



"Smile at the Ache"

Ordinary pains—headache and neuralgia, muscular pains, functional pains, the headache and congested feeling of a cold in the head—how quickly they disappear when you take a tablet or two of

DR. MILES' Aspir-Mint

Dr. Miles' Aspir-Mint is the new, stable, mint-flavored tablet that is making people all over the country "Smile at the Ache" Your druggist has them. 15c and 25c Packages

YOU'LL GET RELIEF OR YOUR MONEY BACK



NEW delight in Cheese flavor

Still another Kraft-Phenix triumph! New digestibility, health qualities and delicious new flavor added to cheese.

In Velveeta all the valuable properties of rich milk are retained. Milk sugar, calcium and minerals. Good for everyone, including the children.

Velveeta spreads, slices, or melts and toasts instantly. Try a half pound package today.



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With Padgett and King Undertakers

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MILLIONS of customers have been won to Efid's Department Store, Charlotte, N. C., through years of day-after-day performance, growing to undisputed leadership in the Carolinas.

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DAIRYING IS SUFFERING WITH BAD HEADACHE

Cure Lies In Cutting Poor Producers and Good Feeding.

"Headache? Sure," says the quick-relief doctor, "I'll give you some headache powders." But soon the ache is felt again and more powders are taken. The victim thinks only of relief but seldom does he diagnose his case and try to find the cause of his trouble. After the headache has persisted for a time, however, he begins to seek the cause, and finally, after much suffering, locates the source of the trouble and is relieved permanently.

The dairy industry, no one will deny, has been suffering for some time with a "headache." Headache powders, in the form of decreased feeding by the producer, have been used, but little change in the victim has been noted.

Some farmers, however, have at last found the source of the trouble and are beginning to apply the proper remedy, the culling and balanced ration method. Many farmers already have eliminated from their herds a part or all of the "boarder" cows, but altogether too many farmers have placed these "boarders" on a pension and are keeping them, to the detriment of the entire herd and the dairy industry as a whole.

The sooner all "boarders" are eliminated from the dairy herds, the sooner will the dairy industry swing back to normal. Until the "pension" lists have been done away with and the farmer begins feeding balanced rations, with the proper protein concentrates, he cannot expect to make a reasonable profit on his herd.

Now that pastures are abundant in most places, only one pound of the following ration is needed for each five or six pounds of milk produced: ground corn, hominy, or barley, 400 pounds; ground oats, 300 pounds; wheat bran, 100 pounds, and linseed meal, 100 pounds.

"Painting and Whitewashing on the Farm" is the title of Agronomy Information Circular No. 50 now available free of charge to farmers of North Carolina on application to State college.

Dairymen of Alamance county will hold an auction sale of 22 heifers, five cows and five bulls, all pure bred Jerseys, at the Mebane Fair grounds on Friday, May 30.

Sportsmen Have Optimistic Meet

The second meeting of the Izaak Walton League of Rutherford County, was held at the Dutch Grill, between Rutherfordton and Forest City, Tuesday, May 13th. David Lindsey, president, presided. It was announced that the League already has over 30 members.

J. G. K. McClure, Jr., of Asheville, spoke. He told of what the State Board of Conservation and Development has done during the past two and a half years in developing the resources of Western North Carolina along the lines of fish and game. He said a chain of game refuges, beginning in Macon county, with the Wayah Bald Refuge of 12,000 acres, surrounded by 20,000 acres of public hunting ground, next the Pisgah Game Refuge, with 150 miles of circumference over which the game is spreading, third, the Mount Mitchell State Game Refuge, of 22,000 acres in McDowell and Yancey counties, surrounded by 60,000 acres of national forest land over which the public can hunt, fourth, the Daniel Boone Refuge, of 17,000 acres in Avery and Caldwell counties, are being stocked with deer and birds and the streams with fish.

Rearing Pools Built.

Perhaps, the outstanding achievement in Western North Carolina, he said, is the building of rearing pools by private individuals. Over 150 rearing pools in which trout are raised to the size of from four to six inches have already been built in Western North Carolina. From these pools, he said, the streams are being stocked and the fishing is steadily improving.

Several of the members of the League spoke. Mr. Lindsey stated that five years ago he had fished every stream in Rutherford county without getting a rise. Last week, he said, in two days fishing he got his bag limit of rainbow trout both times. Other members reported that fish are plentiful in many of the streams, and felt greatly encouraged over the progress made in western counties in the past five years.

Fox Hunters.

Mr. C. C. Moore, of Forest City, spoke for the fox hunters. He urged all fox hunters to be considerate of the farmers' property over which they are hunting. He stated that it is easy to retain the good will of the farmer if all gates are closed and property rights respected, but that the careless hunter who tears down fences and destroys crops naturally brings on the farmer's enmity, and the next hunter who comes along will not be allowed to hunt.

Plans were made to assist Game Warden Hardin in the building of rearing pools for rainbow trout in four sections of Rutherford county.

TRUSTEE'S SALE OF LAND

By virtue of the power of sale contained in a certain Deed of Trust made by Henry C. McFee and Bertie Edna McFee, his wife, to the undersigned Trustee, dated December 15, 1929, and duly recorded in the office of the Register of Deeds for Rutherford County, State of North Carolina, in the record of Mortgages and Deeds of Trust, No. 5, page 365, to which reference is hereby made and default having been made in the payment of the indebtedness secured by the said Deed of Trust, whereby the power of sale contained therein has become operative, said Trustee will on

MONDAY, JUNE 16th, 1930.

at 12:00 o'clock noon, sell for cash to the highest bidder, at public auction, at the court house door, in the town of Rutherfordton, North Carolina, a certain lot or parcel of land in the city or town of Rutherfordton, County of Rutherford, State of North Carolina, and more particularly described as follows:

Beginning on a stake on the Northernly side of McFee street, which stake is located at a point 250 feet North 87 degrees and 30 minutes West from the corner of the Northwestwesterly intersection of North Main street and McFee street; the same being Dr. J. C. Twitty's Southwestly corner; and running thence with the Northernly side of McFee street North 87 degrees and 30 minutes West 75 feet to a stone, S. P. Dunagan's corner; thence with S. P. Dunagan's line North 2 degrees East 150 feet to a stake in K. J. Carpenter's line; thence with K. J. Carpenter's line South 87 degrees and 30 minutes East 75 feet to a stake, Dr. J. C.

