

Today's SMALL TALK

By MRS. RENN DRUM

WITH CHRISTMAS, AND ITS ATTENDANT DINNERS and parties just ahead, recipes for making holiday goodies, old and new, should be in order. Looking over a page of menus and recipes these drew the points of my scissors like a magnet, which told me that other women would enjoy the experience of clipping them and pasting them in their cook-books, whether they ever try them out on their families or not.

Men in the audience, if any, are warned to read no further, and that not one of those "For Women Only" signs designed to attract attention either. Men simply won't be interested in these recipes, though they're enough to make any one hungry.

This sounds like an interesting variation of the old favorite theme, Turkey dressing:

- Chestnut Stuffing**
(For A 14-Pound Fowl)
- 2 cups cooked chestnuts
- 1 tablespoon salt pork, chopped
- 1 1/2 teaspoons salt
- 1-2 teaspoon paprika
- 1-2 cup diced celery
- 1-2 cup chopped green peppers (optional)
- 8 cups soft bread crumbs
- 1 1/2-2 teaspoon salt
- 1-2 cup butter, melted
- 1-2 cup hot cream

To cook the chestnuts, cover them over with water and let simmer for 15 minutes. Cool and remove shells. Chop chestnuts—not too finely. Heat pork and add to chestnuts. Brown the seasonings (onions, celery and peppers). Mix with fork. Then add rest of ingredients and lightly stuff the fowl.

This recipe requires more faith in chestnuts than I, personally, have but perhaps you don't distrust their internal relations. In case you do, something else in the nut line, uncooked, should fill the bill equally as well.

It requires more imagination than I have to think of anything better than plain cranberry sauce with fowl, but, those who are slightly tired of it after the tussle with using up the Thanksgiving dinner leftovers might try this:

- Cranberry Frappe**
- 4 cups berries
- 2 cups water
- 2 cups sugar
- 2 tablespoons lemon juice
- 1 tablespoon grated orange rind
- 1-4 cup orange juice

Mix berries and water. Simmer until berries are soft, mash well or strain. Add sugar and boil one minute. Cool. Add rest of ingredients and freeze. If mechanical refrigerator is used pour mixture into tray and stir at 30-minute intervals for one and one-half hours. Approximately four hours will be required for the freezing. Serve in small paper cups or sherbet cups.

If you want to put on a little dog to impress either family or guests this Christmas, these should do the trick:

- Cheese Delight**
- 24 round crackers
- 1 tablespoon butter
- 1-4 cup Roquefort cheese
- 2 tablespoons salad dressing

Place crackers in a shallow pan and spread with well-beaten ingredients. Sprinkle with paprika. Heat until slight brown and serve immediately.

Incase the ladies like these and try 'em out, perhaps I'll carry next my fool-proof recipe for fruit cake, which is both cheap and good, a rare combination.

DEADLOCK HOLDS PACIFIC STRIKE

SAN FRANCISCO, Dec. 8.—(AP)—Pacific coast shipowners and maritime unions competed openly today for public support in the strike deadlock which has paralyzed ocean commerce since October 30.

Countering mass demonstrations by striking unions, the coast committee for shipowners announced "a comprehensive campaign of public information."

Assistant Secretary of Labor Edward C. McGrady renewed efforts here for a settlement with operators of coastwise vessels as an opening wedge for general peace. Coastal operators have reached tentative agreements with all but two unions.

The coast committee for shipowners, representing major offshore operators, asserted its campaign for public support will "reaffirm the original position" of employers—expressed by a willingness to resume direct negotiations with the unions and to submit every controversial issue, including control of hiring halls, to arbitration by an impartial board.

TALK TO PARENTS

Juvenile 'Shell Shock'

By BROOKE FETERS CHURCH

"Shell shock" was first diagnosed and named during the war. Hence its specialized name. But it is a disease as old as mankind, and may be found among children quite as much as among adults. Sometimes, in its more obvious forms, it is called "soldiering."

The child who, to avoid an unpleasant situation, develops sudden lameness, blindness, inability to articulate, nervous affections, is often suffering from shell shock. The boy or girl who has a headache at school time, or feels inexplicably tired and unwell when asked to do a job, is soldiering.

