

# Copeland's Health Talk

Pimples—Oh My!

BY ROYAL S. COPELAND, M. D.

(United States Senator And Former Health Commissioner of New York.)  
Every mother is eager to have her young folks as attractive in appearance as it is possible for them to be. She is unhappy if the boy or girl has an unsightly skin.

I shall say little about girls today, but it won't hurt for them to ponder these statements. For the boys, however, I'm sure it will be worth while to listen.

The average boy who has a pimply face does not wash himself clean. Please do not misunderstand me. He may use more soap and water than his brother or friend who has a clear skin. But some faces require far more water, soap and scrubbing than do others.

If the skin has large pores and is inclined to be greasy, it takes a lot of care to cleanse it thoroughly. Hard water and a clap-dash bathing won't do.

As a matter of fact, it is surprising how much dirt may be left on the skin after what may be regarded as pretty thorough washing. Wet the corner of the towel with a little alcohol and after you think the face is clean, rub it over the neck or forehead—and you will be embarrassed to see how black the cloth becomes.

In most cities the water supply is very hard. The solvent powers are low. Consequently, this water does not cleanse the skin, as soft water does.

To have a clean skin, the first essential is to use an abundance of suitable water. There are salts which can be purchased at the drug store, salts which have the property of softening water.

Not every soap is suited to hard water. There can be bought what are called "hard-water" soaps. They combine more readily with the chemical elements of the water and, consequently are more useful for cleansing the skin.

I am sorry to say that many persons fear to scrub the skin with a coarse wash-cloth. They are afraid it may damage the body covering, as a wire mat might damage the piano veneer. This is a mistake. The rubbing and scrubbing, if not too roughly done will do the skin good.

There are various cleansing creams and lotions, too, that have positive merit in "cleaning the pores" and adding to the real cleanliness of the skin. Some other time we will discuss them.

Many boys eat too much fat, too much pastry, too much candy. Boys sneer at salads and often think they are too big to drink milk.

If boys want to have clear skins, they must eat the right foods; they must avoid the wrong ones. The lad with the greasy skin and big pores must dodge the fats, such as an excess of butter. When taken into the system in excess they add an undesirable quantity of a substance which the skin does not need. If the skin is too greasy it catches and holds the dust and dirt.

The green leaves used in salads and good milk carry minerals and vitamins, substances which the boys must take if they are to have clear skins. They must drink plenty of water and make sure that the eliminative organs do their work completely.

M. E. Q.—How much should a girl aged fifteen, 5 ft., 1 in. tall weigh?  
A.—She should weigh about 109 pounds.

N. K. Q.—I have to use crutches due to an injury and suffer from a gall-bladder condition. What will relieve the pain? Is there any hope of discarding the crutches? The trouble is in the spine.  
A.—Careful diet and elimination should help the gall bladder condition. For further particulars send a self-addressed, stamped envelope and repeat your question. Why not consult your own doctor about the spinal condition? Without examination it would be impossible to advise you along these lines.

J. E. S. Q.—What foods are the hardest on the teeth?  
A.—If you keep your teeth clean

essential is to use an abundance of no food will hurt them.  
H. L. Q.—What would you advise for a fistula? I am nineteen years of age and have had this trouble for some time.  
2.—What will relieve a backache which is worse in damp weather?  
A.—Operation is the only cure. Avoiding constipation will give increased comfort, until further treatment has been prescribed.  
2.—First of all, try to locate the cause. Strain, cold or infection are all possible causes. Application of heat and massage will give relief. For further particulars send a self-addressed, stamped envelope and repeat your question.

"Our Max" Praised By Kinston Paper  
Kinston News Leader.  
Governor O. Max Gardner, God bless him!  
As we write this, tabulations being compiled by The Associated Press indicate that "Our Max" will receive the greatest majority ever accorded any gubernatorial candidate in the Tar Heel state. Everywhere, notwithstanding the fact that a number of counties have given Herbert Hoover, Republican, a lead over Governor Alfred E. Smith in the battle for the presidency, substantial majorities—in virtually all districts have been reported for Max Gardner.

And he rightfully deserves this overwhelming victory over Seawell, his Republican opponent. Max Gardner is recognized as one of the most brilliant statesmen North Carolina has ever produced. His sympathetic understanding of the problems of his people; his broad outlook upon the work of the commonwealth as a whole; his ready co-operation in forwarding the program of progressiveness that has placed the Tar Heel state among the foremost states of the nation all are qualifications which stamp their seal of approval upon him.  
Hall to O. Max Gardner, governor of this great commonwealth of North Carolina!

