## MOON AND STARS AND THE SUN HGHLANDS NOW IN

 CUTTING DIDOS ALL THIS JUNEMIDST OF ACTIVITY


KODAK'S -- FILMS Kodaks-.Finishing FOXMAN JENELRY CO.


No matter what other makes of tire you are using we promise you more mileage if you
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## 

## Vind

Ie CHRIST SCHOOL
TEAM'S RECORD


ust bo hender so an epidenic of
fasting or semistarvation is rapidy
spreading among society women.
The mortality tables will soon begin
to show the reault.. wirly plumper
Women are nautrally plumper The mortality tables will soon begin
to show the reault.
Women are nautrally plumper
than men, their bodies are rounder,
and they have a larper proporto and they have a larger proportion
of adipose tissue. After forty, Wo
men naturally increase somewhat in weight to th always dangerous. to
attempt to thwart the purposes of
Nature. For a wonan naturally in-
cincd to plumpness the semi-starvation necessary to keap herself slen-
der lowers her vital resistance and
opens the way for tuberculosis and
other infectious diseases. Besides Oher infectious diseases. Besides
such as unphysiologic course lessens
endurance, fitness and efficiency.
Food an fis Food is fuel, and a reduction of the
intake of food below the atual re-
quirements of the body so that the body itself must be consumed in or-
der to meet current demands is a
damaging procedure which can only result in injury.
The warnings which of late years
ase been issued azainst over-fathave been issued against over-fat-
ness refer only to the excessive fat-
ness which comes from overeating or ness which comes from overeating or
excessive indulgence in candies and
other sweets. The semi-fasting to other sweets. woren semi-fastigg are subjecting
which many women
themselves is simply slow suicide. themseves is simply slow suicide.
They are simply opening the way for
chronic disease and early breakchronic disease and early break-
down and are certainly shortening
their lives. A German physician has recently called attention to the fact
that by this abnormal reduction of
weight the abdominal organs lose weight the abdominal organs lose
their normal support and the kidneys and other orrans may become loos-
ened from their anchorage. The ened from their anchorage. The
weakened abdominal muscles allow
an an excessive accumulation of blood
in the abdomen. This withdraws
blood from the brain and other blood from the brain and other parts
requiring a full blood supply. Such
persons soon discover that they persons soon discover that they
quickly become weary when on their
feet. They feel well enough when lying down, but when on their feet
they quickly become exhausted bo-
cause of the excessive accumulation May be purchased at all local stores carrying shaving supplies

## Valet Auto-Strop Razor

If you have reached forty, you know it is true; if you have not reached forty, you will soon find it out--that the time in which a man can accummulate is extremely short, ai best. You will also admit that no man, who is trying to get ahead, has any time to lose. Think it over. Our Savings Department is waiting for you.

## 28 Years of Service To The Citizens of Transylvania County.

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