

No Need For Women To Gain Weight With Age, Declares Doctor-Writer

New York.—The woman of excess weight who says she is entitled to more pounds as she grows older is contradicted by Dr. Ruth Wadsworth of New York.

"At one time," writes Dr. Wadsworth in "Charm By Choice," "weight was figured on the basis of age as well as of height. That, however, was when people grew old gracefully and early. A normal weight based on height has been worked out from large groups of healthy men and women by insurance companies, the army and navy and by large educational institutions."

Dr. Wadsworth admits a universal tendency to grow fat after 30, but she attributes this increase in avoirdupois to appetite.

Proper weight can be figured from height, Dr. Wadsworth points out. This is her formula:

Allow 100 pounds for five feet of height. For every inch over five feet add six pounds. For every inch under five feet subtract six pounds.

Glandular disease affects height and weight in several ways, Dr. Wadsworth reports.

"First," she says, "there is the very fat person, short or tall, who eats very little in proportion to her size. She is suffering from an excess in the secretion of the pituitary gland, or a deficiency in that of the thyroid."

"Second, there is the very tall person, whose weight never catches up with her height, whose thymus gland secreted too long."

"Third, there is the person of average height, much under weight, with an enormous capacity for food. She has an excess of thyroid secretion."

"The abnormally obese person eats little and sleeps much. The abnormally thin person eats much and sleeps little; is nervous. If your case does not fit these facts, do not complain."

"The only permissible method of dieting to lose weight, she writes, "is to starve the excess tissues, which is always fat, and at the same time feed the normal and necessary weight of muscle, bone, blood and brain."

"In order to do this," Dr. Wadsworth adds, "we leave the normal amount of tissue builder in the diet and add just enough calories to feed 100 pounds. We are careful to leave our fundamental mixed diet principle in operation and we lean rather heavily on vitamins and bulky foods to counteract hunger and the weakness which often follows the partial starvation."

These Did Not Shy

Asheville Citizen
When Andrew Jackson won the battle of New Orleans the Ursuline Nuns, whose lives and property he saved, invited him to their convent for a special religious service. This service, in fact, was held at the famous old St. Louis Cathedral, with the proud and haughty commander and his staff in full panoply present and praying, historians tell us. Every year now for 112 years on the anniversary of the battle of New Orleans the Ursuline Nuns in New Orleans hold a special service for Old Hickory in a Catholic church. It is an event.

When Jefferson Davis was a small boy his father sent him to Bardonia, Kentucky, from Mississippi to be educated by a Catholic order. He there formed ties that lasted throughout his long life. When he tried to establish the Confederacy the Pope of Rome was the only temporal ruler that officially recognized the Confederacy. The letters they exchanged are rarely beautiful.

When Stonewall Jackson was in Mexico winning fame as an artillery officer he studied the doctrines of the Roman Catholic church under the Archbishop of Mexico. From whom he learned Spanish but whose religion he did not adopt. All his life he cherished profoundest respect for the Archbishop, and his intimate letters to his wife and his fond talk with her were interlarded with Spanish love phrases the old priest taught him.

Andrew Johnson was a member of no church and he died without the pale of any communion. While president he worshipped at a Roman Catholic church in Washington and the parish priest, and Irishman, was his close friend.

These were four pretty good Southern Democrats who did not shy when they met one of Gov. Smith's religious faith approaching them.

If it lives up to the names which head it, the Hoover campaign organization ought to do Good Work.—Tampa Tribune.

There isn't a doubt that America's greatest uplift movement is that which is done with the automobile jack.—Louisville Times.

An Eastern warden who is making a conscientious effort to find work for every prisoner, in keeping with his talents, is having some trouble placing an ex-traveling man.—Detroit News.

LITTLE STARS PERSONALS

—Birthday Dinner—There will be a birthday dinner at the home of Mr. T. E. Dizon in southern Cleveland on August 12.

—Reunion—The annual reunion of the Warlick family will be held the 11th of August at the home of John T. Warlick in number 10 township. All friends are cordially invited to come and enjoy the day.

—At Double Shoals—Those who have friends or relatives buried at Double Shoals are asked to meet there Friday morning at 7 o'clock to help clean off the cemetery and church grounds.

—Ice Cream Supper—There will be an ice cream supper at Patterson Springs school house Thursday afternoon and night, August 2. The proceeds will go to the new Sulphur Springs church. The pastor requests that all male members be present at 6:30 for a very important business meeting.

—Hollow Log Apple—A. P. Spake picked from one of his orchard trees Saturday, a mammoth apple weighing three quarters of a pound, perfect in size and color. It is known as the "Hollow Log" variety because the root was found near a hollow log by uncle Phillip Wilson, but its a "pippin" in size.

—Kills Rattler—A rattlesnake with 11 rattles was killed near Columbus, Polk county, yesterday by Mr. Clarence Cabanis. The big rattler was struck by a car just ahead of the Cabanis car, but was not killed and Mr. Cabanis finished the job with a stick. The snake, considered a large one in the mountain section, was brought home by Mr. Cabanis.

