

JOHN JOSEPH GAINES, M.D.

A REVIEW

Within the last week I have had quite a patronage in "blood pressure cases." In this particular interval, all the subjects were ladies. I could not help noticing similarity that was almost uniform. All were women past middle age—60 and beyond. All were of stout build—170 pounds or over, in weight. All except one-a Jewesswere farm dwellers. All except the Jewish lady were of fair complexion. Most all were of German extraction, liberal feeders. All except the city woman had reared large families of children. And all of them, without exception, carried their high tension without kidney disease.

It is very common these days to encounter cases of high blood-pressure, the kind that produces hemorrhage in the brain, and, paralysis, if not sudden life ending. Hence the subject is of rather keen importance, both to patient and physician. First of all in the treatment the cause must be sought

My habit is, first, to test for kidney disease, that being in many cases coincident with high arterial tenson. If not "kidney trouble," what then? Well—are the arteries hardened? Or, is there evidence of a chronic liver derangement? How about the spleen, the largest of the ductless glands? Is there any focus of infection by harmfu germs? What of the elimination by bowel and kidneys? Is the colon functioning? The heart? The voluntary and sympathetic nervous systems? Lastly the blood-condition as to viscosity, and its power to properly feed the muscular system, which includes the heart itself. Diet? Regulate it according to need, not routine.

We are progressing-slowly, it may be-and thoughtful patients certainly aid the physician. That's the "why"

ROWAN COUNTY PUBLIC MARKET

Butter, pound	25c
Buttermilk, gallon	
Sweet milk, quart 12 1-2 and	15c
Sweet milk, quart 12 1-2 and Cottage cheese, pint	10c
Cream, pint	
Eggs, dozen	25c
Fryers, alive, pound	25c
Hens, alive, pound	18c
Hens, dressed, pound	

IF I got constipated, I would get dizzy and have swimming in my head. I would have very severe headache.

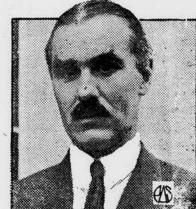
"For a while I thought I wouldn't take anything-maybe I could wear out the headaches; but I found they were wearing me out.

"I found Black-Draught would relieve this, so when I have the very first symptoms, I take Black-Draught and now I don't have the

headache. "I am a firm believer in Black-Draught, and after using it 20 or more years, I am satisfied to continue its use." -F. E. McKinney, Orange Park, Fla.



New Japanese Envoy



Joseph C. Grew, former Ambassador to Turkey and a member of the American diplomatic corps since 1904, has been named Am-bassador to Japan, succeeding W. Cameron Forbes

Cured hams, pound	3
Side meat, pound	1
Sausage, pound	2
Shoulder, pound	1
Pudding mush, pound	1
Pudding meat, pound	
Corn meal, pound	
Dry beans, quart	10 and 1
Butter beans, quart	
Cabbage, pound	
Carrots, bunch	1
Collards, bunch	7 1-
Mustard greens, pound	7 1-
Dry onions, pound	and the same of th
Irish potatoes, pound	2 1-
Sweet potatoes, pound	2 1-
Spinach, pound	1
Turning bunch	1
Turnips, bunch Turnip greens, pound	7 1-
Green onions, bunch	1
Peanuts, quart	
Vinegar, gallon	3
Field peas, quart	1
Horse radish, pint	3
Cotton	6 3
Cotton	6 .

The way to get things done is to have a good assistant.

If the little jobs are well done, there

Having	NOTICE qualified	as A	dministra	tors of	
estate of					
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covery. P	ersons in	debted	to said	estate	ar
notified t	o make r	rompt	settleme	nt.	
This Ja	n. 28, 19	32.			

J. M. WAGGONER, Atty.

NOTICE OF RE-SALE OF REAL PROPERTY Pursuant to an order of the Superior Court of Rowan County made in the matter of the

Pursuant to an order of the Superior Court of Rowan County made in the matter of the sale of the Jas. C. Redwine and wife, Zelma Redwine property by Ira R. Swicegood, trustee, the undersigned trustee will, on THE 13th DAY OF FEBRUARY, SATURDAY, 1932, at 12:00 NOON, at the Courthouse Door in the City of Salisbury, N. C., sell at public auction to the highest bidder for cash, the following described real property, to-wit:

