

DEMOCRATS HOLD HOT CONVENTION

Harmonious Convention Voices
Militant Opposition to
Hoover Prosperity—
Ridings Re-Appointed.

Raleigh, July 7.—Three thousand Democrats attended the state convention Thursday in Raleigh, and voiced militant opposition to the Hoover administration. "Hoover prosperity," and heard Judge L. R. Varner, of Lumberton, sound the keynote of harmony for the party in the opening address. Victory for Josiah Bailey, the party's senatorial candidate, by a 100,000 majority



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Next time a coated tongue, fetid breath, or acid skin gives evidence of sour stomach—try Phillips Milk of Magnesia! Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips. Pleasant to take, and always effective.

The name Phillips is important; it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

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MADE GOOD with
millions!
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BAKING POWDER
(Double Acting)
Same Price for Over
38 Years
25 ounces for 25¢
Pure—Economical
Efficient
MILLIONS OF POUNDS
USED BY OUR GOVERNMENT

Thin, Pale, Weak

"I had been through a bad spell of sickness which left me very weak," says Mrs. Virginia Spruce, of Stapleton, Va. "I was pale and felt lifeless, and my strength did not return. I spent most of my time on the bed. I was very nervous, and the least thing upset me. I did not have strength enough to lift a broom. At times I would have bad headaches, which would hurt me until I could hardly see. Someone asked me why I did not try Cardui. I had read of it, so I thought I would see what it would do for me. It was really remarkable how I came out. My strength returned, and my health was better than it had been in years. I gained in weight about ten pounds. My color was good, and I ceased to suffer from headaches. I have told my friends about Cardui because I was benefited after taking it."

CARDUI Helps Women to Health

Take "Bedford's Black-Draught" for Constipation, Indigestion, Biliousness. 1 cent a dose.

was predicted, and a platform was adopted.

According to reports this was a hot convention. The weather was hot; the auditorium where the 2,400 delegates steamed and sweated was hot. A hot keynote speech was made by temporary chairman Varner, of Lumberton, who was hot when he finished. Even Josiah W. Bailey, who generally keeps cool even in July, was hot after giving the Republican party a very heating brand of hades and subjecting President Hoover to a verbal Turkish bath.

But it remained for Governor O. Max Gardner to get things really heated up to the proper pitch, when in his short speech he really sounded the keynote of the convention and declared that the Democratic party in North Carolina had kept faith with the people, had been true to its promises and in spite of "Hoover prosperity," Republican unemployment and the depression in prices caused by the Hoot-Smalley or Smoot-Hawley high tariff bill, had been able to bring about a material reduction in taxes, at the same time materially reducing the indebtedness of the state by more than \$8,000,000.

Governor Gardner characterized the convention as a most inspiring sight, despite the heat, and declared that the Democrats of North Carolina are now "organized, harmonized and ready for the kick-off," ready to stand by the record of the party during the past 30 years.

C. O. Ridings Re-appointed.
Attorney C. O. Ridings, of Forest City, was re-appointed on the state executive committee, as chairman of the Rutherford County Democratic organization. During Mr. Ridings' six years service as county chairman he has wielded an influence that has been felt in political circles of the county. He has stood staunchly by the party, and despite a national victory in the county two years ago he kept the county in the state and local Democratic columns.

FLORENCE MILL NEWS

Messrs Tom Owens, Tim Jones and Fred Haynes left Sunday morning for Washington, D. C., on their vacation.

Mr. and Mrs. A. L. Turner are spending this week in Greenville, S. C.

Mrs. Ben Arrowood was removed to a hospital at Morganton last week for treatment. We hope for her a speedy recovery.

Messrs. Earl Carswell, Carl Haulk and Walter Brady left Saturday for Danville, Norfolk, Va., and Washington, D. C. Mrs. Brady accompanied them to Danville.

Mr. and Mrs. Albert Blackburn announce the birth of a daughter, born June 28, mother and baby doing fine.

Mr. Worth Allen and family are spending this week with relatives at Cliffside and Alexander.

