

Chewing Gum Aids Digestion

By C. Houston Goudis
National Authority on Nutrition
Publisher of The Forecast—America's Leading Food Magazine

Everyone knows we are given to eating more than we actually need, but when the table is heaped with good food, "what's a feller to do?"

Things are so tempting, and so palatable! Why not enjoy them?

But many a heavy meal which is hugely enjoyed during the process of eating is far from enjoyable during the process of digestion!

Then it is that chewing gum comes to the rescue. Dr. W. A. Evans, former commissioner of health in Chicago, says in his book, "How to Keep Well":

"To chew gum after a meal aids digestion. Most people do not chew their food long enough to mix saliva with it thoroughly. The chewing of gum adds some saliva to the stomach contents. It is of more service in stimulating the stomach muscle. It is especially serviceable in helping the stomach to empty its contents. If one has overeaten and the stomach is heavy something is gained by chewing gum for half an hour, beginning two hours after eating." And it also helps to keep the teeth clean.

Chicle, the base of chewing gum, is the milky juice which is secreted by the inner bark of a tropical tree known as the Achras Sapota.



Bleeding Chicle Tree

Only during the rainy season are the trees "bled."

After being refined and sterilized, the chicle is mixed with sugar and flavoring and moulded into the familiar form which has become so popular.

Our Roofing

Keeps the Water Out

AND KEEPS ON KEEPING IT OUT FOR YEARS AND YEARS AND YEARS.

5-V CRIMP GALVANIZED ROOFING for barns, sheds and pack houses

GALVANIZED SHINGLES, painted tin shingles, Asphalt and Asbestos shingles and slate for residences.

ROLL ROOFING (slate surfaced or smooth) for general use.

RICHARDSON WALL BOARD for ceilings and side-walls.

GUTTERS, Downpours, Ridge Roll, Valley Tin, Sheet Iron Sheets, Copper, Zinc, Tobacco Flues, Etc.

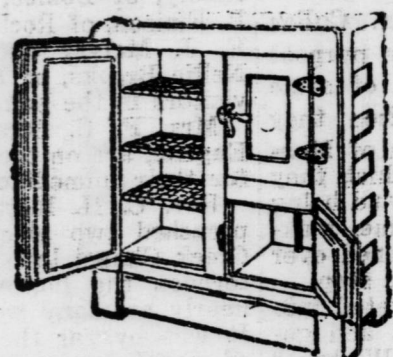
IF YOU CAN'T FIND IT IN YOUR HOME STORES, TRY DURHAM.

Budd-Piper Roofing Co.

WALTER P. BUDD, Sec'y - - - DURHAM, N. C.

"IT PAYS TO TRADE IN DURHAM"

Refrigerators



We have just received a solid car load of refrigerators and we can please you in style, size and price.

CARTER FURNITURE CO.

EVERYTHING FOR THE HOME.

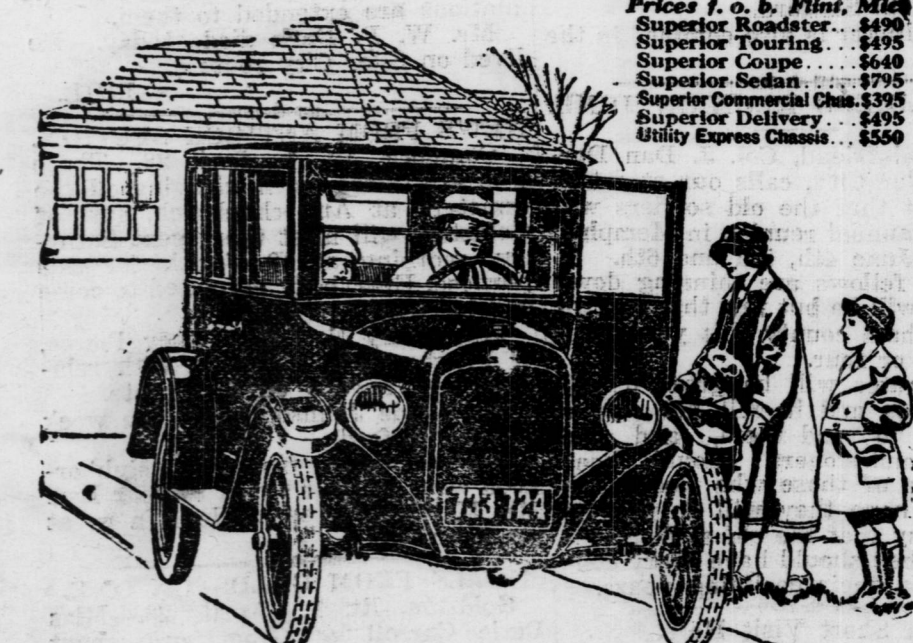
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NORTH CAROLINA.

CHEVROLET

FIVE PASSENGER SEDAN \$795.

