

MARRIAGES PARTIES SOCIAL ACTIVITIES

SOCIETY NEWS

CHURCH SOCIETIES ANNOUNCEMENTS

TELEPHONE 610

HOURS 9 A. M. TO 12 NOON

OKLAHOMA SUNSET. From where we stood we saw the clear high line of the Big Urairie, purple, undulant, miles out against the blinding golden shine...

Mrs. Zollicoffer Is Winner At Bridge

Mrs. T. S. Kittrell entertained the members of the Bridge Luncheon Club at the West End Country Club Wednesday morning at 11 o'clock at six tables of bridge.

Legion Auxiliary District Meeting Is at Chapel Hill

The eighth district, composed of Chapel Hill, Carrboro, Hillsboro, Henderson, Oxford, Durham, and Warrenton units of the American Legion Auxiliary, will meet at 3:30 o'clock Saturday afternoon, November 24, at the Episcopal parish house, in Chapel Hill, it was learned here today.

Dramatic Club Go To See Playmakers

About thirty members of the Dramatic Club of Henderson high school will attend a group of three plays to be presented in Oxford this evening at 8:15 o'clock by the Carolina Playmakers.

The program includes "The Loyal Venture," a comedy of pirate days on the Carolina coast by Wilkerson O'Connell; "Fixins," a tragedy of the tenant farmer, by Paul Green; and "Quare Medicine," a story of a ouach country doctor, by Paul Green.

FEWER COLDS HELPS PREVENT MANY COLDS VICKS VAPOROL FOR NOSE & THROAT

CONGRATULATIONS TO THESE HAPPY PARENTS TWINS

Mr. and Mrs. R. G. Cawthorne announce the birth of twin sons, William Glenn and Wallace Graham, Sunday afternoon at Maria Parham hospital. Mother and sons were said to be doing nicely.

Congratulations to O'NEIL'S Henderson's Oldest and Newest Hardware Store

And A Hearty Welcome To EFIRD'S Henderson's Newest Department Store

ROSE'S 5, 10 & 25c Store "Henderson's Most Popular Store"

Marian Martin Pattern



"THIS SEASON" SKIRTS BY MARIAN MARTIN Complete, Diagrammed Marian Martin Sew Chart Included.

PATTERN 9200 AND 9021 Today we bring you two chic versions of what skirts should be. Pattern 9200 wraps around to a trim side closing, uses a neatly stitched patch in back to give the double wrap-around effect and adds a cunningly abbed, patch pocket in front to achieve a "this season" air.

Pattern 9200 may be ordered in waist sizes 26 28 30 32 and 34. Size 28 requires 2 1-8 yards 54 inch fabric. Price 15c.

Pattern 9021 may be ordered in waist sizes 26 28 30 32 and 34. Size 28 requires 2 1-8 yards 54 inch fabric. Price 15c.

Send your order to Henderson Daily Dispatch Pattern Department, 232 W. 18th St., New York, N. Y.

CONTRACT BRIDGE WRITTEN FOR CENTRAL PRESS BY E. V. SHEPARD FAMOUS BRIDGE TEACHER

A COMMONPLACE HAND THE GREAT majority of hands are commonplace, either just above or just below average strength, like the North and South hands. South is a K-10 above average. North is a Q above average.

Hand diagram showing cards: ♠ 6 4 2, ♥ K Q 10 8, ♦ A 8 3, ♣ Q J 7, ♠ A 9 8 7 5, ♥ A 9 6 3, ♦ 6 5, ♣ 6 5 2, ♠ K 9, ♥ 7 2, ♦ Q J 10 9, ♣ 2, ♠ A 9 8 3, ♥ A Q 10 3, ♦ J 5 4, ♣ K 7 4, ♠ K 10 4.

Bidding went: South, 1-Spade; North, 2-No Trumps, as he did not want to bid more than 1 on his 4-card heart suit; South, 2-No Trumps, glad to have the hand played without trumps, as his 4-2-3-5

distribution makes that the natural call. Of course the opening lead was the Q of diamonds. Having 2 stops to a suit, it no trumps it is proper to win the first and third tricks, or the second and third tricks of the suit.

The 4 of hearts was led. Declarer's Q won the trick. The 6 of spades was led towards dummy. The 3, Q and 5 fell. Dummy led the J of hearts. West's Ace won the trick. Having more diamonds, West led his top club. East's Ace took the third defensive trick. Having nothing appearing better to lead, East cleared his diamonds, by leading the J. West let go his lowest club.

Massage May Be Employed To Treat Any Backache

By LOGAN CLENDENING, M. D.

AMONG THE MANY methods which can be employed for the treatment of minor illnesses by the home doctor, is massage. Massage, of course, is really a highly specialized form of treatment, and those who are properly trained in it have to spend a good many years in perfecting themselves in the technic.

