

THE BIG STONE GAP POST.

WEDNESDAY, MCH. 4, 1914

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GILBERT N. KNIGHT, - Editor.

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SUBSCRIBERS are earnestly requested to observe the date printed on their address slips, which will keep them at all times posted as to the date of the expiration of their subscription.

Spring Preparation on Southern Farms.

In no section of the country does a well-prepared seed bed give better returns than in the southern States. The best spring preparation of the soil is practically impossible unless it has been properly turned and deeply broken during the previous summer or fall.

The best implement for deep breaking of the soil is the disk plow, which turns, pulverizes, and mixes at the same time. When properly adjusted the disk breaks the land deeply and thoroughly loosens it, mixing this soil and the subsoil to some extent, but does not turn to the surface enough of the inert subsoil to injure the succeeding crop.

If the cover crop is to follow the fall breaking a thorough preparation of the seed bed should be made before planting the seed. If no cover crop is sown the disk harrow or spring-tooth harrow should be run over occasionally to crush clods and keep surface crust broken for the admission of air and sunlight.

With nearly all field crops a firm seed bed is preferable. Only the first few inches need to be freshened and pulverized at planting time.

Where there has been no fall and winter breaking done, as is the rule in some sections, it is advisable to break as deeply in the spring as in the fall. It is found more necessary to get spring-broken land finely pulverized and thoroughly prepared before planting.

From Osaka.

S. J. Gundry, general Store Manager at Stonega, was over Monday.

M. M. Baker and family visited homefolks of Mrs. Baker, at Big Stone Gap Sunday.

Misses Stair and Wolfe have left us, their school having closed last Thursday, which we are glad to say was a very good school indeed.

Mary, the daughter of J. W. Kilgore, went to Gate City last Friday. She will stay with her aunt and attend school there.

The little daughter of Will Fulcher has been very sick, but is on the mend at this writing.

Miss Cleo Walker, cashier in the store at Arno, was a welcome visitor in town Sunday.

John Mullins, who has been sick with fever, is slowly on the mend.

Mrs. Hobb Silcox, of Stonega, was visiting Mrs. Frank Snaveley one day last week.

Ballard Hash, of Stonega, was visiting friends in Osaka Sunday.

Rev. Anderson filled his regular appointment here Sunday night. The night was cold and the crowd small, but those present seemed to enjoy themselves.

S. V. F. Richmond made the usual trip Sunday to see homefolks at Dryden but missed the train at Appalachin and had to walk in.

G. B. Williams, Chief Coke Inspector, is away for a few days visit to see homefolks in Lebanon, Va.

Miss Maude Simpkins, now Mrs. Shurman Taylor, paid us a visit last Thursday. We congratulate her, and wish her a happy voyage.

Theatrical.

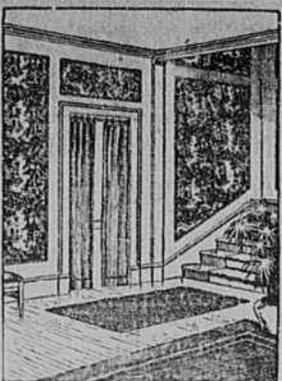
Last week's program at the Amuzu, with its usual good musical program was one of the best we have had for some time. The attendance last week was below the average and all who missed seeing The Runaway Freight, The Rattlesnake and The Race Memories missed three of the best two reel features we have had the opportunity of witnessing for some time.

The program for this week in its entirety is well balanced and should have the hearty support of the people of Big Stone Gap, thus encouraging the management to put forth even more effort to get for the town a shade more than its share of the best that is being manufactured.

For tomorrow (Thursday) night, we shall have the opportunity of seeing one of Kalem's most powerful two reel features "THE MAN WHO VANISHED", featuring Mr. Carlyle Blackwell in the leading role of Hobart, the millionaire's son.

"Keeping up with Lizzie." This and several other selections such as "The Christ Race" from Ben Hur or "The Last Days of Pompeii" will be given by Jeannette Kellogg, on Wednesday night the 11th, of March in the school auditorium.

Mrs. Kellogg is a woman of splendid ability and the fact that those who hear her reading and ask that she be brought back again the next season is the best evidence of her ability to please. She is a woman of pleasing address whose rich and well modulated voice and been appreciation of the beautiful in literature and in life make her a favorite everywhere.



Wall Paper

A well decorated room needs little else to adorn it. Alfred Peate "Prize" Wall Papers lend themselves to modern decoration and give individuality and distinction to the home.

R. L. WAX Phone 92. Big Stone Gap, Va.

Almanac Issued by Board

Yearly Handbook on Prevention of Disease Now Ready for Distribution by State Health Authorities.

Richmond, Va., Feb. 28.—In pursuance of a custom established four years ago, the State Board of Health has issued and today began mailing the Virginia Health Almanac, the new number covering the year 1914.

The Board's almanac was first conceived as a competitor for the familiar patent-medicine almanac. But instead of containing testimonials in praise of sure-cures and panaceas, the Almanac is crowded with facts regarding the prevention of communicable disease.

Opposite the calendar for each month is an account of the disease most prevalent at that season, with brief directions for preventing its spread. In addition the bulletin contains special pages descriptive of the activities of the State Board of Health, brief directions for the care of infants, a catalogue of the literature issued by the Board, suggestions for the sanitation of outhouses and other information of like character.

