

### BROADWAY NEWS LETTER

BY MRS. S. H. ROSSER.

#### Pastor Expresses Appreciation.

There are poundings and "poundings." Sometimes poundings are administered with sticks or staves. Some times they are a kind of punishment. Sometimes they are not even called poundings but "showers." That is the kind of pounding I am referring to—the kind that is administered not with sticks but with every kind of good things one could think of in the line of groceries. And that is the kind of pounding I received on last Thursday night immediately following the Bible Reading class at Broadway. On opening my car door when I started to leave I was very much confused. I knew that I had left my car empty and now both seats were full of packages of various sizes and shapes. Upon calling to some members of the class for an explanation, I was informed that the Bible Reading class had pounded me. I hope that they did not consider my silence a sign of ingratitude. I was so filled with emotion at the kindness of these good people that words just wouldn't come. When I reached home and told the good news to my wife, she too shared my feelings about the matter. Both of us found it difficult to express ourselves as our hearts were just too full. We could only breathe a prayer of thanksgiving to the Heavenly Father who put it into the hearts of his people to help us in this way. We continue to pray God's richest blessings upon each and every one of you.

REV. J. S. COOK.

#### Fiddlers' Convention.

On Friday night, March 9th., the Hospital Auxiliary of the Lee county hospital will sponsor a Fiddlers' Convention which will be held in the school auditorium at Broadway. Musicians everywhere are invited to enter this contest and add to the evening's entertainment and help the hospital fund as well as compete for a prize. Prizes will be awarded as follows: Best fiddler, \$1.50; second best fiddler, \$1.00; best guitar, \$1.00; second best guitar, 75c; Best banjo, \$1.00; second best banjo, 75c. Best dancing, \$1.00; second best dancing, 50c; Best band, \$1.00; second best band, 50c.

From the local papers everyone knows that the hospital is badly in need of funds. The Hospital Auxiliary takes this method to give a large number of people an opportunity to contribute to this cause as well as to get an evening full of entertainment. Admission 10 and 15 cents.

#### Broadway School Honor Roll

The following is a list of the children who made the honor roll the fifth month of school:

Grade 1: Mayo Rossor, Teacher: Edith McNeill.

Grade 2: Gaynelle Seawell, teacher: Letcher Rossor, Doris Gaster.

Grade 3: Pauline Hayes, Teacher: Mack Harrington, Yandie Dickens, Virginia Williams, Louise Sloan, Eva Belle Thomas.

Grade 3: Margaret Gunter, teacher: Iris Thomas, Kurtie Lett.

Grade 4: Marie Kelly, Ross Pittman, J. P. Maddox, Mary B. Dalrymple, Jewel Thomas.

Grade 5: Mae Crumpler, Teacher: Helen Briggs, Earlean Beasley, Minnie Lee Boggs, Cleo Kelly.

Grade 5: Elizabeth Edwards, teacher: Rosie Patterson, Britton Kelly, Edith Taylor, Almada Hughes, Linda Hunter.

Grade 7: Beulah Thomas, teacher: Genevieve Patton, Mabel Thomas, Eula Lett, Annie Laurie Harrington.

Grade 8: Mrs. Carlos Thomas, teacher: Johnnie Thomas, Norma Womack, Mary Carroll, Edgar Lett.

Grade 9: Mildred Campbell, teacher: Altie Hunter, Mildred Womack, Laurie Wood.

Grade 10: M. A. McLeod, teacher: Jordan Sloan, Marguerite Thomas, Nobe Thomas, Allie Kelly, Mattie Mitchell, Minerva Kelly, Annie Elizabeth Thomas.

Grade 11: Alton Stone, Wilbur Taylor, Lucile Chandler, Geneva Gunter, Verlie McNeill, Edna Rives, Mary Elizabeth Shaw, Lenora Thomas.

#### Demonstration Club To Meet.

The regular meeting of the Home Demonstration club will be held Friday afternoon at 2 o'clock at the home of Mrs. S. V. Stevens. The topic for study this month is "Color and Cheer." This is a subject which will be of interest to everyone and it is hoped that every member of the club will be present.

Mr. and Mrs. J. C. Jones and family and Mr. and Mrs. Wade Jones, of Sanford, spent Sunday with Mr. and Mrs. Ralph James, of Durham. Mrs. James, who was formerly Miss Ethel Jones, has been critically ill at her home in Durham. Her condition Sunday was somewhat improved.

Mrs. W. R. Cranford, of Lillington, spent last Thursday at the home of her mother, Mrs. G. M. Harrington.

Miss Hazel Thomas, of Jonesboro Route 2, spent last week end at the home of her grand mother, Mrs. Lala Gaster.

Mr. J. Gattis Thomas had the misfortune early one morning last week to lose by fire a brooder house and 400 four-weeks old chickens. The house was one of the furnace type and since it had always given complete satisfaction it is not known how the fire originated.

Mrs. W. J. Cameron and son, Dan, of Jonesboro, spent Sunday night at the home of Mr. S. H. Rossor.

Mr. G. T. Chandler made a business trip to Charlotte last week.

