

Hitler Startles World By Leaving League

Says Germany Will Not Accept Second-Class Arms Rights

Berlin—Germany has boldly announced her withdrawal from the League of Nations and the world disarmament conference. This she did because she refused to be a nation "second class rights," Chancellor Hitler declared, and wants equality and honor.

Hitler told the world the German government and people are "animated by no other wish than to help end the human epoch of tragic error, regrettable quarrel, and fight."

In a dramatic speech, the chancellor condemned the post-war Versailles treaty, long a thorn in Germany's side, and maintained there "is no possibility of territorial conflicts between France and Germany."

He poured forth his nation's hopes and grievances he spoke the country's need for defense weapons declared that "the men who today lead Germany have nothing in common with the paid traitors of November, 1918," and maintained the German people regard themselves as guiltless for the world war.

Safe Planting Dates Boost Wheat Yield

Though the Hessian Fly causes a heavy annual loss to wheat growers of North Carolina, some of the loss may be prevented by putting the seed wheat on fly-free dates.

"These dates for the mountain area are between September 15 and October 5; for the piedmont area, between October 1 and October 15, and for the coastal plain area, between October 15 and November 1," says C. H. Brannon extension entomologist at State College.

Brannon explains that this Hessian Fly damages wheat by the maggots or larvae feeding between the leaf and the stem. The plants are killed or seriously injured because of this feeding and the yields are therefore greatly reduced. The small "flaxseed" noticed in the wheat plants are the resting stage or pupae.

The adult flies come from these so-called "flaxseed." The insect is very small, resembling the mosquito.

As a usual thing, the Hessian Fly is injurious chiefly to wheat, though the pest will attack barley and rye. It does not injure oats.

Brannon says there is no sure control of the fly once it gets established in a wheat field. The main control is keeping it out.

In addition to planting at the proper time, wheat growers may aid in control by following a crop rotation plan; plowing under all infested stubble as soon as possible after harvest and by destroying all volunteer wheat. Good seed, the use of fertilizer and cooperation in planting on fly-free dates throughout the entire community will also help.

PATTERSON ITEMS

We had a community meeting at Patterson Grange here Saturday night which was well attended. A good program was rendered, music was furnished by the local string band.

Circle No. 3, of Thyatira Auxiliary held its regular monthly meeting on Saturday afternoon with Mrs. J. M. Ketchey.

Pauline McCorkle, a student at the A. S. T. C. at Boone spent the week-end at home.

We are sorry to hear that Jimmie, small son of Mr. Robt. McNeely is very sick with diphtheria.

Our community was saddened last Thursday morning by the death of Mr. Smith Shulenbarrier, who had been sick for some time. Funeral services were held from St. Mark's E. L. church by his pastor, Rev. Trexler.

A large crowd was at the cornshucking at Mr. J. F. Litakers, last Wednesday night. A fine picnic supper was served after they finished shucking.

The men of the neighborhood helped Mr. John Shulenbarrier gather his corn Monday afternoon.

Mr. Wilbur Davis and sister Helen spent the week-end in Boone.

Mrs. C. M. Litaker is visiting her son, J. F. Litaker and was right sick last week.

In "Ike" Hoover's Job



Above is Raymond Muir, newly appointed White House usher, who will take over the duties of the late "Ike" Hoover, who died suddenly.

WOULD ALTER DRY LAW

Mobile, Ala.—The Mobile county grand jury urged Governor B. M. Miller to "take some action which will result in amendment of the present state prohibition law."

The grand jury's recommendation were made in its report that did not include indictments in numerous beer and liquor cases before it.

TWO ELECTROCUTED

Scranton, Pa.—When a pipe used to fill a silo rubbed against an electric cable, Robert Bridge and Oliver Slendendorf were electrocuted.

MEDICAL ADVICE

If you want to

- ... keep the bowel action regular and comfortable
- ... make constipated spells as rare as colds
- ... avoid danger of bowel strain

—use a liquid laxative

Can constipation be overcome? "Yes!" say medical men. "Yes!" declare thousands who have followed their advice and know.

You are not apt to cure your constipation with salts, pills and tablets, or any habit-forming cathartic. But you can overcome this condition just by gentle regulation with a suitable liquid laxative.

Dr. Caldwell's Syrup Pepsin has the average person's bowels just as regular as clockwork in a few weeks' time.

Why Hospitals use a liquid laxative

The dose of a liquid laxative can be measured. The action can be controlled. It forms no habit; you need not take a "double dose" a day or two later. Will not irritate kidneys.