There is little use in scolding and punishing shell shock. It results from an inner conflict which must be discovered and resolved before a cure can be effected. The affliction is real, and the child is unable to overcome it by mere will power.

It never occurred to Tommy for example, that his lameness, which prevented him from taking part in athletics, was caused by the fact that though eager to compete with the others, he was unable to hold his own on account of his small size and could not endure defeat. A very real and painful lameness resulted which made it impossible for him to be more than an onlooker at sports, and so his problem was solved.

It took days and weeks to discover Tommy's emotional conflict, explain it to him and help him to settle it. He was quite as surprised as his parents when he learned the answer, but he accepted the situation and worked it out.

Soldiering, which is a conscious evasion of duty, is usually more easily handled, for penalties and indirect rewards will generally prove, to parents and child alike, that the child is only bluffing.

Sundown Stories For The Kiddies

The Finished Coat

By MARY GRAHAM BONNER

It rained and it rained.

"There's nothing like a rainy day, cackle, cackle," crowed Top Notch, the rooster.

"Except," quacked Mrs. Quacko Duck, "a day when the sun isn't shining and it's pouring."

"Mrs. Quacko, you may talk that sort of foolish talk to your friend Mrs. Quacker, but not to me. When I say there is nothing like a rainy day, I mean that no other day lends itself so much toward getting things done—odds and ends."

"What do you mean by a day 'lending itself'?" quacked Mrs. Quacko. "In fact I cannot be bothered by your idle talk of being busy. I want to get busy at once. I have a great deal to do."

"So have I," cackled Top Notch as he strutted off to his General Store. "Oh, by the way, Willy Nilly, you couldn't lend me your umbrella, could you?"

"Did I ever!" bleated Sweet Face, the lamb. "What you mean is you want Willy Nilly to walk down with you to hold the umbrella over your precious red comb and white feathers."

"I don't mind doing that," said Willy Nilly. So they went off together. Soon Willy Nilly was back and at work while Sweet Face rested on the couch.

"In a few days I'm going to take off your plaster cast," said Willy Nilly. "but before this day is over I'm going to fix up the wool coat you gave me for my birthday."

AIR RAIDS ARE KEPT UP, MANY MADRID DEATHS

Defenders Get Ready For Fascist Storming

MADRID, Dec. 8.—(AP)—Fascist artillery blasted a path through the capital's suburbs today in what Socialist commanders feared was the rumbling thunder of an effort to storm the city.

Insurgent batteries crumpled blocks of bomb-weakened apartments with a smoking barrage in the Arguelles sector, hardest hit by recent fascist air raids.

The steady pounding of shells in the devastated neighborhood, defense officers believed, portended a swift effort by the fascists to strike through Madrid's outskirts from that direction.

Others foresaw an insurgent drive also from the north-east, until now a comparatively quiet sector, after 23 tri-motored bombers rained explosives in the vicinity of Guadalajara.

Madrid's defense line, which has resisted the siege for more than a month, was keyed up expectantly for the onslaught all the way from the cold wastes of University city in the capital's northwest to the dreary town of Villaverde, a suburb in the south.

Despite warnings the government machine was not out of the "improvisation stage," the morale of the militia and foreign volunteers was high after this successful repulsion of fascist charges during four weeks of almost incessant fighting.

Today, a month after the government fled to Valencia, Madrid was the scene of daily air raids by increasingly large armadas of fascist bombers. Shells, high explosives and incendiary bombs have wrecked many houses.

Many were killed and wounded in the latest attack which struck the fashionable Paseo De La Castellana, Ayala street and San Bernardo Square. Several buildings were destroyed.

HOW'S your HEALTH

Chronic Fatigue

Within limits, the conception of the human body as an energy converting machine is essentially correct. Viewed thus, the body is seen to be subject to the same laws of mechanics as every other energy converting machine, be it gasoline engine, steam engine, windmill or water mill. The food that the body takes in is its fuel, and the energy which the body puts forth in its vital functions and in work performed is the energy output equivalent in the gross to the energy intake (the fuel).

And yet the analogy is not quite fitting, for the human body carries a substantial energy reserve within its own mechanism and it can, so to say, run on its own substance. Fancy by way of contrast a gasoline engine consuming its muffler as a source of fuel when the gasoline is exhausted.

