

Order Your Goods from Us

If you really care for the best in merchandise and at reasonable prices you should come to our store and let us sell you. We have a large stock of goods and the best to be had. We are anxious for your business and will appreciate your trade.

CLOTHING

We have several suits that we are offering at reduced prices. We know we can save money for you if you are in the market.

SHOES

We are selling shoes now for about the price of shoes in wholesale lots. Shoes have advanced a great deal, but these that we are selling were bought early.

We beg of you to get our prices before ordering or buying elsewhere.

C. R. Brabham's Sons
BAMBERG, S. C.

Cut Prices on Tires

We have just received a large shipment of the famous

BRAENDER TIRES

and are able to offer them at the following very low prices:

Size	Price
30x3	\$ 8.80
30x3 1/2	11.75
31x4	17.90
32x3 1/2	13.50
32x4	18.35
33x4	19.15
34x4	19.50

These Casings are guaranteed 3,500 miles, and are the same grade as has been sold in the past for much higher prices.

We also carry a complete stock of Inner Tubes and can fill mail orders promptly.

Non-Skid Casings, 15 per cent. advance on these prices.

Terms: Cash with order.

BAMBERG AUTO CO.
Bamberg, S. C.

Ladies, Attention

We can save you from 15 to 20 per cent on your high boots

SEE US

Before Ordering

KLAUBER'S

"The Store of Quality"

IN YOUR NEXT ORDER TRY A CAN OF

COLUMBIA PURE COFFEE

GUARANTEED PURE

In One and Three Pound Tins

HERNDON'S GROCERY

Phone 24

Bamberg, S. C.

GIRLS and LADIES

MAKE HOOTON'S STORE YOUR STORE.

Always the newest and best in Dry Goods, Millinery and Suits

Hooton's Ladies Store & Millinery Parlor
Telephone 83-J Bamberg, S. C.

We especially call your attention to our line of

SLIPPERS

Which have just arrived. We are now in a position to suit all—ladies, men and children. We shall be glad to have you stop in and look 'em over.

H. C. FOLK

Satisfied with small profits.

We Can Beat the Mail Order Houses

We have been acknowledged as Leaders in Ladies', Misses', and Children's outfitters.

We bid for your business with the world's best merchandise and honest prices.

LaVerne Thomas & Co.

Telephone 41-J Bamberg, S. C.

Buy Goods at Home

We have all you need at lower prices than you can get from Kalamazoo to Constantinople. If you prefer trading with foreigners, we have with us "Sleigh" and "Buck," and they have at your call all you need to eat or wear—to dress up with or to work in. Patronize the old reliable.

RENTZ & FELDER

Bamberg, S. C.



THE Home Town Spirit is essentially the Christmas spirit. The more we patronize Home Interests, the more we invest our money in support of home trade, the more we are investing in the Christmas spirit which means Peace and Good Will. Are we investing in this Christmas spirit? If we are, the returns will be two-fold. We will get back double blessing. Every Christmas purchase in the home town means the building up of a community where conditions are prosperous and where poverty is practically unknown. In this way we pile prosperity on prosperity. We create values where they do the greatest good to the greatest number. Let us remember that the Home Town Spirit is the Christmas spirit. Let our home town spirit be the guiding star that will attract Prosperity, Good Times and Progress to our community.

IF IT'S A BLUEBIRD

"IT'S GOT TO BE GOOD"

THIELEN THEATRE

YOU NEED NOT

suffer the ill effects of a bad cold or gripe any longer. The speedy action of MAXTONE will do you more good in a shorter length of time than anything yet devised. Yes, every bottle is fully guaranteed. If you are displeased call for your money.

MACK'S DRUG STORE
Bamberg, S. C.

We have added to our line of Furniture and Hardware a complete stock of the famous

Columbia Grafonolas RECORDS AND SUPPLIES

When you hear the Columbia you hear the greatest artists.

Bamberg Furniture & Hardware Co.
Bamberg, S. C.

REDUCING THE COST OF LIVING.

Experts Figure That a Normal Man Can Be Fed on 25 Cents a Day.

The high cost of living has put cost experts to figuring on the relative value of foodstuffs, and they reach the conclusion that a man can be fed on 25 cents a day. They are putting the problem squarely up to the person who superintends the kitchen and by studying the appended table Bamberg housekeepers may be able to keep the family in better physical condition and at the same time reduce the size of the monthly grocery bill. Commenting on the results reached by the experts an exchange says:

Diet squads have been formed in both New York and Chicago and fed from kitchens conducted on the laboratory plan. Policemen and others fed according to scientific principles have demonstrated that it is possible to thrive on a well-balanced diet which costs only 25 cents a day.