Mr. and Mrs. Laxton Hardin, of Newton, are visiting Mr. Hardin's parents, Mr. and Mrs. Horace Hardin and family.

Mrs. Broadus Crawley and children are visiting in Cliffside this week. Miss Emma Crawley was operated on at the Rutherford Hospital last Wednesday for appendicitis. At latest reports Miss Crawley is doing fine.

Mr. P. L. Owens and Mr. A. M. McDaniel of Gilkey, were visiting Mr. J. D. Owens and family Monday.

Mr. and Mrs. Oral Ferguson are visiting in Rutherfordton this week.

Mr. and Mrs. T. Suttle are rejoicing over the arrival of a fine boy June 26th.

Rev. and Mrs. H. C. Kiser, Misses Annie Blackburn and Indiana Sisk returned to Spartanburg Sunday.

Mr. and Mrs. Baxter Pearson spent Tuesday at Chimney Rock.

The Sunday school convention which was held at the Missionary Methodist church Sunday was well attended.

Mr. and Mrs. L. O. Newton, Mr. and Mrs. Charlie Harris spent Sunday and Monday at Wilmington.

ELLENBORO HOME BURNED FRIDAY

Ellenboro, July 7.—The country home of Mr. and Mrs. Jeff Bridges, three miles from Ellenboro, was burned to the ground Friday morning. It is thought the fire started in the kitchen, and possibly from the stove flue. It was about 10 o'clock when the fire was discovered. There was no insurance, it being a total loss. The home was a six-room frame building, valued at around \$1,000.

FERRY NEWS

Visitors From Texas and Arkansas
Attend Sunday School Convention—Locals and Personal Items.

Ferry, July 7.—In his sermon at Floyd's Creek Sunday Rev. A. G. Melton's theme was "Looking ahead." He referred to several appropriate passages of scripture such as Heb. 12-2, "Looking unto Jesus the author and finisher of our faith." He told of the prodigal son in the far country, looking ahead to the comforts back in his father's house, and also talked of children, who looked ahead with joy to trips promised them, of the expectations of men before visiting large cities, none of which can be compared to the great city of God. Old Robinson Crusoe after his many long voyages and journeys looked ahead to a longer journey than all these and from which he did not expect to return.

Mr. Paul Gillespie and family, of Magnolia, (Ark.), were visitors at Mr. W. P. Alexander's the latter part of last week. Mr. Gillespie is an overseer in one of the textile mills in his town.

Mr. John C. Tate and family, of Dallas, Texas, visited (Mr. Chas. Tate and family and other relatives here last week, returning to their home Thursday. Mr. Tate stated that crops through here were better than any he had seen on the trip here. They traveled through by automobile.

Mr. and Mrs. J. L. Hames Misses Lucile Sherlin, Merlie Hames, Mr. R. Z. Reavis and family Mrs. Splawn Thomas Gordon, Messrs J. C. and D. M. Scruggs and families all attended a Sunday school convention at Fairview church, near South Mountain Institute Sunday, and reported a fine day.

Crawford Kennedy spent last week-end in Charlotte and accompanied by his brother Mr. C. H. Kennedy attended the funeral of Mr. Ed Carpenter at Monroe Sunday afternoon.

Mr. C. H. Kennedy and family, of Charlotte, spent the fourth with Crawford Kennedy and Mr. and Mrs. J. L. Hames.

Mr. and Mrs. Carl Weaver, of Boiling Springs, were the week-end guests of Mr. and Mrs. Chas. Scruggs. They were accompanied also by Mrs. Scruggs father the elder Mr. Weaver.

Mr. Ed Gordon and sons Clyde and Bob Gordon and Crawford Kennedy attended a singing convention at Limestone Baptist church at Gaffney S. C., Sunday.

Mr. Charles Alexander was very sick a while last week with a threatened attack of appendicitis and is now under his nurses's care in Shelby.

Mr. and Mrs. Alvin Sherlin of Forest City are spending this week with their parents, Mr. and Mrs. J. S. Sherlin.

