

BEAUTY CHATS

BREATHING EXERCISES

It may seem odd to ask "do you breathe enough air?" but the truth is that a great many people go about all their lives without drawing in one deep lung-filling breath of pure fresh air. This is unfortunately most true in the case of office workers because eight or nine hours a day are spent indoors, possibly with closed windows and other people in a room to exhaust the vitality of the air. Besides this, office workers sit with the back bent and the chest compressed so that it would be impossible to draw in a really vitalizing breath even if the air were good.

The result of this is that the air entering the lungs does not contain enough oxygen to purify the blood with which it comes in contact. All the blood in the body passes through the lungs in the course of circulation. While going through the body it has collected the poisons which we are always forming. These are literally burnt up and purified by the fresh air in the lungs, so that the blood passes on again through the body pure and healthy and strong. This is a simplified and anything but technical explanation of the actual function of pure air. If you go without it your blood becomes impoverished.

Learn then to breathe deeply while you are outdoors. If you work in an

office and ride to work get off the car a few blocks from your destination, and while you walk breathe deeply and hold the air in the lungs for a few seconds before breathing it out. This is to expand your lung capacity and incidentally to give you a well-shaped chest, shoulders and bust. If you take these breathing exercises you will be in much better shape to do your work.

M. C.—You can receive reliable information about this cast in your eye by writing to the Willis Eye Hospital, Parkway, Philadelphia, Pa., or the Eye and Ear Hospital, Second Avenue and 13th street, New York City. Describe the condition as clearly as possible, so they will know whether or not you should go to them for such an operation.

Anxious—Massage hot crude oil into the scalp the night before the regular shampoo. It is better than the oil you are using. Your scalp requires treatments or a good tonic used on it several times each week in addition to the crude oil.

A Reader—Dress in such a way that you are not so conspicuous. I would not advise anything to reduce the size of the bust.



Do You Breathe Enough Air?

Lizzie—Consult your doctor about this net-work of veins. The red nose probably comes from the same cause. Use a cleansing cream on your face and remove with hot moist cloths. Follow this with an ice rub or plenty of very cold water.

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

Tomorrow—Time to Reduce.

ALLEGED ATTACKERS GUILTY OF KIDNAPING

Hallifax, N. C., June 10.—Jim Sharp and Alonzo Burleson, arrested with Mitchell Sharp, charged with attacking two young women of Roanoke Rapids and rushed to the state prison for safe-keeping several weeks ago, pleaded guilty to kidnaping in kidnaping in Halifax County superior court Thursday and were sentenced to fifteen and ten years, respectively, in the state prison. Mitchell Sharp, pleaded guilty to a statutory offense, was sentenced to one year.

CHARLOT REACHES PORT.

St. Johns, N. F., June 10.—The American freight steamer Charlot, still staggering from the effects of a collision with an iceberg yesterday, reached this port today. Captain Ricca and his crew had made a hard fight through the night to stay afloat. When the crippled ship slipped through the narrows, her decks were awash and her boats swung out board ready for launching in the event of the foundering that appeared imminent.

W. W. DEATON SAFE.

Statesville, June 10.—A telegram announces that W. W. Deaton, whose home is in the flood-stricken city of Pueblo, Colorado, is safe. Mr. Deaton is a brother of Ex-Sheriff J. M. Deaton and F. G. Deaton, of Statesville, and has many relatives and friends in Iredell who were anxious about his safety.

HEART AND HOME PROBLEMS

Dear Mrs. Thompson: I am a girl of sixteen. I go to school and am very popular among the girls and most of the teachers and have some good times with them. I also have good times out of school. I have grand parents, but they won't allow me to go with boys. They always try to make me go with some one who is a lot older than I am. do you think that is right, do you?

My older sisters had boy friends about their own age. I don't understand why they don't let me have boy friends also.

I am good to my parents and they are to me. They buy me everything I want nearly. How can I win them to let me have a boy friend?

BOBBIE.

Rely upon the judgment of your parents. You have many years ahead of you in which to go with boys. Your parents are not at all unreasonable in insisting that you enjoy girls for a year or two longer. If more parents took that stand the young people would be less careless in their conduct.

Dear Mrs. Thompson: I am eighteen years old and alone in the world. At a dance I am quite popular and am considered good looking, but the fellows dance with me and talk to me but they don't ask to take me home or to call on me.

