

### J. P. D. WITHROW

Cash and Produce Merchant. Butter, Poultry and Eggs a Specialty. HOLLIS, N. C., Oct. 26, 1912.

WEEKLY QUOTATIONS

Hens	lb.	9
Chickens	12 1-2	
Guineas, each	15	
Ducks, each	20	
Bacon meat per pound	12 1-2	
Ham meat	16	
Eggs	doz.	22
Beeswax	26	
Butter	16	
Hides, Dry	15	
Hides, Green	7 1-2c	
Oats	64	
Wheat	\$1.00	
Tallow	6	
Old Copper lb.	18	
Cotton Seed per bushel	20	
Huckleberries	19	
Dried Apples	10 5	
Dried Peaches	10 5	
Cane Seed per bushel	60	
Cows per pound	3c	
Flour, Home Made	2.75	
Sassafras Bark	5 to 7	
Star Root per pound	25c	
Peach Seed per bushel	75	
Peas New	\$1.75	
Corn New	80c	

Poke Root washed clean and sliced and well dry 2-1-2c lb. 2 tracts of land for sale. Cut this produce ad out of the Highlander and bring it to Hollis and I will sell you 20 lbs. of standard granulated sugar for \$1.00. Also they will be filed and beginning at 1 and when the No. received reaches 100 the person bringing it in will get a nice Rocking chair free, and so on to 2000, every hundredth person will get a Rocker. No one will know what his No. will be, so come and try your luck.

J. P. D. WITHROW

### GROCERIES

If you are looking for something good and nice to eat come to see me. We deliver on the dot. T. B. WASHBURN.

### BARGAIN REAL ESTATE

All sizes and styles of homes, farms and vacant lots for sale in Shelby, Cleveland county, Rutherford county, York and Cherokee counties, South Carolina. Prices ranging on homes from \$500 to \$8,000, prices on farms \$4 per acre to \$200 per acre. Ready to give information about, or show this property at any time called upon.

J. A. ANTHONY.

Office at Court House and up-stairs in Miller Block. 1-1f

### The Shelby Hospital

Open for Surgical and Medical Patients. Special attention given to abdominal and all lines of surgery. Prices reasonable.

Visitors admitted from 2 to 5. PHONE NO. 79.

### Quinn, Hamrick & McRorie

ATTORNEYS-AT-LAW. Office in Shelby and Rutherford. One member of firm always in office. Practice in State and Federal Courts.

### DR. T. O. GRIGG

DENTAL SURGEON. Office With Dr. M. W. Grigg. Phone 104 - Shelby, N. C.

### T. W. EBELTOFT

Dealer In Books, Bibles, School and Office Supplies. Fancy Groceries. Phone 82.

### HARNESS AND BICYCLES

WE manufacture all kinds of harness, collars and bridles. REPAIR work a specialty. All work guaranteed. New Bicycles for sale. We repair old one. Can repairing done on short notice.

COSTNER BROS., Kings Mountain, N. C.

### Market Report

(Corrected each Week by McMurtry-Hull Co.)

Chickens (old hens)	10
" (young)	15
Butter	20
Eggs	25
Hams (country)	17
Corn	1.00
Meal	1.20
Oats	60
Bran and shorts	1.50
Peas	1.75
Cane Seed	1.00

We receive out of the dark hand of mystery the gift of sunny days. We pledge ourselves to take them with a hearty will, and live them out to the full measure of the power of joy—yet never with a loose or temporary mind. In the moments we will not forget the hours, nor in the hours the years, nor in the years the complete statue of our lives, framed in eternal peace. —Eastman.

For what is worth in anything But so much money as 'twill bring? —Butler.

A mustard bath for the feet will do more to ward off pneumonia than a gallon jug.

