

Health and Beauty Control
by
Dr. Gaither Cauble
CHIROPRACTOR
Graduate Nurse Attendant
204 Wright Bldg. Phone 347

QUESTION:

What would you consider the most common cause of headache and what is the most effective method of treating headaches?

Mrs. M. H.

Answer: There are so many causes of headache, it might best to generalize a little in this regard. It is usually a symptom of trouble somewhere else in the body, and if one could find it possible to be grateful for such discomfort, one should thank nature for giving this warning of trouble existing or threatening elsewhere, and lose no time in finding out the real cause, especially if the headache is frequent occurrence. Often there are no other symptoms of illness in some other part of the body except the charge signal of the headache.

Of course there are various types of headache, but as you have particularly asked about the most common cause, we might say it is the stomach—some upset condition of the digestive system. Frequently, however, this digestive disturbance has its root in trouble in other parts, as we have said, and the logical treatment is the first trace the whole thing this condition, which the Chiropractor does.

Another common cause of headache is eye trouble, and is attributed to eye strain by optometrists. The Chiropractor has found it due to nerve or spinal cord tension in the back of the neck, and this can be treated best by correcting the condition existing in the neck.

There is also as you know, the headache which effects one at the base of the skull. This is most frequently found in women suffering from genitourinary illness.

A headache in the temple is usually found in connection with liver complaints, and a headache in the top of the head is usually traceable to kidney trouble. So you see there are many causes of headache which might be termed common causes, and always the best way to treat these headaches is to trace them to their origin, and correct the cause.

Therefore, to best treat a headache, no matter of what variety it may be, it is necessary to first make an accurate diagnosis of the underlying causative illness, then correct the cause.

Under Chiropractic corrective treatment statistical reports from 41 Chiropractors show that recoveries from headache are 89 per

Route 1 News

Miss Mavis Powlas was the guest of Miss Mary Helen Kerfees the 22nd.

Miss Helen Bost visited Miss Helen Rie the 26th.

Mr. and Mrs. Charlie Myers visited Mr. and Mrs. J. Powlas the 22nd.

Mr. and Mrs. W. B. Myers and children visited Mr. and Mrs. J. S. Benson of Salisbury the 26th.

Mr. and Mrs. J. A. Fink and children visited relatives in Cabarrus the 26th.

Mrs. Carl Deal has been sick. Miss Carter, a sister, is spending some time with her.

M. L. Bost recently sold some gum blocks in Cleveland.

A number of farmers are having cotton seed reclaimed at J. R. Barnes at Cleveland and planting it rapidly going on.

Mrs. T. Goodman, who has been a patient at Long's hospital, Statesville, has returned to her home near Woodleaf and is improving satisfactorily.

BEAUTIFUL COLOR PICTURES
Pictures of noted Hollywood beauties, photographs of national and international persons, all reproduced in beautiful NATURAL COLOR, are featured every Sunday in the BALTIMORE AMERICAN, the South's most widely read weekly newspaper.

MORE DETECTIVE STORIES
Exciting details of the adventures of the French detective Police are in the vivid accounts of a thence with the line of Lot No. 10, former associate of the great Bertrand, master mind. Read the year to a stake, corner of Lot No. 10 on line of the Tallasse Power Company, property; thence with Sunday with the BALTIMORE AMERICAN. On sale by all news-dealers.

Get Rid of Poisons**Produced by Constipation**

A cleansing laxative—purely vegetable Black-Draught—is the first thought of thousands of men and women who have found that by restoring the downward movement of the bowels many disagreeable symptoms of constipation promptly can be relieved... Mr. J. P. Mahaffey, of Clinton, S. C., writes: "I have found that Black-Draught is very effective in the cleansing of the system. When affected by the dull headache, the drowsiness and lassitude caused by constipation, I take Black-Draught."