Beginning at a stake, Redwine's corner on Hege's line, thence with Redwine's line N. 87 deg. W. 924 feet to a stone, Redwine's corner; thence S. 4 deg. W. 200 feet to a stone in the road, Redwine's corner. thence N. 87 deg. W. 295 feet to a stake, G. D. Redwine's corner; thence S. 16 deg. E. 1562 feet to a stone, Redwine's corner; thence S. 4 deg. W. 888 feet to a stone on George Overman's line; thence with Overman's line S. 87 deg. E. 400 feet to a stake on B. F. Whitaker's line; thence with Whitaker's line N. 4 deg. W. 396 feet to a stake, Whitaker's corner; thence N. 17 deg. E. 155 feet to a stake, Whitaker's corner; thence N. 17 deg. E. 155 feet to a stake, Whitaker's corner; thence N. 17 deg. E. 155 feet to a stake, Whitaker's corner; thence N. 16 deg. E. 1188 feet to the beginning, containing 40 acres, more or less.

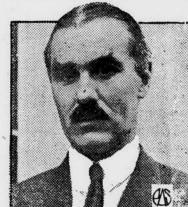
This sale is made subject to all outstanding taxes and bidding will commence at \$1155.00.

This the 27th day of Jan., 1932.

NORTH CAROLINA,
IN THE SUPERIOR COURT
ROWAN COUNTY.
Willie Hollar, Plaintiff,

Willie Hollar, Plaintiff,
vs
Earl C. Hollar, Defendant.
NOTICE
TO EARL C. HOLLAR. DEFENDANT:
You are hereby notified and you will take notice herefrom that an action entitled as above has been instituted against you in the Superior Court of Rowan county in which your wife, Willie Hollar, seeks an absolute divorce on the ground of adultery.
You will further take notice that unless you appear before the undersigned Clerk of Superior Court of Rowan County at his office in Salisbury, North Carolina, within thirty days after the publication of the last notice hereof as required by law, and answer or demur to the complaint to be filed by the plaintiff the plaintiff will be granted the relief demanded in her complaint.

R. R. HAWFIELD, Attorney for Plaintiff.



_		-
	Cured hams, pound	30
	Side meat, pound	18
1	Sausage, pound	20
	Shoulder, pound	18
I	Pudding mush, pound	10
1	Pudding meat, pound	
	Comment mound	2
	Corn meal, pound	15
-	Dry beans, quart 10 and	1)
	Butter beans, quart	1)
	Cabbage, pound	4
	Carrots, bunch	
1	Collards, bunch7	1-2
7	Mustard greens, pound 7	1-2
	Dry onions, pound	5
1	Irish potatoes, pound 2	1-2
	Sweet potatoes, pound 2	
i	Spinach, pound	10
•	Turnips, bunch	10
	Turnips, bunch 7	1-2
)	Green onione bunch	10
)	Peanuts, quart	
	TT: 11	30
7	Field peas quart	10
,	Horse radish, pint	30
-	Cotton	3-
		-0.

c. L. RODGERS and G. T. BROWN, Administrators of Mrs. Laura A. C. Josey

standing taxes and at \$1155.00.

This the 27th day of Jan., 1932.

IRA R. SWICEGOOD, Trustee.

Jn.29-Fb.5.

lief demanded in her complaint.

Witness my hand and the seal of the Superior Court of Rowan County, North Carolina, this the 28 day of January, 1982.

B. D. McCUBBINS,

Venus Hasn't Cussed In His Life And He's Now Over 80 Years Old, He Declares In Article To Watchman

Venus is over eighty years old and never said a profane word in all his life if you can beat it, trot out your

Here is a letter we just received: Mr. J. T. Wyatt: Inclosed find 25c for which send me some of your Eczema salve. Yours respectfully yours, W. C. Blalock, Oakboro, N. C., Rt. 1.

When twenty-five thousand families send J. T. Wyatt one dollar each a lot of little children will be cured of Eczema with his salve.

Send 25c to J. T. Wyatt and get some Eczema salve and don't let your baby and little ones cry, scratch and suffer when this will stop it as soon as applied.

J. T. Wyatt will buy all your Confederate money and pay more than

Everybody here reads The Carolina Watchman. Venus got 25c today for some Ec-

zema salve. We are having some fine weather

If you want a printed pamphlet of the life of J. T. Wyatt send a selfaddressed, stamped envelope to J. T.

