it needs. Fresh vegetables, cooked until tender and served hot with butter or cream sauce, hard cookies and crackers to satisfy the child's craving for sweets and to give the tender young teeth and gums something to chew on. Very little candy or sweets, and then only at the end of the meal, not between meals or before meals. No tea or coffee.

A quart of milk a day with soups, custards, fresh vegetables and fruit, bread and butter and small amounts of meat will give the growing body all the elements it needs for future development.

Daddy's Evening Fairy Tale

By Mary Graham Bonner



BACON'S GRADUATION

"Grunt, grunt," said Grandfather Porky Pig, "are you going to Brother Bacon's graduation?"

"Grunt, grunt," said Miss Ham, "I didn't know anything about it, but if it is not being held far away I will be only too glad to go."

"It will be held here in the pen," said Grandfather Porky Pig.

"I'll be on hand, or rather on foot, or rather on four feet," said Miss Ham.

"What's this I hear? Some excitement?" squealed Pinky Pig's mother.

"Are you going to Brother Bacon's graduation?" Porky Pig asked.

"I hadn't heard about it, but I'll attend the ceremonies," said Pinky Pig's mother.

Then the news began to fly about the Pig Pen.

"Are you going to Brother Bacon's graduation?" Pinky Pig's mother asked Master Pink Pig's mother, and Master Pink Pig's mother said she hadn't heard of it, but that she would be glad to attend, too.

Pinky Pig and Master Pink Pig and Mrs. Pinky and Mrs. Pink all said they would like to attend.

Sir Percival Pork said he would like to go to the graduation and Sir Benjamin Bacon said so, too.

Little Black Squealer was excited, indeed, when he was told he could attend.

"What is it all about, Brother Bacon?" asked Sammy Sausage.

"Come to it, Sammy, and you'll find out," said Brother Bacon.

So Sammy Sausage agreed that he would not fall to be there.

"But you must tell us just where it will be and at just what hour."

"It will be held in the pen promptly at three o'clock this afternoon," said Brother Bacon.

"Mothers may come and bring the children; gentlemen may bring the ladies."

"All may come."

"Of course, it is considered nice to give the one graduating some flowers."

"Pigweed will do nicely for me."

The pigs all looked at each other and grinned.

"Brother Bacon never forgets something of that sort," they all said.

"Squeal, squeal, I won't be able to find time to get you a bouquet," said Little Black Squealer.

"I have neither the time nor the wish," said Sammy Sausage, "but my

"I Am Gathered Here This Afternoon."

presence rather than my presents will be enough."

"I agree," said Miss Ham.

"So do I," said Porky Pig.

"So do all of us," the others grunted and squealed.

"Well," said Brother Bacon, "I see that I won't have a great mass of flowers or pigweed about me, but it cannot be helped, I suppose."

"It can't be helped if you invite us to come," said Grandfather Porky Pig.

"It might be nice if you had a banquet in honor of your graduation afterward," suggested Miss Ham, as she twisted her funny little tail.

"That's never done," said Brother Bacon. "At least I'm pretty sure it never is."

"However, it is fast approaching three o'clock and I notice some of you already look as though you would like your afternoon naps."

"So come to the graduation at once."

All the pigs followed Brother Bacon to the big stump in the center of the pen.

And then he made this speech: "Mr. Chairman, Pig Friends, I am gathered here this afternoon (more than one should be gathered, so that I could rightly say 'we')—but no matter, to hand myself, Brother Bacon, a diploma marking my graduating day."

"But, Brother Bacon," said Porky as he saw Brother Bacon hand himself a piece of pigweed tied with a green ribbon, "from where are you graduating?"

"From having been a small pig to becoming a big pig," said Brother Bacon with a grin, and the pigs all grunted that there had been a great deal of excitement about nothing at all!

Puzzled Him

Boy—Say, mother, this book says that in the ocean the big fish eat up the little ones. Is that true?

Mother—Yes, I believe it is.

Boy—How do they open the cans?

Effect of Great War on Wealth of World

The aggregate prewar wealth of the twenty-odd nations actively engaged in the great war, according to an estimate recently completed by the research department of the Bankers' Trust company of New York, amounted to \$630,000,000,000. The wealth of these same nations today is estimated to be about \$619,000,000,000. The prewar wealth of the British empire—that is, of Great Britain, the Dominion, India and the crown colonies—was approximately \$140,000,000,000, while today the wealth of this same group of nations is estimated to be around \$149,000,000,000. The wealth of France before the war is placed at just under \$300,000,000,000, and is estimated to be approximately the same today.