Still, engineers will tell you that machines can become fatigued, and that a motor may be ruined by being taxed excessively. Even inanimate machines have optimal rates of operation. These optimal rates are easy to determine when dealing with a machine, but difficult to establish when dealing with the human body. That makes fatigue an extremely involved and difficult subject.

Here is a simple definition of fatigue: "It is a demonstrable physiological condition arising from the fact that energy is expended by the muscles in excess of the rate of the reparative processes" (Haggard). But this definition does not present an adequate picture of the complexity of the problem of fatigue, for it lays major emphasis on the energy expended by muscle activity.

Fatigue may be local or general, acute or chronic, conscious or unconscious. In fatigue of the sense organs, one can, for example, become "bear-eyed" from too much reading. It may be fatigue of the nerves, chemical fatigue or neurasthenic fatigue.

In present-day life, fatigue is encountered in the two spheres of everyday existence, that is, at work and at home. At work the factors causing fatigue are laborious efforts, monotony, speed-up, constant standing, eyestrain, jarring processes, loud noises and irregular working hours. Overcrowding, bad ventilation—particularly air dryness and overheating—contribute to fatigue.

Outside of work, fatigue is influenced by the individual's personal hygiene and by his home environment. Food, rest and recreation exert more than a superficial influence on his well-being and on his fatigue.

Just Ten Years Ago

(Taken From The Cleveland Star of Monday, December 6, 1926.)

New York, Dec. 5.—Accompanied by strong winds, the first heavy snow began to fall in some sections the east today. Early last night snow began to fall in some sections and 24 hours later was still falling, the depth ranging from three to 14 inches.

Nearly 20 Cleveland county teachers attended the general meeting held in the court house here Saturday at which time leading interest was the discussion of achievement tests which will be started in the schools of the county this week and next. By the plan 2,500 Cleveland county school children from the fourth through the seventh grades will be tested by the Stanford Achievement tests to determine their rating with school children in other counties.

The new Cleveland county officers, elected at the last general election, were sworn in this morning at the court house. The first sworn in was A. M. Hamrick, succeeding George P. Webb as Clerk of Court. The county commissioners and the new register, A. F. Newton, were among the other officers being sworn in.

Los Angeles.—The marital rift between Charles Chaplin and Mrs. Chaplin, the former Lita Grey, is to be permanent, announcements from both domestic camps indicated.

Born to Mr. and Mrs. W. B. Richardson of Reidsville, a son, W. B. Jr. Mrs. Richardson before marriage was Miss Marie Lineberger, of Shelby, a daughter of Mrs. Alice Lineberger.

The many friends of Miss Margaret Beam and Mr. Roy Crowder of Cleveland and adjoining counties will be interested to learn of their marriage in Gaffney, S. C., on Sunday, October 3.

Urge Shelby Folk To Give Old Toys

Members of the City Fire department and Capt. and Mrs. Ben Jones of the Salvation Army again call to the attention of people of the city their Santa Claus workshop for the mending and working over of broken and discarded toys, to be used in bringing Santa Claus into the homes of Shelby's poor.

Residents of Shelby and Cleveland county, who have such toys, which they please to donate to this good cause, are asked to get them together at an early date, if possible, as those engaged in repairing the toys wish to get the work done before the usual last minute rush, which will limit their time, just prior to Christmas. In addition to that, these two organizations need to know as early as possible just what toys they can count on having to fill the empty stockings.

Members of the fire department and Salvation Army workers are co-operating on the project and those who have toys to give are asked to call headquarters of either group and someone will call to collect the donation.

Mt. Sinai News Of Current Week

(Special to The Star.)

MT. SINAI, Dec. 7.—The Home Demonstration Club will meet with Mrs. J. M. Hunt Thursday afternoon, Dec. 10th.

W. M. U. will meet at the church Sunday afternoon, Dec. 13th.

Those on the sick list at present include Mrs. O. M. Holland and Miss Nell Ellis.

Those visiting at the home of Mr. and Mrs. J. C. Bridges Sunday were Mr. and Mrs. Ben Bridges and family and Miss Grace King of Patterson.

Mr. and Mrs. Gay Putnam spent Sunday afternoon with Mr. and Mrs. Shafter of Earl, and Mr. and Mrs. F. L. Wright of Patterson.