The example set by Virginia in the publication of its first almanac has become an established custom and has been emulated by the State Boards of various other States from North Carolina to Texas and Kansas. Colliers' Weekly, commenting on a previous issue of the almanac, commended it as one of the most effective methods devised for combating disease and for the presentation of public health truths in popular form.

The funds of the Board do not permit the publication of

Words of Praise

For May's Wonderful Stomach Remedy



"How thankful we are to you for getting a hold of your Wonderful Remedy. My wife could not have lived but a short time to live if she had not taken your Wonderful Remedy when she did. One more of those stomach pains she was having would have killed her without a doubt. Now she is free from all pain, free from heart trouble and free from that disturbing Neuralgia—all the results of five treatments—and she is able to eat anything she wants and her appetite is good and steady. She has no appetite and when she ate anything she would suffer death for so doing and could not sleep at night. I am sure taking your treatment she sleeps well all night long. T. A. Neal, Roanoke, Texas."

MUTUAL DRUG COMPANY Big Stone Gap, Va.

an edition in excess of 35,000. Of this number, 18,000 almanacs will be sent to those whose names are on the regular mailing-list of the Board.

"We have found," says the weekly bulletin of the Board, announcing the publication of the Almanac, "that many of our citizens are glad to get a bulletin so bound that it can be kept for the year. The almanac, in addition to the calendar, the table of memorable days and the phases of the moon contains a digest of our present knowledge regarding typhoid fever, diphtheria, pneumonia, tuberculosis, measles, scarlet fever, hookworm disease, the complaints of infants, the spread of disease by the fly and the sanitation of wells and springs. As the almanac is the most comprehensive publication issued by the Board during the year it is much in demand. Those who desire copies are accordingly requested to notify the Board at once. Like all of our publications, the almanac is sent free upon application."

Birthday Party.

Little Miss Mildred Wolfe entertained a number of her young friends on her 5th birthday on February 24th, from 4 to 6 p. m., at the home of her parents, Mr. and Mrs. D. C. Wolfe.

Those present were: Misses Leola Hamblen, Jernima Willis, Gladys Garrison, Thelma Kennedy, Anna Branson, Reba and Anna Barron Collier, Ruby and Nell Jenkins and Mildred Wolfe.

All present enjoyed a most pleasant afternoon. Refreshments of cake, ice cream, oranges, apples and bananas were served.

Plaining Mill News.

Miss Virginia Cowan spent Saturday and Sunday with her sister, Mrs. J. J. Hines, at Imboden.

Mr. and Mrs. G. H. Long and little son John, left Saturday for their new home near Dunganon.

Mr. and Mrs. R. C. Colvard have a nine pound boy at their house.

J. N. Cowan spent Sunday with his family here.

There was preaching at Ayres Chapel Saturday and Sunday.

Ray McPhail Injured.

Ray McPhail, foreman No. 5 mines of the Clinchfield Coal Corporation, Wilder, Va., Laural Mines, was injured about eleven o'clock on the morning of the 23rd, inside the mines. A loaded car became derailed and Mr. McPhail attempted to lift one end on the tracks, and in the effort so sprained his back that it was necessary to take him to the hospital at Dante, Va., on the noon train Tuesday.

Mr. McPhail's many friends in and about Norton extend to him their sincere good wishes for his speedy recovery. It is not thought that the accident will in any way interfere with his efficient work on the Laural baseball team this summer.—Norton Progress.

Educational Conference.

To the published program for the Education Conference of the 8th and 9th District at Radford, March 5, 6, and 7th, several interesting features have been added—among them a gymnastic drill by the students of the State Normal School Friday evening from 7 to 7:45 p. m. At the close of the program Friday night at ten o'clock the teachers of the State Normal School and the teachers of the city schools of Radford will give a reception to the visiting teachers in the gymnasium of the State Normal.

The work of the Manual Arts and Domestic Science department of the normal school will be on exhibition for Friday and Saturday. All delegates and visitors will be met at the depot and conducted to the normal school buildings for registration and assignments of homes. All visitors will be provided with a badge.

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NOTICE. In The United States District Court For The Western District of Virginia, at Big Stone Gap, Virginia, on February 29, 1914, Honorable Henry C. McIlwain, District Judge. In re H. A. Howard, Alleged Bankrupt IN BANKRUPTCY. Whereas Noyes Thomas, & Co., Inc., and others, have filed in this Court an involuntary petition in bankruptcy against H. A. Howard, and whereas it has been made to appear that service within the District of the said petition and subpoena can not be made on the defendant, nor on any adult member of his family at his usual place of abode, it is now therefore ordered that the defendant do, within ten (10) days after the last publication of this order, plead, answer, or demur to the said petition in bankruptcy, and that this order be published once a week for two successive weeks in the Big Stone Gap Post, a newspaper published at Big Stone Gap, Virginia, and having a general circulation, and that the said publication be commenced not later than fifteen (15) days from this date. A Copy Teste: Stanley W. Martin, Clerk. By C. C. Cochran, Deputy.

What the Painters Say. "White Lead and Oil makes good paint. But add Zinc and it's better." That's L. & M. Semi-Mixed Real Paint. It hides even a black surface. It wears for years. The cost of painting is reduced because the user adds three quarts of Linseed Oil costing only 45 cents to every gallon of the L. & M. Real Paint, to make 1 3/4 gallons of the best pure paint ready for use. You get three quarts more paint for the 45 cents. Sold by Kelly Drug Company