# Average Daily Attendance Is primary. The this month for the past two stable has been remarkable The trollment for August was 128 Clark. Brank WCEP

Maman life could be lengthened if people ate Kellogg's Bran reasover I was minate constipation from your bigger and more robustum up into through the use of nature's keeps the organs activ

-BRAN-Kellogg's normal growth. Bran'ssion and I serful food—BRAN—Kellogg's normal growth. Bran'ssion and I solve cooked and krumbled, and you solve get every organ in your working normally, but you have tracked disease! Eat Bran requirements two tablespecutius daily; articat elimination. Bran's work of the cooker o ty, at least two tablespoonfuls daily; abronic cases, with every meal! Bran, through its mineral saits and

bility to absorb water, giving bulk ad moisture, is nature's way to assist erfect elimination. Bran's work cious cereal—as well as a r for health is wonderful; its weeps the bosel tract, cleaning and purifying.

Tet, Bran is not a "remedy." It its cereal, its nut-like flavoich him ferms no habit! Your physician will inderes Kellogg's Bran.

Or, use Bran is conjuncted to the goodness of we had one of the property of the conjunction of the property of the goodness of the property of

cious cereal-as well as a r

inderse Kellogg's Bran.

It is predicted that the consistent me of Kellogg's Bran will increase the average life from ten to fifteen years! Bran will make children grow and krumbled!

Or, use Bran in raisin breed when pancakes, etc. Recipes on eaclgers says.

Go to your grocery toda'ith them a package of Kellogg's Bran will make children grow and krumbled!

On Park

ays, "and

## Why some sleep 'Lightly other lighways

THE PRINCIPAL RE common cause of nerve

ing. For each cup of coffe hat stood in

half to three grains of caffe sates opened so as to be Caffeine has a tendent According to when the nerves, normally, if they had that you fail to get the deep, it they had and vigor.

If you have any idea that colliends. health, drink delicious Postum, instering to Mitchel I should give an account of what cereal beverage that helps the nervous te on the play-off Mitchel sug-

you to get sound, revitalizing sleep.

Serve this fragrant, mealtime beverage.

ted to me that we play three to decide the agreed, and in view of that there were some family will be surprised and pleased with its delicities was made, we like flavor. And better health is worth while.

Postum comes in two forms:-Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages, for those who prefer to make the drink while the meal is being prepared) made by boiling fully twenty minutes.



Postum FOR HEALTH

"There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

## The Famous Oriole Red Hot Gas Heaters Are Scientifically Built

The cheerful glow, with the beautiful design and finish, makes them adaptable to any room where heat is needed. Not necessary to start the wasteful coal fire early in the Fall if you have a Gas Heater that gives the usual volume and quality of heat that you can get from an

### ORIOLE

What is more unattractive than a chilly dining room, bath or bedroom? The living roomhould be cheerful and warm. Like the old wood fire, the family will enjoy and gather round one of these attractive gas heaters.