—Dedicate Hall—On Wednesday August 1, a community hall just completed at Little Switzerland will be dedicated, according to invitations mailed to local people by Justice Heriot Clarkson. Ex-Governor Morrison will speak on the "League of Nations" and Hon. R. O. Everett on "The World Court." A luncheon and basket picnic will be served.

—Show Correction—In the recent list of winners of the horse and hound show a mistake was made in the fine harness class. Winners were "Richmond Boy," Will Arey; "My Kentucky Flower," Will Arey; "Golden Lady," John W. Doggett; "Countess," Blanton brothers. In the hound show the owner of the best all-age dog was Chief Irvin Allen, of Kings Mountain, instead of B. B. McKee.

—Lowman Back From Three Week Trip
Drive from Detroit to Shelby in 21 Hours, Running Time
Close Observer

E. M. Lowman, local contractor, returned Friday from a 21 days motor trip which took him to New York where he spent five days, visiting relatives, five days in Baltimore, two days in Canada with short stops at various other places of interest.

"Although I spent five days in New York City, I never heard the name of Smith or Hoover mentioned, neither did I hear any discussion about the Tunney-Heeney fight for the world championship. Those folks did not seem concerned about politics or fighting," said he. Mr. Lowman is a close observer and he saw everything to be seen from the elevated, from the sub-way and practically every street and avenue in the great metropolis.

Returning home he made the trip from Detroit to Shelby in twenty-one hours running time. He came a near way, however, and found the roads good, but the traffic heavy everywhere he went. He was accompanied by his wife and two children and enjoyed the vacation immensely. "I'm starting to work this morning. If I don't have some building to do for others, I will build for myself" he declared.

PERSONALS

Mrs. J. A. Anthony was carried to the Rutherford hospital Friday where she is taking treatment.

Mr. and Mrs. Wade Sparks and family spent Sunday with the Bergers in Charlotte.

Billie McKnight visited Bobbie Wilson in Greensboro over the week end.

Mr. and Mrs. Ed Post and family and Miss Emma Post spent the week-end at Blowing Rock.

Misses Minnie Bergeron and Jean Thomas of Charlotte visited Miss Cornelia Sparks last week.

Mr. C. L. Green of Charlotte spent the week-end at Lattimore at the bedside of his mother, Mrs. Mollie Green who is desperately ill.

Mrs. Harris Hardin and little daughter, Louise, are spending this week in Kings Mountain with her mother, Mrs. Dilling.

Mr. and Mrs. Summey Grayson and Mr. and Mrs. V. E. McSwain of Shelby visited at the home of Mr. and Mrs. R. N. Grayson in the Ros Grove community Sunday.

Mr. and Mrs. J. S. McKnight and family, Mr. and Mrs. L. S. Friday and Miss Olive Singleton spent the week-end at Blowing Rock and Linville.

Mr. and Mrs. D. P. Passomer of Memphis, Tenn., spent Saturday with Mrs. Sarah Witherspoon and were accompanied to Gastonia Sunday by Mrs. Witherspoon and Miss Willie Witherspoon.

Mrs. George Johnson and son, John Henry and Miss Annie Snell returned Friday from a ten days visit to Rocky Mount. New Bern and Morehead City accompanied by Mrs. Jim Jenkins who will visit them for several days.

Mr. Johnny Sams of Louisville is visiting Mr. and Mrs. Joe Nash.

Miss Mattie Adams who has been quite ill is able to sit up.

Mr. and Mrs. J. S. McFall of Tampa, Fla., are stopping at the Victor hotel.

Miss Dorothy Klutz returned this week to her home in Greensboro after a visit to Miss Virginia Hoey.

Messrs. Jimmy Griffin and Billy Lavill of Greensboro spent last week-end with Chas. Eskridge.

Mr. Lester Stevenson of Washington, D. C. visited Mr. and Mrs. B. O. Stevenson, Friday.

Mrs. H. L. McGinnis and Miss Jennie Spake visited relatives at Florence, S. C. over the week-end.

Shi Gray is at the sanatorium for treatment under Dr. McCain where he is improving nicely.

Misses Ouida and Ruth Mundy returned Thursday from a stay at Wrightsville Beach.

Miss Margaret Alexander, of Concord, spent last week with Miss Mary Virginia Lefler.

Messrs. W. E. Crowder and Vick Bowen returned Friday night from a trip to the mountains.

Mrs. Ida Thompson is visiting her sister Mrs. D. M. Brittain who is quite ill in Hickory.

Mr. and Mrs. Boyd Elam leave Monday for Wrightsville Beach where they will spend a week.

Mrs. Hassell and children, of Rosebud, Ark., have returned home after visiting Mrs. Claude Dixon.

Misses Nell and Margaret Young, of Forest City, are spending the day in the city, guests of Mrs. F. L. Hoyle.

Mrs. M. C. Ramsey and small daughter, Mary Ann, of Hartsville, S. C. are guests of Mr. and Mrs. Frank L. Hoyle.

