CORE MUSCLES

surprising relief.

If you want money

for your real estate-

see, write or wire us.

GLOBE REALTY &

AUCTION CO.

Johnson City, Tenn.

Vacations are often

spoiled by screness re-sulting from outdoor

with Vicks often gives

A good massage

IS THE GULF STREAM CHANG. ING ITS COURSE?

Recently we told of the effect on the earth. At the present time, i is playing havee with our weather In the artic regions, for instance but other portions appear to be get ting coree. In the Greenland sea north of Europe, milder weather and less ice that ever prevailed last win ter, while in the Behring sea and hie regions north of America unus nally heavy ice was reported.

The Gulf stream has now bee-traced some 2500 miles north o Mammerfest, Norway - indicating that it has pushed further north that formerly great masses of ice wer found there are now bare piace Glaciers formerly extended far in to sea about the island of Spitzher gen, 2,000 miles north of Norway The appearance of warm weather hes brought about great changes in the flora and fauna of this part of the artic. The whitefish have disappeared from Spitzbergen waters and the seal catch is far under the aver age. Herring and smelt are now found in abundance. The tempera-ture of adjacens, waters is much

To continue to the, absormally heavy is is reported in the Bearing see and the western artic. This causes the weatest burnar to for-Japan. The tee indirector centrals the Japanese food camer to a sarry

FOLLOWING SPRING TO A The festive Fy will soon or FAREWELL

a of mature to this part of the The little skeeter with his bill, outry, left its inscript and passed will done along t oget ins fitty, but it is within the possibilities. And every other possibilities for Charlotte people, by hopping that an automobile and heading for the Anonymous. mountains, to overtake Spring in the course of a sir-hours drive. The to-kens are seen from afar, because only the slightest frings of green has. The man who wins is the man who developed in the woods, against the does. Black background of which the loca. The man who makes things him and tion of the dogwood is betrayed in the of white blossoms. The apple The man who works and the man trees are blewise in full bloom, and a who acts. the combination of degreed in the Who builds on a basis of solid facts. All salesmanship that is worth any woods and apple in the orchards, Who doesn't sit down to mope and thing is based on confidence. gives a brightened aspect to the landscape. It is in the region of the 2.- But humps ahead with a force oou-fect levels, that Spring is this steam; week to be overtaken. In another Who hasen't the time to fiss and fre your own sal week it may be followed to the sec- Bu trets there every time—you bet! to be raised. tion where it makes its last stand. The man who wins is the man who and where it is lost overnight in the! sweeping-in of Summer. That see A smile to cover his burden of cares; tion embraces what has been com- Who knows that the san will shine monly referred to as the Lost Provinces, where the valleys are 2,000 That the clouds will pass, and we tect above sen level and the mountams tower into altitudes of 6,000 Who backles down to a pile of work, guanty Pancey, Avery, Mitchell and Shirk.
Watauga counties, the breath of Till the task is done and the foll Spring is as yet only the finitest made sweet acplyr and of our momentary lura. While the temples throb with the red tion, and it is here that the devotes? may give Spring the final farewell at! The man who wins is the man who a time when the good old Sammer!

START SOMETHING

-Charlotte Observer.

Boost your city, boost your mends, Boost the lodge that you attend, Boost the street, in which you're

Boost the goods that you're selling

Boost the street around about you. They can get along without you. But success will quickly find them, If they know that you're behind them afternoon in a fast game of ball, the

Poost for every forward movement. for every new improvement, the man for whom you labor, the stranger and the neighbor.

se to be a chronic kicker. Cease to be a progress blocker. Boosting helps us to ascend, To the portals of wise men.

-Anonymous

SCHOOL BOY'S COMPOSITION ON THE GOOSE

The goose is a low heavy-set bird, composed of meat and feathers. His head sets on one end and he sets on the other. He cannot sing much on account of the dampness in the mois ture in which he lives. There am't no between to his toes and he carries a toy balloon in his stomach to keep from sinking. A goose has two legs and they are set so far back on his running gear that they came pretty near missing his body. Some geese when they get big are called Ganders Ganders don't have to set or hatch, but just loaf, eat and go swimming. If I was a goose I'd rather be a gan-

The Interboroug Rapid Transit mount of New York City is paint as its elevated cars a golden red o'er, with black read and blue ht The metropolitan press dethem beauteful.

Though the color scheme is more

ance of different cities consolidat- ness ed all the trolley lines they had the cars painted the same color. They were imbuned with high-fluancial same interests.

