

Here Is How You Can Be The Man or Woman Nature Intended You To Be By Purifying Your System

You can be the man or woman Nature intended you to be if you will just understand Nature and your own condition and pull with her instead of against her.

What gives the athlete his strength? Red Blood. What drives the business man and the worker, too, up the steep hill of success? Red blood. What makes the glowing beauty of woman? Red blood. What makes rosy cheeks, bright eyed children? Red blood.

Rich, pure blood is the driving force of life. And what makes red blood? Nothing except the perfect assimilation of nourishing food. Everybody knows that the red blood of life depends on the digestive system.

If your food does not digest but, instead, lies as waste in the digestive tract, if your liver is torpid, your kidneys sluggish or, worst of all, if your intestines are inactive, the red blood supply loses and body failure starts.

Science in Plain Words.
For this condition scientists have a long name. They call it auto-intoxication. But in plain words, this means that your intestines are clogged with putrefactive matter and your body is becoming a poison factory.

Scientists can trace this auto-intoxication from its start and the part the blood plays in it. The chemical action in the intestines is almost the same as if you should throw a piece of raw, fresh meat out into the hot sun and let it rot.

Most of the real digestive and assimilative processes take place in the intestines. When, instead of active, healthy intestines, animal and vegetable matter lodges there and ferments, putrefactive germs get to work and gases and body toxins—the poisons—form.

The tiny blood vessels take up these poisons and auto-intoxication begins. Like a dammed mill stream, the poison flow starts backward. The stomach gets sour gassy and bloats as the poisons are sent back to it. The stomach gives you the

LEADING DRUGGISTS recommend PEPLAX because they know its merits. J. H. Kennedy & Company, leading druggists of Gastonia, say:

J. H. KENNEDY & CO.,
Gastonia, N. C.

Drum Medicine Co.,
Gentlemen:

We believe Peplax to be a preparation of real merit. We have had a number of repeat calls for Peplax and have had no complaints. Each purchaser is a satisfied customer.

Very truly yours,
J. H. KENNEDY & CO.

By J. H. Kennedy.

W. S. Martin, Leading Canton Druggist, writes: "I feel confident that I can recommend Peplax to my customers and friends. Not a single complaint have I had on Peplax since I began selling it 12 months ago."

The Franklin Drug Store, Asheville's leading druggists, declare: "It gives us pleasure to say that Peplax has given satisfaction to all who have used it. We are satisfied by the results our customers have obtained, that Peplax is a medicine of merit."

danger signals by headaches, nausea and pains.

Just Like a Machine.

The digestive system works like a single machine. So the liver is affected and quickly sends out its warnings and makes you bilious, dizzy and giddy when you stop over. A coated tongue and bad breath appear. The face often flushes, the hands and feet get cold and clammy and spots flash before the eyes. You wake up with a dull, aching feeling and no appetite. Often the skin becomes itchy, you get drowsy in the day time and begin to lose weight and strength. Many times there is a shortness of breath and a twinging of palpitation around the heart.

As the poisons toxins multiply, nervous disorders appear. There is sleeplessness and a jumpy feeling and even neurasthenia and melancholia. Skin eruptions may follow and sharp pains, like rheumatism.

Medical science knows there is almost no end to the symptoms auto-intoxication can create. These include catarrh of the

stomach and intestines, nose (pimples), dyspepsia, gastritis, marasmus (wasting away), hardening of the arteries, kidney disorders, Bright's disease, chronic arthritis and even diabetes.

And all this starts with what you may call constipation. Science calls constipation intestinal stasis, which is inactivity, or sluggishness.

Cathartics do not aid it. Strong drugs may cut their way through the waste matter, but they do not start the organs back to natural conditions. So, hundreds of people here are chronic pill takers and the worse off they ever.

Peplax, the new medicine now being specially introduced here, is different. It is designed to get right to the seat of the trouble and not to act on one organ alone, but to reinvigorate and invigorate the entire digestive tract, stomach, liver, kidneys, and urinary canal and intestines, so that Nature can keep up the work of reconstruction.

To accomplish what it does, Peplax is composed of eight of the best old Nature remedies. The purchaser is plainly told

not only what Nature remedies are combined in Peplax, but just why they are used.

