Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days,

666 also in Tablets.



will be at Dr. Farrell's office in Pittsboro from 10 A. M. to 3 P. M. Tuesday, July 22

#### Would You Know One If You Saw It?

/If you ever came face to face with a germ, would you recognize it? Of course it is not likely that you ever will see a germ, unless you own a will see a germ, unless you own a tremendously powerful microscope, for you would have to magnify one over a thousand times to make it as big as a pin head. But you should recognize the fact that these tiny germs can get into your blood streams through the smallest cut, and give you typhoid fever, tuberculosis, lockjaw, blood poisoning, and many more dangerous and perhaps fatal diseases. There is and perhaps fatal diseases. There is one sure safeguard against these dangers — washing every cut, no matter how small, thoroughly with Liquid Borozone, the safe antisep-tic. You can get Liquid Borozone at

Pittsboro Drug Co.

What exile from his country is upon the fertilizer put upon it for able to escape from himself?— the season's crop. Yet in Clinton, Horace. ion land similar to that of Mr. Hall's,

STARTS ON PAGE ONE

#### DOWN IN SAMPSON

And while this acre is thus show- ports them. ing the possibilities of that soil, thousands of acres are being tended Mr. Ashcraft in his support of the Adv. whose yield must depend chiefly crop of kudzu like that in Clinton

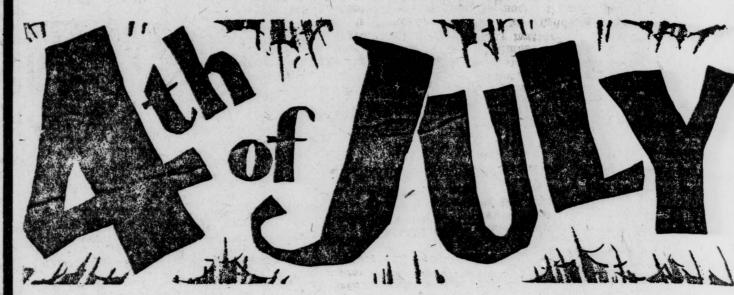
is an unpremeditated demonstra-tion of the possibility of kudzu as a land enricher. Right in the heart of town, hard-by the Presbyterian manse, is a lot overgrown for several and the owner decided he would years with Eugene Ashcrafts' for-try an experiment this season. He age and land-improvement bean. The planted his corn in two-foot rows lot is three feet deep in forage, and and practically sowed it in the drills, was so last year, and we know not We should say that it averages a how many previous years. It is stalk every six inches, though as unwanted and we hear attempts many as three stalks are growing had been made to destroy it, and from some clusters. It was tassel- this while Mr. Ashcraft, the opostle ing out at a height of eight to ten of kudzu down at Monroe, had a feet. Weeds and grass have had no greater demand for kudzu roots chance to get hold, despite the fact than he could possibly supply. We that very little ploughing could be seem to recall that he had orders done. The ground is utterly shaded in 1929 for \$400 worth that he and the moisture can scarcely could not get filled. But, by some escape except through the pores of strange co-incident, we met Zeb the corn. The yield would be at Green, the Marshville newspaper least 200 bushels to the acre, if man and one of Governor Bickett's moisture sufficient should continue. lieutenants in the farm extension The writer did not attempt to penetrate it, and Mr. Hall thinks he has more stalks on the acre than he had the year he broadcast it. that the people of the state sup-The writer's father used to brag posed. He has not yet popularized on his Buckhorn bottom corn by it. However, Mr. Ashcraft's faith saying that one could not see a is still strong or stronger. In Frigray horse in it if he had the horse day's Monroe Inquirer, he offers to by the tail, but the four-foot black furnish free to 25 Union farmers soil of the Buckhorn swamp could seed sufficient for planting an not equal what Mr. Hall has on acre, on the simple condition that one of the flat, sevanna-like acres two years from now the recipients of the formerly considered un-will pay him five dollars each, proproductive flats of western Samp- vided only that they feel that they son, and whether he makes corn have made a profitable investment; or not, he will have made enough otherwise they pay nothing, and the forage to fill silo after silo.