The olive-green color is the most conomical, as it does not show dust or dirt zo clearly as other colors. But it is dark, and is not a safe color for pedestrians. Orange yellow is Bright and makes cars visible, even at a dis-

The Interborough's innevation is worth while. City streets will look none picturesque with multicolored surface and elevated cars. As in the lain colors so as to signify the routes er which they go, and this would serviceable orgumentation. - Ex.

SPRING

That little cases will go to work,

Yo tickle built heads with his snow. {Naturity words mon's lips will andreh he waves by ath of Shumis come successing at the dies in chareft

-Anonymous

THE MAN WHO WINS

who acts. the combination of dogwood in the Who builds on a basis of solid facts,

dream.

wears

again.

need the rain.

fet and over. Here, in Ashe, Alles And never gives up an dnever will

blood heat.

sun is beating down upon Charlott, The Indice of life to the Cheery

chimes Of the bells of later, the bells of

And isn't afraid his skin will spoil

san And works in the light till the task

engine with triple beam, And a hundred and fifty pounds of steam.

The Appalachian Training School defeated Granite Falls Wednesday score being 6 to 10 in favor of the Appalachian Training School, Another game was played Thursday afternoon, that is it was started but due to some argument the game was when it called off .- New-Topic

J. S. Barlow has returned from auga Furniture and Lumber Company .- News-Topic

Accept No Substitutes Thedford's

Purely Vegetable 题 Liver Medicine of sale. F.9 00 1000000000000000

NEW YORK'S IDEA OF BEAUTY RUSSIA IS AGAIN AROUSING from 4,000 to 5,000 feet elevation. "These faint streaks of moonight ANGER OF SWISS LEADERS

Russia has riddled Lausanne with Soviet shot mean and aroused the naget of Swiss statesmen, who pride ares the decoration of the cars a them eives on their country's imparhearing soil to be an atternal to make training and hospitality. Official Switzerland regards with gravity Rosin's complain tmade today in M. targer than beautiful, the peneral Vorovsky's public statement, that by public will be pleased with jos and preventing the arrival of a Rusian every effort to make invoyances course, at Lausaine the Swiss Con-ook bright and clear. We are seen following and so in a conflict between Russia and cermany lemon and white car, that we tain of the great powers and there could welcome almost any deviation, fore had abandoned with distoyalty when the gentlemen of high fi-

The whole controversy goes back to the original decision of the powers to invite Russia to Lausanne Con oride, in that the colors signified that ference only for the discussion on the all of the cars were owned by the Straits and not in any way to participate in th egeneral peace dis custions with Turkey. Russia be-Near Eastern conversations; she opposes the S'exits convention drafted by the Albes with Turkey but con tends that as the Straits treaty has not we theen signed she has a perfeet right to be at Lausanne.

Swiss officials explained tonight hat the Federal Council gave all necessary facilities to all the deleuntions during the first conference

Uncommon SENSE JOHN BLAKE

SALESMANSHIP

WHITHER you are taking orders for threshing nuchines or life insurance, or drawing a salary of ten

you are selling your own.
You will sell threshing machines or life insurance faster if you know something about them, and believe in

You will sell your own services for a higher price if you believe in yourself.

If the merchandise you offer is not worth the price you ask for it, you can't be sincere in your efforts to dispose of it.

And if you do not absolutely know

that your services are worth more than you are getting for them, you will never be able to get more.

You will find it hard work to con-

vince people of anything you do not believe yourself. Before you make any effort to raise

your own salary be sure that it ought

Compare yourself with other people doing the same work for the same wages.
If they are better than you are at

the job, don't ask for a raise until you have made yourself better than they

Your hands or your brains are the commodity you have to dispose of. Make them just as efficient, just as

productive as you can. Discover and eliminate the faults that keep them from doing their best.

Work, study, practice—bring yourself up to a higher point of usefulness. Then when you begin to talk about getting more money you will have an afgument.

Believe in yourself thoroughly and other people will believe in you.

But remember that you rannot sin cerely believe in yourself unless you And isn't afraid his skin will spoil are convinced that you can really pro-if he faces the shine of the glaring duce more than the other men who are doing the same kind of work.

> CONTINENT WITHOUT STOP

(by John Bluke.)

(Continued from page

8:00 p. m. over Terre Haute, Ind. 16:15 p. m. over St. Louis, Mo. 1:00 a. m. (Thursday) over Kan-

sas City, Mo. Here the plane was swallowed by the darkness and was not heard from definitely until after dawn, when it was reported over New

Later a report was received from Arizona and then E. Centro, Cali-Boone to his home here. Mr. Barlow fornia, flashed the word that the installed the new plant for the Wat aviator, had passed over there at eviators had passed over there at 11:22 a. m. (coast time, flying at

NOTICE.