Miss Beulah Thomas visited her people at Cameron last week end.

The Bible study class of the Presbyterian church met Monday evening at the home of Mrs. S. V. Stevens.

With Mrs. Stevens as leader, a very interesting study of Psalms was held.

Miss Alta Dewar spent last week end at the home of her parents at Kipling.

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THIS NEWSPAPER PURCHASES THE WANT ADS AND COPY SERVICE CUTS FOR EVERY USE IN DISPLAY ADS!

### LOOKING BACKWARD

A custom of reprinting items published in The Express in years past is this week being revived in the hope that the column may be of interest to both young and old members of our community. Any comment, both pro and con, will be most highly appreciated.

A term of Superior Court in North Carolina would not be complete without horse-traders. They were on the ground and ready for business when Lee county court opened on Monday morning.

Some of the citizens of Sanford and Lee county have kept the road between here and Raleigh pretty hot since the Legislature convened. As the Legislature adjourns this week they will take a rest.

Mr. W. F. Cheers left the first of the week for Abitmore to purchase a stock of jewelry. He was accompanied by Mrs. Cheers. They expect to stop in Washington up their return and attend the inauguration.

The Jonesboro Dewberry Growers' Association will have about 40 acres in dewberries this year. Some of the members of the association put out their plants last fall. Others are putting out theirs this spring. The land about Jonesboro is well adapted to the culture of dewberries. Should those who cultivate dewberries succeed with the crop this year, others will no doubt join the association.

A gentleman from Pennsylvania, was in Lee county last week prospecting with a view to buying land to engage in the raising of scuppernongs. He expects to raise these grapes to be shipped to Northern markets. He has a brother engaged in scuppernong culture at Spout Springs. They find that these grapes can be successfully shipped to the Northern markets and that there is a demand for them at good prices. Should these Pennsylvanians make scuppernong raising profitable it will be an encouragement to others to plant vineyards and ship their product.

It is the opinion of lawyers and others that Lee county has one of the best and most conveniently arranged court houses in the State. They all pronounce it a handsome building.

It was the impression that when the State prohibition law went into effect the revenue forces would be reduced as the work of destroying blockade stills would be left mainly to State officers. The blockade became more active and felt more secure in their work. However, they have had a rude awakening, both the revenue and State officers are becoming more active and stills are being torn up right and left all over the State and the offenders are catching it heavy.

The Howard Commission Company has purchased two lots from the Bank of Sanford in rear of the Banking, Loan and Trust Company on the Seaboard Air Line Railway and will at once begin the construction of a large warehouse. They will have a sidewalk built so that cars can be unloaded directly into the warehouse.

#### Women who are Rundown

This is the experience of Mrs. J. W. Peterson, 908 N. 6th St., Wilmington, N. C., who says: "I could hardly bear the pain in my left side. I also had backache and headache, was hardly able to be up, but when I had taken two bottles of Dr. Pierce's Favorite Prescription I had no more pain or discomfort. I looked and felt very much better and since then have enjoyed the best of health." New size, tablets 50 cts., liquid \$1.00. Large size, tabs. or liquid, \$1.50. "We Do Our Part."

The skating rink in the Scott building has been crowded for the past few nights. Married people, young ladies and young men and small boys and girls crowd each other in the whirl from the time the doors are opened till time to close the rink. Some of the skaters have become experts at the business and can give fancy stunts in skating. About as many spectators go to the rink as skaters.

Mr. H. A. Avent, who was injured in the hips by a fall which he received while inspecting lumber at a mill near Moncure Monday, was brought to this place on No. 41 Tuesday evening and carried to his home in Jonesboro. It is hoped that Mr. Avent will soon be out again.

### For Fastest Known Relief

Demand and Get

### GENUINE BAYER ASPIRIN

BECAUSE of a unique process in manufacture, Genuine Bayer Aspirin Tablets are made to disintegrate or dissolve—INSTANTLY you take them. Thus they start to work instantly. Start "taking hold" of even a severe headache, neuralgia, neuritis or rheumatic pain a few minutes after taking.

And they provide SAFE relief for GENUINE BAYER ASPIRIN does not harm the heart. So if you want QUICK and SAFE relief see that you get the real Bayer article. Look for the Bayer cross on every tablet as shown above and for the words GENUINE BAYER ASPIRIN on every bottle or package you buy.

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GENUINE BAYER ASPIRIN DOES NOT HARM THE HEART

## Colgate Scientist Shows Sleep Improved By Choice of Foods and Bedtime Snacks

THE type of food eaten before retiring has an important influence upon the quality of both child and adult sleep, according to the findings of Dr. Donald A. Laird who has just completed a five-months sleep investigation at Colgate University where he is Director of the psychological laboratory.

The sleep of children was improved 12 per cent by substituting for their ordinary supper a light supper in which the main dish consisted of the familiar, easily digested corn flakes and milk. Adults who like to raid the pantry just before going to bed now have scientific sanction for their habit, for a bedtime snack consisting of the same easily digested food improved their sleep almost 6 per cent.