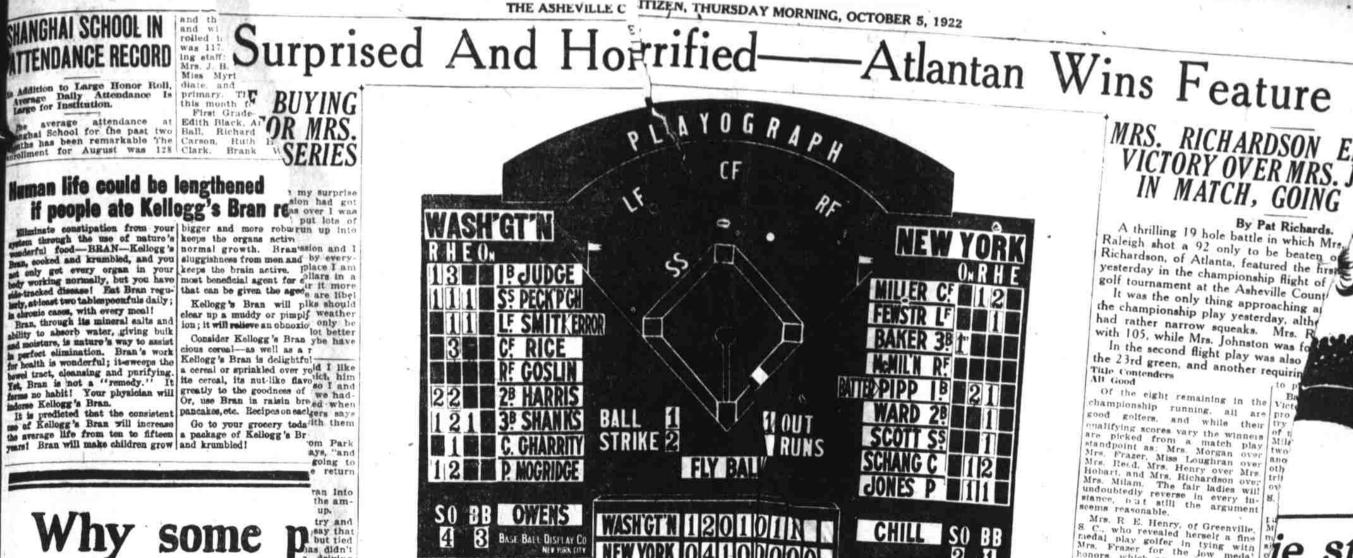
No home can afford to be without a gas heater. Order one today and be prepared to kill the chill.

A cheerful fire, like plenty of light makes the home cheerful and attractive.

Asheville Power & Light Co.

Salesroom, 102 Patton Ave.

Telephone 879



### **LEO DIEGEL SAYS** MITCHELL WINNER

DOES NOT CLAIM TIE WITH BRITISHER

Believes Abe Won Title of South-ern Open Championship Fairly, But willing to Play Over.

NEW ORLEANS, Oct. 4. — Leo Diegel, declared tied with Abe Mitchel, of England for the Southern open golf championship played recently at Nashville in a statement here said he believed Mitchel is entitled to the title.

-DKAdecision.

Saved Me Many a Sick Spell," Says Texas Farmer, Who Has Long Known Usefulness of Black-Draught

Thedford's Black-Draught for years 30 years," declares Mr. H. H. from here.

and have used it, when needed, ever since. I use Black-Draught now in my home, and certainly recommend it for any liver trouble.

"I always recommend Black Draught to my friends," he adds. This valuable, old, powdered liv-

Black-Draught helps to keep the liver in trim, helping prevent or re-lieve such troubles as constipation, billousness, indigestion, sick head-

Be sure to get the genuine .- Adv

of CHESTERFIELD FLOUR at the Community Fairs this at least one of these Fairs.

> Fairview October 5th Swannanoa October 6th

made at Asheville in Buncombe County. It is a home product. Boost .lt.

Chesterfield Flour

### **ORIOLES CAPTURE** of Sil, called out five idtchers. Sheenurling ace of the Saints, **OPENING CONTEST** was sed from the hill in the afthing. Hall, Martin, Mer-

DEFEAT ST. PAUL BY SCORE OF NINE TO FOUR

merican Association Pennaut Winners Unable to Hold Early Lead—Shechan Knocked Out.

BALTIMORE, Oct. 4.—Banging out fifteen base fitts and overcom-ing a three-run lead which St. Paul secured in the first three innings, the Orioles, champions of the International League, crushed the American Association flag winners in the opening game of the little world series here this after-noon 9 to 4.

With the score standing 4 to 4 in the seventh inning, McAvoy, of the Birds, broke up the game by crashing a homer into the right field bleachers, scoring Jack Bent-ley, who had doubled, and Boley, who had walked, ahead of him. In an effort to check the slug-

to the championship and I

Naples, Texas-"I have used -I can safely say for more than farmer, residing out on Route 3

"I am 43 years old, and when a small boy I had indigestion and was puny and my folks gave me a liver regulator. Then Black-Draught was advertised and we heard of it.

