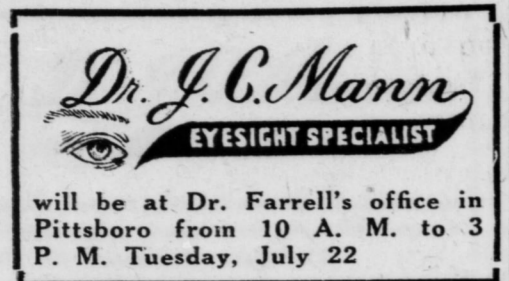


6 6 6

Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days. 666 also in Tablets.



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 tremendously powerful microscope...

Pittsboro Drug Co.

What exile from his country is able to escape from himself?—Horace.

STARTS ON PAGE ONE DOWN IN SAMPSON

and the owner decided he would try an experiment this season. He planted his corn in two-foot rows and practically sowed it in the drills. We should say that it averages a stalk every six inches, though as many as three stalks are growing from some clusters...

And while this acre is thus showing the possibilities of that soil, thousands of acres are being tended between Roseboro and Clinton whose yield must depend chiefly

upon the fertilizer put upon it for the season's crop. Yet in Clinton, on land similar to that of Mr. Hall's, is an unremediated demonstration 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 years with Eugene Ashcraft's forage and land-improvement bean...

The writer is inclined to join Mr. Ashcraft in his support of the luxuriant bean. We know that a crop of kudzu like that in Clinton ploughed under on the whitish acres between Clinton and Roseboro, 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...

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.

CELEBRATE the

4th of JULY

AT 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 HILL

Little America, in the Antarctic! Half a world away! City of men where no woman has ever been! For nearly two years home of the gallant Byrd men!

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, courage and daring unsurpassed.

WITH BYRD AT THE SOUTH POLE

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

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. CAROLINA THEATRE CHAPEL HILL, N. C. THE PUBLIC SAENGER THEATRES

MONDAY HELEN KANE in "Dangerous Nan McGrew" TUESDAY WILLIAM POWELL in "Shadow of the Law"

WEDNESDAY ROBERT ARMSTRONG in "Dumbells in Ermine" FRIDAY OLIVE BORDEN in "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, School of Hygiene and Public Health, Johns Hopkins University.

LIVING as we do nowadays on a diet consisting largely of concentrated and highly refined foods, many persons too often overlook the absolute need for a certain quantity of "indigestibles"—food that keeps the digestive tract healthfully at work and provides the excess bulk so necessary to 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 tract.

Flesh-Eating Animals

Next in the scale of animal species 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 animals—as the dog, cat, lion and tiger—eat much bone substance, which is changed by the strong acidity of the stomach to form insoluble and fairly bulky material of a mass favorable to the

North, where no vegetable food is available, human beings draw their nutriment from both plant and animal life. Nevertheless, man cannot eat very bulky vegetable food in any considerable quantity, 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 attempted, 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 decomposes some of their substances classed as cellulose, but makes the remainder of the food more digestible and thus averts the after 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 vegetable foods which are coarser than humans are accustomed to eat. 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 dangerous if eaten freely; yet it is equally clear that our intestines do not function properly unless there is a certain amount of indigestible matter to distend them to the right degree, and to form a mass which is favorable for the muscular contractions of the intestine to move along with the peristaltic waves.

Between the extremes of having in the intestine too much and too coarse cellulose on the one hand, and too little indigestible bulky matter on the other, lies the happy medium which is favorable both to comfort and health. There are many kinds of cellulose in different vegetable products. It

forms the framework and fibers 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 elimination. 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 rice. Of the three, the cellulose of rice is the softest and smoothest; and for regulating the elimination of children, or of adults with delicate digestive systems, it is almost ideal as a source of bulky matter.

A few faddists doubtless eat too much of cellulose-rich foods, particularly green leafy vegetables. While we never should become extremists about any feature of the diet, it is a fact that the modern food regimen often is lacking in sufficient cellulose, and this matter of an idle stomach and digestive tract is one of the most serious unemployment problems that confronts the human race today.



E. V. McCollum

mechanical functioning of the intestine, and thus makes elimination possible at a rate which is consistent with health. Coming now to man—the third type of species in the animal kingdom—we find that he is omnivorous. Except in the far