

BELK'S



Every Dress Radically Reduced

PRICES SLASHED—MANY LESS THAN HALF PRICE

These Are New Fall Styles and Materials

SPECIAL SALE

Beautiful \$12.50 values in Silk and Woolen Dresses. Special at, each

\$7.75

\$20.00 values. These are Snappy Styles and fine materials. Special Price,

\$12.75

\$40.00 values, fine quality cut Velvets, Crepe Elizabeth and Crepe Back Satins. These are gorgeous Dresses. Special Sale Price is

\$30.00

\$25.00 values, Crepe Back Satins, all good colors and styles. Special Price

\$18.75

COME IN AND SEE THESE GREAT OFFERINGS

Belk-Stevens Co.

"BURLINGTON'S SHOPPING CENTER"

HEALTH THE COURSE TO BEAUTY, IT IS DECLARED

First of a Series of Health Discussions by the National Tuberculosis Association.

Good health is so radiant an attribute that mere "irregular features" are almost, if not entirely, unnoticed in their possessor. Clear shining eyes, a smooth complexion, a cheerful smile, and a graceful carriage are what most impress their beholder. So true is this that the words "be healthy and you will be beautiful" have almost become a slogan of doctors and physical educationists.

To attain the beauty that is health, however, requires wisdom plus perseverance. Every woman knows that she does not look her best when she is tired out; she takes a nap if she possibly can before dressing for the theatre, a dance, or to receive her guests. She also knows that even an hour's complete relaxation in a beauty parlor works wonders with her mood, her expression and her feeling of self-confidence. Is it not logical, therefore, that by careful and prolonged attention to the rules of rest, diet and exercise—in other words, to the rules of good health, the entire body can be developed to that physical perfection which is genuine beauty?

All of us have heard the stout man or woman's first defence, when the conversation turns to the subject of weight reduction; "some people were born to be fat and others to be thin." Its only weakness is that it is not true. Weight can be regulated to a considerable degree by food. The substances of the food we eat affects our avoirdupois, though the quantity does but little. It is not at all by accident that most chocolate eclairs, whipped cream, pie consuming people are fat, thought they may eat but little other food. They may "eat no more than a bird," but an analysis of their menus generally reveals the fact that they "hate spinach," "don't like onions," and "lettuce is so tasteless." Yet these scorned vegetables add but little weight and are very necessary to the system, while potatoes, spaghetti, cornstarch and creamed sauces though also nourishing, press one down heavily on the scales.

Fatigue is unquestionably one of the greatest enemies to beauty. Poise and a graceful posture are impossible to a body that is too tired to stand erect; nor can food be properly digested in a stomach too fatigued to function normally. Besides a tired expression is almost always a disagreeable one. Eight hours sleep is the minimum nightly required by the average person, and more if the system is a highly strung, nervous one.

Fresh air is absolutely indispensable to the health and beauty seeker. To get enough of it, one need not play golf, ride horseback, or take a yachting trip, although these are excellent diversions. If a person sleeps with windows open winter and summer, prefers a brisk walk to a ride in a crowded car, does as much of the day's work as possible on the porch, in the yard, or in a well ventilated room, it is possible to inhale all the pure air the body requires.

At first it may appear unnecessary to remind the housewife that the body needs exercise. Sweeping, dusting and making beds surely develop muscles. But in addition to these labors she, like her sister who spends her days seated at an office desk needs some form of exercise that is taken purely in the spirit of play. Gardening, for example, comes under this head; tennis is splendid even for the mature person who may never be able to play well. The exhilaration of the game, the dashing about in the open air in pursuit of the ball have a tonic effect that routine housework can never have. Golf, canoeing, rowing and hiking, romping with the children, are also splendid "play" activities.

As a closing bit of advice, there is

no preventive of old age and wrinkles like freedom from worry. Furthermore, while worry remedies nothing at all, a successful fight against it leaves the mind free to solve its difficult problems.

In order to help make Americans a stronger and more beautiful people by spreading knowledge of health, the National Tuberculosis Association and its affiliated organizations are conducting their eighteenth annual Christmas seal sale throughout the country in December.

RELATION OF CHURCHES TO SCHOOLS IS SUBJECT

Rev. Dr. McCorkle, of Burlington, Deplores Activity of Atheists.

Dr. W. P. McCorkle, pastor of the Presbyterian church of Burlington, addressed the student body at the chapel hour Friday morning.

Dr. McCorkle chose for the subject for this address "The State Educational System and Its Relation to the Churches." The main theme advanced by him is that Christianity has its rights in a Christian commonwealth, and upon this theme Dr. McCorkle made a strong plea to the students to hold fast to the Christian principles upon which our nation was founded.

Dr. McCorkle spoke first of the Christian principles upon which the American nation was founded, the Christian principles upon which the State University was founded, and declared that the State public school system was a product of Christianity.

He deplored the fact that atheists are now forcing their ideas into our educational system and called upon the students to combat this with all their might.

PSYKALEONS DISCUSS THE AMERICAN FARMER

(Continued from Page 1)

ed an interesting discussion in the following program:

Violin Solo—"The Puppet Show," Rosebud Kimball.

"The Farmer's Standard of Living," Wiley Stout.

"Plight of The American Farmer," Sarah Deaton.

"Barefoot Boy"—Whittier, Thyra Wright.

"What We Can Do For The Farmer," Ann Coleman.

Humor, Gladys Simpson.

Special mention was given to Misses Wright, Kimball and Deaton.

DUMB OR DUMBEST?

Red Culpepper—Horn—O, Horn!

Horn—What?

Red—What did those 48c hair curlers cost?

Horn—I don't remember.

All Elon girls would like to know where they can get a speedometer. As they are not allowed to hike over a radius of 1 1/2 miles, using Elon for center of radius, they are very anxious to be accurate to the nth of an inch. Hereafter instead of wearing wrist-watches young ladies are urged to wear speedometers in order that the present accurate record may be maintained.

Full Line of Clothing and Gents' Furnishings.

GIVE US A CALL.

GOODMAN'S

HOME OF GOOD CLOTHES

Burlington, N. C.

Stein & Bloch
Smart Clothes



"Dare I Wear Checks?"

When you see our suits of "Tros-sach Checks", full of character and "cheerio", and try one on, you'll realize why bright men no longer wear dull colors. They are *hans-tailored*.

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Our Pajamas are new and different, but our prices are the same as others charge for the same old patterns.

Elon Barber Shop

APPRECIATE YOUR PATRONAGE

Meyer's
DEPARTMENT STORE—GREENSBORO, N. C.



Wrist Watches that are as beautiful as they are serviceable. We guarantee every Watch that we sell.

"Satisfaction or Your Money Back"

T. J. Rouse

The Jeweler.