Wyatt, Salisbury, N. C., Rt. 3. If you love your baby and little ones send 25c and get some Eczema salve and it will stop the itching and crying and scratching as soon as it is

Here is a nice letter we received: Mr. J. T. Wyatt, Dear Sir: Will write to let you know how my son s getting along he had such a bad case of Eczema. He had it for four years. He had scales all over his legs as large as a quarter of a dollar and his head was a solid scab on top, but he is just loing fine. It has all healed up and his head looks nice and clean. He can eat, sleep and work now. Very truly, Nan-

nie Wood. Lexington, N. C. The reason everybody has got so much money is because the granite industry is bringing it in from big cities who buy their grante street curbing here. Because we have the best granite

in the United States. We will send a fifty dollar bill confederate money to anyone who wants to buy it. J. T. Wyatt, Salisbury, N. C., Rt. 3, Box 10.

BOY, 15, SHOOTS BEAR

Larkspur, Col. - Fifteen-year-old Bud Tucker was hunting for porcupines when he suddenly was confronted by a large black bear. The young hunter raised his gun, fired one shot, and bruin toppled over dead, twenty

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BAUKNIGHT DUCO WORKS

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FIX YOUR

South Main Street

Portrait in Platinum



JEAN HARLOW

NOT the most unfortunate of N young ladies is Miss Jean Har-low, she of the platinum top, ster-ling silver personality, and solid gold movie contract. There is no brass in Miss Harlow's makeup. Slim and dainty, she takes life with a quiet zest, and begins each shin-ing day with a cup of fragrant coffee, as shown in the above diagram. In the trunk space usually reserved by traveling actresses for spangles and sequins, Miss Harlow packs aprons and house dresses. and when she stops at hotels they are apartment hotels with kitchens where she can putter in the pan-try. She likes to cook, and it is estimated there are 4,877,888 young men who would like her to cook for them. This is considered to be impossible by Miss Harlow and her mother and father, who travel with her. She particularly likes to make her own coffee because she likes her own coffee.

"Why does a red-headed girl always marry a quiet fellow?" "She doesn'. He just gets like that."

-Wroe's Writings. SALE OF VALUABLE REAL ESTATE Pursuant to the provisions of a certain deed of trust executed by C. H. Earnhardt and wife, Nannie L. Earnhardt, to B. A. Fisher, trustee, dated May 15, 1926, and recorded in the office of the Register of Deeds for Rowan County in Book No. 88, page No. 75, and whereas, said deed of trust together with the note was assigned and transferred to Mrs. Laura E. Cauble, on August 11, 1928, with all of the rights, powers and privileges grant-

note was assigned and transferred to Mrs. Laura E. Cauble, on August 11, 1928, with all of the rights, powers and privileges granted therein so she might foreclose in her own name, and whereas, there has been default in the payment of the note therein secured, the undersigned, Mrs. Laura E. Cauble, Assignee, will expose for sale at public auction for cash, at the courthouse door in Salisbury, N. C., on SATURDAY, MARCH 5, 1932, AT THE HOUR OF 12M, the following described real estate:
Lying in Litaker Township, adjoining the lands of Gus Basinger, Charles Lyerly, C. H. Earnhardt and others, and being about an half a mile from Faith, between Faith and Salisbury, and bounded as follows:
Beginning at a stone in the Mt. Pleasant public road, a new corner, and runs thence with said road, south 5 deg. East 4.60 chains to an iron stake in said road; thence north 89 deg. west 18.90 chains to a stake in the branch, A. A. Basinger's corner; thence with the branch north 2 deg. west 5.80 chains to a stake, a new corner; thence with \$9 deg. east 11.70 chains to a stone in the field; thence south 5 deg. east 12.0 chains to a stone in a ditch; thence south 89 deg. east 6.20 chains to the beginning, containing 10 acres, being a paft and portion of the tract of land now owned by C. H. Earnhardt.

For back title, reference is hereby made

For back title, reference is hereby made For back title, reference is hereby made to the following deeds on record in the Register's office for Rowan County, to-wit; Book No. 80, page No. 143; No. 167, page No. 98; No. 172, page No. 33; The tract mentioned above is a part and portion of the 55 acre tract mentioned and described in the deed registered in Book No. 172, page No. 33.

This January 30, 1932.

MRS. LAURA E. CAUBLE, Assigned tendleman & Rendleman, Attorneys.

Phone 6

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PILLOWS, ETC.

YOU take no chances.

ALL work Unconditionally Guaranteed

TAYLOR MATTRESS CO.

A. E. F. Sweetheart Weds



Elsie Janis has wed Gilbert Wilson, 16 years younger than herself. She is 42. During the War she was the most popular entertainer with the American doughboys.



