

**FOOD VERSUS MEDICINE**

OF the hundred millions of people in the United States probably more than 50,000,000 are habitually constipated and slaves to physics. Why? Constipation is peculiarly an ailment of civilized races. Neither the lower animals living in the wild state nor the uncivilized races suffer from constipation. The cause, of course, is not just one thing in all cases, but by far the greatest number of cases of constipation are due to faulty diet. Take bread, the so-called staff of life. It may have been a reliable staff to



**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.

lean on in the days of the upper and nether millstone, when our ancestors got all the good of the whole wheat. But today that refined, colorless, insipid, denatured substitute which makes the excuse offered as bread is robbed of most of its mineral matter, most of its blood building salts and all of its natural laxative elements.

Take the patent cereals sold as breakfast food—boxed bread, as you might say, at an exorbitant price; pretty labels dispensed in lieu of nutriment; palate tickling concoctions more fit for the candy counter than for the breakfast table. How much more wholesome, nutritious, digestible and eco-

nomical is the plain old oatmeal, hominy, wheaten grists! How much more appetizing and stimulating for the food tube! Yet people pay over their good money for the insipid, sugary deceits sold as breakfast food and then resort to some horse doctor's alleged liver pills to counteract the bad effects of ultra-refined pabulum.

Wheat bran was looked upon as "indigestible" some years ago and therefore considered objectionable in the diet. We know now that indigestible residue is essential to the natural function of the bowels, besides being an aid to normal digestion.

Bran may be taken in any cereal, in soup, in the form of bran gems, bran cookies, bran biscuit or bran bread. It should be taken in some form at practically every meal unless whole wheat or graham bread is restored to the menu in place of the anemic white bread of modern times.

Such vegetables and fruits as may be eaten raw are advisable in the daily ration whenever they can be obtained.

Fruits containing seeds are especially helpful to normal bowel function and never a cause of appendicitis, as some misguided folk imagine. Indeed, one predisposing cause of appendicitis is chronic constipation, attributable to insufficient coarse food. And the abuse of physics is another predisposing cause of appendicitis, as of piles and other intestinal diseases.

By a diet rich in the indigestible substances supplied by nature for a wise purpose and a regular habit of going to stool at a definite time each day or several times (really natural bowel movements occur shortly after each of the three meals), by the free drinking of water and moderate open air exercise and the scrupulous avoidance of crude "liver pills" and other harmful drugs, the average individual can soon develop a natural bowel function and keep it so for life.

**QUESTIONS AND ANSWERS.**

**Tumor is Not Cancer.**

Please explain the difference between tumor and cancer.

Answer.—Tumor is any swelling or growth—for instance, a harmless fatty tumor on the skin. Cancer is a malignant, poisonous growth or ulceration. A tumor may do harm by pressing on important structures or interfering with important functions. A cancer kills by slowly poisoning the victim.

has remarkable curative properties and has demonstrated its efficiency by fifty years of success. Headaches are often caused by a disordered stomach. August Flower is put up in 25 and 75 cent bottles. For sale in all civilized countries.

**Free of Charge**

Why suffer with indigestion, dyspepsia, torpid liver, constipation, a stomach, coming-up of food after eating, etc., when you can get a sample bottle of Green's August Flower free at Gardner Drug Co. This medicine

# Fall Merchandise

**AND WHERE TO BUY IT**

## SAVE MONEY TRADING AT S. HEINER & COMPANY

27 SCALES ST.,

REIDSVILLE, N. C.

What Foresight and Cash Make Possible:

**BIG BARGAINS** EVERYONE is talking about the Wonderful Bargains we are offering in High Class Merchandise.

Come and see for yourself—you needn't buy, but most likely you will when you see our Wonderful Stock at such Astonishing Low Prices.

### WE QUOTE LOWER PRICES ON DRESS GOODS THAN THE BIG WHOLESALE MARKETS OF THE NORTH

Best Quality Percales 9 1-2 to 14 1-2c Selling Elsewhere 15c to 20c	Amoskeag 3 Star Gingham. Value 20c. 12 1-2c	Crepe De Chine Waists Value \$5.00. \$2.45
Extra Heavy Outings 12 1-2 to 14 1-2c Value 15c to 20c.	Good Quality Gingham Selling Elsewhere 15c. 9 1-2c	Mercerized Pongee Value 40c. 23c
Best Galateas Value 25c. 14 1-2c	Children's Dresses Value \$1.00. 48c	Beautiful Suitings Value 20c. 11 1-2c

### LOW PRICES IN HIGH PRICE TIMES

Showing an Exceptional Strong Line of Silk Taffetas, Pongees, Silk Shirting, Fancy Silks, Linens, Dubar, Chiffon Silks, Foulards, Gairdines, Crepe De Chines, Georgettes, Satins and Messalines

SHOWING A WONDERFUL LINE OF LADIES' SUITS AND DRESSES AT SUBSTANTIAL SAVINGS

### SHOES AT OLD PRICES

FOR MEN AND WOMEN.

Famous Makes Such as W. L. Douglas, Rice & Hutchins, Endicott Johnson, Tretco, and Godman, at Savings of \$1 to \$3. Positively Guaranteed. Bargains in Heavy Shoes. Every Day Shoes.

