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G. A. Rouse Editor and Publisher

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HEALTH IS ATTRACTIVE FOR YOUNG

State Board of Health Recommends Five Health Rules for North Carolina Boys and Girls

Good health is most attractive. It is beauty for the young girl and strength for the young man. "Never yet," said a noted woman, recently, "have I seen a hopelessly ugly man or woman who was in perfect health. It is the pale wan cheek, the sunken eyes, the yellow decayed teeth, the humped shoulders or the nervous grouch disposition that is always ugly and unattractive."

"The glow of health on the cheek, the sparkle in the eye, two rows of clean, and sound teeth and a body carried firmly and four square to the winds, with health in the body and laughter in the soul—that is beauty and strength that endures and it is worth working for."

The health rules of the Crusaders, a band of boys and girls interested not only in their own health but also in the health of others, are here given and are recommended by the State Board of Health to all boys and girls in

themselves attractive, useful men and women. They are:

"1. Always breathe fresh air. Never sleep, study, work nor play in a room without a window open. Take ten deep breaths every day.

"2. Eat nourishing food and chew it thoroughly. Drink plenty of pure water and use your own cup. Avoid food that is hard to digest, like heavy pie and cake and much candy. Never eat nor drink anything that weakens the body, like alcoholic drinks.

"3. Make sure that everything you put in your mouth is clean. Wash your hands always before eating and bathe your whole body often. Clean your teeth every day. Have a regular time every day for attending to each need of your body.

"4. Exercise every day in the open air. Keep your shoulders straight. Do not smoke before you are grown up.

"5. Get a long night's sleep. Get up smiling. Keep your mind clean and cheerful."

December was another great month for the hoboos; The railroad companies ordered 22,695 new freight cars!

A London munition factory recently blew up, killing over fifty persons. This is one place more dangerous than an editorial sanctum.

SPEAK QUICK TO NORTH CAROLINA LEGISLATORS

(Progressive Farmer)

To all our North Carolina friends and subscribers we would say, now is the time to speak to your member of the Legislature. Possibly never before have our farmers had such an opportunity for evoking good results that may endure for all time to come. The new Governor has presented a non-partisan program of rural progress, and legislators are just waiting to see how vigorously the farmers themselves will speak out for reforms. The ancient crop lien and time prices iniquity may be crushed and crippled for all time to come if farmers will only speak promptly.

The State Farmers' Union Council and Governor Bickett have agreed on a measure providing that wherever a merchant has crop lien security he shall not charge for time prices more than his cash price plus 10 per cent, nor shall any person, firm or corporation advancing either cash or supplies on crop lien security add more than 10 per cent in lieu of all commissions and interest charges. If you, good readers, are in favor of such a law to stop crop lien usury and extortion, don't fail to write your Legislators in behalf of such of these as possible get up a petition in your neighborhood. Every Local Union in the state should also rush resolutions and petitions.

The patent medicine fraud is also on the run, and letters, petitions and resolutions should be rushed regarding it. The patent medicine manufacturers have millions with which to defeat the will of people. Look up the measure advocated on page 19 of our last Reference Special and write your Legislators in behalf of such of these as you favor, and all other legislation you want. The wealthy corporations send lobbyists to the Legislature; the great plain people must send letters.

NORTH CAROLINA WILL GET \$228,763 FOR HER ROADS

Washington—The Department of Agriculture today announced the following appointment of good roads funds for Virginia, North Carolina, and South Carolina.

Virginia, \$199,321.
North Carolina, \$228,763,
South Carolina, \$143,615.
West Virginia, \$10,650.

These appropriations will be available for the building of State highway. In addition to the above states, the Department also ratified the distribution of funds to a number of other states. The appropriation is authorized through the recently passed Federal road law.