HUNTING ROBBERS OF STORE AT CANDOR

TROY, Dec. 8.—(AP)—Sheriff Earl B. Bruton held two men in jail today and hunted a third in connection with the attempted robbery of a Candor store at midnight Saturday, in which the robbers fled in a policeman's car after firing on the officer.

The men held were listed as William Barber and Robert Kennedy, of Durham.

Sheriff Bruton said they were traced through license plates on the car left at the scene of the attempted robbery.

Hollywood Sights And Sounds

By ROBIN COONS

HOLLYWOOD.—Chairs and rubber mats and bass tubas would seem to have no relation to singing for the screen, but knowing that they do keep Mike McLaughlin's job safe from monotony.

Mike is the "mixer" (or sound modulator) on all musical recordings at the Metro studios where voices are prolific. Mike is a musician as well as a sound engineer. Through his modulating panel, in a sound-proof room over the recording stages, pass all the notes that later you hear from the screen.

"All singers," says Mike, "have unexpected tricks that the mixer has to learn. For instance, the microphone showed a waver in Nelson Eddy's high notes—until I found that he shakes his head slightly as though shaking out the song. This caused him to sing into the microphone and past it, in quick alternation. A new placement of two microphones fixed that."

Swaying Stopped "Jeanette MacDonald has a lot of 'dance instinct' in her, and she was prone to sway with the music. We fixed that by having her lean against the back of a chair with her hands on it while singing."

(The chair doesn't show on the screen, since all recording is done without benefit of camera, in advance of filming.)

"One day Miss MacDonald," Mike continues, "complained of a funny overtone in her high notes when the recording was played back to us. To the ear the note was perfect. Finally we moved the big bass tuba in the orchestra which had been pointed toward her as she sang. It was catching her echo and shooting it back. While we couldn't hear it with our ears, the microphone had."

It is Eleanor Powell whose vocalizing calls for the rubber mat. The lady can't help tapping while she sings, so they stand her on the mat and she can tap to her toes' content. Robert Taylor, when he sang in "Broadway Melody of 1936," was required to keep his hands in his pockets. That way he couldn't keep snapping his fingers in time to the music. But James

Stewart, who sings in "Born to Dance," is an actor who can sing without doing anything else, says Mike. Stewart told him he couldn't do anything scared him into frozen stillness.

Problems Of Glamor Girl

Jean Muir is having a tough time, what with her "glamor campaign" and her conflicting desire to talk about serious things like labor problems, economics and politics. A glamorous gal is supposed to be aloof from such mundane affairs, to talk about her art and her amours, and most particularly about herself.

Jean does such unglamorous things as telling the real reason she changed from blonde to brunette, i. e.: "My hair wouldn't take the bleach any more, it was too much trouble, and it cost \$12.50 a treatment. I'm going to like the natural shade better, anyway."

Moreover, she goes to night school, once a week, for an economics course.

Probably as a concession to glamor, however, she attended a movie premiere the other evening—her first in three years in Hollywood.

Love Quadrangle Woman Marries

LAS VEGAS, Nevada, Dec. 8.—(AP)—Mrs. Leah Clappitt Sewell, once named in a love quadrangle in which the other woman told of exchanging mates for the night at a beach party, was on a honeymoon today with her fourth husband.

The divorced wife of the wealthy California sportsman, Barton Sewell—he later married the other woman—was wedded here last night after an airplane elopement from Palm Springs, Calif., to Charles Kaley, singer and orchestra leader. Mrs. Sewell's previous three marriages and Kaley's previous one ended in the divorce courts.

Mrs. Sewell denied any misconduct in the love quadrangle which also involved Sewell, Walter M. Emerson, actor-writer, and Mrs. Emerson and which resulted in a snarl of love suits, sensational charges and fist fights.

The Portuguese man-of-war is not a single animal but a colony of several so integrated that they act as one creature.

Artificial rubies differ from the natural stones in containing minute air bubbles.

Opals differ from other principal gem stones in being not crystalline but a solidified jelly.

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COMING WEDNESDAY
DR. THOS. M. FUNK, Osteopathic Physician of Mooresville, N. C. will be in Shelby at the Hotel Charles
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