

Ice Cream

For your home parties delivered any hour you say. It's delicious at the fountain, too. Any quantity furnished on short notice.

O'HANLON'S IS THE PLACE

ICE CREAM AND COLD DRINKS DAY OR NIGHT

WELFARE'S DRUG STORE

SALEM PHONE 404

Procrastination

must have been first coined for the man who delayed drawing his will. Why so many men "put off" this vitally important matter is a problem which has long puzzled bankers, lawyers and courts—the men who realize the paramount importance of Wills.

Surely you want to direct the disposition of your property. Then plan that Will today, while you are sound in body and mind, and go to your attorney and have it drawn.

Our Trust Officers will gladly help you in planning your Will.

The Merchants Bank & Trust Company

"The Bank of Good Service"

WINSTON-SALEM, N. C.

BRICK CLAY

For sale 60 acres of land lying on Norfolk & Western Ry., five miles from city containing brick clay, pronounced equal to any in the county by experts.

GEORGE D. HODGIN

105-6 Masonic Temple

Tels.: Office 1307—Residence 2333.

A big crop of acorns this year means a cold winter. Buy a Jewel now. Phone 787.

In Summertime prepare for Winter. Buy a Jewel now. Phone 787.



TAKE YOUR FAVORITES ALONG

Take a Whole Box.

Then you will always have a plentiful supply of your pet smokes right at hand. We have your favorite brand.

Hutchins Drug Stores

West End Phone 28 Phones 141-668

Little Sentinels

Name For Hotel.—A reader of the Sentinel suggests "Aerial" as a name for the new hotel. He says the meaning is "after all we have a real hotel."

Former Resident Here.—W. T. Carter, of Des Moines, Texas, is visiting relatives in this city and community. He is a former resident of Forsyth county and this is his first visit home in 23 years.

District Lay Leader.—Peter J. Brame, former resident of Winston-Salem, now residing at North Wilkesboro, was elected district lay leader of the North Wilkesboro district, M. E. Church, South, at the district conference last week.

Death of Little Girl.—Virginia Dyer, infant daughter of Mr. and Mrs. W. T. Naylor, died Wednesday evening at 6 o'clock, at the home of her parents, 613 Mulberry street. The funeral was conducted this morning at 10 o'clock, the interment following in the Salem cemetery. The service was conducted by Rev. V. M. Swain.

HIGH POINT'S PROPOSED HOUSING CORPORATION

High Point, July 22.—Interest in the High Point Housing corporation, an organization launched recently for the purpose of meeting the intense demand for residences and dwelling houses in the city, is being evidenced to a marked degree, according to statements given out by prominent business men.

The corporation, it will be remembered, was started some few weeks ago and a charter was granted by the state commission. An amount of \$100,000 was the capital stipulated, and committees are now working on the subscription to stock, which must come from public spirited men who have a surplus of capital to invest. When the organization is completed the corporation plans to erect dwelling houses and residences on the pyramid plan—that is to begin on a new group of houses as soon as the first is completed, with money borrowed on their standing. In this manner many houses can be erected, and a number will be under process of construction continuously. The housing company will have the advantage of buying on a large scale, and can erect a house for 15 or 20 per cent less than the individual could put up the same structure.

"ETERNAL TRIANGLE" AT DANVILLE PROVES FATAL

Danville, Va., July 22.—William Henry Anderson, white textile operative, was shot and killed in the presence of his wife at their home in North Danville yesterday afternoon by his brother, James Anderson, the divorced husband of the slain man's wife. The slayer met the woman, his own former wife, who had subsequently married his brother, accosted her on the street and walked home with her, against her protest, she claims.

A few minutes later the husband arrived and the shooting followed. The wounded man walked from the house and a blood-stained felt coat. The slayer is held without bail.