## HEALTH AND HYGIENE

### VENTILATE DON'T HIBERNATE

Cool weather is here. Cold weather is coming. The advent of cold weather always marks the rise in the pneumonia death rate. It also marks a general increase in the number of cases of the contagious diseases—Measles, scarlet fever, diphtheria, colds, etc. Why? Because from now on people begin to close their doors and windows, and stagnant air diseases get in their work. When people are closely bound in, in poorly ventilated rooms, the foul air lowers our vitality, and this, together with close association, makes disease transmission easy. What is the remedy? It is easy enough to locate the remedy. The remedy is simply a continuation of the first-class ventilation we have been having out in the open air all summer long. But how can we get it in the winter? In winter we have to live in houses to be sure, but we don't have to sacrifice all our fresh air, however. Here are two valuable suggestions for increasing the fresh air in our houses.

If stoves are used, a jacket or shield of galvanized iron or some other metal should surround the stove. An opening in the floor will admit air which will pass up around the stove and out at the top of the shield, thus furnishing a lot of warm, fresh air. This is better than window ventilation, as the fresh air is heated as it enters the room.

But if your room has no stove it surely has windows, and if it has, here is a still simpler method of getting fresh air. On the bottom of the window sill, on the inside of the window, place a thin board six or eight inches wide and as long as the window is wide; fasten this board up on edge on the window sill, as near the inside of the window jamb, and as far back from the window itself as possible; then raise the window six or eight inches. The incoming cool air will strike against the board and be deflected upward and no "cold drafts" will be noticed. The only objection to this method of getting a little of the much needed fresh air is that it shuts off some light. To overcome this, get a piece of heavy glass and use it in place of this board. If desired, the glass or board may be placed with the top edge inclined toward the inside of the room. This works better than by having it set straight up. At any event, do something. Get fresh air at any price, even if you have to break a window or two.

### CUTTING DOWN EXPENSES

Cold weather is expensive at best. Thank Fortune, health authorities are coming to the front with suggestions on how to cut down expenses. Here are two good ones that should appeal not only to the economists but to all health loving people. The first suggestion is, "Don't heat your house up to 72 to 75 degrees this winter. From 65 to 70 degrees is far better, and it takes less fuel. The second suggestion is, "Don't have dry heat in your house. Besides cracking and drawing your furniture apart, it is equally hard on you. It cracks, parches and dries your skin, and mucous membrane as well. Dry heat causes lots of the sore lips, chapped skin, and aggravates certain catarrhal troubles. The economy of this suggestion is that properly moistened air in winter makes a room at 65 to 68 degrees feel as comfortable as a hot, dry air at 70 to 72 degrees. Try it once. Evaporate a gallon of water in your living room every day. Better still, get a cheap hygrometer and keep the humidity at 50 per cent of saturation. If you don't care to get such an instrument, try raising a few flowers in your living room. If your flowers wither, dry up and die, take it from the health authorities that such air is not fit for you to live in.

The end result of these two items of economy, it is claimed, is that it increases the health far more than the wealth of those people adopting the suggestions.

### Two Hundred Doctors Agree to Give Their Bodies to Science

To aid in educating the public in the necessity for more autopsies, 200 physicians of Brooklyn and Long Island have voluntarily agreed to place their bodies after death at the disposal of science according to an article published in the Brooklyn Eagle.

This action was taken at a meeting of the associated physicians of Long Island, at which the question autopsies was discussed. By allowing their bodies to be dissected after death the physicians believe they will show the public in a practical way that autopsies, to which many have expressed opposition, are really great aids to science. Especially are autopsies valuable, so the physicians believe, in studying diseases of mysterious and obscure origin.

So interested are the physicians in this matter that the meeting decided to send out 500 circular letters to physicians in Brooklyn and Long Island urging them to induce relatives of patients who die from mysterious causes to permit autopsies.

The only available air from dark till sunrise is night air. Breathe it.

# GO TO KENDALL'S DRUG STORE

For The Following Seasonable Articles.

Gowan's Pneumonia Cure, 25, 50, \$1.00. Vick's Pneumonia Salve, 25, 50, \$1.00. Mentholatum, 25 and 50c. Chestol 25c.

## Kendall's Chapine

For Rough and Chapped Hands and Face. Price 25 Cents.

## Kendall's Compound Syrup

White Pine With Tar, the home-made kind. 25c. Guaranteed to Cure Colds and LaGrippe or your money back. Price 25c.