Insurance Null.  
New York.—The insurance policies totalling \$95,000 on the life of Albert Snyder, murdered by his wife, Ruth and her lover Henry Judd Gray, were declared null and void by Supreme Court Justice McInerney.

Try Star Want Ads.

# Music Department of City Schools Proves Success

Systematic Music Instruction In All Branches Of Shelby Schools.

The reports from the department of music for the second month are very gratifying to the school officials and should be of interest to the public.

**Public School Music.**  
Miss Evelyn Coleman, the supervisor of public music in the elementary grades, reports much interest throughout the five schools in which she teaches and supervises. On Monday she teaches all classes in the Marion school, and then directs the classroom teacher who teaches the subject other days in the week. On Tuesday she repeats the same program in the Jefferson school; on Wednesday, in the Washington street school; on Thursday, in the Graham school; on Friday, in the LaFayette school. Mrs. H. W. Plaster teaches the subject in all the grades of the Morgan school. Thus the 1,759 white children in the elementary grades

are being trained in singing and in the rudiments of music.

In the high school, Miss Elizabeth Coleman has a large girls' glee club, and even fifty at present. The club meets twice a week after school. This club is making a wonderful record under Miss Coleman's efficient direction. The following girls compose the club:  
Lula Agnes Arey, Nannie Pearl Allen, Margaret Andrews, Helen Anthony, Velma Beam, Mary Sue Borders, Edith Blanton, Ruby Bridges, Elizabeth Blanton, Hessian Borders, Julia Cox, Mary Frances Carpenter, Lillian Crow, Evelyn Dellinger, Martha Eskridge, Adelaide Elam, Ann Elmore, Mary R. Forney, Frances Graham, Edwina Gidney, Marietta Hoyle, Mildred Hawkins, Sophia Hunt, Matilda Jenks, Mary Jenkins.

Virginia Jenkins, Mary A. Leech, Minna LeGrande, Cleone Lyles, Mildred Laughridge, Ruth Laughridge, Mable Neil, Mattie Sue Propst, Helen Roberts, Laige Spurling, Crystal Thomasson, Louise Turner, Mary Tedder, Evelyn Short, Alice Sanders, Catherine Tucker, Helen Whitener, Abbie Jane Wall, Clara

Lee Sweezy, Ruth Thompson, Elizabeth Thompson, Evelyn Smawley, Lula Belle Spake, Virginia Hunt, Edith Blanton, Ann Elmore, Evelyn Short, Mildred Laughridge, Nancy Coble.

The boys glee club under the direction of Mr. Sinclair is making rapid progress. Twice a week at the assembly period these boys meet for study and practice. The following constitute the club:  
George Blanton, Pegram Holland, Harvey Wray, Levele Camu, Chas. Alexander, James Byers, Gerald Goforth, Hubert Wilson, Bob McDowell, Flay Gardner, Ed Smith, Everette Toms, Evans Logan, Virgil Cox, H. Clay Cox, Walter Wilson, J. P. Morrison, William Ingram, Harlan Bridges, Henry Lee Weathers, Yates Wall, Charles Switzer, Zeno Wall, Billie Thompson, Ed Gibson, Stanley Davis, Raymond Green.

**Vocal Music.**  
During the last period each day of the week, Mr. Sinclair teaches vocal music to a mixed chorus of 37 boys and girls. This group is studying music as they do any other high school subject. They are graded and reported each month and a unit of credit will be given those who complete the subject satisfactorily. This group is determined to win a cup at Greensboro next spring. The following boys and girls are members of the mixed chorus:  
Kathleen King, Harriet Roberts, Cecelia Padgett, Lucile Blanton, Clara Lee Sweezy, Gertrude Roberts, Helen Whitener, Mabel Neal, Lula Agnes Arey, Lillian Crow, H. Clay Cox, jr., George Blanton, jr., Willie Hamrick, Harlan Bridges, Elgin Corrothers, Henry Lee Weathers, Levele Camp, Flay Gardner, John McBrayer, Everette Toms, Hessian Borders, Margaret Andrews, Matilda Jenks, Ruby Bridges, Geneva Dedmon, Mary Alice Leech, Evelyn Dorsey, Fields Young, jr., William Ingram, jr., Montrose Davis, Harvey Wray, Frances Graham.