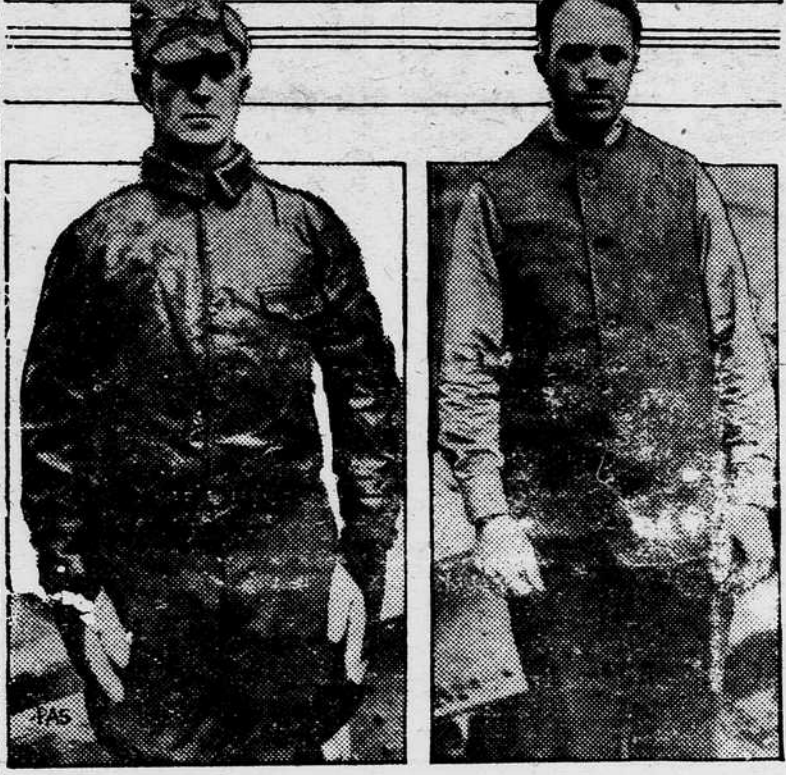
The right liquid laxative will bring a perfect movement, with no discomfort at the time, or afterward.

The wrong cathartic may keep you constipated as long as you keep on using it!

In buying any laxative, read the label. If it contains a doubtful drug, don't take it. If you don't know what is in it, don't chance it. The contents of Dr. Caldwell's Syrup Pepsin is stated plainly on the label; fresh herbs, pure pepsin, active senna.

Its very taste tells you syrup pepsin is wholesome. A delightful taste, and delightful action. Safe for expectant mothers, and children. Drugstores have it, ready for use, in big bottles.

Forestry Camp Workers in Winter Garb



Above is shown how Uncle Sam is outfitting members of the Citizens Conservation Corps for work in the forestry camps this winter: Left, the Northern camp worker with leather windbreaker, crowned winter cap with visor and ear tabs, and chopper mitten, with woolen ones inside. Right, a dressy olive drab sleeveless jerkin of melton cloth is the work apparel for workers in the less cold encampments.

End-Of-The-Trail



Machine-Gun Kelly, tries to laugh it off, but those chains and leg irons know no humor and the "bad-man", of the middle-west comes to the end of the trail. Uncle Sam got him and plans on taking care of him in an efficient manner.

Flier at Fair



Mrs. Amy Mollison, English aviatrix, who, with her husband, Capt. James Mollison, recently flew from England to the United States, as she appeared at the Chicago World's Fair.

SUNDAY DINNER SUGGESTIONS

- By ANN PAGE
- AN** Indian summer salad season seems to be in order as iceberg lettuce is more plentiful, of better quality and cheaper than it has been in six months. A salad with plenty of good salad dressing is enjoyed by most families every day in the year. There is also plenty of excellent celery at reasonable cost.
- Spinach is back in the markets in abundance and the price is low. Cauliflower offers unusually good value even for October.
- Grapefruit is available in generous supply. Oranges are slightly more expensive than they have been and lemon and limes less so. Bosc and Anjou pears are replacing Bartlett and Tokay grapes the Concord.
- With pumpkin, squash and sweet potatoes all very plentiful, pie seems indicated. A very rich, smooth pumpkin pie can be made with evaporated milk.
- Here are the menus from the Quaker Maid Kitchen
- Low Cost Dinner**
- Meat Loaf
 - Scalloped Potatoes
 - Browned Parsnips
 - Egg and Butter
 - Apple Betty
 - Tea or Coffee
 - Milk
- Medium Cost Dinner**
- Roast Lamb
 - Browned Potatoes
 - Buttered Cauliflower
 - Mint Jelly
 - Egg and Butter
 - Squash or Pumpkin Pie
 - Coffee
 - Milk
- Very Special Dinner**
- Seafood Cocktail
 - Chicken Fricassee
 - Boiled Rice
 - Green Beans
 - Tomato Aspic
 - Salad Dressing
 - Rolls and Butter
 - Snow Pudding
 - Custard Sauce
 - Coffee
 - Milk
- Catawba county poultrymen are eating eggs preserved in water glass last spring when the products were selling for ten cents a dozen and are selling their fresh eggs at 28 cents a dozen.

Health Demands Plenty Of Sleep

Insist That Child Go To Bed Early; Warm Milk An Aid To Sleep

By Mary C. McCormick, Supervisor of Health Teaching, New York State Department of Education

A great many children fail to get enough sleep and rest to aid them in overcoming the additional strain that study and long hours of confinement in the schoolroom impose.