Everybody Sees Merit.

Everybody knows the Peplax remedies have been proved for generations. They are not experiments. Their worth was proved before we were born. The new idea in Peplax is the combining of these Nature remedies, each once famous for its special curative power, so that all would act together to bring relief, purity and vigor.

The eight Nature remedies in Peplax are:

Gentian root, the most famous of all stomach tonics, that is designed to overcome indigestion and food fermentation; dandelion root, the old remedy most esteemed to correct the common liver affections; Juniper berries, which, every one knows, are to purify the kidneys and bladder.

Glubarb root, which is known the world over for invigoration of the intestines; Licorice root, which is designed to soothe and soften the irritation and remove foreign mucus that is clogging the digestive tract; Jamaica Ginger root, which is the special old stomachic that warms the stomach, nourishes the stomach blood supply and increases the vital digestive juices.

Scammony root, greatest of all blood purifiers, and Mandrake, the old remedy noted as a purgative and to overcome the acidness of dyspepsias.

All Can Understand.

When people hear the Nature remedies of which Peplax is composed, they know why it does its splendid work. They understand and have confidence in Peplax before they start this famous treatment.

This is the medicine that Kennedy's Drug Store is recommending so highly and that leading druggists everywhere are introducing with such tremendous success.

HE SAVES!

WHY DONT YOU?



THE SQUIRREL PROVIDES FOR THE FUTURE BY PUTTING AWAY A LITTLE AT A TIME. YOU CAN DO THE SAME. START A BANK ACCOUNT TODAY, AND WHILE YOU ARE MAKING MONEY, SAVE AS MUCH OF IT AS YOU CAN SPARE. "RAINY DAYS" WILL COME, BUT THAT MONEY WILL PROTECT YOU AND YOURS IN ADVERSITY. OUR BANK IS A SAFE PLACE FOR YOUR MONEY.

5 PER CENT. INTEREST PAID ON CERTIFICATES OF DEPOSIT

THE CITIZENS NAT'L. BANK

C. B. ARMSTRONG, President
W. H. ADAMS, Cashier
A. G. MYERS, (Active) Vice-President

State of North Carolina—City of Gastonia—Gaston County

By a majority of three to one saloons were voted out of Tarrant county, Texas, Monday.

Latest fiction at Atkins-Baber Book Co.

On account of the prevalence in Raleigh and over the State of influenza it is probable that the forthcoming session of the General Assembly will be a very short one.

Get her a toilet set for Christmas at Atkins-Baber Book Co.

Dr. Fred Anderson, of Statesville, formerly a member of the New York Nationals and famous as a spitball artist, has received his discharge from Camp Wadsworth, Spartanburg, S. C., and will locate in Statesville. He says he is through with baseball for all time and will take up the practice of his profession, that of dentistry.

Umbrellas with gold or silver handles would make an appropriate Christmas gift for HER. Torrence-Morris Jewelry Co.

Leather bound gift books, a good variety to select from, Atkins-Baber Book Co.

Pancho Villa, the Mexican bandit, is preparing to start something on the border, according to late reports.

Pearl beads can be worn with any dress by any age. From \$5 to \$50. Torrence-Morris Jewelry Co.

A Bible makes a most appropriate Christmas gift. We have the biggest and best line ever shown in Gastonia. Atkins-

Pickard China makes a nice Christmas gift for mother. Torrence-Morris Jewelry Co.

Former Secretary of the Treasurer McAdoo has leased a residence near Santa Barbara, Cal., and expects to spend several months there after the first of the year.

Mrs. William J. Bryan is in Johns Hopkins Hospital, Baltimore, for treatment. She has been ill for six months.

Leonard L. Hutchison, a leading business man of Charlotte and a member of the firm of Hutchison, Sehorn & Hipp, died Monday night from influenza-pneumonia. He was 37 years old. His wife and two children survive.


Miss Eunice Hoyle, aged 19, daughter of former Clerk of the Court Frank L. Hoyle of Cleveland county, died at her home in Shelby Saturday. She had for some time been assistant clerk to the local exemption board at Shelby. Her brother, Warren Hoyle, was killed at Chateau Thierry in May.

