

**CLEAN DENTAL PLATES**

Use **BRUSHITE** the **Brushite** Way

See **BRUSHITE** only at Kings Mountain Drug Company and all good druggists.

**BUY WAR BONDS AND STAMPS**

**Washable Cottons For More Comfortable Wear**

When the temperature breaks into new highs and makes you feel your witted worst, don't fret. Be wise and cope with Old Man Mercury on his own grounds.

The matter of clothing is especially important. It's coolest with nothing on at all, of course, but convention seems to be here to stay, so the next best thing is to wear lightweight washable cottons with open styling, day and night.

Style details can contribute much toward coolness. Choose dresses with short sleeves, deep armholes, low neck, and enough fullness to let the air circulate around the body. Avoid surplus effects, double-breasted fronts, heavy belts, any unnecessary overlapping.

Fabric is especially important. The three principal things to look for in choosing a fabric are "absorbency" (which means its ability to absorb moisture — in this case, perspiration); "porosity" (that is, the degree of openness of weave which permits air to permeate it); and "weight" (the lightness of a fabric). Generally speaking, the more absorbent and porous and lightweight a fabric is, the cooler it is. There are countervailing factors, however. For instance, a very sheer fabric may require so much underclothing to avoid transparency that much of its coolness as a fabric is lost; whereas a heavier, non-transparent fabric that can be worn with nothing but panties underneath may be cooler in the wearing.

"Color" is another factor, but a minor one except when one is under the direct rays of the sun where light reflection has to be taken seriously. A white hat and dress are said to hold the sun's rays at bay, while black and other dark colors tend to absorb light.

"Washability" of fabrics is important, too, because clean fabrics help to keep the skin clean and increase the general feeling of freshness and coolness.

Smoothness of fabric is part of the porosity factor. Most smooth fabrics permit greater air permeability than rough ones, but if the nubs in a rough weave are of a hard twist, they are not likely to interfere with the passage of air through the pores of the fabric.

Finishes can affect both porosity and absorbency. For instance, permanent glazing reduces porosity to the minimum, and water repellency sheds moisture instead of absorbing it. Also, if a fabric shrinks in the laundering, its pores will be more closed after washing, and it will be less cool in the wearing.

"Why Are Lightweight Washable Cottons the Coolest?" Because cotton absorbs and evaporates moisture more readily than any other fiber, and in its more porous weaves, of which there are many, it combines the two principal factors that keep one cool. Probably the most air-conditioned of all fabrics for hot summer weather is eyelet batiste through whose open-work embroidery the air can circulate merrily and which, at the same time, absorbs perspiration. Next come dotted Swiss, voile, organdy, and other sheers.

The ability of a fabric to absorb and evaporate moisture is of primary importance for most of our activities because the human body is continually vaporizing. This is particularly true for work and active sports where our sweat glands are forced to overwork. If the perspiration on our bodies isn't absorbed, the air can't cool the body, and we are left with a sticky clammy feeling. It is also true of sleeping, in which about half the body is covered to give over when we crawl out and find that we are hot and sticky.

**Station Calendar**

**PROCESSED FOODS**

YE, SE, AI, EI, GI, now valid, expires August 31.

DI, EI, FI, GI, HI, expires Sept. 30.

JI, KI, LI, MI, NI, now valid, expires October 31.

PI, QI, RI, SI, TI, now valid, expires Nov. 30.

**MEATS AND FATS**

QI, RI, SI, TI, UI, expires Aug. 31.

VI, WI, XI, YI, ZI, expires Sept. 30.

AI, BI, CI, DI, EI, now valid, expires October 31.

FI, GI, HI, IJ, K, now valid, expires Nov. 30.

**SUGAR**

Sugar Stamp No. 36 expires August 31.

**STAMPS**

Airplane Stamps Nos. 1, 2, 3, 4, now good.

**FUEL OIL**

Periods 1, 2, 3, 4, 5, valid for 10 gallons each.

**GASOLINE**

1-16 coupons valid through Sept. 31.

**By Way of Mention**

**Lois Buntline**

Caroline Buntline of the Army was a recent guest of her parents.

Mrs. Ollie Reynolds had no her guests for the week end, Mr. and Mrs. J. C. McConnell of Charlotte.

Floyd Ormsand of the Army was a recent guest of his parents.

