

# CAROLINA STORES

We Save You Money

Goods that you know all about — Quality Brands that please you—that's one great point of success for Our Stores. Always what you want, when you want it and at prices that never fool you.

**SCOTCH OATS** Quick or Plain Regular Size, 2 for **15c**

Ball Mason Jars — Pints 75c; Quarts 85c  
Jar Rubbers—Heavy Red Lipped, per dozen 5c

**SALMON** Kingbird Brand Tall Pinks—Extra Quality **19c**

Certo—That great Jelly Maker, per bottle 30c  
Fruit Salad, Libby's No. 1 Cans 25c

**KARO SYRUP** 5 lb. cans each **35c**

SPECIALS FRIDAY AND SATURDAY

**FRUIT JARS** Ball Mason Half Gallons, doz. **\$1.09**

**MORTON'S SALT** Iodized or Plain 3 pkgs. for **25c**

**BANQUET TEA** 1-4 lb. package **23c**

**PEANUT BUTTER** Old Reliable 1 lb. jar **19c**

**LARD** Royal Aster Pure Vegetable 8 lbs. loose **99c**

CAROLINA STORES FOR CAROLINA PEOPLE

3 Stores in McDowell County

Marion Clinchfield Old Fort

### Five Simple Rules for Keeping Good Health

Practical inference from the views of an eminent physician are so simple that they are almost trite, and yet they are fundamental. If you want to keep out of the repair shop and make your own body "tick" vigorously and regularly, don't rely on drugs, but co-operate with nature in five ways:

- 1—Drink an abundance of water to keep your cells in condition.
- 2—Sleep at least eight hours out of each 24 to maintain your batteries.
- 3—Regulate your diet carefully so your body will be adequately nourished, and don't "dig your grave with your teeth" by overeating.
- 4—Get plenty of fresh air, especially when you are sleeping.
- 5—Exercise regularly to rebuild worn tissues, increase blood circulation and develop new cells.

If these five simple rules were honestly and thoroughly observed for several generations as vigorously as the Jews have obeyed the laws of hygiene handed down by Moses, druggists and doctors would eventually be obliged to seek other occupations, and the world would be populated by a very much superior race of human beings.—Cleveland Plain Dealer.

### Omission or Usage of Comma Highly Important

A jury in New Jersey that heard the evidence against two men accused of murder returned a verdict finding one guilty of murder in the first degree, and the other guilty of murder in the second degree with a recommendation of leniency. A comma separated the two findings, and this was held by another court to prevent the recommendation for mercy from applying to the first degree finding, though the attorney for the killer insisted that a semicolon should have been used if that were the jury's intention.

Commas are, therefore, seen to be important whether used or omitted. It is a curious situation when courts are called on to decide the meaning of a contract drawn, or at least revised, by an attorney, especially such a contract as an insurance policy which may control the distribution of thousands of dollars.

### Pepper Popular

Black pepper is the most widely used of all spices. There was a queer medieval belief that black pepper came from a forest that had been turned over. When means of transportation were not well developed, and when the monotony of a smaller choice of foods made spices even more desirable than they are now, there must have been a tremendous interest in the caravans from the East that made spices one of their chief commodities. Pepper they brought from the East Indies, although it is now cultivated in other tropical countries. It is the dried fruit of a vinelike tree.

### What, Ever?

"Here you are, then," wrote Oliver Wendell Holmes, on the subject of rowing, in the year 1858, "here you are, then, afloat with a body a rod and a half long, with arms, or wings, as you may choose to call them, stretching more than 20 feet from tip to tip, every volition of yours extending as perfectly into them as if your spinal cord ran down the center of your boat, and the nerves of your arms tingled as far as the broad blades of your oars."  
"This, in sober earnest, is the nearest approach to flying that man has ever made or perhaps ever will make."  
—Autocrat of the Breakfast Table.

### Operas

Grove's Dictionary of Music gives the following information concerning the difference between certain types of opera: Comic opera—a term used indiscriminately to denote a musico-dramatic work of an amusing nature. It is not the English equivalent to the French opera-comique, for that term includes works into which seriousness and even tragedy may enter; the type is rather the opera bouffe. Light opera is a term often employed for works in which sentiment counts for more than high spirits, although the latter is not necessarily absent. Grand opera is an opera with continuous music and of a serious nature.

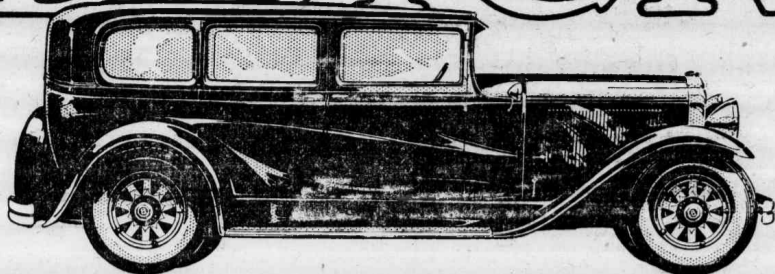
### National Forests Popular

Several million every year take advantage of the recreational facilities offered by the national forests. This phase of the administration of the forests is being developed by the forest service in accord with the policy of making these properties of the people serve them to the best advantage. Through trails and roads the forests are made accessible, says the Forestry Almanac. Within them there are many lakes and brooks, admirable for fishing and camping. Game is found in comparative abundance and streams are stocked with fish.