WHISKEY BILL FINES WAY THE IN HOUSE

Representative Gardner, of Yancey, Introduces Measure For Anti-Saloon League

A bill to aid temperance by further restriction of the receipt of whiskey in North Carolina was yesterday dropped into the hopper of the House of Representatives by Representative Gardner of Yancey county. The bill is one drafted and approved in the offices of Superintendent R. Lee Davis of the North Carolina Anti-Saloon League and is a little different from that circulated by Mr. Davis several days before the convening of the present General Assembly.

The bill was introduced by request and was not unexpected. It had been known for several days that such a bill was in the making, and those who are to oppose it had been dreading its approach. It went through its initial reading, however, without comment; most of the opposers merely drawing a deep sigh of content over the fact that they have finally to face the issue.

The bill prohibits the receipt of whiskey except for medicinal purposes, and limits the quantity to two quarts per year. It annuls the law permitting the sale of wines and ciders by manufacturers except when such ciders or wines contain no more than two per cent of alcohol; prohibits the possession of any liquors by social clubs; makes it a misdemeanor to drink or be drunk in public and gives the State power to confiscate all vehicles used in the transportation of liquor in opposition to the law.

Only Receipt Allowed.

The only clause in it permitting the receipt of liquor in any shape or form is section 21, which says:

"That any person not a minor, may receive one shipment of spirituous liquor, not more than two quarts or one shipment of malt liquors not more than three gallons for medical use each calendar year under the following conditions. The person may apply to the clerk of the court of the county in which he lives for a permit to receive by transportation by a common carrier spirituous or malt liquors for medical use. At such time he must make affidavit that he is a citizen of the county, that he has not received any spirituous or malt liquors in twelve months, that he wants this shipment for medical use only, and that he wishes to receive it at the express office nearest to his home. Such per-

mit shall be granted by the clerk of the court, and the duly appointed deputy sheriff shall affix the seal of his office thereto and said permit shall be in the name of the applicant to whom the shipment is to be delivered, the place from which the shipment is to be made, the amount to be shipped, the date of granting the permit, and the express office nearest the home of the applicant to which the shipment must be made. The permit must be executed in duplicate. The original shall be delivered to the applicant to be sent by him to the shipping office to be posted on the outside of the package containing the liquor. The permit so used authorizes the public carrier to transport and deliver the package. The duplicate must be filed in the clerk's office in the same manner that the duplicate permit for shipment of alcohol is filed.

Mr. Davis's bill will, of course, make it exceedingly hard for any citizen of North Carolina to get a drink. There is, though, mighty little doubt that the bill will pass. Even those who are most bitterly opposed to it concede that there is a strong possibility of it being enacted.

1917 is Passing Along.

One-twelfth of 1917 is gone. What have you done towards the accomplishment of the many things you planned to do. Unless you have gone one-twelfth of the way you are behind time. Heavy load, you are back of your schedule.

You will find that others have the right way and while you stand on the sidetrack they will push along the track of life and make good where you failed. Get up, get a move on yourself and make up that lost time. The greatest lesson that you can teach yourself is that time is money and once spent it never returns. You have to spend it but seldom do you do it wisely.

Start February with a determination to make up for the days lost in January. You must put your shoulder to the wheel and your body behind your brain. Take care of yourself but work to the limit. Hard work is the way to be successful—there is no other way.

The Junior Missionary Society Meets.

The Junior Missionary Society of the Methodist church, held its regular meeting on Jan. 19th, at the home of Miss Ethel Brooks. After the business session was over we were served with delicious refreshments. We then departed declaring Miss Brooks a most charming hostess. Our next meeting will be held at the home of Miss Georgia Newlon—Lena Wright, Corresponding Secretary.

GRAND JURY REPORT FOR JANUARY

Recommend Electric Lights for County Home, New Home for Superintendent.