Lumbago or backache of any kind can frequently be relieved by having the sufferer lie down, face down, and relaxing the muscles of the back along the spine, and kneading or rubbing these muscle masses with the fingers or open palms. Another good method of treating backache is to put a light layer of grease or vaseline on the affected area, cover it with a double thickness of woolen blanket, and take an iron, heated so that you can just bear to have the skin against it, and rub this up and down on top of the blanket over the painful area until a good area of redness has been developed.

rubbed and stroked. Then, with one hand on the foot and another one on the leg, the joint moved in all directions in order to help recovery of functional activity. Headaches are frequently relieved by massaging the neck, particularly at the base of the skull and over the forehead. Besides massage and water, other forms of physical therapy are exercise and occupational therapy. Exercise is probably one of the most frequent prescriptions that the amateur physician gives himself, and with some qualifications and restrictions it usually does good. It is better in the young than in the old, and if followed by a sense of fatigue rather than elation, should not be continued. I still say, as I said in the article yesterday, that rest, for most things, is better than exercise. Special exercises, such as muscle training to restore function to a group of muscles that has been incapacitated from injury or disease, should be prescribed by the physician, but can easily be carried out at home, under the direction of an intelligent member of the family. It is, by the way, a good thing to appoint some member of the family to this capacity, because if left alone, the invalid will frequently weary of well doing, and give up the good work before it is finished.

EDITOR'S NOTE: Six pamphlets by Dr. Clendening can now be obtained by sending 10 cents in coin, for each, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."

Middleburg Party Be Given Friday

Finals plans were being made at Middleburg for the presentation of the P. T. A.'s tacky party and square dance in the school auditorium tomorrow evening, beginning at 7 o'clock. A turkey raffle will be held, prizes for the best costume for boys and girls, men and women, and drinks, candy and hot dogs will be on sale. A supper will also be served during the early part of the evening.

Richmond Alumnae Will Meet Friday

The alumnae of Richmond Woman's College, Richmond, Va., will celebrate the 80th anniversary of that institution with a special program Friday. Features will be had during the morning with a luncheon following at the Jefferson Hotel at 1 o'clock.

Junior Club To Sponsor Sale of Christmas Seals

The Henderson Junior Woman's Club decided at its meeting last night at the home of Miss Helen Royster on Andrews avenue to accept the sponsorship of the sale of Christmas tuberculosis seals in the city this season. The seals will go on sale within a few days, it was stated, and every effort will be made to dispose of as many of them as possible.

ceived with regret by the club, and her successor was not selected at the meeting. The hostesses for the meeting were Miss Royster and Misses Sadie Boyd, Ruth Buchan and Sal White. Refreshments were served by the hostesses at the conclusion of the meeting.

Orchestra Gives Program At Meet For High School

The high school orchestra, under direction of L. E. Miller, furnished much of the program at the monthly meeting of the High School Parent-Teacher Association yesterday afternoon.

Paul Patterson and Miss Kenton Tucker gave an instrumental duet, accompanied by Miss Alice Harrison. A dance number was played by Reginald McFarland and a quartette was given by Paul Patterson, Iris Dickerson, Eugene Patterson and Kenton Tucker, accompanied also by Miss Harrison. Mr. Miller announced that since the last concert by the orchestra three boys, Walter Stone, Bobby Furman and Billy Dennis, have been added.

A demonstration was given by Mrs. Leon Vick of the work of her class in Red Cross sick work. The meeting was opened by Mrs. A. C. Yow, the president, who presided, and the Lord's Prayer was recited in unison.

When the business session was called, the minutes of the last previous meeting were dispensed with. Various reports were given, including one by the treasurer, Mrs. R. T. Upchurch, showing \$27.75 on hand. Miss Maxine Taylor reported 46 were being trained in the glee club this year, instead of only 31, which was trained last session.

Mrs. M. C. Capps reported for the ways and means committee, and told of plans on foot for raising funds. Mrs. J. M. Baily, membership chairman, reported 47 paid members.

The prizes for the most mothers in attendance went to the home rooms of Miss Kyle, who got the first prize, and Miss Morton, the second.

It was decided that the usual annual receptions to seniors and the various athletic groups would be given again this year, the dates to be selected by the committee.

PHOTOPLAYS

STEVENSON THEATRE

Friday Only Matinee 10-16c Night 16c America's First Actor GEORGE M. COHAN in GAMBLING with WYNNE GIBSON and DOROTHY BURGESS

TODAY ONLY "You Belong To Me" With Lee Tracy—Helen Morgan

Added: Vitaphone Special Ben Blue in "All Sealed Up" Matinee and Night: 10-25c—Plus Tax

Moon Theatre

TODAY ONLY BEN LYON—SARI MARITZA—"CRIMSON ROMANCE" First Chapter Richard Talmadge—Pirate Treasure—Comedy

Thank PENNEY'S for these "BUYS"! NEW LOWER PRICES ON ALL FUR-TRIMMED LADIES' COATS. WINTER Coats \$14.75. BETTER COATS \$19.75. Simpler sleeves with fullness held below the elbow! Crepes and rougher nubbed crepes! Flat furs and flattering long haired furs in the very newest of collars and trimmings! Black, green, brown, too! Women's and Misses' sizes! J. C. PENNEY COMPANY