C. E. U. To Meet Friday Evening

Hollis, July 7.—The Rutherford Polk Christian Endeavor Union meets July 11, with Duncan's Creek church, near Hollis, for their quarterly meeting. Supper will be served at 6:30 o'clock after which the business meeting will be held. Extensive preparations are being made for this meeting, the object of which is to teach the value and urge the support of the program work which is being conducted by the two counties. Discussions will be given as to the purpose of the Christian Endeavor with more detailed study given the methods by which this work is carried on. This meeting will include the churches of Brittain, Forest City, Ellenboro, Rutherfordton, Spindale, Columbus, Union Mills and Duncan's Creek. John Artz, of Columbus, is president and Miss Francis Logan, of Rutherfordton, is secretary.

REV. M. F. MOORES AND FAMILY VISITING IN KENTUCKY

Rev. and Mrs. M. F. Moores and family left Wednesday for a two weeks' trip to Richmond and Lexington, Ky., and other points in Kentucky.

Rev. John S. Wood will fill Mr. Moores' appointment at the local Methodist church next Sunday morning.

Regardless of weather conditions, a more determined fight will be made on the boll weevil in Cumberland county than ever before, reports the farm agent.

Cook Vegetables Quickly And With Little Water

When vegetables cannot be served raw, they should be cooked as quickly and with as little water as possible.

"Cooking has a tendency to destroy some of the necessary vitamins and if the vegetable is cooked in water some of the valuable mineral salts are left in the liquid," says Miss Mary E. Thomas, nutrition specialist at State college. "Baking and boiling are the best methods to use in cooking vegetables if these elements are to be saved, but, since boiling is most popular, care should be taken that the loss is not great."

When a vegetable is to be boiled have the water boiling when the vegetable is put in and then bring it to the boiling point again as quickly as possible. This tends to retain the food value as well as the natural color and flavor, says Miss Thomas.

In cooking green vegetables, leave the vessel uncovered to retain the natural color.

According to Miss Thomas, ten to fifteen minutes is long enough to cook most leafy vegetables and the cooking should never exceed thirty minutes. Overcooking causes a great loss in food value and makes the vegetables tasteless and mushy.

The size of the vegetable also has much to do with its food value, says Miss Thomas. To get the greatest benefit, vegetables of medium size should be used. The larger ones are woody, strong in flavor and are not so rich in vitamins. Then, too, they require longer cooking which destroys their food value.

Two vegetables a day, in addition to potatoes, should be served every day, and one of these should be the leafy kind. If possible, one should also be served raw, advises Miss Thomas.

ICE CREAM SUPPER.

The Betterment club and ladies of Ellenboro community are giving an ice cream supper Friday night July 11, between the Presbyterian church and A. S. Harrill and Son's store. There will be a program, string bands and good time for all who attend. Proceeds to go for prizes at the Colfax Fair, Everybody invited.

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Itching
Skin**

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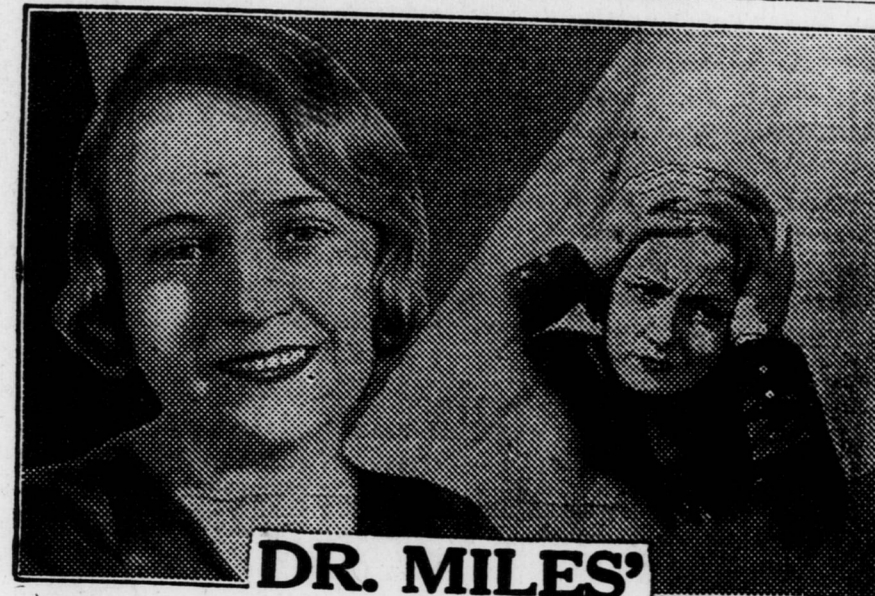
In 1875, an earnest young man began to practice medicine. As a family doctor, he saw the harm in harsh purgatives for constipation and began to search for something harmless to the sensitive bowels.