The prewar wealth of the United States is placed at \$200,000,000,000, and the wealth today at \$230,000,000,000, while the prewar wealth of Germany is estimated to have been upward of \$80,000,000,000 and today to be about \$55,000,000,000. These figures are all on the gold prewar basis of values, having been adjusted for inflation. The per capita wealth of Great Britain today is placed at \$1,489 and of the different nations composing the British empire at \$418, including the wealth and population of India. The wealth of France is estimated in 1913 to be \$1,484 per capita and of the United States \$2,000 per capita. The wealth of Germany is placed at \$901 per capita.

The Bankers' Trust company points out that the total wealth of the former belligerents has not materially changed as a result of the war, but that there has been a marked redistribution of such wealth, this redistribution having taken place not only as between nations, but also as between the peoples within the boundaries of each nation.—Manufacturers' Record.

Idaho's National Park

The new national monument, Crater of the Moon, which has just been set aside by a proclamation issued by President Coolidge, is a region of volcanic formation situated 12 miles southwest of Arco on the Idaho Central highway, which connects Boise and all points west with Yellowstone National park. This new monument has an area of approximately 39 square miles and was called Crater of the Moon from the resemblance of its topography to the surface of the moon as seen through a telescope. The rocky lava is as fresh appearing as though poured out yesterday. The lava caves and tunnels occurring in the flows are perhaps the most interesting features. In some of the tunnels snow and ice are found which do not melt entirely the year round. The whole landscape has a weirdness which at certain seasons of the year takes on an exquisitely beautiful effect produced by the myriad clumps of delicately tinted wild flowers blooming in profusion on the black, cindery hillsides.

Has Seen Ghost of Prince

Strange manifestations, associated by some with the unseen world, are reported from Hall place, the beautiful old house in Kent, where tradition says the Black Prince wooed and won the "fair maid of Kent." For centuries stories have been told of the appearance, from time to time, of the armored ghost of the Black Prince whose visitations, say the Kentish people, always are made at times when England is in peril.

Lady Limerick, who lives in the haunted house, says she has seen the ghost three times, twice in the war and again recently.

"It has always been the same," she says, "and resembles a youth wearing armor while a light partially shrouds the body. It only stays for a second and then disappears."—London Mail.

Had to "See" Peter Pan

Though blinded in the war, a young Australian soldier named Penn wanted to "see" the statue of Peter Pan in London before he was sent home. I was asked, writes a contributor to Country Life, whether I would take him out the following Sunday.

"You know," he said, "I'm to return to Melbourne in a week or two, and I simply must see Peter Pan before I go."

When we reached the statue Penn put his hand upon it. "Why," he said, "it's smaller than I thought; I shall know it all."

Carefully he felt it piece by piece with little murmurs of delight. "Just look at this tiny mouse!" he would say. "See this lovely little fairy; why, she is stretching up to speak to him!" Then again, "You are quite sure that I am not missing anything?"

Remarkable Cure

A marvel of surgery has been brought to light by the visit of a man to a London hospital. He said he had brought his wife to be treated, as the hospital had been successful with him 18 years ago. He stated that he had suffered from cancer, and that his tongue had been cut out in 1905. The man's story sounded incredible, particularly as he was able to talk quite naturally, an almost unheard-of thing after such an operation, but a medical examination corroborated his statement. The malignant growth had gone entirely, and the man was able to masticate his food and enjoy his smoke.

Premature

"Well, old man, I'm off to the sea-shore to visit my fiancée."

"Who is she?"

"How the deuce do I know?"—Boston Transcript.

MOTHER!

Clean Child's Bowels with "California Fig Syrup"



Hurry Mother! Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels without gripping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits. Insist upon genuine "California Fig Syrup" which contains directions.

Volunteers

"Officer, what is this?" "A divorce court, ladies." "Can we go in here and have a good cry?"

If You Need a Medicine You Should Have the Best--

Dr. Kilmer's Swamp-Root

Have you ever stopped to reason why it is that so many products that are extensively advertised all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited to those who are in need of it.

A prominent druggist says, "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments, corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by parcel post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Advertisement.

Few things come to the average man. He must go after them.

Cuticura Comforts Baby's Skin When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

A good word in behalf of others costs you little and is worth much.

A Splendid First Aid Remedy for Cuts, Burns, Wounds and Sores is Hanford's Balaam of Myrrh. Antiseptic and healing. Three sizes; all stores.—Adv.

