

PAY CASH AND PAY LESS

I have reduced the price on nearly every article in stock and have some rare bargains to offer.

BEEF

Round Steak - - - 30c.
Roast - - - - - 22c.
Stew - - - - - 17 1-2c.

COFFEE SPECIALS

Good Green - - - 15c.
Loose Roasted or ground 20c or
5 lbs. for 90c.

SEED POTATOES ALL KINDS

NEILL M. McKEITHAN

THE CASH MERCHANT

Our Church Directory

METHODIST EPISCOPAL CHURCH

Rev. L. H. Joyner, 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

Good Morning.
Vass hotel opens in April.
Shad at McKeithan's Saturday.
Building Association looming up.
Sandhill Fair to be bigger than ever.
Fine feathers do make fine chickens.
Never fail to mention Vass to friends.
You don't have to resort to the use of oxygen to keep the breath of scandal going.
A pessimist is a man who knows Adam would have discovered the apple if Eve hadn't.
A correspondent in last Sunday's Greensboro News asks the question "Why doesn't milk come down?"
It does when you are milking.

The old fashioned man who used to eat cloves to avoid suspicion now knows all the patent medicine labels by heart.

If Edison succeeds in communicating with the dead he may be able to find out what became of the five-cent cigar.

The more we reflect on it the more certain we are that heaven is a place where every fellow minds his own business.

"She kept the same husband and the same hired girl for ten years."

And we couldn't help wondering whether their departure occurred at the same time.

There are two reasons why we hate to pay an income tax, but there are also a lot more.

The reason an engaged girl doesn't go to bed early when her fella isn't calling is because she wouldn't go to bed early if he was.

A Prohibition agent suggests that a pint of beer every two weeks would be about right as a medical ration. Does that chap figure that it will be injected hypodermically or used as a gargle.

The Y. M. C. A. drive for \$40,000 for a new building in Fayetteville last week resulted in a gain of \$25,190, making the grand total \$65,190. Camp Bragg officers and enlisted men gave \$10,000.

It is getting cheaper to die. The Public Service Commission of Pennsylvania has ordered a reduction from \$60 to \$45 for funeral service in their state.

Mr. Bryan has been telling what he would do if he were President. Old stuff. We know what he would do. That's why he was never elected President.

A number of hyper-optimistic chaps are looking forward to the time when a doctor, instead of advising a trip South, may prescribe two months in a brewery.

A headline says "Harding Explores White House Cellar."

Yes, that's true. The President, with the aid of his butler, made a thorough tour of the White House cellar last Friday, but he did not discover those four quarts that are hidden in the east-end of the cellar in a coal box. The Pilot man is still safe.

Dr. Kling, head of the State Bacteriological Laboratory, of England, has discovered the microbe of "sleeping sickness," and says that the disease is infectious. Dr. Kling inoculated rabbits with brain matter from persons who died of the disease.

SAVE

What You've Got!

Your Property
Your Income
Insure It
Do It Now

D. A. McLAUHLIM, Agent
VASS, N. C.

Fire Insurance Life Insurance

Jordan's Barber Shop VASS

Hair Cutting, Massaging, Shampooing
Special attention given to children's hair
Good Chairs Prompt Service

EXPERT

Battery, Starter and Generator Repairing
EVEREADY Storage Batteries

Guaranteed 1½ Years in Writing

SANFORD STORAGE BATTERY COMPANY
SANFORD, N. C.

INDIGESTION

By W. BIDDLE GILM

Let your diet be plain, taking only such food as you know by reason of experience to be the best with your stomach. The food that contains the most amount of nutrient proportion, taking care to absorb it thoroughly, do not eat until you are rested after fatigues. You find any inconvenience in eating, cut down the amount. The most desirable, and the most prove you can gradually reduce the quantity until you have a rational amount, which is determined largely by your stomach, as to whether it is active or inactive, being sure to avoid anything you cannot comfortably eat.

Many cases of "Nervousness or Neurasthenia" are actually named, are nothing more than dyspepsia, get rid of the dyspepsia and you are rid of the "neurasthenia" and if you perfectly and conscientiously follow the advice as given above you will assist recovery.

Craving your indulgence, bringing back to the subject, I wish to mention one of the greatest inducements to those who suffer from a kind of indigestion when they encounter, viz; the necessity of increasing the amount of exercise according to the strength of the patient; over-exercising, breaking down of too much at a time, is in very many cases a dangerous method of producing a production of harmful matter together with the nervous system, etc., a normal, or healthy fatigue, a fatigue without languor is advisable, lies the danger and it is well for those unaccustomed to any physical exertion to any extent to have a graduated course laid out by some one competent to execute such a course.

Fermentative Dyspepsia
This form of dyspepsia is due to the excess of acid in the stomach which interferes with the formation of an abundance of "Butyric acid gas" and "Carbonic acid gas" in the stomach. It is caused by over-indulgence in eating far more than the stomach requires, form too much sugar, fruits, from an excess of sugar itself, candies, etc., the over eating of bread also the use of such as alcohol, tobacco, etc., under conditions induced and aggravated by the patent medicine.

Symptoms
One of the earliest, and most distressing symptom of this form of indigestion is a burning sensation in the stomach though this may not be present, distension of the stomach with a feeling as if you had a lump of something in the stomach (it is this feeling that has given it the common name "Wind dyspepsia" and is accompanied with the gas rumbling in the stomach, a feeling as if the stomach, accompanied of faintness, and when of the existing symptoms of indigestion it frequently comes back and passes completely out of the body.