Out of his experience was born a famous prescription. He wrote it thousands of times. It proved an ideal laxative for old and young. As people saw how marvelously the most sluggish bowels are started and bad breath, headaches, feverishness, nausea, gas, poor appetite, and such disorders, are relieved by the prescription, it became necessary to put it up ready for use. Today, Dr. Caldwell's Syrup Pepsin, as it is called, is the world's most popular laxative. It never varies from Dr. Caldwell's original effective and harmless formula. All drugstores have it.

Route 19 Complete To County Line

State Highway No. 19 is now hard-surfaced from Rutherfordton to the McDowell county line. The tar surface was laid to Union Mills about a year ago, and was recently extended from Union Mills to The Rutherford-McDowell line. Forces completed the work on this project last week.

The new state highway, from the county line to Marion is partly open to traffic now. Construction forces have been at work grading the new road up the creek from Thermal City for a number of months. It is hoped that the highway will be open to traffic by the middle of August. The McDowell portion of this route will be topsoiled, but it is expected that a tar surface will be laid down next spring.



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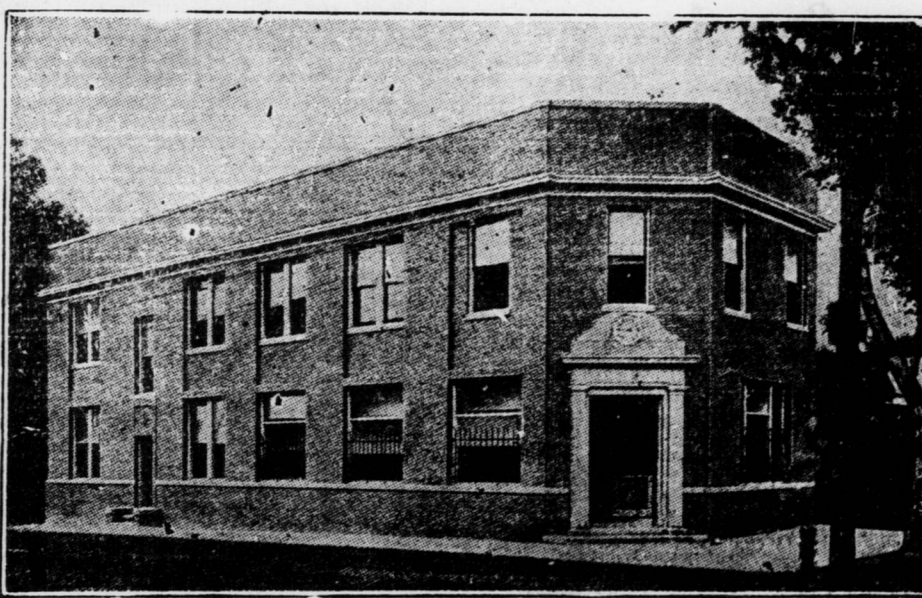
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You want prompt relief. Dr. Miles' Anti-Pain Pills relieve the pains for which we recommend them. They do not upset the stomach, cause constipation, or leave unpleasant after effects.

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