See Chevrolet first.



Ideal all-year car, combining comfort and durability at economical cost. Get the best and be satisfied.

Bonlee Motor Co.,

Distributors in Chatham.

Bonlee, N. C.



THE OLD STORY.

Mother: "Tommy, if you're pretending to be an automobile, I wish you'd run over to the store and get some butter."

Tommy: "I'm awfully sorry mother, but I'm all out of gasoline."

The joy that surpasseth all understanding is the thrill that comes to a Ford owner when he buys a real horn and sees a Rolls Royce get out his way.

EVEN AS YOU AND I.

He was driving down the street in his new speedster. She was walking in the same direction.

She looked wonderful from behind. He blew the horn and waved. She noticed the car from the corner of her eye and waved.

Before she turned, he knew she'd be some girl! She was! His fiancée!

CAN'T BE DONE.

It is now stated that Henry Ford will be a prohibition candidate for president. But who has ever seen a Ford that will run on water.

Hotel Clerk—The guest in room 206 says he had the nightmare last night. Proprietor—Well charge it on his bill, ten dollars for livery.

"What are you clipping from that paper?"

"An article about a woman who sued for divorce for going through her husband's pockets."

"What are you going to do with it?"

A girl may smile and smile and just be fooling.

Keeping the nose on the grindstone doesn't sharpen one's wits

"AIN'T WE GOT FUN!"

Most motorists are blooming fools. They trifle with the traffic rules.

I don't—

No man should try to get the drop on any seasoned traffic cop.

Nor fail to heed his sign to stop

I don't—

A man should never drive too fast. Or brag about the cars he has passed.

I don't—

For 'Safety First' should be his creed. There really isn't any need

To drive a car at reckless speed.

I don't—

In fact, I have no car to run, I'm shy the coin to purchase one, You think I wouldn't have much fun—

I don't



COMPLETE IN ITSELF

Sharpens the blade in the razor without removing it. Quick. Convenient. Easy to clean. Complete sets—razor, with strop and extra blades, \$1.00 and up.

Valet Auto Strop Razor

Houses Well Painted

Are not only increased in sale value—but are safeguarded against rot and decay.

Property worth millions is destroyed each year by fire, but this loss is as nothing compared to the loss by rot, rust and decay.

FOY'S PAINTS

will preserve your house against these foes and in this way pay you big dividends.

It's the White Lead, Zinc and Linseed Oil in Foy's Paints that make it cover more surface per gallon and wear longer than the ordinary kind.

Insist on Foy's Paints and be assured of durability, covering capacity and rich, beautiful colors. Color Folder and Color Suggestions Free upon request.

CAPPS Hardware Co.

Distributors, Sanford, — North Carolina.

DEATH OF MRS. W. L. POE.

Mrs. W. L. Poe, aged 72 years, died at her home in Liberty Sunday night. She had been suffering from heart trouble for sometime. She was buried Monday at Loves Creek Baptist church in Matthews township,

where she had been a devoted member for many years.

Mrs. Poe is survived by eleven children J. W. Poe and J. D. Poe and Mrs. P. D. Smith, of Staley; C. A. Poe, James Poe and W. A. Poe and Mesdames F. A. Siler, W. M. Johnson and W. H. Davis, of Siler City, J. F. Glosson, of Mandale, M. M.

Patterson, of Franklinton and Lillie York, of Liberty.

Mrs. Lucy J. Gibbons, daughter of the late Mr. and Mrs. Elbert Partridge, died in Sanford last week. She was the widow of the late Rev. L. H. Gibbons of the North Carolina Conference and at the time of her death was nearly 74 years of age.

Hon. Josiah W. Bailey

Candidate for Governor of North

Carolina Will Speak at the

Chatham County Court House

in Pittsboro

Tuesday, May 13, 1924,

at 1 o'Clock

All voters, men and women, are cordially invited to come out and hear Mr. Bailey, one of North Carolina's greatest ORATORS, BUSINESS MEN, FARMER AND LAWYER.

Think

Before You Invest



Think, that approximately only one person in a hundred succeeds in earning more than Six per Cent on his money, year in and year out, and keeping his principal.

Think, that a large per centage lose a fair share of their principal before they learn the lesson of "SAFETY FIRST."

Think, and then decide that our Six Per Cent FIRST MORTGAGE REAL ESTATE BONDS guaranteed by every dollar of our capital and surplus are the investments for you. A check for the interest will be in the morning's mail on the day it is due.

We have these FIRST MORTGAGE REAL ESTATE BONDS for sale in denominations of—

\$100, \$150, \$200, \$250, \$300, \$400, \$500, \$1,000 and \$2,000



Central Loan and Trust Company,

CAPITAL AND SURPLUS, \$500,000.00

W. W. BROWN, - Secretary and Treasurer, BURLINGTON, N. C.