WOMEN OF MIDDLE AGE

Praise Lydia E. Pinkham's Vegetable Compound

"A Blessing to Suffering Women," Writes One

Louisville, Illinois.—"I certainly thank you for the great benefit I have received from taking Lydia E. Pinkham's Vegetable Compound. I first learned about it from my step-mother who got so much help from it. Several years ago I took it for inward weakness and since then I have taken it during the Change of Life and it has been a great help to me. It certainly is a blessing to suffering women and I take pleasure in recommending it. My health has been better this summer than it has been for five years. I am now able to do all my work and have gained 340 pounds of fruit and vegetables this summer."—Mrs. KATE McPEAK, Louisville, Illinois.

Wants Letter Used As Proof

Frankford, Pennsylvania.—"I am sure if women who suffer through the Change of Life as I have, with hot flashes, nervousness and other weaknesses, would give Lydia E. Pinkham's Vegetable Compound a trial they would be benefited as I was. My nerves were so bad that every little noise made me jump, but now I am not bothered that way at all. My husband says he really hated to look at me I looked so miserable. I hope you will use this letter as proof of the help the Vegetable Compound is giving me."—Mrs. ANNE HARVEY, 5701 Leonard St., Frankford, Pa.

Does Your Back Ache? Are You Nervous?

Greenville (Brandon Mill) S. C.—"I suffered very greatly; at times I would be all in, would get very weak and nervous and suffered with backaches. I got to be a physical wreck when I saw Dr. Pierce's Favorite Prescription and decided to give it a trial and just a few bottles relieved me of all suffering and made me feel well and strong."—Mrs. W. C. BURRESS, 3 Short Traction Street.

Just ask your nearest dealer for this Prescription of Dr. Pierce's in tablet or liquid form.



Put HANCOCK SULPHUR COMPOUND in your BATH

For Eczema, Rheumatism, Gout or Hives

Expensive health resorts, sought by thousands, have grown around springs containing sulphur. Hancock Sulphur Compound, utilizing the secret of the famous healing waters, makes it possible for you to enjoy Sulphur Baths in your own home, and at a nominal cost. Sulphur, Nature's best blood purifier, is prepared to make its use most efficacious in

Hancock Sulphur Compound Use it in the bath, as a lotion applied to affected parts, and take it orally.

60c and \$1.20 the bottle. If your druggist can't supply it, send his name and address and the price stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY Baltimore, Md.

"CASCARETS" FOR LIVER AND BOWELS—10c A BOX

Don't Stay Dizzy, Bilious, Headachy, Sick or Constipated.

Feel fine! Let "Cascares" clean your bowels and stimulate your liver. No gripping or overacting. Millions of men, women, and children take this harmless laxative-cathartic. It doesn't sicken you like pills, oils, calomel and salts. Tastes nice—acts wonderful. Sold at drug stores.



MUNYON'S PAW PAW PILLS

for Constipation

Relieve headache, dizziness and other disorders due to bowel congestion. A perfect laxative. Works mildly without gripping.

Munyon's Paw Paw Pills make "There is Hope" you will, keeps you young. Satisfaction guaranteed or money refunded.

PARKER'S HAIR BALSAM

Removes Dandruff, Itching, Restores Color and Beauty to Gray and Faded Hair. 50c and \$1.00 (Druggists).

HINDERCOIN

Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet. Makes walking easy by mail or express. Price, 50c. Chemical Works, Philadelphia, Pa.

Forced To Remain in Bed

Carlisle, Illinois.—"During the Change of Life I suffered with severe nervousness and with disturbances of the entire system. These continued probably two years before I began taking Lydia E. Pinkham's Vegetable Compound. I could do none of my work and was not always able to be up. For ten days at a time I was forced to remain in bed with my hips propped higher than my head and the pains were terrible. The doctor helped some but each time I was forced to go over the same suffering. I had taken the Vegetable Compound in 1910 after my twins were born and it had helped me so I decided to try it again. I became better and gained in strength. I have taken it for about three years now but not steadily. I am able to do my housework but I avoid all heavy lifting and washing and ironing as I know I am not strong enough yet. I give the Vegetable Compound to my daughters and recommend it to my friends."—Mrs. LOUISA B. BRAND, 450 Fairfax Street, Carlisle, Illinois.

In a recent country-wide canvass of Lydia E. Pinkham's Vegetable Compound, over 100,000 replies were received and 98 out of every 100 reported they had been benefited by its use. For sale by druggists everywhere.