Eight children between four and a half and eight years, and eight adults were used by Dr. Laird as subjects for the investigation. A complete record of each night's sleep was obtained by a number of delicate scientific instruments, including the new somnokinotograph, the most delicate sleep recording instrument known. The instrument was developed at the Colgate laboratories.



The recording instruments on the subject's bed are read by Dr. Laird in the morning. From left to right: the thermograph charts the temperature of the sleep chamber; the kinetometer shows on its dial the total inches the top of the mattress has been moved by the subject during the night; the chronokinometer registers the exact number of minutes and seconds the subject was moving while in bed.

(Left) Little Lorna MacQueen, one of the child subjects, is intensely interested in the record written by the somnokinotograph which Dr. Laird explains to her. The instrument is connected with the beds of the sleepers and registers on the strip of paper just when and how much the subjects moved.

In the studies of adults the same tendencies were shown, although the difference was not so great. After a hard-to-digest late supper, the adults' movements were 6 per cent more than when no food was taken before retiring. After the cereal bedtime snack they moved almost 6 per cent less than when no bedtime food was eaten.

The studies of child sleep were conducted in the children's homes, while the adult sleep study was conducted in the recently completed sleep laboratory.

**Proper Food Important**

"Children," Dr. Laird said, "usually go to bed soon after eating their suppers. Sufficient data already existed to show that child restlessness during sleeping hours is frequently due to failure to digest properly the evening meal. In our studies with children we were concerned with discovering to what extent this restlessness could be overcome by giving them only the more easily digested foods for their last meal of the day.

"In conducting the study of adult sleep we were confronted by a different problem. The average adult goes to bed at a time when his stomach is practically empty of the foods eaten at dinner. An empty stomach is subject to rhythmical hunger contractions. There were grounds for believing these contractions to be strong enough at times to cause restless sleep. We sought to discover to what extent we could promote more restful sleep by a light snack before retiring.

"When a light cereal supper of corn flakes and milk and easily digested accessories was eaten, the children moved 26 per cent less than when a supper with selected hard-to-digest foods was used, and 14 per cent less than when they were given the suppers they were accustomed to in their homes. All of the children gave the same results, differing only in magnitude. All showed more movements after the hard-to-digest supper and fewer after the cereal supper.

"It is apparent that the food eaten at the last meal before retiring has a marked effect upon the quality of the sleep of children, and

# ..Progressive Stores..

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'NORTH CAROLINA STORES FOR NORTH CAROLINA PEOPLE'

## SPECIALS—FOR FRIDAY AND SATURDAY, MARCH 2nd & 3rd

# HILL CITY FLOUR

98 POUND SACK, \$3.45    48 POUND SACK, \$1.75    24 POUND SACK, 89c

Two in One Shoe Polish    10c    Gold Dust, 5 Packages for    11c

Royal Aster Shortening, 4 POUND CARTON    31c  
8 POUND CARTON    59c

Maxwell House Coffee, Pound Can    29c    Jello, All Flavors, Package    6c

Swans Down Cake Flour Package    27c    E. J. Peas, No. 2 Can    10c

# PINTO BEANS, 10 Lbs.    54c

PINEAPPE, No. 2 Can Broken Slice, 2 for    25c

SILVER NIP GRAPEFRUIT JUICE, No. 2 Can    12 1-2c

Sunbrite Cleanser, 4 cans    19c    Palmolive SOAP, 4 cakes    19c

SUNDRIED APPLES, LB.    10c

Salt MULLET, 3 pounds    25c

Gorton's Fish Roe, 10 oz. cans    25c

3 for    25c

Carnation Milk, 3 tall cans    19c

Sardines, 3 cans for    10c

Royal Gem Corn, No. 2 can, 3 for    25c

BRAZIL NUTS, LB.    10c

PECANS, Pound,    10c

### FRESH FRUITS AND VEGETABLES

POTATOES, 8 POUNDS,    25c

LETTUCE, Large Head, 2 for    15c

Fresh TOMATOES, 3 lbs.    25c

Texas SPINACH, 2 lbs.    15c

CARROTS, 2 bunches    15c

BEETS, 2 bunches    15c

Winesap APPLES, dozen    15c

GREEN CABBAGE, 4 Pounds,    11c

BANANAS, POUND,    5c

### THE BATTLE OF THE PALMS

By Stookie Allen.

PRIMO CARNERA CHAMPION—AND NOW A FIRST CLASS FIGHTING MAN.

TOMMY LOUGHRAN THE RINGS WONDERS MAN AND CHALLENGER FOR THE CROWN.

WILL THE GIANTS PIONEER FIST BEAT THE PHILADELPHIA ADONIS DOWN? THAT'S THE BIG QUESTION.

STOOKIE ALLEN

TOMMY LOUGHRAN, wonder man of the ring who has successfully engaged such giant battles as Vittorio Campolo, Max Baer, Ray Imbottino and Jack Sharkey, meets Primo Carnera, man mountain world's champion in the Madison Square Garden Stadium at Miami, Florida, Wednesday, February 22. This match, "The Battle of the Palms," is for the benefit of the American Legion, Harvey W. Seeds, Post No. 22, Cooperating with the Florida National Guard, 28th Infantry.