NORTH CAROLINA WATAUGA COUNTY G. M. Sudderth, Administraton

> Fred Coffey et al Heirs at law of Geo. Coffey, deceased.

Having been appointed a Commissioner by the Clerk of the Superior Court of Watauga County, I will on June 9, 1923 offer for sale at the Court House door, in Boone, at one o'clock p. m., the lands situated in Watauga township and known as the Geo. Coffey lands consisting of about 20 acres, said lands bounded by the land of Hill Wright and others.

Terms to be announced upon day

G. M. SUDDERTH.

nde in about an bow.

ope to attempt next year, they and on the operkirts of Tocumari. It we sanced in a statement tonight.

other breaking in.

elly, "we could not seem to get the ing over the mountain ranges. flew for more than 20 miles at allitude less than 400 feet.

caking for, unless we could repair in flight, we would be forced to talling a new one.

"He succeeded and a load was liftfrom our hearts when the regulaagain began to function

MacReady took up the story:

From that moment the flight be operating at 90 per cent of its horsepower after we had cleared New Jersey lanes

touching Dayton, Ohio, 560 orline from New York, we nd for St. Louis, thence weered Tecument, N. M. We were fivon altitude of 2,000 feet when the cought as new Indianoplis. Approximately 50 miles from Bedeville, Illinois, we were thrilled the sight of a huge beam of light opering up through the clouds was a beacon atoms a rocky and dollars a week, you are a salesman. dangerous shore to us, for otherwise in the first instance you are selling intense darkness prevailed and we occured shore to us, for otherwise Somebody else's product in the last were trusting solely to our compact you are sailing your own.

You will sell threshing machines or "Aided by this beam of light."

which we knew came from Belleville we continued straight as an arrow for the Missouri river. A light rain ran to fall when we crossed the Missouri line, a condition we were pre pared for on account of the cloudy weather in Indiana and Illinois. the Mesouri-Kansas line, while travelling at an altitude of 5,000 feet, we sighted moonlight flitering through cloud holes. It gave us a

feeling of security.

'n clanding at Rockwell field was were all that we sighted of the heade in about an bout.

The aviators hardly had made Welly cas at the wheel. Dawn we ser record before they were laying just breaking. Kelly gave a show e and for a more ambitious flight - loy when, on looking over the sidor around the world. This they of the co kut he sped the ceme-

a land mark we knew." After Kelly and Mackenaly had red some food they told their story, were 13 kg in day ight over a se was a composite narrative, first tion they knew well from their pre nutting in a sentence or two and vious flight and the plane, lightened of much of its early burden of fuel. When we left New York," said did all that was asked of it in climbpower out of the Liberty engine, considered that part of the trip so easy they barely commented on it.

MacReady and Kelly said they ex-Over New Jersey the voltage changed positions at the steering gulator went out. This was heart-gear every six hours except while crossing over the Arizona forest. Then they exchanged frequently, partly to rest and partly to arrange wheel MacReady set desperately their schedule so that MacReady work taking off the swithch and would handle the controls in making would handle the controls in making the landing here.

The aviators said they would remain here in the hope of establishing a new world duration record of at least 48 hours. They will make that effort some time this summer. They expect to remain on duty at me a pleasant prospect for us, and Rockwell field until next spring, encountered no further mechani- when they plan to go east to pre trouble. The Liberty motor was pare for their attempt to fly around the world.



F. M. Richards, BANNER ELK W. H. Gragg,

Insurance-Fire, Life and Casualty

> All new business and expiring policies promptly at-tended to. Adjustments promptly made.

GEORGE F. BLAIR BLOWING ROCK, N. C. (Office in Postoffice Bldg)

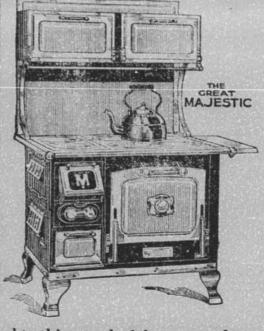
YOU ARE INVITED TO

the teeth clean,

breath sweet,

appetite keen.

The Great American



Great Majestic Ranges

EXHIBIT OF

A factory representative will be on hand to show you the many new improvements add-

ed t othis wonderful range and to extend the manufacturer's offer of a free set of beautiful Cooking Ware

Do not miss this event it will be both pleasant and profitable. ONE WEEK ONLY **MAY 14TH TO 19TH**