These experiments have demonstrated that the people are suffering a needless addition to the cost of living through ignorance of food values. The housewife stands indicted with being, in part, at least, responsible for the high cost of living

because she buys food for one figure when she can get much better or less by the simple expedient of confining her purchases to simple and nutritious and wholesome foods.

Tests have demonstrated that 2,400 calories are required by adult of sedentary habits, that 3,500 of the magic little nourishers will suffice for a husky "cop," while a young child can get along on 1,500, and that by calorically schemed menus each adult member of the family can thrive on 25 cents a day.

The First Diet Test.

Daniel is the Old Testament character who started the modern cult of vegetarianism. Yet it is a matter of record that both he and his companions thrived on the very limited diet of pulse and water, that is, beans, peas and the like. While a captive in Babylon, he refused the king's dainties and wines and asked permission to prove by experiments that his diet was superior to that supplied King Nebuchadnezzar's table. His request was granted and at the end of ten days the countenances of Daniel and his friends appeared fairer, and they were fatter in flesh than all the youths who did eat of the king's dainties.

Food Analyzed.

A careful study of the table of val-

ues, it is believed, will tend to cause people generally to revise many of their notions about the nutritive value of the commoner foodstuffs. For instance the necessity of discriminating between skimmed and unskimmed milk, when speaking in praise of its high intrinsic value. Skimmed milk is of little value as a food containing only 14 calories to the ounce, while cream contains 126. While meats may be regarded as important in a well-balanced diet, ounce for ounce, they are lower units than plain white bread, cheese, eggs, oatmeal, rice, butter and a long list of nuts. In addition to this fact, they put a greater strain on the digestive organs than do many of the items mentioned above.

The Essential Point.

The essential point in food selection being the matter of increasing the number of calories or energy value per ounce, a Star man was fortunate after much inquiry elsewhere to unearth this very important data in the office of Dr. Chas. T. Nesbit, county health officer. These values have been worked out by chemical analysis and otherwise and the figures were prepared by the Arlington Chemical company, of New York. This table of food values is given below and it is believed that if careful

housewives will tack this list over their cupboard doors, put a pair of scales in her kitchen, weigh everything that comes in and make their purchases as far as practicable in accordance with tables of food values as determined by experts who have made a scientific study of subsistence they will be able to save no mean amount of money. The difference in cooking by guess and cooking by ounce is spelled in money. The average married woman who does her own cooking is a waster, but the colored cook is the king of all wasters.

What to Eat.

The most difficult problem which will confront the housewife in arranging her menus according to amount of calories contained in the diet list, is the matter of securing a high percentage of calories without any lack of variety. There is nothing the average man is so cranky about as the food he eats. Ever since the dawn of history people have been complaining about the lack of variety in their food.

Table of Values.

The table which is given below furnishes the housewives with a simple outline of the relative food values of various commodities; the figure opposite each article of food indicates its energy value per ounce in cal-

Beef	60
Peanuts	155
Lamb	62
Peanut butter	200
Veal	66
Peacans	220
Pork	88
Milk	20
Liver	38
Cream (45 per cent)	126
Bacon	14
Fowl	80
Condensed Milk	300
Duck	47
Butter	222
Oysters	15
Olive Oil	270
Clams	16
Cheese (American)	118
Ham	65
Egg (one)	70
Mutton Chop	103
Bread (white)	70
Shad	45
Rice	98
Orange	130
Apple	14
Macaroni	100
Cocoa	140
Brazil nuts	188
Dates	90
Walnuts	224

Read The Herald, \$1.50 a year.

GEORGE ADE.

Humorist Tells How He Feels at Age of Fifty.

"Oh, very well! We have come to a crossing and we must hop it," writes George Ade, in the American Magazine. "I am fifty years old, and it almost chokes me to say it, because it was only night before last that someone told me I was a rising young author who would be heard from in time.

"I could see myself at fifty. Bearded, of course. Probably in congress. Certainly wearing the dark regalia of a learned profession.

"Instead of which, here I am in plaid knickers, trying to control my mashe.

"As for my failure to represent the Tenth district, I have seen congress and I am reconciled.

"For a grand total of forty-five years I have been revising my judgments and watching the parade.

"What a privilege to happen along just when things are eventuating? All the early regrets at having missed the civil war are forgotten, now that I have lived to know Theodore Roosevelt and watch the stupendous show in Europe."