SENTENCE ONCE COMMUTED PRISONED TUNED FOR MURDER

Pittsboro, N. C., July 22.—His death sentence once commuted to life imprisonment by an act of the governor, to have the governor return, issued a statement that the records of his case did not show a commutation and ordered him from the state arm back to the death cell. Charles H. Ivy, 65 years old, yesterday was hanged in the little red brick jail here for the murder of Love Bagwell, in 1919.

In a last statement, Ivy declared he "did not regret the killing of Bagwell, though sorry he had to do it and if the affair had to be gone over again would do just as he had done."

BUILD FIRM FLESH AND STRENGTH BY TAKING PHOSPHATE

Nothing Like Plain Bifro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

The average person is beginning to realize more and more that the lack of physical strength and nerve exhaustion (frequently evidenced by excessive thinness) are the direct result of the failure to succeed in life's struggle for the necessities of existence, but also for the handicap to one's social aspirations.



At The Seaside Too, The Plump Well-Rounded Figure is Most Admired.

hous. Compose the thin, sickly, angular forms with the well rounded form which is usually accompanied by the bloom of health and attractiveness.

That millions of people are conscious of this handicap is evident from the continued appearance in newspapers and magazines of the "strong" and "weak" various remedies for food or medicine or exercises, other of which might or might not be appropriate for a given case.

Authorities, however, agree that healthy nerve tissue is absolutely essential to a strong, robust body and mind. Weak nerves, while indicated by a multitude of different symptoms, usually result in a general lack of energy, sleeplessness, irritability, depression, etc., which conditions gradually consume the healthy flesh, leaving ugly hollow, flat chest, bony neck and scrawny arms and legs.

Our bodies need more phosphate than most of them are able to extract from the foods we eat nowadays and many opinions affirm that there is nothing which may be taken into the human system that so effectively supplies this deficiency as the pure organic phosphate known as Bifro-Phosphate and all good druggists everywhere.

The essential phosphate food elements in Bifro-Phosphate assimilated by the nerve cells should soon produce a pleasing change in nerve energy and hence in increased vitality and strength. With the burden of nervousness, sleeplessness, lack of energy, etc., lifted, normal weight with its attractive fullness and ruddy glow of health replaces the former picture of skin and bone.

CAUTION.—While Bifro-Phosphate is unsurpassed for the relief of nervousness, it does not desire to put on flesh should use extra care in avoiding fat-producing foods.

CANDY CIGARS SODA

ICE CREAM

Toilet Goods and Patent Medicines At

Crescent Drug Co.

Fourth and Main ON THE CORNER



You Who Wear Glasses

YOU who wear glasses and who feel that YOU are "getting on in years" should not overlook the fact that your eyes undergo a slow but sure change.

Therefore if your glasses have not been changed for one or two years they may no longer be right for you. Often the wearing of glasses so improves the sight that weaker lenses become necessary; then again your eyes may require stronger lenses or corrections for short or long range.

Let us look your eyes over for you.



CITY MILK SUPPLY OF GOOD QUALITY

Health Department Reports Constant Improvement in Dairies Producing Supply

Mr. J. H. Heald, director of food and dairy inspection, has submitted to the health department the following list of dairies supplying milk to Winston-Salem with their respective grades as based on samples analyzed in city laboratory since January first of this year. This tabulation shows the average amount of fat content, solids not fat, and the number of bacteria per cubic centimeter, the grade attained by each dairy and the minimum bacteria allowed by ordinance to obtain certain grades.

This list and the grades should be of interest to milk consumers. It shows that the milk being received daily by day is of good quality. Dr. Carleton says the standards of the dairies producing the city's milk are constantly being improved and that the supply being brought to the city now is much superior to that which was marketed here three years ago.

