

Our Fall

Winter Stocks are now complete in Every detail

We are now showing the largest & best assortment of Dry goods Ready-to-wear-millinery and shoes. At prices to suit every purchaser.

Come In and let us show you the new things first.

Capitol
Department Store
STEIN BROS. PROP.

Make Your Choice or Stores Carefully and you need have no concern of selection from its merchandise

Our Service will stand the closest scrutiny from the character of the stocks gathered on our floors the prices marked upon them. Knowing they represent the very best in value and the lowest in price. But our services does not end there. It continues until you are thoroughly satisfied with what you have bought. Continuous protection continuous satisfaction. Upon this policy we ask your patronage and feel that we deserve it.

Our immense stocks for fall and winter merchandise are complete. you will find here an unlimited selection of Mens-Youth and Boys Clothing-Shoes, Hats and Furnishings. also a complete line of Dry goods-Dress goods, Ready to wear apparel and Millinery for women, Misses and Children.

B. FLEISHMAN & BROTHERS
THE KING CLOTHIERS

FOOD VERSUS MEDICINE

Of the hundred millions of people in the United States probably more than fifty million are afflicted by constipation and suffer in various ways.

Constipation is peculiarly an ailment of civilized man. Neither the primitive hunter nor the wild savage has the civilized man's sufferings from constipation.

The cause of constipation is not clear in all cases, but in the great majority of cases it is due to a lack of exercise and a diet of refined food.

Let us turn to the diet of the primitive hunter and the wild savage. It is a diet rich in the indigestible substances supplied by nature for a man's purpose and a regular habit of going to stool at a definite time each day or several times weekly natural bowel movements occur shortly after each of the three meals, by the free drinking of water and moderate open air exercise and the supple and vigorous condition of the body and other natural aids.



CONSTIPATION CURED WITHOUT PILLS

Bran, whole wheat flour, bulky foods, fruits, vegetables, "greens," water, exercise, fresh air, a strong determination and no pills or purgatives turn the trick.

It is in the days of the super and better medicine, when our ancestors and all the world of the world when the body is fed with refined, colorless, highly denatured substance which makes the only offered as bread is void of most of its mineral matter, most of its blood building salts and all of its natural laxative elements.

Take the patient usually said as break fast food—bread, which as you might say, at an excellent price, pretty is less disposed in the of nutrient, water drinking, concentration more fit for the body counter than for the body food table. How much more whole, more nutritious, digestible and easy.

Shock and How to Manage It

Fainting is identical with shock. It is a sudden loss of consciousness and prolonged. When one faints the face goes pale and the pulse sinks down or perhaps even ceases for a few moments.

Shock may be caused by an accidental injury, by an operation, by a severe fright, by the sudden receipt of bad news or even by witnessing some distressing occurrence.

Fear is the commonest cause of shock. When a sudden fright is given—if a snake really does bite fear simply.



TREATING SHOCK OR FAINTING.

Fainting and shock are best treated by lying the victim on his back, keeping him warm, giving him water and giving him fresh air.

First, keep the victim lying flat on the ground or floor or bed. Never sit him up or allow him to raise the head.

By keeping the head low the circulation is kept going in the brain.

Second, apply warmth to the body—blankets, hot water bottles, hot flannels or cloths wrung out of hot water—to the feet, between the thighs, on the chest, under the arms, to the hands, but be careful not to burn an unconscious patient.

Third, loosen clothing about the neck and, if a woman, loosen clothing about waist to permit free breathing.

Fourth, administer a half teaspoonful of aromatic spirits of ammonia in about an inch of cool water in a cup or glass if the patient is able to swallow.

Simply lift the head a trifle to enable the patient to swallow this quickly acting safe stimulant. It may be repeated in the same dose every ten minutes for three or four times, if necessary.

Keep the patient warm, quiet and lying flat on the floor or ground or bed until at least an hour has passed.

QUESTIONS AND ANSWERS.

Tumor is Not Cancer.
Please explain the difference between tumor and cancer.

Answer—Tumor is any swelling or growth—benign or malignant—of the body tissue. Cancer is a malignant, poisonous growth or invasion. A tumor may be cured by pressing on important arteries or interfering with important functions. A cancer kills by slowly poisoning the victim.

Eye Inflammation in Babies.
What is the cause of the eye inflammation in newborn babies?

Answer—Often it is a simple inflammation due to failure to wash the eyes with lukewarm water containing a teaspoonful of salt in a pint or with lukewarm water (which has been boiled) containing a teaspoonful of boric acid in the pint. But sometimes serious inflammation occurs from infection of the baby's eyes in the birth canal, and it may destroy the sight in a few hours unless treated by the doctor at once. To prevent this dangerous accident, every newborn baby should have a drop of 1 per cent silver nitrate placed in each eye immediately after birth.

Dampness in the Cellar.
We live in a district where spring floods often leave the cellar damp for a long time. Is this not bad for the health of our family?

Answer—The dampness alone is not harmful, any more than would be a pond or fountain in your dooryard, but the escape of water into the cellar might carry in pollution, disease germs, which might thus get in or on food kept in the cellar. To be on the safe side about this you should report the condition to your health officer for investigation.

Informing About Values of Foods.
Please advise me where I can obtain reliable information upon the nutritive value of various foods.

Answer—One of the United States Department of Agriculture's publications covers the subject quite thoroughly. It is called bulletin 2, "American Food Materials," by Atwater and Bryant, and may be obtained for 10 cents (in coin) from the Superintendent of Documents, Washington. Every housekeeper should have a copy and study it in her business of buying food.

Fleishman's

BIG STORE

"The House of Reputation"

The House of Reputation Fayetteville, N. C.

Crowds Attended Our

FALL Opening

The attendance of the first few day of the opening at the Bazaar of Fashion has broken all Fayetteville records.

The Fashion Exhibit Continues

with dozens of new models in coats, suits, dresses and millinery that arrived too late to be shown on the opening days. We throw down the Gauntlet to all competition on our Pre-eminent Display of select and Exclusive styles.

Welcome to The Fountain of FASHION

If You Need Shoes, See Us

We are the New Shoe People With the good leather shoes at a price. We handle factory lines of Ladies' Novelty High Boots. Our shoes were contracted for before the great advance in prices. Hence you can save more money by buying your next winter shoes now, than by lending your money at 20 per cent. See us for Men's Ladies' Boy's and Children's Shoes of the better grades. Money refunded for all purchases that are not satisfactory.

The Vann Trading Co.

J. R. Vann, Mgr. 213 Hay St.

THE NATIONAL BANK OF FAYETTEVILL

FAYETTEVILLE, N. C.

The fastest growing bank in this entire section and the Safest place to deposit your money. Over one half of our business handled by mail and those desiring to connect themselves with a safe, strong financial institution should not hesitate to open an account with us.

Yours Most Truly,

A. B. McMillan, Cashier.



S. W. COOPER, President

J. H. CULBRETH and J. W. McLAUGHLIN, Vice-Presidents



A. B. McMILLAN, Cashier

T. M. SHAW, Asst. Cashier