

EFFECTIVE MONDAY, MARCH 21st.

Strictly Cash at McKeithan's

With the existing state of affairs it becomes necessary for every body to buy as cheap as possible. In order to comply with this need I have resorted to a strictly cash basis on all merchandise.

PLEASE DO NOT ASK FOR CREDIT

It will save you the embarrassment of being refused. I have no pets and will not make any exceptions to the rule.

Neill M. McKeithan

THE CASH MERCHANT

Our Church Directory

METHODIST EPISCOPAL CHURCH

Rev. L. H. Joynes, Pastor.

Sunday School every Sunday morning at 10 o'clock.

Preaching every first and fourth Sunday at 11:00 a. m. and 7:00 p. m.

Prayer meeting every Wednesday evening at 7:00 o'clock.

Epworth League every Sunday evening at 6:30 o'clock.

PRESBYTERIAN CHURCH.

Rev. M. D. McNeill, Pastor.

Service every second Sunday afternoon at 3 o'clock and fifth Sunday morning at eleven o'clock.

Sunday School every Sunday morning at ten o'clock.

Christian Endeavor every Sunday evening at seven o'clock.

Every one is cordially invited to attend these services.

BRIEFS

Attend meeting.

At School House this

Friday evening, March 18,

At 7:30 o'clock to help organize

A Community Club for Vass. Nothing

better could be done for the town.

A good indication that Spring has arrived—boys are going barefooted.

From reports it looks like a drug store will be located in Vass in the very near future.

A physician remarks that yeast will cure many things, but not a grouch. It might relieve the grouch if properly mixed with malt and hops.

There are two kinds of people in the

world, those who love their fellow-men and those who eat onions.

A lean man will never understand how in the world a fat man keeps his pants up without suspenders.

Considering the winter season's evening gowns, one wonders how the designers will go about it to construct an immodest bathing suit.

When the Harding Administration has disposed of other pressing matters, we trust it will put a little vanilla flavoring in the sticky stuff on the back of stamps.

"She fell to the floor in a faint." Incidentally, too, we presume she got the check.

If reform is carried much further, someone will begin to insist on chaperons for married couples.

Our memory goes back to the time when a skirt that was slashed to the knee was sufficient to create a good-sized riot.

"When a woman has a sick canary and a sick poodle and a sick husband in the house," says Luke McLuke, "the husband isn't going to get much attention."

The annual luncheon of the Sand Hill Farm Life School will be given on Friday, April 1st, at 1:30 o'clock. The luncheon is given for the benefit of the school. All patrons and friends are invited to attend. Tickets on sale \$2.

A fellow wouldn't mind that fiery furnace so much if he had some assurance they were not going to make him carry out the ashes.

One thing a married man is never in the dark about—he always knows who used his razor to trim their corns with.

Miss Florence Leslie has laid in a large stock of the latest style of spring hats of

every kind and conceivable shape, at prices within reach of all. Now is the time for the ladies to make their Easter selection before they are all gone. Read advertisement in another column.

The reason more liquor doesn't improve with age is because so many fellows won't let it.

On Thursday evening, March 24th, at 7:30 o'clock a meeting will be held at the Vass School House for the purpose of organizing a poultry club. Mr. A. G. Oliver, the greatest poultry expert in the South will be present. Every boy and girl is expected to be there.

SAVE

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Special attention given to children's hair
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Indigestion

BY W. BIDDLE GILMAN

Insomnia (or sleeplessness) results from indigestion, and is frequently traced to heavy, late suppers, in that case the remedy is easy to decide. In late heavy suppers, but which exists especially of a chronic nature, is combined with an inability to sleep freshly, care should be taken either to go without supper or the supper should be meagre and light and easily digestible. A long walk after supper often brings good nights sleep, and it is better to eat, masticating the leaves of lettuce before going to bed, though not advisable for those with sthenic habits, that is very blooded, marked by red face.

There, however, is a form of indigestion which is a noted exception to the rules, being "nervous dyspepsia," as A. A. Stevens, A. M., M. D., has given, a concise and valuable "A Manual of the Practice of Medicine" gives the following lucid description: "Nervous Dyspepsia, this occurs in those of a delicate temperament and excessive dietetic errors are potent factors, the symptoms characteristic are as follows: The stomach is clean, the appetite is good at one time it is lost, at another time it is inordinate. At another time the patient craving an unwholesome severe pain is a more or less constant symptom, which is apt to be relieved by eating, the tea is applied to this pain; vomiting is a common symptom, but it may occur whether the stomach is empty. The gastric acidity is normal or subnormal, but is very excessive; other nervous symptoms most commonly present, are headache, vertigo, disturbed vision, chondriasis, neuralgia, palpitation of heart and perverted sensibility.

In cases of this kind the above do not apply. I have had patients suffering from the disease, who in order to obtain relief, were obliged at midnight or early morning hours to take a dose of medicine, and who, to their stomachs, and who, in consequence of indigestion establishing a habit of relieving the pain and unduly had previously felt, and soon fell to a sound slumber. This is due to the excessive amount of acid secreted by the stomach.

For such persons thus afflicted, I recommend to avoid as much as possible undue stress and strain of mind, seeking for and taking advantage of opportunity they could to live outdoors, active, healthful life, and in the meantime as far as possible, and those people who seek for other topics of conversation, and their own ailment. You should not have companionship of cheerful persons, possess a healthful normality of physical and mental character.

Take a good deal of rest, full stomach in the day time, down rest, but sit awhile at a nap occasionally before a meal, very often of much benefit.

Let your exercise (which should be taken daily) be for strength, ceasing the moment approximating fatigue, even your efforts in that direction should be apparent, increasing length of time and scale of