> ploughed under on the whitish acres between Clinton and Rosebore would not only supply abundant nitrogen, and now bought at so costly a price, but so much humus that the very color of the soil would be changed. Moreover, we take no stock in the alleged difficulty of getting clear of the stuff when cultivation time comes. A tractor and a gang of heavy discs would start the preparation in short order. Why we saw Fred Nooe work up a hedgerow of honeysuckle last year. The kudzu grows like honeysuckle, but is a bean and enriches the soil as does any other bean, and affords abundant pasturage year after year, though cattle would have to cultivate the taste for it as they do for sweet clover, for we saw cows graze all-round a clump of sweet clover last summer and never taste it. But we hope to see a real test of the bean here in Chatham, as Mr. R. V. Morris, of Baldwin township, stated sometime ago that he was preparing to plant two

The writer is inclined to join

Another new truck crop has been introduced into Little Coharie township, in which Roseboro is located. It is estimated that between 300 and 400 acres of dwarf butter beans have been planted in the Roseboro area, and they will soon be ready for market. A small acreage last year is said to have paid well.

## CELEBRATE the



# Siler City, N. C.

Brass band all day; Big parade of floats and decorated autos, Public speaking by Noted Sons of Chatham County. Athletic stunts for both boys and girls, with cash prizes for the winners.

## FREE ICE WATER GOOD BALL GAME

IN THE AFTERNOON

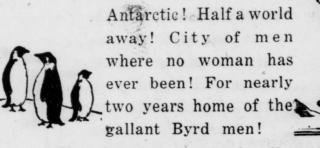
Airplanes flying over town to take you to ride if you desire. Play by American Legion and Legion Auxiliary at night. Moving, Talking Pictures, Bowling Alleys and Golf Course.

A full day's program and a good time for everybody who comes and just about everybody will be there!

Join the crowd and enjoy the day.



### 15,700 MILES FROM CHAPEL HI Little America, in the



These men suppressed all natural feeling - left behind at home the brides they'd scarcely kissed-left their babies yet unborn-left love and comfort—to bring you the magnificent human drama of comedy, cour-

## "WITH BYRD AT THE SOUTH POLE"

A Paramount sound picture with the actual flight over the South Pole vividly described 

**FLOYD GIBBONS** 

Famous Radio Headline Hunter THURSDAY, July 3rd

SPECIAL MORNING MATINEE 11 O'CLOCK

No Advance in Admission

Hours of Shows: 11, 1:30, 3, 7, 9 Admission: Adults 40, Children 10c

THE COOLEST SPOT IN TOWN

CHAPEL HILL, N. C.

**PUBLIX** SAENGER THEATRES

HELEN KANE

MONDAY

**TUESDAY** WILLIAM POWELL

"Dangerous Nan McGrew"

"Shadow of the Law"

WEDNESDAY ROBERT ARMSTRONG "Dumbells in Ermine"

FRIDAY **OLIVE BORDEN** "HELLO SISTER"

SATURDAY MONTE BLUE in "ISLE OF ESCAPE"

#### DEMOCRATIC **COUNTY CONVENTION!**

Pursuant to a resolution of the State Democratic Executive Committee, a Democratic Convention for the County of Chatham is hereby called to meet in the Courthouse at Pittsboro, North Carolina, on Saturday, June 28th, 1930, at 11 o'clock, A. M., for the purpose of selecting delegates to the State convention which is to be held in the City of Raleigh at 12 o'clock M., on Thursday, July 3rd, 1930.

Precinct meetings to select delegates for the County convention will be held at the various voting places of the County at 2 o'clock, P. M., on Saturday, the 21st day of June, 1930.

This the 14th day of June, 1930.

W. P. HORTON, Chairman Democratic Executive Committee, Chatham County.

## The Idle Stomach—Our Most Serious Unemployment Problem

By E. V. McCollum, Ph.D., Sc.D.

Author of "The Newer Knowledge of Nutrition," "Food, Nutrition and Health," etc., Professor of Bio-Chemistry, Schoo of Hygiene and
Public Health, Johns Hopkins University.

IVING as we do nowadays on a diet consisting largely of North, where no vegetable food forms the framework and fibers concentrated and highly refined foods, many persons too is available, human beings draw their nutriment from both plant often overlook the absolute need for a certain quantity and animal life. Nevertheless, of "indigestibles"-food that keeps the digestive tract healthfully at work and provides the excess bulk so necessary to table food in any considerable promote well being.

It is a recognized law of Nature that the digestive tract of any creature is adapted to suit the kind of diet to which the species long has been accustomed. And in order to obtain a clear picture of the importance of roughage in the human dietary, it might be well for us to review briefly the three types of creatures-including man-that compose the animal kingdom.