George Blanton of the Navy was a recent visitor in this community.

Hornace Ross of the Army was a recent guest of his parents.

William Carpenter of the Army was a recent guest of his parents.

Miss Billie Bonette of Orangeburg, S. C., spent the past week with Miss Lillian Roper.

Malcolm Patterson of the Navy is spending this week with his parents, Mr. and Mrs. Mark Patterson.

Jim Smith of the Army is on an extended visit to his wife, Mrs. Jim Smith.

Errell Welch of the Army returned to his base Sunday after spending several days with his parents.

James McDaniel of the Army is spending this week with his wife, Mrs. James McDaniel.

Miss Bernice Harrison is spending this week at Myrtle Beach.

William A. Cox of the Army was a recent visitor in this community.

Woodrow McIntire of the Army is spending this week with his parents.

Roy Fredell of the Army is spending this week with his parents.

David Owensby of the Civil Air Patrol, was a recent visitor in this community.

**MALARIA**

CHECKED IN 7 DAYS WITH

**666**

LIQUID FOR MALARIAL SYMPTOMS

Take only as directed

YOU'LL LIKE

**Liquid CAPUDINE**

for HEADACHE

- So Quickly Effective
- So Pleasant to Take
- So Easy on the Stomach

Use only as directed

**Dr. Mike J. Palmer**

**OPTOMETRIST**

Examination, Diagnosis, Glasses Fitted

10:00 A. M.—5:00 P. M.—Fridays Only

Up Stairs Over Kings Mountain Drug Co.

**Food For Kings**

That's the kind of food we keep in stock.

—BUY AN EXTRA WAR BOND TODAY—

**Blalock's Grocery!!**

PHONE 58

**Water & Light Bills**

**Were Due**

**On The First**

**PAY EARLY AND AVOID THE LAST**

**MINUTE RUSH**

Water and Light Department

**City Of Kings Mountain**

**GOOD** form equipment also includes the tools for handling finances. A checkbook can be mighty helpful for this purpose.

Deposit all of your income with us. Draw checks for all your expenditures. Then you will always have a complete record of money matters.

**First National Bank**

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**CONSTIPATION**

Is the cause of

**MUCH SUFFERING**

Constipation may cause no symptoms for a long time, but unless corrected will finally impair the health. Symptoms associated with advancing constipation are loss of appetite, heavily coated tongue, throbbing and neuralgic pains, headache, dizziness, anemia, and skin disturbances such as acne, are commonly experienced. In severe cases, neuritis and joint pains occur. Indigestion, with gas formation and colic, and loss of sleep frequently add to the discomforts of severe chronic constipation.

No matter how many other medications you may have tried for constipation, we urge you to try B-L PREPARATION, with the understanding that B-L PREPARATION must bring you satisfactory results or your money back. Caution: Use only as directed.

**Kings Mountain Drug Co.**

**Good Eating**

When a man eats with relish, it helps him work better. Give him appetizing foods from

**McCarter's Grocery**

W. King St. Phone 233

**Lowest Rates...**

ON AUTO LOANS AND FINANCING

"Don't Delay—Use the Home Way"

**HOME Finance Company**

Gastonia, N. C.

201 S. Broad st. Phone 2035

IN NORTH CAROLINA

More people drink Atlantic Ale and Beer than any other.

It must be...

**Good Taste!**

**ATLANTIC**

ALL BEER

Atlantic Ale and Beer

**WILL U. WORRY SAYS...**

**"Batteries are dying like flies!..."**



"Most people think of winter as the hard time on car batteries. But a lot of next winter's battery failures are being caused right now. Hot weather dries 'em out. Running dry they run down and can't be recharged.

"So what?...So take special care of your battery in hot weather.

See your Esso Dealer now. See that your engine ...churns...gears...battery...tires...all are protected against the serious harm hot weather can do!..."

Be safe, not sorry....see your Esso Dealer and **SAVE THAT CAR!**

**Esso**

care saves wear

STANDARD OIL COMPANY OF NEW JERSEY

**CITY SERVICE STATION**

Corner King & Battleground

Phone 222

**McGILL'S ESSO SERVICE**

Corner Piedmont & King. Phone 194

Washing, Greasing, Waxing.

**I. G. PATTERSON, Distributor**

Esso Products