Dairy	Grade	Fat	Solids	Bacteria
Reynolds Dairy	A-1	4.8	8.45	10,000
C. R. Smith	A-1	4.3	8.99	15,000
Mourne Dairy	A-1	4.7	8.88	14,000
E. P. Linville	A-1	4.8	8.96	19,000
W. W. Moore & Son	A-1	4.4	8.91	24,000
Westville Dairy	A-1	4.3	8.91	21,000
Brook Farm Dairy	A-1	3.8	8.71	28,000
W. W. Martin & Son	A-1	4.4	8.14	37,000
Forsyth Dairy Co.	A-1	3.8	8.18	37,000
Chap. Bodenbender	A-1	4.2	8.08	37,000
Salem Dairy	A-1	4.1	8.48	41,000
Grade B—Pasteurized				
West Red Dairy	B-1	3.8	8.71	28,500
Forsyth Dairy	B-1	3.3	8.38	37,500
The bacteria standard per c. c. for Grade A—raw milk is 100,000; for Grade B—pasteurized is 50,000. The standard for fats is 2.5 per cent and for solids, (not fats), is 8.50.				

ABANDONS AUTO FOR AERIAL NAVIGATION

Former Foreman Auto Repair Co., Now Field Manager For Southern Aviation Station

Mr. and Mrs. Jerry Spough and son, Mr. Gilbert Spough, of Sumter, S. C., are spending a few days here with relatives. Mr. Spough, who was for a number of years foreman at the Auto Repair Company's shop in this city, has been connected for the past year with the Craig-Hurst Aeronautical Association, which controls the chain of landing fields from Sumter, S. C., south to Florida in the Southeast. He is working in the capacity of field manager. He is well pleased with his present work and speaks enthusiastically of the future prospects of aerial navigation.

During the latter part of the trip, Mr. Spough was called to Langley Field, Va., and it was during his experience there that he decided to devote his time to aerial navigation rather than auto navigation. The association with which Mr. Spough is now connected, besides having under supervision an important chain of fields, also owns and operates twenty-seven commercial planes.

Mr. Spough has many friends in Winston-Salem, acquaintances made during his long residence here and his six years as foreman of one of the city's auto shops, all of whom will be interested in his success in his new work.

Owens Drug Company

SERVICE!

Phone 23

CRAWFORD STORE NEWS

Cham and Sanborn, coffee and Tea and Royal Crown Flour please particular people.

R. B. CRAWFORD & CO. QUALITY FOODS

PHONES 87, 88 AND 312 SOMETHING GOOD TO EAT ALL THE TIME

The Weather

Washington, July 22.—Weather: North Carolina: Probably local showers tonight and Friday.

Virginia: Fair tonight and Friday; little change in temperature.

MORGAN'S TIN SHOP

Roofing, gutters, spouting, repairing, 607 Trade street. Phone 687.

PLANS FOR COMPLETE FOR ASHEVILLE FESTIVAL

Asheville, July 22.—Final plans have been perfected for first annual music week for the Asheville Music Festival Association to be held in the big auditorium in this city on August 16, 17, 18, 19, 20 and 21, and all indications point to one of the most successful musical gatherings ever held in the south.

Headed by Madame Schumann Heink, the great contralto, the list of artists is a long one and a good one. Thaddeus Rich, with the 50-piece Philadelphia Symphony orchestra, will be assisted by a large adult chorus of over 200 voices trained by Wade R. Brown, the musical director of the festival and director of music at the State College for Women at Greensboro and a children's chorus of 150 voices which Willis J. Cunningham, supervisor of music in the Asheville city schools, has trained.

Mrs. George Lewis and son, Master George, Jr., of Cincinnati, are visiting the former's sister, Mrs. Jennie Halthous.

"In the heart of West End."

Faircloth's Fresh Meat Market. Choice fresh meats. A new, sanitary, clean market. Phone 1273. tf

"In the heart of West End."

All kinds dry wood. Salem Coal Co. Phone 2016. tf

Are you going to the auction sale of the Mary J. Thompson farm near Clemmons Friday, July 23, at noon?

Cheon, the best 60c Tea in America. C. D. Kenny Co., Phone 347. tf

"In the heart of West End."