I have had several fellows call and take me out and seem to like me at first. I try to be pleasant and talk of things that I know are of interest to them and I know I don't do anything to hurt their feelings, but after calling a few times they seem to lose all interest in me.

Please don't think I am crazy about fellows, but when all the other girls go out and have good times it is very

lonesome for me to have to stay at home, especially when I have no mother, sisters or brothers.

Please tell me what it wrong. LONESOME.

I am not good at guessing and therefore I cannot tell you what is wrong. I think you over estimate the popularity of the average girl when you say that all the other girls go out and have good times. A few girls are very popular, many have attention occasionally while others never go places. Your boy friends are too young to think of marriage and therefore they are not serious in their attitude toward you. I am confident that in a few years you will see a change. The attention you receive will be more serious and more lasting when it is shown by a man with more steadfast and less youthful tastes.

Do not "spoon." If you do, you will get a reputation for it and you will not be respected. A worthy man wants a girl who has not been made love to by every Tom, Dick and Harry.

Dear Mrs. Thompson: I am a girl twenty-one years old. I am in love with a young man. We broke our association some time ago. He loves me and I do love him more than any one in the world. My parents hate him. Is there any dishonor to my parents if I marry this young man without their consent?

UNHAPPY GIRL.

It is more important that you should be pleased with your husband than that your parents should be. Perhaps your parents have good reasons for disliking the young man in which case it would be unwise for you to wilfully marry him. Use the very best judgment you can in your decision and remember that the happiness of a lifetime hangs in the balance.

SPRATT'S WAR RECORD GIVEN RECOGNITION

Fort Mill, S. C., June 10.—In a letter recently sent to the war department by Brigadier-General L. D. Tyson, formerly commanding the Fifty-Ninth brigade, he has recommended that the distinguished service medal be awarded to Col. Thomas B. Spratt, formerly one the One Hundred and Eighteenth infantry, and now president of the First National bank of Fort Mill. In a note accompanying a copy of the letter received here, General Tyson says "I wish the people of South Carolina to understand what my opinion of Col. Spratt and the One Hundred and Eighteenth infantry is," and in the letter reviews in detail the splendid record of service in France of the organization, attributing much of its success to the unflinching interest, calm judgment, and advice of Col Spratt, who was second in command from the organization of the unit at Camp Sevier until discharged after the signing of the armistice. He refers especially to those periods when his immediate superior, incapacitated by illness, was forced to leave in Col. Spratt's hands the command of the regiment, and is unstinted in his praise of his services in the Tynes-Canal sector from July to September, 1918, and later in great offensive in the Somme from September to November, 1918.

He refers to the fact that of the 78 medals of honor won by the whole American army, five came to Col Spratt's regiment. He concludes his recommendation "I have always felt that the One Hundred and Eighteenth infantry would never have attained its great success had it not been for the initiative, devotion to duty, and invaluable aid of Col. Thomas B. Spratt."

OWNER OF SEABREEZE OPERA HOUSE BEATEN

Daytona, Fla., June 10.—Llorillard Reynolds, owner of the Seabreeze opera house at that resort, near here, which was destroyed by fire several days ago, was shot and seriously wounded by a party of unidentified men in front of the burned theatre Thursday night.

The party drove up in two automobiles after attacking Reynolds, took him into one of the machines and carried him to Ormond, five miles away where he was freed.

In addition to a bullet wound over the heart, Reynolds was severely beaten about the head. He was removed to his home where his condition was said to be critical.

No reason was known for the mob's action.

LOAN \$2,000,000 ON COTTON.

Washington, June 10.—The War Finance Corporation announced Thursday night that actual advances of \$2,000,000 in connection with a loan to assist in the export of cotton have been completed. At the same time the corporation said it had advanced \$500,000 on a loan approved for a total of \$1,500,000 for the shipment of cotton to Japan to be marketed out of the warehouses of the American exporter in that country.

URGES PUBLICITY CAMPAIGN.

Denver, Colo., June 10.—The American Federation of Labor was urged to conduct a publicity campaign involving expenditure of nearly \$2,500,000 by John W. Hays, president of the Union Label Trades Department of the Federation, in an address Thursday before the department's convention. He said such a campaign was necessary at the time to gain public support for the trades union movement.

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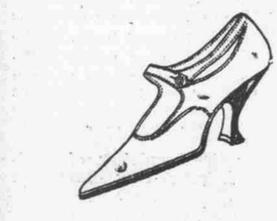
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