CORN WANTED.
Beginning Nov. 1st, 1918, and continuing till May 1, 1919, I want to buy 3,000 bushels of shelled corn, delivered at my mill on Gastonia-Bessemer road, an average of 25 bushels per day for the six months. I have a demand for that amount of meal in sight but my storage rooms are small, therefore I ask the good people to bear with me for that reason and bring in their corn as my room will permit.
W. J. LEDFORD,
Gastonia, N. C.

EFIRD'S HOLIDAY SPECIALS

Your Dollar Will Buy More Here Than It Will Elsewhere

SEE BELOW JUST A FEW OF THE MANY SPECIALS IN CHRISTMAS OFFERINGS



LADIES' SILK HANDKERCHIEFS
A big lot of Crepe de Chine Handkerchiefs specially priced at only... 15c
Another big lot that would sell for 25c, and 35c, for only... 18c
Ladies' and Children's Handkerchiefs from 5c up to 45c each for Masteria Hand Embroidered Linen Handkerchiefs.
Also Box Handkerchiefs from 19c a Box to... \$1.59
A Box of 6 Beautiful Handkerchiefs

A Beautiful Assortment of Ladies' Silk Shirt Waists.
We have these in all the season's most fashionable colors and styles, some in Holly Boxes. They make an ideal gift for a lady, at our special prices \$1.98, \$2.98, \$3.48, \$3.98, \$4.48, \$4.98, \$5.98, \$6.98 and... \$7.95

FURS!
Just received this morning by express a lot of Furs. These come in CONEYS, MANCHURIAL WOLF, O'POSSUM
These are not Silver Fox, Seal and Squirrel, but are serviceable Furs and are easily worth from \$3 to \$5 more than the prices which we are selling them at. Prices range from \$4.48 to \$11.95 For Scarfs and Muffs

FURS!
A Blanket Sale in Which Great Economy Can Be Practiced — What Will Make a More Practical Holiday Gift?
66x80 Wool finish silk bound gray Blankets, pink and blue border \$4.98
66x80 Part Wool heavyweight white Blankets, pink and blue border, silk bound... \$5.98
54x78 Easmond heavyweight gray and tan Comfort Blankets... \$2.98
72x90 Easmond Camp Blankets... \$3.98

EASMOND ROBE BLANKETS
72x90 Easmond best Robe Blankets in all neat dark colors with cord to match, \$5.00 value... \$3.98

EASMOND CRIB. BLANKETS IN MANY COLORS
36x40 One in box... 79c
36x40 Scalloped edge... 98c
36x50 Blanket... \$1.25
36x50 Silk bound... \$1.39

OUR STORE WILL BE OPEN EVENINGS UNTIL CHRISTMAS

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WHEN UNDECIDED, GIVE GLOVES.
One lot of real Kid Gloves, regular \$2.00 values, in white only... \$1.00
\$2.50 to \$3.00 Real Kids, black with white stitching, white with black stitching. An opportunity you may not see again soon, at... \$1.75

CENTEMERI GLOVES
See the Saving in Price
All the leading shades, Black, White, Brown, Field Mouse and Grey, Silk and Colored Stitchings, actual \$3.50 values, at... \$2.50



OUR STORE WILL BE OPEN EVENINGS UNTIL CHRISTMAS

THE SEASON'S BEST IN SILK HOSIERY
Elegant line of Silk Hose in black and colors. Special at... 69c
Don't fail to see our line of \$1.25 Silk Hose in black, white and colors. Special at... 99c
\$2.25 Silk Hose, extremely pretty line of the faintest colors, including black and white. Special at... \$1.75
\$2.50 Silk Hose, black with white clocks, white with black clocks. Special \$1.98
One special line of Silk Hose in all the faintest imaginable shades as well as the staple colors including black and white, worth \$2.35 to \$2.50, at \$1.85

OUR STORE WILL BE OPEN EVENINGS UNTIL CHRISTMAS

Please Answer the RED CROSS Xmas Roll Call

EFIRD'S DEPARTMENT STORE

209-211 W. Main Ave.

GASTONIA, N. C.