Twitty's line; thence with Dr. J. C. Twitty's line South 2 degrees west 150 feet to the place of Beginning.

The above property is sold subject to a Deed of Trust to secure the payment of \$3,000.00 executed by Henry C. McFee and Bertie Edna McFee, his wife, to the undersigned Trustee, dated March 1st, 1928, and recorded in the office of the Register of Deeds for Rutherford County, in Book A-5, at page 243. Said Deed of Trust being a first lien on the above property which the buyer must assume and pay off, under the conditions set forth in said Deed of Trust.

This, the 16th day of May, 1930.
The Commercial National Bank of High Point, N. C., Local Trustee.
By R. R. BLANTON, Att'y.
33-4t.

To The Voters Of Rutherford County

Unexpectedly and probably unfortunately at the Republican Convention last Saturday, the convention placed my name on the ticket for county commissioner. This I think a mistake for several reasons. To be frank with you, I am not the progressive kind that people want these modern days. Some call it keeping pace. If I could have lived and served as county commissioner fifty years ago, possibly I might have made an ideal one; but to mention my name now sounds like ox carts, spinning wheels, and jean breeches.

I want the voters to size me up at the beginning. I would prefer to be defeated in the election rather than disappoint you afterwards. I have no desire to be a commissioner elected by the Republican voters only. If I cannot receive a good strong vote from the best Democrats, I want to lose; for it is their interests principally that commissioners in this county represent.

Under present conditions if you want a new road, a new bridge, or some more bonds issued, I would advise you to vote for the other fellow, as I don't want to see you disappointed. I am opposed to taxes continually increasing and the debt still growing. One or the other should be and can be reduced. As I understand, the commissioners have very little to do with running our schools; however, I am opposed to some of the useless expenses incurred in operating the schools. We must admit that the schools have improved wonderfully during recent years, but this makes me think of the boys who trained their pups by running Dad—they said it was fine for the pups but hell on Dad!

I would prefer a \$75,000 court house paid for, rather than one worth a quarter of a million and owe every dollar on it. I had rather have my old model Ford and it paid for than a Cadillac not paid for and a mortgage on my home. So you see very plainly that I am a back number.

But before I forget I must thank the convention for this honor, and also my Democrat friends for their voluntarily offering to support me. In this race I have two troubles to contend with: One is that I am not known over the county, and the other is that those few who do know me are too well posted.

We speak of progress—I don't believe there is such a thing as progressing backwards or down hill. It is just a matter of postponing trouble, or at least it has proven so with Rutherford county. I don't believe in pulling back. I remember that when I was a small boy my father told me I made a "poor out" driving, but a good hand to put on brakes. So I am still pulling the brake line, and this might not suit those who want to keep pace. My idea is to pay out of debt and stay out!

O. B. BIGGERSTAFF.
—Political Advertisement.

Backache

If functional Bladder Irritation disturbs your sleep, or causes Burning or Itching Sensation, Backache, Leg Pains, or muscular aches, making you feel tired, depressed, and discouraged, why not try the Cystex 48 Hour Test? Don't give up. Get Cystex today. Put it to the test. See for yourself how quickly it works and what it does. Money back if it doesn't bring quick improvement, and satisfy you completely. Try Cystex today. Only 60c. Peoples Drug Store.

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Forest City, N. C.

What a Proof of efficiency and economy!

Of the hundreds of thousands of owners of General Electric Refrigerators

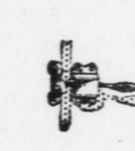
What a Proof of trouble-free operation!

In a dramatic test to demonstrate the trouble-free operation of General Electric Refrigerators, the entire mechanism was submerged in water—and it still ran on!



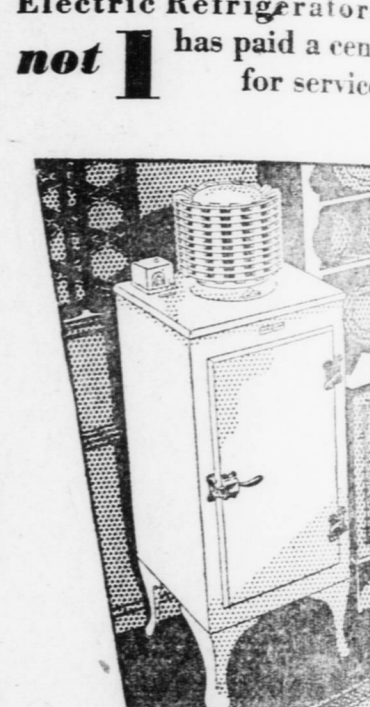
What a Proof of durability!

In General Electric Laboratories, tests were conducted to discover the durability of the doors, latches and hinges. The tests were stopped after a period equivalent to 30 years of wear!



What a Proof of reliability!

The General Electric automatic freezing control was tested every 1/2 minute for a period equivalent to 463 years. At the end of that time, it was still going strong.



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We back this as the finest tire in the world. Guaranteed for life!

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