Lack of sufficient sleep very quickly tells in the school work. If a child's sleep is insufficient he may prove to be dull and sleepy during the day, conditions which reflect upon his grades and also tend to destroy his health.

Insist that your child go to bed at a reasonable hour each night. Up to 10 years old, the child should be in bed at 7 o'clock in the winter and 8 o'clock in the summer. Make sure the bedroom is well ventilated, the air fresh and cool. Open windows both top and bottom for good circulation of air. Protect him from direct noise, light, conversation, and music when he goes to bed.

Make sure he will be comfortable—not disturbed by heat, cold, overly heavy clothing, over-loaded stomach, or the need to go to the toilet. With older children, guard against their carrying their school worries to bed with them; insist on the completion of the home study early enough so their minds will be free by bedtime.

A warm bath before bedtime is a great aid to sleep. Warm milk served just before bedtime helps a child to relax and fall asleep promptly.

The full amount of sleep needed by a child varies according to his age. Most parents do not appear to realize that children need more sleep than adults. At 7 to 8 years of age a child should have 12 hours of sleep. From 9 to 10 years he should have 11 hours; at 12 to 13 years 10 hours; from 14 to 16 years 9 hours of sleep each night.

This is the seventh of a series of articles on the health of school children prepared for this paper. Miss McCormick will write about home work and health in her next article.

SUCCESS with POULTRY by FULLER D. BAIRD

TURN ON THE LIGHTS

The price of eggs is highest during the autumn and winter and for this reason the poultry keeper should endeavor to get the maximum egg production during this period. Observations have been made that show that the food consumption during the early winter months is not as high as during the months, when the hours of daylight are longer.

It has been definitely shown that artificial illumination can be used to lengthen the days that are abnormally short and that greater profits almost invariably result when lights are used during that period of the year when the hours of daylight each day are less than twelve hours. The additional food consumption that can be obtained by this management enables the fowls to keep in better physical condition and body weight and therefore can lay more eggs during the winter months. By changing the seasonal production of the fowls to get this greater egg production, no less in the total egg production of the year results; in fact, it is usually increased at least five per cent.

It has been usual to say that it did not make any special difference when the light was given; morning, twilight or night; provided the day was lengthened and the lights arranged properly. Recent experimental work, however, has shown that lighting at both ends of the day to give a twelve to fourteen hour day gives better results for pullets than the other methods commonly used. In addition to the increased production, the morning and evening system has an advantage of owner convenience.

"The evening lunch" of an hour at night is economical in the use of light and is advocated where there is a scarcity of electricity. It tends to break the time between the evening and morning feeds. It has the disadvantage of being less convenient and less effective than the morning and evening lights combined and requires more expensive equipment.

The lighting of the layers in the morning has been one of the most popular methods. It is effective in promoting activity and increasing egg production because the birds are hungry at that time. It has the advantage that an alarm clock and a very inexpensive tumbler switch are all that are needed to light up.

The best results from the use of lights may be expected if the fowls are graded and housed according to age, development and condition. It is poor management to give the same length of day and the same mash mixture to immature pullets or those low in body weight as to early pullets in good body weight. The late-hatched pullets need starchy foods to increase their weight and the heavier pullets should be given more protein. It may not be advisable to put the immature pullets under light as soon as the early matured birds. The latter can often be prevented from going into the "pullet" or "autumn" moult if their feeding time is lengthened and their body weight maintained. The first of October is early enough to bring pullets on the lights.

Police Slayer Dies In Chair

Chicago—First to pay the death penalty in Chicago's new war on crime, Morris Cohen, slayer of a policeman, went to the electric chair in the Cook county jail.

Two eleventh hour efforts to save him failed. William Scott Stewart, his attorney, first sought to have him adjudged insane. This would have forced any criminal court judge whom a petition was presented to grant a stay of execution, but Cohen was pronounced sane.

The lawyer also appealed to the State Board of Pardons and Paroles and finally to Governor Horner for a reprieve shortly before midnight. All was unavailing.

Cohen, who was without a police record, was convicted and sentenced to death for the murder of Policeman John Hastings in a pay roll holdup.

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Nerves

Do they torture you by day? Keep you awake at night?

What is it that keeps hospitals open and doctors busy? NERVES. What is it that makes your face wrinkled and makes you feel old? NERVES. Nine times out of ten it's NERVES that make you restless, worried, haggard.

Nerves

Do they make you Cranky, Blue--give you Nervous Indigestion, Nervous Headache?

When nerves are over-taxed, you worry over trifles, find it hard to concentrate, can't sit still. Nerve Strain brings on Headache. Nervous people often suffer from Indigestion. There may be absolutely nothing wrong with the organs of digestion, but the Nerves are not on the job to make the organs do their work properly.

Nerves

Do they interfere with your work; ruin your pleasure; drive away your friends?

You're cheating yourself and the man who pays you if you work when your NERVES are not normal. You can't have a good time when you are nervous. You can't make or keep friends when you are keyed up and irritable. You may excuse yourself, but to others you are just a plain crank.

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