BLACK DRAUGHT
Na.
Pure Vegetable Laxative

Summer Sport Suit . . . Spectator or Active

NEW YORK . . . Here is a front and back view of a summer jacketed sport suit which bids to be popular this season. The dress was designed by Gladys Parker, illustrator and worn by Mrs. Alfred Wagstaff 3d. The material is Sisalita, a Mount Airy cloth.

PHYSICAL EXAMINATION

For the next ten days I am going to give a complete physical examination to each patient that comes in my office. Absolutely without cost for examination.

DR. GAITHER CAUBLE, Chiropractor. Registered nurse attendant, 204 Professional Building, Phone 347.

Office hours: 9-12 a. m. 1-5 p. m. Evenings by appointment.

PLAY BLOTO—WIN PRIZES

Blotto is the game that is fascinating thousands. You can play it and win weekly cash prizes offered by the BALTIMORE SUN-DAY AMERICAN. Read all the details in the BALTIMORE AMERICAN.

-- LEGAL NOTICES --**NOTICE OF SALE OF REAL ESTATE**

STATE OF NORTH CAROLINA: COUNTY OF ROWAN:

Under and by virtue of the power and authority contained in that certain deed of trust executed by C. C. Beck, to the undersigned trustee, which said deed of trust is dated

the first day of November, 1933, and recorded in Book 124, page 253, of the Rowan County Registry, default having been made in the payment of the indebtedness thereby secured and in the conditions therein secured, the undersigned trustee, will on Monday May 25, 1936, on or about twelve o'clock Noon, at the courthouse door at Salisbury, North Carolina, offer for sale and sell to the highest bidder for cash the following described property:

All that certain piece, parcel or tract of land situate, lying and being in Providence Township, Rowan County, State of North Carolina, about six miles northeast from Salisbury, on the North side of the public road, and being more particularly described as follows:

Beginning at a stake in the public road, corner of Lot No. 10; found in the vivid accounts of a thence with the line of Lot No. 10, former associate of the great Bertrand, master mind. Read the year to a stake, corner of Lot No. 10 on line of the Tallasse Power Company, property; thence with Sunday with the BALTIMORE AMERICAN. On sale by all news-dealers.

C. E. FLEMING, Trustee. M-1-22.

NOTICE OF SALE OF REAL ESTATE

NORTH CAROLINA: ROWAN COUNTY:

Under and by virtue of the power and authority contained in that certain deed of trust executed by R. F. Thomas and wife, Carrie Thomas, to the undersigned trustee, which said deed of trust is dated the fourth day of August, 1934, and recorded in Book 125, Page 187, of the Rowan County Registry, default having been made in the payment of the indebtedness thereby secured, and at the request of the holder of the note therein secured, the undersigned, E. H. Harrison will expose for sale, at

public Auction, for cash at the court house door in Salisbury, North Carolina, on Saturday, May 30, 1936, at the hour of 12 M. the following described property:

BEGINNING at a stake in the margin of Link Avenue One Hundred feet Southeast from the East corner of Link Avenue and Cedar Streets and runs thence in a Northeast direction parallel with Cedar Street Two Hundred feet to a stake; thence in a Southeasterly direction Fifty feet to a stake; thence in a Southwesterly direction Two Hundred feet to a stake in the margin of Link Avenue; thence with the margin of Link Avenue in a Northwest direction Fifty feet to the point of BEGINNING.

On the above described premises, at this time, is located a four room frame dwelling house.

This the 29th day of April, 1936, W. C. Coughenour, Attorney E. H. Harrison, Trustee

May 8-15-22-29

NOTICE OF SALE

Under and by virtue of authority conferred in me by a certain Mortgage Deed of Trust executed by Salisbury Realty and Insurance Company, a corporation, to C. Aubrey Smoot, dated the 5th day of May, 1933, and recorded in Book 124 of Mortgages at page 122, Office of Register of Deeds for Rowan County, North Carolina, I will, at

12 o'clock m., on the 1st day of June, 1936, at the courthouse

door in Rowan County, in Salis-

bury, North Carolina, sell at public auction, for cash, to the highest bidder, the following lands, to-wit: Lying and being in Salisbury Township, Rowan County and State of North Carolina, and more particularly described and defined as follows, to-wit:

