

Over Eating and Under Exercising Cause of Premature Illness.

"Beware of a forty-inch waist line," says a bulletin from the State Board of Health. "Ten to one, the man who is five feet, eight inches tall and forty inches about the waist will sooner or

later have to consult a doctor for gall stones, kidney trouble, and most likely for Bright's or some other serious disease.

"Forty inches about the waist is an abnormal size and condition and shows that he who carries such a burden around with him has an appetite of an abnormal size and proportion. It further shows that something is wrong with his diet, or that his energy

is reduced to naught. His appetite is either several sizes too big or he 'sits tight' on exercising. Most likely he eats excessively of meats, pastries and heavy foods, which means over-worked kidneys and faulty elimination.

"There is usually one, and only one, diagnosis to be made of this class, 'fat and forty.' Their bulkiness, flabbiness and shortness of breath are symptoms having for their cause, 'over fed and under worked.'"

The bulletin concludes with: "Over feeding contributes more to disease and premature deaths than under feeding."

Found a Sure Thing.

I. B. Wixon, Farmers Mills, N. Y., has used Chamberlain's Tablets for years for disorders of the stomach and liver and says, "Chamberlain's Tablets are the best I have ever seen."

Notice!

Fourth and Last Call for 1915 Taxes.

I will meet the tax payers of Stokes county for the purpose of collecting the balance of the 1915 taxes at the following times and places:

Lawsonville, Monday January 24th, 1916, morning.

Campbell, Monday January 24th, 1916, evening.

Hart's store, Tuesday January 25th, 1916, morning.

Francisco, Tuesday January 25th, 1916, evening.

Wright's store, Wednesday January 26th, 1916, morning.

Westfield, Wednesday January 26th, 1916, evening.

J. R. Covington's store, Thursday, January 27th, 1916, morning.

W. R. Mitchell's store, Thursday, January 27th, 1916, evening.

C. H. Boyles' store, Friday, January 28th, 1916, morning.

Pinnacle, Friday, January 28th, 1916, evening.

Mountain View, Saturday, January 29th, 1916, morning.

G. W. Neal's Monday, January 31st, 1916, evening.

A. M. Shelton's, Tuesday, February 1st, morning.

Sandy Ridge, Tuesday, February 1st, 1916, evening.

Prestonville, Wednesday, February 2nd, 1916, morning.

Dillard, Wednesday, February 2nd, 1916, evening.

Pine Hall, Thursday, February 3rd, 1916.

Wilsen's store, Friday, February 4th, 1916, evening.

Germanton, Saturday, February 5th, 1916.

Danbury, Monday, February 7th, 1916.

Meadows, Tuesday, February, 8th, 1916, evening.

King, Wednesday, February 9th, 1916.

Capella, Thursday, February 10th, 1916, morning.

Walnut Cove, Friday, February 11th, 1916.

D. C. Taylor's store, Saturday, February 12th, 1916, evening.

I will be at the morning appointments from 9 to 12 o'clock a. m. and the evening appointments from 1 to 3 o'clock p. m., and at all other appointments from 10 a. m. to 3 p. m.

I did not expect to make another round, but the County Commissioners in their discretion have extended the time for the settlement of the county and school taxes and there being so many unpaid taxes, I desire to give them another chance to pay and save cost. The tax books will be placed in the hands of the Deputy Sheriffs on February 15th, 1916, with instructions to levy and force collections.

Respectfully,
W. C. SLATE,
Sheriff.

WE WRITE ALL KINDS OF INSURANCE

--and buy, rent and sell all kinds of

Real Estate

Agents wanted to sell Life Insurance in Stokes and Surry Counties

Vaughn & Wright,

O'Hanlon Building, - - Winston-Salem, N. C.

Surplus Surplus

Where is Your Surplus?

Every dollar that you make above what it costs you to live is your surplus. It makes no difference where it is, what it is invested in, it is your surplus. What are you doing with it? Putting it in wild cat speculation or hoarding it around the house where it endangers the life of you and your family. It should be in a good safe bank where it will draw interest and be ready for you when you command it.

4 per cent. with safety is better than larger rates with risk, or hoarding where it brings no returns.

A NEW INTEREST PERIOD IN OUR SAVINGS DEPARTMENT JANUARY FIRST.

All deposits made by the 10th count as if made on the first. Come to see us and deposit your surplus.

Wachovia Bank & Trust Co.,
Winston-Salem, N. C.

A WORD TO THE PUBLIC

Everyone sooner or later needs something in the Hardware or Furniture line, and we cordially invite you to come in and examine our stock and prices.

We carry Drills, Farmers Favorite and Ontario; Wagons, Spach and Hampton; Hampton Buggies and Surries; Stoves, cooking and heating, Ranges, Harness, Bridles, Saddles, Collars, Paints of all kinds, Enameled Ware of all kinds, Window Sash, Doors, Plows, Harrows, Roofing and everything in the Hardware line, and a General Line of Furniture Drop in to see us when you are in town.

Penn Hardware & Furniture Comp'y.
MADISON, N. C.

If You'd Like to Have a Look at the **Prize Winners in Clothes**

Come in and See the New Fall and Winter Models We Are Now Showing for Men and Young Men : : : : :
\$6.50 \$10 \$12.50 \$15 and up

And our Hat and Furnishing Goods Department is Complete also with New Fall Wearables. Ask to See the **MAXIM GUARANTEED, \$2 HAT**

HENRY ROSE CO.
(Successors to N. L. Cranford & Co.)
WINSTON-SALEM, N. C.