Cough Syrup, all the reliable ones. Vaseline Yellow and White. Vaseline Cold Cream. Opaline Plain Corbolated and Perfumed. Vaseline Pomade. Pure Syrup Ipecac. Pure Glycerine. Pure Turpentine.

Come to me for your every want in the drug line. "There is a reason".

MEET YOUR FRIENDS AT

## KENDALL'S DRUG STORE

H. E. KENDALL, SHELBY, N. C. PHONE, No. 2.

Window Glass; all Sizes. Putty in 1-2-3-5 and 12 1-2 lb. cans. Glazeirs Points.

### Life Saver

In a letter from Branchland, W. Va., Mrs. Elizabeth Chapman says: "I suffered from womanly troubles nearly five years. All the doctors in the county did me no good. I took Cardui, and now I am entirely well. I feel like a new woman. Cardui saved my life! All who suffer from womanly trouble should give Cardui a trial."

### Take CARDUI

The Woman's Tonic

50 years of proof have convinced those who tested it, that Cardui quickly relieves aches and pains due to womanly weakness, and helps nature to build up weak women to health and strength. Thousands of women have found Cardui to be a real life saver. Why not test it for your case? Take Cardui today!

### JUDGE FOR YOURSELF

Which is Better—Try an Experiment or Profit by a Shelby Citizen's Experiences

Something new is an experiment. Must be proved to be as represented. The statement of a manufacturer is not convincing proof of merit. But the endorsement of friends is. Now supposing you had a bad back, A lame, weak, or aching one. Would you experiment on it? You will read of many so-called cures. Endorsed by strangers from far away places. It's different when the endorsement comes from home. Easy to prove local testimony. Read this case:

Mrs. W. C. Green, Shelby, N. C. says: "All I said some time ago when I gave a public statement, praising Doan's Kidney Pills was correct. There is no better kidney remedy. I had dizzy and nervous spells and my back and head ached. My kidneys were disordered. Seeing Doan's Kidney Pills advertised, I began their use and they gave me complete relief in a short time."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's—and take no other.

(Advertisement)

Physical culture is a sovereign remedy for most human maladies. When the vital status is raised, the morbid conditions engendered by neglect and ignorance are left out, and the individual exists on a higher plane.

If thou neglectest thy love to thy neighbors, in vain thou professest thy love to God; for by thy love to God thy love to thy neighbor is gotten, and by thy love to thy neighbor thy love to God is nourished.—Quarles.

## Specials In

Ladies' Men's and Childrens' Underwear.

Ladies' Heavy fleece lined vests, only..... 25c each, 50c the suit.

Mens' Heavy fleeced lined shirts..... 25c each, 50c the suit.

Children's Union Suits, only..... 25c.

Boys' Heavy Knit Shirts..... 25c each, 50c the suit.

### Overgaiters

Ladies' and Mens Overgaiters, for..... 25c the pair. Visit the variety store before you make your purchase.

## Austin & Clontz

5-10-and 25c Store.

Boyster Building. Shelby, N. C.

## JUST RECEIVED

Car Salt, Car Hay, Car Horse and Poultry Feed Car Lime.

See us about seed Oats, Rye and Wheat

## W. J. AREY & SON

## THE ANSCO WAY IS A BETTER WAY

There is more real satisfaction in using Ansco goods than you can find in any other line—and the reason is Ansco quality. We'd like to have every amateur photographer in town come in and have us demonstrate the superiority of

### Ansco Film and Cyko Paper

Ansco film gets the detail, sharp and strong, brings up the color values and makes real pictures. Fits any make of hand camera. Cyko paper is the prize winner at all the big shows. It has the quality in the values and rich depth. It brings up details clearly and sharply.

## THE HARRIS STUDIOS

SHELBY AND YORKVILLE.

The Highlander \$1. Per Year

## PAPER BAG COOKING

Great System Perfected by M. Soyer, Famous London Chef.

NOT LIMITED TO THE OVEN.