Mr. Ben Philbeck and family of Memphis, Tenn., have been visiting his aunts, Mrs. Claude Dixon and Mrs. Frank Stamey.

Mrs. Fred Callahan and son, Fred, Jr., returned Saturday from a week's visit to Mr. and Mrs. C. W. Callahan at Lattimore.

Mesdames Sam Thompson, F. P. Patton and W. E. Crowder attended the show in Charlotte Thursday evening.

Mr. and Mrs. Dale Yates and little daughter, Phillis, left yesterday for a three weeks visit to their home in Nebraska.

Mr. and Mrs. B. A. Lefler and Miss Mary Virginia left today for a ten days visit to relatives in Lattimore.

Mesdames Sam Schenck and Charlie Williams attended the Vitaphone show in Charlotte Friday.

Miss Mabel Philbeck has as her guests this week Mrs. A. B. Hassell and two daughters of Rose Bud, Ark.

Mrs. M. E. Harris of Fair Play, S. C. is here visiting her son, Mr. D. H. Harris and his wife on Hillcrest street.

S. M. Blanton, of the firm of Blanton-Wright, with his family, left Shelby the latter part of the week for a vacation at the beach.

Mrs. Walter Fanning and two children left Friday for York, S. C. where she will visit her sister, Mrs. Glenn for several days.

Mr. and Mrs. Sam Thompson and Mr. and Mrs. Reid Misenheimer spent the week-end at Southern Pines.

Dr. and Mrs. H. S. Plaster were dinner guests Sunday of Mr. and Mrs. W. T. Slaughter at the Victor hotel.

Miss Louise and Maurice Kimball, who have been visiting their aunt, Mrs. Alger Hamrick returned to their home in Charlotte Sunday.

Mr. Clyde Key of Knoxville, Tenn., arrived Friday to accompany Mrs. Gerald Stewart and Miss Frances Stewart home Sunday.

Mrs. Joe Austell and Miss Virginia and Master Roberts Austell, of Greenville, S. C. are spending a week with Mrs. S. F. Roberts.

Benjamin C. Palmer sailed July 24 from Port Arthur, Texas, for Belgium and from there he will go to Holland. He will be gone about 50 days.

Mr. W. O. Sutherland and daughter, Miss Gertrude, left Saturday for their home in Athens, Ga., after a visit to his son, Mr. W. L. Sutherland and Mrs. Sutherland at their home east of town.

Mr. and Mrs. Henry Mills returned Saturday from a visit to friends in Jacksonville, Fla.

Mr. and Mrs. Julian Ragland, of Salisbury, spent the week-end with Mr. and Mrs. L. F. McBrayer.

Mr. and Mrs. L. M. Cochran have returned home after six weeks visit in Detroit and Canada and other points. On their way home they stopped in Ohio, Kentucky, West Virginia, Virginia and Tennessee.

Miss Margaret Joyner, who has been visiting Miss Charlie Mae Laughridge left Friday for her home in Canton accompanied by Miss Laughridge who will visit her for two weeks. Mr. and Mrs. Chas. Laughridge accompanied them as far as Asheville.

Mr. and Mrs. J. F. Dodd, Mr. and Mrs. W. B. Dodd and little daughter, Rebecca, have returned from a motor trip to Jeffersonville, Ga., where they visited Mr. and Mrs. W. M. Whitaker. They extended their trip to Savannah and Tybee Beach, Ga.

Mr. and Mrs. Wiseman Kendall of Rocky Mount, who have been visiting Mrs. Henry Kendall for several days leave tomorrow morning for a trip through the Valley of Virginia to Washington, D. C. accompanied Mrs. Kendall who will spend two weeks at her old home near the University of Virginia in Orange county.

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32-piece Decorated Dinner Set, with Scrap Can, Special at \$5.00.

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The Cinema's popular favorite playing the love story of a stage star. The picture takes you behind the scenes at the theatre, where the real play begins when the curtain goes down. Filmed from Pinero's stage classic.

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DOUGLAS FAIRBANKS in one of his big ones.

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THE division superintendent of a certain railroad insisted, quite properly, upon written reports. He also insisted that the reports be clear and concise.

A new section foreman had just been appointed, and was being instructed as to the rules of the division.

"Make all of your reports in writing. Make them short and snappy. The last man that held this place would write pages where a few words would do."

A short time after that, a flood came.

It washed away several miles of track within the section of the new foreman. This is the report that was sent in:

"Deer Sur: When the ralerode was the river is. Truly, J. H. D."

Maybe it is our fault, any maybe not—but every story seems to lead to life as it is, or life as we think it should be. Anyway the little story above appeals to us as significant.

As firmly as we believe anything, we believe that the man who is now earning something—regardless of the amount—and does not regularly save a portion of it, will some day suddenly awake to find that "the river is where the railroad was."

Not pleasant to think about, but more pleasant as an avoidable prospect, than a fact in retrospect.

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