First, there is the species known as herbivora, who subsist entirely upon food of vegetable origin. These have stomachs of enormous capacity, and intestines which are large enough to contain the great residues of indigestible matter which result from a diet of coarse herbage. The lining membranes of the stomach and intestines of herbivorous animals, too, are highly resistant to mechanical injury and tolerate without damage the friction of the coarse residues as they pass along the digestive

#### Flesh-Eating Animals

Next in the scale of animal specles we find the carnivora, who restrict their food solely to the flesh of other animals. In this group we find that the digestive tract is of much smaller capacity, as a result, no doubt, of long adherence to food of exclusively animal origin. Meat, glandular organs and fat, we know, are highly concentrated foods; and even a small bulk suffices to provide ample nutrients for growth and the maintenance of weight, even when much of the food consumed is burned for the performance of work or the production of heat.

While the digestive tract in these flesh-eating animals functions satisfactorily without much indigestible material on which to work, it must be remembered that the carnivora, under natural conditions, take a great deal of exercise and that the residue from their food is quite smooth in texture. Even so, many of these tiger-eat much bone substance, which is changed by the strong acidity of the stomach to form terial of a mass favorable to the omnivorous. Except is the far different vegetable products. It man race today.



E. V. McCollum

animals—as the dog, cat, lion and tion possible at a rate which is consistent with health.

Coming now to man-the third type of species in the animal insoluble and fairly bulky ma- kingdom-we find that he is are many kinds of cellulose in problems that confronts the hu-

man cannot est very bulky vegequantity, because his digestive tract is of small capacity. Neither can he safely eat of the coarser vegetables, because the lining membranes of his stomach and intestines are too delicate to withstand the scraping of the coarser particles of indigestible matter without injury.

What Cooking Does

One way in which man has atempted, and with success, to eat safely the coarser root and leafy vegetables, is through softening and disintegrating the cellulose of those foods by cooking them. The cooking process not only de-composes some of their substances classed as cellulose, but makes the remainder of the food more digestible and thus averts the aftar distress of eating. When some of the smaller and fugitive tribes of American Indians were forced into localities in which game was scarce and food plants not abundant, they were compelled by circumstance to eat grass seed, acorns and other vege-table foods which are coarser than humans are accustomed to est. They suffered greatly from indigestion, and doubtless injured their digestive tracts by taking cellulose which was too coarse and irritating. They had not less than a score of "grandmother" remedies for indigestion to attest these experiences.

Common knowledge tells us that indigestible things are dan- rice. Of the three, the cellulose gerous if eaten freely: yet it is of rice is the softest and smoothequally clear that our intestines est; and for regulating the elimdo not function properly unless ination of children, or of adults there is a certain amount of in- with delicate digestive systems, it digestible matter to distend them is almost ideal as a source of to the right degree, and to form a mass which is favorable for peristaltic waves.

of plants, the walls of vegetable cells and the coverings of seeds. In most of its forms, cellulose is insoluble in boiling water; and it is not acted upon by any of the digestive juices, though certain kinds of bacteria are capable of fermenting and digesting the cellulose of certain plants. Bran is probably the form of

cellulose which has been most discussed in connection with the improvement of intestinal hygiene through facilitating elim-ination. There is good reason for believing, however, that when bran is eaten exclusively for promoting intestinal hygiene, it generally is eaten too freely. If properly softened through cooking, and taken in amounts no greater than are afforded by eating the whole cereal as a breakfast food, it is undoubtedly an excellent source of cellulose.

What has been said of wheat bran and its benefits is even more particularly true of the cellulose of the rice kernel. Rice is the principal cereal grain in the dietary of more than half the human race. Those who have been brought up on a diet constantly containing rice like it better than any other cereal. We have, in America, long been accustomed to eating small amounts of rice occasionally, but we generally never have eaten it as freely as we have either wheat or corn.

Cellulose of Rice Softest The cellulose of the corn kernel is considerably more difficult to digest and more irritating than the cellulose of either wheat or bulky matter.

A few faddists doubtless eat the muscular contractions of the too much of cellulose-rich foeds, intestine to move along with the particularly green leafy vegetables. While we never should Between the extremes of having become extremists about any mechanical functioning of the in- in the intestine too much and too feature of the diet, it is a fact testine, and thus makes elimina- coarse cellulose on the one hand, that the modern food regimen and too little indigestible bulky often is lacking in sufficient celmatter on the other, lies the hap- lulose, and this matter of an idle py medium which is favorable stomach and digestive tract is one both to comfort and health. There of the most serious unemployment