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A LIAR IS IN DANGER OF—

Pittsboro Has the Only Real Moving Woman in the United States.

Pittsboro has the greatest woman mover, and shaker in the United States. I am not telling who she is but, man, she is a mover from your heart.

She actually moves things about the house so much that the tables and chairs begin to rattle and move about when she comes around.

You have all heard of the story of the man out west who moved so much that whenever his chickens saw a covered wagon coming down the road they would turn over on their backs and wait for their legs to be tied. Those chickens were not a circumstance.

This lady's husband goes home sometimes and finds his only bed upstairs. Next night it would be down stairs and probably the moving wife would use the upstairs room for a cook room or dining room.

The woman's husband began to get nervous and no wonder.

He would ask his wife what made the fuss in the next room and she'd say "Nothing." I went into that room a few minutes ago and the chairs began to move around and they just have not stopped yet. I guess they thought I was going to move them into another room.

You may think I am lying, but I saw her start towards the broom the other day and the broom met her half way.

When I am eating my meals and she is sitting at the table, I have to put weights on my dishes to hold them down.

There is one good thing about this moving woman and that is, when the weather is hot, the thermometer in the nineties, this woman can go out and lean up against a tree and in a few minutes you can get the finest breeze ever.

In the winter time I have known her to start walking after a snow had fallen and by the time she struck the ground the snow in front of her would begin to shake and move away.

I don't know what would become of her if she was to have a hard chill. I guess she would shake so hard the chill would get so disgusted and quit her.

If she could wrap her arms around the democratic, republican and other parties for a few minutes there would not be left anything but an odor of politics.

And yet she is a fine old lady, kind affectionate but shaky. That's because she moves so much. She dare take an infant in her arms for fear she'd shake the life out of it.

I am not going to tell you her name, but if you will send \$1.50 to The Record for one year the paper will be sent you, also her picture.

JOE SNYDER.

KEEPING WELL

OVERWEIGHT

DR. FREDERICK R. GREEN
Editor of "HEALTH"

WHAT would you think of a man who carried day and night, wherever he went, a 50-pound burden on his back? You'd say he was crazy and you'd probably be right. It's all well enough for Christian in "Pilgrim's Progress" or for fanatics in India or China, but no common-sense American would do such a foolish thing.

Hold on, though! How about that 50 pounds of surplus fat you're carrying? Is that any more sensible?

What's the difference, whether the burden is on your back or under your skin? It's an unnecessary burden just the same.

You wouldn't bet on a fat prize-fighter, or put your money on a fat race horse, would you? You'd know they weren't "in condition" and that if you backed them you'd lose.

If you carry surplus and unnecessary weight, you're going to lose.

The paunch around your waist isn't all. For every pound of fat you have on your stomach there's another pound inside. Fat in your muscles, fat around your lungs and heart and fat around your blood vessels. And it's all unnecessary weight to carry and needless fat that clogs and impedes your muscles.

Life insurance companies will not issue a policy to anyone who is 40 per cent overweight. They know that fat people are more subject to diabetes, kidney diseases, heart diseases and hardened blood vessels than are people of normal weight.

Life insurance companies are run to make money and they don't place any bets on men who are not "in condition."

Why are you too fat? In 75 per cent of cases because you eat too much or use your muscles too little, or both.

You put food in your stomach and the body digests it and makes fuel out of it. But it has more than it needs, so the surplus is stored up under your skin and between your muscles and around your heart to get it out of the way.

It's waste that makes waist. Fat means that you are buying more food than you need; eating more food than you need; carrying more weight than you need, and clogging up your body machinery.

In current business language, it's too much overhead, though it isn't overhead at all.

What's the remedy? Eat less, work more. That's the only antifat prescription that's worth taking. Save money, save energy and gain better health by having a better physical machine to work with.

(© 1924, Western Newspaper Union.)

Women may have the vote, but the men are doing a fairly good job of clinging to the offices.

Dining Table a Social Spot With Electric Lights in Hanging Dome

Home Lighting Specialists Declare Most Inviting Farm Dining Room Concentrates Light in Warm Glow on the Table.

If good cheer is to surround the evening meal, then, according to specialists in the art of lighting homes—farm homes as well as city homes—that there must be light. It must be the mellow, heart-brightening light that puts people in a complacent frame of mind.

Just light alone will not always produce this happy result. It must be well placed and well planned, for if it glares directly in the eyes, it annoys

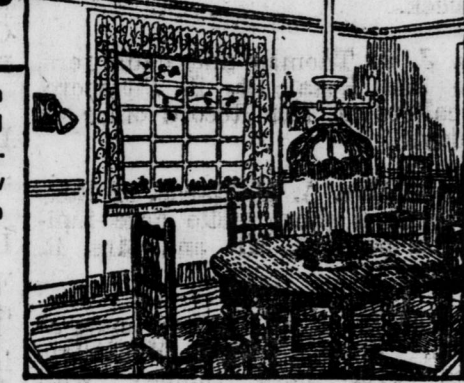
and cheer. It affords an alluring picture when the supper horn sounds and the farmer and his family gather after the labors of the day.

To accomplish this happy effect, electric lights in a dome as shown in the upper picture, are the best method. The dome should be carefully hung, about two feet above the table. That brings it low enough to prevent the light from shining directly into the eyes of the people, yet high enough so that persons on opposite sides of the table can see each other's faces.

Although by far the most light is needed on the table itself, the rest of the room should not be left in twilight. To avoid this, side fixtures, preferably of the candle type, as



Above—Farmhouse Dining Room With Modern Lighting, Concentrated on the Table, Advocated by Specialists of the General Electric Co. Below—Old Style, Inefficient Dining Room Lighting.