Dandruff Scapls Ruin the Hair

See the Bald Spot—That Shows What Dandruff Can Do



If you have dandruff you must get rid of it quickly—it's positively dangerous, and will surely ruin your hair. Dandruff means dead-looking, brittle, scaly hair that finally drops out, leaving a thin, lifeless hair for years to come.

Parolan says in a scientific preparation that supplies hair needs—an antiseptic, dandruff-removing liquid, neither sticky or greasy, easy to apply, and guaranteed not to color the hair or scalp.

Goat-looking hair is half the battle in any man's or woman's personal appearance. Neglect means dull, scanty, lifeless hair and finally baldness, while a little attention now helps insure thick and lustrous hair for years to come.

Old Neckties Made New

\$1.50 per dozen. Best neckties parcel post or by Hopkins, over Winston Clothing Co.

The Hopkins Co.

Cleaners That Satisfy. 1212, Winston-Salem, N. C. Tues-Thurs

L. V. EDWARDS, C. E.

Civil Engineer MASONIC TEMPLE, PHONE 394-W Winston-Salem.

Farm and City Surveys, Real Estate Developments

GENERAL ENGINEERING

Alkali in Soap Bad for the Hair

Soap should be used very carefully if you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and runs it.

EXELENTO



BE PROUD OF YOUR HAIR Have long, straight, soft hair that can be easily dressed. Get rid of the dandruff, feed the starved hair roots and stop falling hair with

UNRULY HAIR

Unruly, coarse hair is made soft, glossy and easy to manage by using Nelson's Hair Dressing

Nelson's takes the curl out of stubborn, unruly hair and is fine for the scalp and hair roots.

That's why it's been the choice of particular dandruff people for nearly 25 years. All good drug stores in U. S. keep Nelson's. Be sure to get genuine Nelson's.

Nelson Manufacturing Co., Richmond, Va.

Would you like to have a small improved farm near town? The Mary J. Thompson farm near Clemmons, which will be sold at auction at the premises Friday at noon, on easy terms, may be what you want.

Every member of Fairmont Council No. 22 Sons and Daughters of Liberty is requested to be present Friday night at 8 o'clock, important meeting, also refreshments will be served.

MISS MAMIE LONG, Councilor.

What is the most economical and efficient heating plant for my home? Ans. A Jewel Pipeless Furnace. Phone 787. tf

"In the heart of West End."

A Long, Slim Glass

Smooth, velvety syrup, flavored with the juice of sun-kissed fruits—

Tinkling ice, crystal clear—

The tank of perfect soda and a cream froth, hoary with frost—

That's the kind of a drink that waits for you at

Thompson Drug Company

Phones 11 and 12



Follow the Flag

Go with your Government national institution for your certificates, savings and for thing in the Banking line. A value peace of mind? Let your worrying for you. Ask us of anything else. Yours to serve.

The People's National Bank

Only National Bank in County.

ASK ABOUT THE 20 EXCLUSIVE FEATURES OF THE MASTER MODEL ROYAL TYPEWRITER

"Compare the Work" E. L. CRAVEN DISTRIBUTOR

108 West Fifth Street Phone 235 Opposite Postoffice

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Manufacturers, Contractors, Builders

Factory Buildings, Store Buildings and Garages a Specialty Concrete Block Construction Saves You Money. No Maintenance Cost. Absolutely Fire Proof. LET US GIVE YOU A BID

GRAY CONCRETE COMPANY

Telephone 165

If you are at all interested in farm land, dont miss the sale of the Mary J. Thompson land near Clemmons, Friday, July 23, at noon.

Clear sightedness, both near and far is always yours when you wear KRYPTOK GLASSES

No Seams Dr. F. H. Fisher Optometrist

W. T. Vogler & Son's "See Fisher and You'll See"

GET IT AT WATKINS

Phone 119

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And just now we have an endless variety of these articles. Included are Shopping Bags, Coin Purses, Briefcases, Folders, Portfolios, Music Rolls, Writing Pads and Travelers' Folders.

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416 Liberty Street.