### Only a Dozen Bananas

Robert made his first week-end trip alone to visit his aunt in a nearby town. The aunt was aroused in the night on the day of his arrival by a very sick boy.  
Observing symptoms of an overloaded stomach, she said:  
"Robert, did you buy any trash and eat it on the train coming out?"  
"No, auntie, I didn't have a thing except a dozen bananas," replied the distressed lad.

# THE New BUICK



## New FISHER styling

in the most colorful and captivating motor car bodies of the year . . .

Reflecting the matchless genius of Fisher's artist-craftsmen, as well as the unparalleled resources of the Buick and Fisher organizations, the magnificent new Buick Bodies by Fisher incorporate beauty and charm obviously superior to any other car in the Buick field.

Longer—lower and more luxurious, these new bodies reveal entirely new harmony of color and grace of line. They are replete with extra features of utility, luxury and convenience, including new Non-Glare Windshield for safe night driving—new and richer upholstery—new fittings and appointments of princely luxury.

In addition, this new Buick embodies other wonderful new elements of value—a new and mightier valve-in-head engine—new Controlled Servo Enclosed Brakes—four new double-acting Lovejoy Duodraulic Shock Absorbers, and new longer rear springs, new frictionless steering gear and new Steering Shock Eliminator.

And what is more, this new Buick, with all of these vital superiorities, is offered at new low prices—prices that make Buick for 1930 the greatest value Buick has ever offered in 26 years of building extra value into each series of Buick cars!

BUICK MOTOR COMPANY, FLINT, MICHIGAN  
Canadian Factories: McLaughlin-Buick, Oshawa, Ontario  
Division of General Motors Corporation  
Builders of Buick and Marquette Motor Cars

## Marion Buick Company

Phone 88 Logan St. Marion, N. C.

When better automobiles are built, Buick will build them

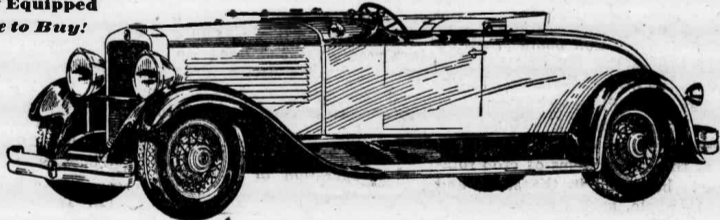
# NASH '400'

LEADS THE WORLD IN MOTOR CAR VALUE

"400" Special Six Roadster

\$1466

Delivered, Fully Equipped  
Nothing More to Buy!



## IN STYLE, PERFORMANCE AND PRICE — the pick of the roadsters!

FOR the open car enthusiast, Nash builds a roadster that makes all others second choice.

This new Nash "400" has the style, the finish and the sparkling performance that you customarily expect only from roadsters far beyond its extremely moderate price.

The motor is the new Twin-Ignition type which Nash engineering has developed to add exhilaration and economy to motoring. Twin-Ignition means more power, more speed with less gasoline.

Next year's open car fashion is forecast in the finish of this charming "400." The upholstery is pigskin, with a big disappearing arm rest in

the center of the front seat and arm rests on either door. The "400" roadster seats its passengers low, with only head and shoulders visible. Wheels are wire, with big heavy duty spokes, oversize hubs and chromium-nickel rims.

And the "400" Roadster is fully equipped, at the price quoted above, with every fine car accessory, including Lovejoy hydraulic shock absorbers, Bijur Centralized Chassis Lubrication, chromium nickel bumpers, spare tire, tire lock and tire cover.

It's new, it's smart and it is lower priced than any other roadster which remotely compares in style, quality and performance. See it before you buy your Roadster.

Delivered, Fully Equipped Price Range of 23 Nash "400" models \$990 to \$2,120. includes Touring, Roadster, Coupe, Cabriolet, Victoria and Sedan Models

FINLEY MOTOR COMPANY  
MARION, N. C.

(84)-974

## Poultry Loading

Marion, Wednesday, Aug. 14

8 a. m. 'til 3 p. m.

We will pay the following prices at car:

Heavy Breeds, Hens - 20c

Light Breeds, Hens - 18c

Heavy Breeds Chix - 18c

Light Breeds Chix - 16c

Cox, 10c lb. Ducks, 10c lb.

Please do not feed poultry day of sale.

We will appreciate your offering.

Farmers Federation, Inc.

B. H. ELLER, Mgr. Poultry Dept.

## New Ford Battery

Only  
**\$8.50**

A genuine Ford 13-plate battery will give you dependable service the year around. It is built for quick starting, reliable performance and long life. At its present price, the Ford battery is a genuine bargain. Guaranteed.



McDOWELL MOTOR CO.  
E. Court St. Phone 242