Instead of pleases, and if it is dim, it is apt to promote despondency, or accentuate peevishness.

The dining room, of all rooms, needs a social atmosphere at meal time. The group around the dining table is comparable only to the traditional fireside circle. Instead of the hearthstone as the center of cordial good feeling, however, it is, in this case, the dining table.

But if the dining table is dimly lighted, or glaringly lighted, most of all if it merely shares in the general illumination of the entire room, there is a distressing absence of that sense of comfortable geniality which makes the charm of a home—a home on a farm just as much as a home anywhere else.

The Cheer of Good Light

Lighting specialists have found that a central fixture which throws plenty of light on the dining table, and yet shades the light so that there is a mellow effect without glare, is one of the best sorts of lighting for this room. The dining table then stands in an inviting glow of warmth

shown in the upper picture, are desirable. They give enough light to enable people to move about the room.

Old Style Hurts the Eyes

Poor, unsatisfactory light for the dining room is afforded by the sort of fixtures shown in the lower illustration. The central fixture is an old-style dome, combining electricity and gas. It is so high that the electric lights shine in the eyes of those at the table, while the gas jets, if used, would be still more unsatisfactory. The brackets jutting out from the wall also give a glaring light, and are far from ornamental, compared to those used in the upper illustration.

The farm house that possesses electric lights need never have a cheerless, unattractive dining room for the evening meal. Greater things can be done with electric lights, it has been found, than with any other lights.

DEATH OF OLD COLORED MAN.

Siler City, July 26.—The body of "uncle" Joe Dark, an aged negro belonging to the ante-bellum days, was buried at Mt. Vernon church in a section allotted years ago for a few of the former slaves of families of that section. Burial was held on Thursday.

ELECTED AS SCHOOL PRINCIPAL

Siler City, July 26.—R. A. Haddock, a recent graduate of Trinity college, has been elected as principal of the local school for the coming year, to be associated with Prof. S. J. Husketh. Mr. Haddock has accepted and was here this week to acquaint himself with his new work.

Frank Page says he does not want any legislation on roads at the special session of the legislature.

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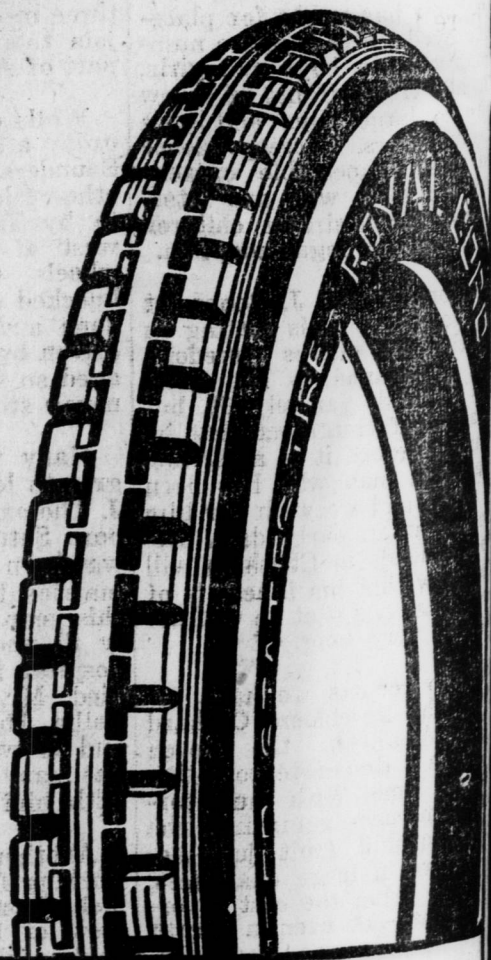
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NEWS ITEMS FROM TEER.

Teer, July 25.—Miss Louise Strickland who has been suffering from a wounded knee is improving, her friends will be glad to hear.

Mr. W. A. Snipes is on his way to his brother, Mr. J. V. Snipes at agara.

Mrs. C. H. Strowd spent the week end at her mother's bed side, J. S. Morrow.

Mr. and Mrs. Luther King, Mr. and Mrs. Joe Nevilles, of Durham, Mr. and Mrs. R. M. Meacham and day.

Mr. and Mrs. J. B. Meacham and daughter, Katherine, visited her father, Mr. N. T. Mann, Sunday. Mrs. R. W. Morgan gave a party Saturday night in honor of her niece and nephew, Francis and Edon White, of the Orphanage at Raleigh. There was a large crowd of friends and everybody reported a time.

Miss Alma Meacham is spending week with her aunt, Mrs. W. Snipes.

Among the visitors at the home of Mr. and Mrs. L. D. Thompson's day were Mrs. W. A. Snipes, Mrs. Irene Snipes, Mr. and Mrs. B. Williams, Mr. and Mrs. W. Mann and family, Mr. Sam Thompson and mother, Misses Ola Williams, Maudie Mann, Alma Meacham, Hurley Mann and Charley Berry. Messrs Clifton Cox and Mrs. Snipes were Sunday visitors in neighborhood.

NOT A MIND READER.

The editor of The Record is a mind reader. He tries to get into paper every week all that is printing, but often he fails to get the names of visitors to town, or their departure. If the citizens of Teer who have visitors to town, names would be gladly printed used to be that people came here went away on the train. But the automobiles have taken the place of the trains and people come and they are never known by name. Help the Record and the editor sending in the names of your visitors. You are not treating your visitor with courtesy by not sending their names to the paper.

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