Beginning at a stake on the Northeast side of D. Avenue, intersection of Third Street and runs thence with said Avenue Northwest 310 feet to a stake, intersection of Fourth Street; thence with the edge of Fourth Street Northeast 400 feet to a stake, intersection of C Avenue, thence with the edge of C Avenue Southeast 310 feet to a stake, the intersection of Third Street Southwest 400 feet to the beginning, being Lot Numbered 1 (one) to 16 (sixteen) inclusive in Block 22 as shown upon the map of the R. A. Wheeler property as filed in Book of Maps No. 1, page 92 in the office of the Register of Deeds for Rowan County, North Carolina. For back title see deed Book 216, page 532 and Book of Mortgages 95, page 337, in said office.

This the twenty-fourth day of April, 1936.

C. E. FLEMING, Trustee. M-1-22.

RE-SALE OF VALUABLE PROPERTY

Under and by virtue of an order of B. D. McCubbin, clerk of the Superior Court of Rowan County, made in Special Proceeding entitled Julia Long vs. Robert Long, et al., the same being No. 880 upon the Special Proceeding Docket of said Court, the undersigned Commissioner will, on the 11th day of May, 1936, at 12 o'clock, Noon, at the Courthouse door in Salisbury, N. C., offer for re-sale to the highest bidder for cash, the following described real estate, to-wit:

Lying in China Grove Township, Rowan County, N. C., just south of Town of Landis, on and near State Highway No. 15, adjoining the lands of Deal and Corriher, J. W. A. Wedington and others:

BEGINNING at a stake on Deal and Corriher's line; thence N. 88 deg. W. 10.41 chs. to a stake on Deal and Corriher's line; thence with said line N. 1 deg. E. 2.93 chs. to a stake on said line; thence S. 88 deg. E. 10.41 chs. to a stake on Deal and Corriher's line; thence S. 1 deg. W. 2.93 chs. with said line to the beginning, containing three (3) acres, more or less, and being the same tract of land described in deed from J. V. Sumner and wife to Robert Long, Cephas Long and Mrs. Julia Long, dated Oct. 15, 1919, and registered in Register's Office in Rowan County in Book of Deeds No. 156, page 268.

There is excepted from the above described tract of land 6/10 of an acre which has been cut off therefrom and conveyed by Robert Long and wife Julia Long to Cephas Long, which tract of land is described in deed registered in Book of Deeds No. 156, page 268, Register's Office of Rowan County.

This March 24th, 1936.

DR. FRANK W. KIRK, Administrator of the Estate of Will Smith, Civilly dead.

H. L. Mangum, Atty. A-10-M15

NOTICE TO CREDITORS

Having qualified as Administrator of the estate of Will Smith, this is to notify all persons having claims against the said decedent to file an itemized, verified statement of same with the undersigned on or before the 27th day of March 1937, or this notice will be pleaded in bar of their recovery. Persons indebted to said estate are notified to make prompt settlement.

This March 24th, 1936.

DR. FRANK W. KIRK, Administrator of the Estate of Will Smith, Civilly dead.

H. L. Mangum, Atty. A-10-M15

NOTICE OF SALE OF REAL ESTATE

NORTH CAROLINA:

Under and by virtue of the power and authority contained in that certain deed of trust executed by E. B. McDaniel and wife, Ora McDaniel, to the undersigned trustee, which said deed of trust is dated the twenty-eighth day of July, 1930, and recorded in Book 116, Page 126, of the Rowan County Registry, default having been made in the payment of the indebtedness thereby secured and in the conditions therein secured, the undersigned trustee, will on Monday, May 11, 1936, at or about twelve o'clock Noon, at the Courthouse door in Salisbury, North Carolina, offer for sale and sell to the highest bidder for cash, the following described real estate:

The above described property is sold subject to any mortgages or liens that might be outstanding against the property, except taxes. Bidding will begin at \$892.50.