By Martha McCulloch Williams. All my life I have been a sort of domestic pioneer, cutting across lots of tradition and usage, sometimes it must be confessed, to my own loss, and trouble, other times with the happy result of finding out new and easier ways. So after a month of paper-bag cooking I asked myself if I had sounded its whole possibilities? There was no definite answer possible—so I took counsel with myself. All about me I knew there were folk, singly or in pairs, who liked hot food, fresh, yet hated left-overs, who had further great need to watch the pennies. It seemed wasteful for them either to heat a whole big oven to cook a scrap of dinner, or cook an ovenful rather than waste heat. Further, there were countless folk—those with kitchenettes only, or portable two ring stoves, put in commission at need, then whisked out of sight. Could paper bag cooking be made useful to them? I was going to find out—in their behalf, and no less my own. So, upon a Saturday afternoon, I set myself to see if I could solve the problem without sin against either ease or economy.

Looking through my hot closet, I found a cast iron skillet, not over big, nor small, and about three inches deep. I found also a deepish round iron pan just fitting the skillet-top. Placing one upon the other there was a space of almost five inches between them, top and bottom. Having found them I went out and bought a wire trivet. I bought also an exact pound of finely chopped meat—fourteen ounces lean veal, with two ounces of suet. This I shaped into an oval flat-tish cake, salted and peppered it well all over the outside, then floured it liberally, and overlaid the top with thinly sliced mild onion, thickly sliced peeled tomatoes and ruddly lumps of well-floured butter. Next I put it in a paper bag—the biggest my skillet would take, pinned in the corners of the bag after sealing it, and laid it on the trivet which had been set in the skillet before it was put covered, over a gas ring on top the stove. The skillet was sizzling hot—so hot that a smell of scorching came forth in about four minutes. That was the signal to turn down the heat more than half. Because I want my veal always as well done as possible, because I knew the tomatoes would prevent any possible drying out, I left my bag cooking forty-five minutes, meantime getting ready salad, fruit, and setting my table. I have in my time eaten much meat and good meat, but never any better. Therefore, know, all ye ovenless, you can cook in paper bags thus by help of a skillet and cover—indeed, of any sound iron vessel. (Copyright, 1911, by the Associated Literary Press.)

### CONCERNING BOER RABBIT.

By Nicolas Sayer, Chef of Brooks' Club, London. Hare or Rabbit (Roasted)—Stuff and truss a hare or rabbit in the ordinary way. Sprinkle well with flour and rub with cream, butter or drippings. Place in a paper bag, with seasoning (according to taste), in the usual way. Put on broiler in hot oven. Allow forty-five minutes. Stewed Hare.—Cut up the hare in pieces, place on dish, add salt and pepper to taste. Add an apple and a little fat bacon or ham if desired. As a substitute two ounces of butter or a tablespoonful of lard will be equally satisfactory. Add one large finely chopped onion, a bunch of sweet herbs to taste, and a large tablespoonful of flour. Mix together. Add a quarter of a tumbler of water, stock or wine, mix with the other ingredients, place all together in a paper bag and lay on the broiler. Allow forty minutes in a hot oven. Veal and Ham Pie.—Make a good paste in the ordinary way. Prepare the meat as usual, and put in the middle of the paste, which should be rolled to the thickness of about an eighth of an inch. Moisten the four corners and fold to cover the meat. Place in the paper bag, seal up, put on the broiler in a moderate oven. For a one pound pie, allow forty-five minutes; three pounds, one hour; six pounds, one and a half hours. Stewed Kidney (of any kind except beef).—Clean and cut up in several pieces, not too thin. Add pepper and salt to taste. For six kidneys, add one teaspoonful of flour or half a teaspoonful of arrowroot. Add a little chopped tomato and a few slices of mushroom. Add any kind of sauce, also one teaspoonful of sherry or Madeira (if desired), one shallot, not cut, or a small piece of onion, not cut, and a little chopped parsley. Mix all carefully on a plate. Butter or grease the paper bag, put in the mixture, and seal up. Place on broiler in a very hot oven. Allow five minutes. The oven must be very hot. Remove onion or shallot before serving on a very hot dish. Sheep's Kidney, Broiled (or Any Other Kidney).—Skin the kidney, split and place on skewer in the usual way. Season to taste and add a little butter on top. Place in a well buttered paper bag and seal. Place on broiler in a very hot oven. Allow five minutes. (Copyright, 1911, by Sturgis & Walton Company.)