"I began to take Black-Draught. "I have given it a thorough trial, and after thirty years can say Black-Draught is my stand-by. It has saved me many sick spells."

Mr. Gromer writes that he is "never out of Black-Draught," and says several of his neighbors pre-fer it to any other liver medicine. er medicine is prepared from med-icinal roots and herbs, and has none of the bad effects so often observed from the use of calomel, or other powerful mineral drugs.

### Chesterfield Chats

There will be special prizes week. Be sure and attend

Hominy Valley October 7th

CHESTERFIELD FLOUR IS



"so many yards of ticking

around a soft substance". You

"BEST FOR REST" is

a reputation that has been

made by "KINGSDOWN

Mattresses". Built on a

scientific principle --- made of

the finest and softest cotton

felt-covered with high-grade

not a mere phrase. It is

ticking, the "KINGS-

DOWN" is the kind

of mattress that al-

most seems to hold

the body in spacel

There are "KINGS-

DOWN Mattresses"

in homes, hotels and

hospitals that have

been sleep-makers for years.

Don't injure your health by

sleeping on an uncomfortable

mattress. There is a "KINGS-

DOWN" dealer in your local-

are buying SLEEP.

A thrilling 19 hole battle in which Mre Raleigh shot a 92 only to be beaten of Richardson, of Atlanta, featured the first yesterday in the championship flight of golf tournament at the Asheville Count It was the only thing approaching a

the championship play yesterday, althe had rather narrow squeaks. Mrs. R. with 105, while Mrs. Johnston was fo In the second flight play was also the 23rd green, and another requiring Title Contenders Alt Good

Of the eight remaining in the Vi championship running, all are pro good golfers, and while their good golfers, and while their consifying scores vary the winners are picked from a match play standpoint as: Mrs. Morgan over Mrs. Frazer, Miss Loughran over Mrs. Re.d. Mrs. Henry over Mrs. Re.d. Mrs. Henry over Mrs. Milam. The fair ladies will undoubtedly reverse in every finstance, but still the argument scems reasonable.

Mrs. R E. Henry, of Greenville, Mrs. R E. Henry, of Greenville, S. C., who revealed herself a fine niedal play golfer in tying with honors, which are yet undecided, is establishing a match play reputation for winning by wider magins than any other in the character of the division play day her victory was ey. Of all the players, rament, and all the required to circuite there has no many yards of course, there has no course, there has no course.

THE

"KINGSDOWN

Mattress"

puts Comfort in

SLEEP

he Birds, Manager Kelly, ritt and Rogers followed in sucession. Bentley, Oriole southpaw, pitchrequired to circum course, there has no the lady. Mrs. duty, st rule

of sleep

of beauty-sleep. he sleep that rests every nerve and muscle-that renews one's strength each night. No one can be beautiful or well, when they are tired.

USE CITIZEN WANT ADS

IN your bed room there is a mattress. You spend probably one - third of your time on it. Is it a sleep inducer? Is it comfortable? You would not spend one-third of your life in a chair

that wasn't comfortable. Why deliberately be content to try to sleep on an uncomfortable mattress!

A mattress is not a "casual purchase". You are not buying

Bedding.

ity. See him. We are the makers of the MAJESTIC SPRINGS and the full line of Mebane

MEBANE BEDDING COMPANY MEBANE, N. C.

OF Rest Best

### NFINITE PAINS KEEP



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HENRY FALEXANDER M.B. SPECIALLE

delivered from stock or shipped promptly to owners and garages. Long distance telephone No. 497.

SERVICE

By mechanics who understand the Chandler car, working in a well equipped shop, efficiently operated

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THE BEST GASOLINE

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