Terms of sale: Cash.

This 21st day of April, 1936.

T. K. CARLTON, COMMISSIONER.

May 2-9

NOTICE OF SALE OF VALUABLE REAL ESTATE

Under and by virtue of the power and authority contained in that certain mortgage deed of trust executed by George G. Musgrave, (Widower), to E. H. Harrison as trustee, on the 1st day of December, 1931, which said deed of trust is recorded in Book of Mortgages 120, at page 58, in the office of the Register of Deeds for Rowan County.

Under and by virtue of the power and authority contained in that certain deed of trust executed by R. F. Thomas and wife, Carrie Thomas, to the undersigned trustee, which said deed of trust is dated the fourth day of August, 1934, and recorded in Book 125, Page 187, of the Rowan County Registry, default having been made in the payment of the indebtedness thereby secured, and at the request of the holder of the note therein secured, the undersigned, E. H. Harrison will expose for sale, at

public Auction, for cash at the court house door in Salisbury, North Carolina, on Saturday, May 30, 1936, at the hour of 12 M. the following described property:

All that certain piece, parcel or tract of land situate, lying and being in Steele Township, Rowan County, State of North Carolina, and more particularly described as follows:

Beginning at an iron stake, J. C. Foutz and J. Y. Rex's corner, and runs thence with J. Y. Rex's and C. C. Rex's line North 5 degrees East crossing the Sheriff's Ford Road 3788 feet to an ash, G. C. Rex's corner on A. Broadway's line; thence with A. Broadway's line North 86 degrees west 2185 feet to a stake in Second Creek, E. R. Overman's corner; thence with E. R. Overman's line South 4 degrees West 360 feet to a stake; thence South 89 degrees East 1013 feet to a stone; South 1/2 degree West 522 feet to a stone, Overman's corner on J. C. Foutz line; thence with J. C. Foutz line North 89 degrees East 970 feet to the beginning, containing 172 acres, more or less, and being the same property as conveyed to George Fink by N. M. Dobbin and wife M. E. Dobbin, by deed dated March 20, 1909, and registered in Book of Deeds 119, page 316; also see deed from Greensboro Joint Stock Land Bank to E. B. McDaniel, dated July 28, 1930.

Terms of sale cash and trustee will require deposit of 10% of the amount of the bid as his evidence of good faith.

This the tenth day of April, 1936

C. E. FLEMING, Trustee. A-17-M-8

NOTICE OF SALE

Under and by virtue of authority

conferred in me by a certain Mortgage Deed of Trust executed by Salisbury Realty and Insurance Company, a corporation, to C. Aubrey Smoot, dated the 5th day of May, 1933, and recorded in Book 124 of Mortgages at page 122, Office of Register of Deeds for Rowan County, North Carolina, I will,

at 12 o'clock m., on the 1st day of June, 1936, at the courthouse

door in Rowan County, in Salis-

bury, North Carolina, sell at public auction, for cash, to the highest bidder, the following lands, to-wit: Lying and being in Salisbury Township, Rowan County and State of North Carolina, and more particularly described and defined as follows, to-wit:

Beginning at a stake on the Northeast side of D. Avenue, intersection of Third Street and runs thence with said Avenue Northwest 310 feet to a stake, intersection of Fourth Street; thence with the edge of Fourth Street Northeast 400 feet to a stake, intersection of C Avenue, thence with the edge of C Avenue Southeast 310 feet to a stake, the intersection of Third Street Southwest 400 feet to the beginning, being Lot Numbered 1 (one) to 16 (sixteen) inclusive in Block 22 as shown upon the map of the R. A. Wheeler property as filed in Book of Maps No. 1, page 92 in the office of the Register of Deeds for Rowan County, North Carolina. For back title see deed Book 216, page 532 and Book of Mortgages 95, page 337, in said office.

This the twenty-fourth day of April, 1936.

C. E. FLEMING, Trustee. M-1-22.