FRENCH VANILLA

In France ice creams and ices of all orts are something of a luxury. In America if not actually a necessity, ice cream is assuredly a most commonplace commodity. It has been brought like a summer squash. within easy reach of all.

food becomes commonplace it is some how robbed of some of its appeal From the French point of view the the silly notion that we are great stuff. American portion of cream or ice is much too large. It should not be regarded as a mere food-mere nourishment. There should be only a morsel by the armies of Syria. A prophet livof it eaten as a pleasing contrast to more substantial viands. Ices and ice to him in great alarm: "Alas, my mascreams in France are very often served in little plated-silver dishes-that look exactly like very small porringers. There is one neat scoopful of the ice or cream on the dish. "Glace vanille"-vanilla ice cream-is most usually well made. Strawberry sherbet is usual enough and sometimes a vanilla ice-a very anemic sister to the about Elisha."

more tempting "glace vanille." If you are going to France and want to bring home an unusual little souvenir, get a set of those little metal 'glace" dishes—the dishes that look faith. ike very little porringers. Then when you have friends for dinner or luncheon and want to offer an unusual touch to the serving of the sweet, you can serve some sort of sherbet or ice cream on these little French dishes.

SIMPLE MINCE MEAT Mix one cup of chopped cooked neat, two cups of chopped apples, half cup each of chopped raisins, currants, and molasses, one cup of cider, one cup of grape juice, two teaspoons of salt, one teaspoon each of cinnamon and allspice, and half a teaspoon each happened: of clove and nutmeg. Heat to the boiling point, boil slowly 30 minutes and pack in a stone jar until ready to use.

GRILLED PEARS nalve pears and brush with melted butter. Bake in a moderate oven (375 degrees F.) until tender. Sprinkle with grated cheese and continue cooking under the broiler until cheese is melted and delicately browned.

COAL, ICE and WOOD

Lucky Strike Kentucky Coal, guaranteed first quality per ton delivered \$6.50

"We Heap It Up and Run It Over"

Home Ice and Fuel Co. BRYCE COAL YARD

PHONE 1334 E. KERR ST. WHEN TO BE BLIND

A young mother who is a friend of our family entered her daughter in a girl's school. She said to the head-mistress: "Mary is not much of a student. She likes history and does fairly well in French, but in arithmetic I think she is almost a total loss."

Amazement appeared on the face of the head-mistress. "Do you mean to tell me," she exclaimed, "that you have brought us a child who has faults! After sitting here for years and listening to mothers whose daughters were paragons of virtue and intelligence, this is indeed a novel experience!

Most of us are constitutionally unable to see any defect in those we love. It might be better sometimes if we could. Perhaps if we could analyze our children cold-bloodedly we might be able to bolster them with added strength.

On the other hand, what a blessng it is that we do not always see too

In cleaning out my desk one day I ran across a photograph of our first baby, taken when he was about six weeks old. I remember how proudly we sent it to all our relatives at Christmas time; how positive we were that there had never been in all history so beautiful a child.

Today the picture gives me a fit. It must be my youngster, for my w holding it. But instead of the beautiful cherub I remember, what is she. holding? Something that looks exactly

Without the blessed blindness of wo-Perhaps plentiful ice cream has its men it is difficult to see how any maradvantages, but when any article of riage could be a sustained success. We men know each other—that no one of us is very good. Yet our wives have And by their faith they keep us go-

> Centuries ago a city was attacked ed in that city. A messenger rushed ter! how shall we do?"

To which the prophet replied calm-

"Fear not; for they that be with us are more than they that be with them" .. "And the eyes of the young man were opened, and behold the mountain was full of horses and chariots round

There are forces of goodness in people that are visible only to the eyes of love. There are forces of power that can be estimated only by the eyes of

The important thing is to be intelligently blind to the surface defects, and to be able to see and appreciate the things that can not be seen.

Mule, Bee, Electricity Are Badly Scrambled

San Francisco-It was an "unavoidable accident," according to a report of the State Department of Public Relations, and here's how it

A mule on which a man was riding stepped on a nest of yellow jackets. In the commotion that followed the mule became entangled in a guy wire (To serve with meat). Peel and which, in turn, pulled over a pole, causing a power line to fall onto and electrocute the mule.

When the mule toppled over he fell on the man, fracturing several of the man's ribs, and the man also was burned on the leg by the electricity.

GROWS SUNFLOWERS Portland, Ore.—Iowa's tall corn has nothing on Oregon's sunflowers. A bloom in Mrs. W. H. Morris' flower garden grew to a heigh of 14 feet. measured 15 inches in width.

Shoes rebuilt the better way. All kinds of harness, trunk and suitcase repairing.

Fayssoux's Place

113 E. Innes St.