Will you come and see for yourself?

### New Fall Clothes

FOR MEN AND BOYS

Cheaper Here Than Elsewhere

...Comprising the Newest Models with BELTED BACK and NORFOLK EFFECTS. Also More Conservative Models to please all tastes and pocketbooks.

PRICED LOWER THAN ANYWHERE ELSE.

Come and see for yourself.

YOU SAVE MONEY TRADING AT

## S. HEINER & CO.,

27 Scales St., Next to Brittain's Drug Store, Reidsville, N. C.



Tell them to go ahead

You might as well have the use of that building you are planning—there is nothing to be gained by waiting. There is no prospect of prices going down for some time after the war is over. Go ahead and let your contracts.

When it comes to the roof you can make a real saving, and get a better roof by specifying

## Certain-teed Roofing

CERTAIN-TEED is not cheaper because the quality is lower, but because it is a less expensive roofing to manufacture. It is better, not only because it is cheaper, but also because it is light weight, weather-tight, clean, sanitary, fire-retardant and costs practically nothing to maintain.

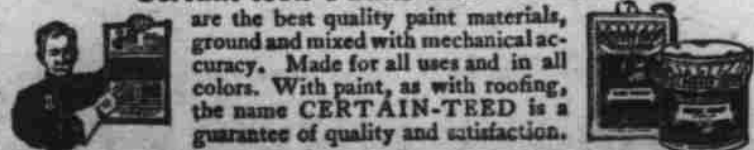
It is now recognized as the preferable type of roofing for office buildings, factories, hotels, stores, warehouses, garages, farm buildings etc., where durability is necessary.

CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to thickness (1, 2 or 3 ply).

There are many roll roofings on the market, but only one CERTAIN-TEED. It pays to get the best. It costs no more to lay a CERTAIN-TEED roof than it does to lay a poor roof, but there is a vast difference in the wear. You can't tell the quality of a roofing by looks or feel. Your only safety is the label. Be sure that it is CERTAIN-TEED—then you are certain of quality and guaranteed satisfaction.

**Certain-teed Slate-Surfaced Asphalt Shingles** are supplanting wood and slate shingles for residences. They cost less, are just as good looking, wear better, won't fall off, buckle or split. They are fire-retardant, and do not have to be painted or stained.

**Certain-teed Paints and Varnishes** are the best quality paint materials, ground and mixed with mechanical accuracy. Made for all uses and in all colors. With paint, as with roofing, the name CERTAIN-TEED is a guarantee of quality and satisfaction.



**CERTAIN-TEED PRODUCTS CORPORATION**  
New York, Chicago, Philadelphia, St. Louis, Boston, Cleveland, Pittsburgh, Detroit, Buffalo, San Francisco, Milwaukee, Cincinnati, New Orleans, Los Angeles, Minneapolis, Kansas City, Seattle, Indianapolis, Atlanta, Richmond, Grand Rapids, Nashville, Salt Lake City, Des Moines, Houston, Duluth, London, Sydney, Havana.

CERTAIN-TEED ROOFING sold and guaranteed by JAS. ROBINSON, Reidsville, Dealer in Fertilizer and Farm Implements.

Has a High Opinion of Chamberlain's Tablets.

"I have a high opinion of Chamberlain's Tablets for biliousness and as a laxative," writes Mrs. C. A. Barnes, "I have never found anything so mild and pleasant to use. My brother has also used these tablets with satisfactory results."

(Advertising in this paper will bring good returns on the money invested)

### Something to Think About

The United States Government report shows that North Carolina will consume three million seven hundred and nineteen thousand, (3,719,000) bushels more wheat in the year 1917 than is produced in the State.

Where are we farmers drifting to? Can you give any guess as to how high wheat will be in 1918?

We cannot get it from the west. Now is our time to put in the largest crop of wheat ever planted in this State. I want to say to my friends

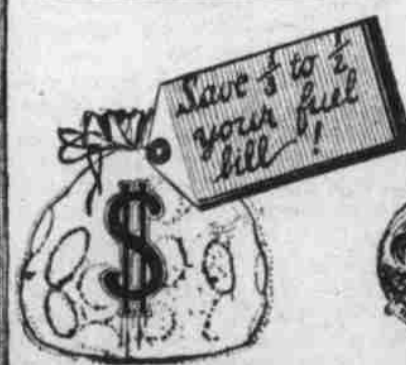
and customers that I am prepared to furnish you with the best Fertilizer at the closest price. I have Armour's brands in any form ready to ship at any time and can sell you by the sack or by the car, and advise my friends to put in your order and get your fertilizer while you can, for there is sure to be trouble about getting cars to haul our Fertilizer.

Hoping to meet with all my farmer friends and explain to them this very important thing.

Yours truly

J. R. SHREVE, Reidsville, N. C.

### Whittemore-Mobley Co.



Does This Saving Look Good to You?

Fuel is high—here is a way to gain big fuel economy and a perfectly heated home. Why not save the gas half of the coal wasted by all other stoves, with the fuel saving

**Cole's Original Hot Blast**