To the Honorable W. P. Stacy, Judge Superior Court of Pitt County:

We, your Grand Jury for the January Term, 1917, respectfully report as follows:

COUNTY HOME

We have examined the County Home and find the same in an extraordinary good condition, the inmates well cared for, comfortably provided for, and we desire to recommend that the lighting facilities be improved, as many of the inmates who have to have light all the time and being unable to move around or handle dangerous kerosene lights, we recommend the addition of an electric lighting plant, as we understand that during this week the county has installed a gasoline engine, and for the further expenditure of the \$125.00 a twenty-five light plant can be installed, or by the expenditure of \$185.00 a fifty-light plant can be installed.

We further recommend that a new home be provided for the Superintendent, as the one now occupied is too small and in bad repair.

CONVICT CAMP:

We examined the convict camp and find the same in good condition and the convicts well cared for, with the exception of the way the convicts are provided for in a place to eat, we understand they have no tent for this purpose, and when the weather is bad and they have to eat out on a long table they have to take it in their hands and go to the tent, this we recommend to be remedied.

COUNTY TEAM:

The team we find in good condition and well cared for.

JAIL:

We have examined the jail and find the conditions good, but we recommend a side door to be made for the carrying of prisoners and admitting others who have to go into the jail, without taking them through the private rooms of the Jailor or the Deputy Sheriff, and we recommend that this be done as early as possible.

COURTHOUSE:

We have examined the Courthouse and find things in a fair condition, with the exception of the County Commissioner's room which is not clean, and which we find in an unclean, improperly kept condition and should be

remedied.

We further recommend that a driveway be built just back of the standpipe and back of the jail with an entrance from Washington Street coming up from the back of the Courthouse for the purpose of hauling coal and ashes and other freight material.

We find that the County Board of Commissioners has employed public accountants to make an audit of the books of the County for the last two years for the purpose of making an annual statement, this, we think, is a good and safe act on the part of the Commissioners and approved the same.

PUBLIC ROADS:

At the last term of the Criminal Court the Grand Jury recommended that the matter of the condition of the public roads by the negligence of the Justice of the Peace and Road Overseers of the various townships, and their failure to make their reports as such officials, be brought to the attention of the said officials and the public generally, and we find as a result of this recommendation that a good number of the Justices of the Peace have made their reports as trial officials, but we find from a further investigation that they have not made any reports as Road Supervisors of their respective townships for a number of years, the names of these Justices of the Peace have been presented for indictment, but before bills are found against them, we respectfully request His Honor if he approve of this act on our part, that the

Road Supervisor be notified by the action of the Grand Jury under His Honor's order to the Clerk, giving them an opportunity to comply with the law and to make their report to this court at the next sitting of the Grand Jury and that upon their failure to do this, these presentments be returned as true bills by the next Grand Jury, if they will follow recommendation, and such Road Supervisors as fail to hold a meeting and comply with the law, shall be held before this court for trial under such penalty as the law does prescribe.

We make this report because of the gross negligence of our roads and their impassable and deplorable condition as the result of the indifference of every person whose duty it is to see that the law is enforced.

We further make this report and this recommendation through deference and the just act and foresight on the part of the Grand Jury, which brought this to the attention of the Court and the public.

The lists of the Justices of the peace is attached to these reports, which is merely as a matter of information, under our recommendation herein set forth.

This January 24th, 1917.

W. E. HOOKER,

Foreman.

To Our Customers

New Year Announcement!

To Our Friends

We are pleased to announce that we are prepared to serve you in anything in Hardware, Farm Implements, and Building Material, such as Doors, Windows, Roofing, Nails, Lime, Cement, Mantles, Porch Columns, etc. We are also pleased to say that we bought HEAVY before all the advances, and you will find many articles in our stock AT THE OLD PRICE, and lots of goods for less than they can be bought for from the Manufacturers to-day.

We have a large stock of Disc Harrows, Plows, Stalk Cutters, Manure Spreaders, etc., under the market.

Bush Axes, Cut Saws, Cutting Axes, Harness, Hames and Collars, Single and Double-trees, Plow Ropes etc. Everything in Hardware—Buggies and Wagons at the Right Price. See Us and Get our Prices, We can Save You Money

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