**Class in Violin.**  
Margaret Thompson, Alice Andrews, Velma Beam, Cleone Lyles, Edwina Gidney, Elizabeth Gidney, Elsie Gidney, Margaret Andrews, Holland Bridges, Nancy Coble, Peggy LeGrand, Abbie Jane Wall, Jane Price, Mary Ward Loy, Elizabeth Wallace, Adeline Elam, Oran Cottle, Jack Whirter, N. C. Blanton, Howard Betts.

It is interesting to note that interest in instrumental music has extended to the elementary schools. We now have 92 children from the elementary schools enrolled in the band or in the violin classes. They are distributed by schools as follows:  
Graham school 13, Washington school 17, Marion school, S. Shelby school 18.  
Eventually we shall have a band and orchestra at each of these schools, which in turn will be "feed-

ers" for the high school band and orchestra.  
While children are young is the proper time to train them for contentment and happiness in old age. No one talent, when properly trained and developed, will bring more joy and happiness to one in old age than the musical talent. Therefore, parents should not hesitate to make any sacrifices necessary to enable their children to buy an instrument and join one of the classes. Instruments, second-hand but in good condition may be secured at a low price and paid for in monthly installments.  
Department of Instrumental Music—W. T. Sinclair, Director.  
Assistants: W. S. Buchanan, J. B. Hatley, Evelyn Coleman, Vernice Jones.

Each member of this group owns his own instrument. Instruction is given twice a week and each pupil is required to practice at home. This letter has been sent to the parent of each pupil:  
**Instructions To Parents.**  
"Experience has taught us that no pupil can succeed in this department who does not practice at home. We therefore, beg the cooperation of all parents of the pupils in this department in order that the work of the school in music may be effective. All class work in this department is free, and we have so many pupils demanding admission that some limit must be placed upon the size of the classes. For the present, we are setting up just three requirements:  
1.—That each pupil provide his own instrument.  
2.—That each pupil practice at home on an average of at least thirty minutes a day for five days in the week, or six hundred minutes a month.  
3.—That the parent report once a month the amount of time spent in home practice.  
Unless these requirements are met, the pupils name will be dropped from the roll. We shall have a grade in music reported each month along with the grades in other subjects.  
For your convenience in reporting time spent in home practice, a card is herewith enclosed. Please have this card in the hands

## Show National Ticket Ignored

8,000 Who Voted For State Candidate Failed To Cast Presidential Ballot.

At least 8,000 North Carolinians followed the advice of anti-Smith leaders that they refrain from voting if they did not care for either candidate, almost complete tabulation showed today.

With 20 small precincts missing for president and 35 for governor the tabulation showed that a total of 631,035 votes had been cast in 1,718 precincts for governor, of which O. Max Gardner, Democrat, received 349,017 and Herbert F. Seawell,

Republican, 282,018, while for president a total of 622,345 votes were cast in 1,733 precincts, of which Herbert Hoover, president-elect, received 338,554 and Gov. Alfred E. Smith 283,791. There are 1,753 precincts in the state.

The Democratic state ticket ran 121,712 votes ahead of the national ticket. The majority of Gardner was 66,999 in the precincts reported and that for Hoover was 54,763. Returns received for congress today merely emphasized incomplete returns on the basis of which announcement was made yesterday of the election of eight Democrats and two Republicans to congress.

Women may not always keep their agreements, but they certainly keep their compacts.—Arkansas Gazette.

## Many a Social Call is Paid by Telephone



FRIENDS and loved ones may be separated from you by many intervening miles, but your telephone enables you to converse with them as though they sat before you. With a telephone at hand—distance is no barrier.

To the modern woman, the presence of a telephone means freedom from the pangs of loneliness. It provides a connecting link between her and her friends. She does much of her shopping by telephone, conserving her time and energy for other activities. Then, too, it gives her a sense of complete security to know that the telephone stands ready to summon aid in case of emergency.

If you have been trying to manage without a telephone—resolve today to have one. The cost of a few cents a day is returned to you many times in the form of comfort and protection. Installations are made quickly these days. Just ask the Business Office or any telephone company.

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MOTHER, to be sure, has fallen into the habit of thinking, feeling, doing for the rest of the family. Just as mothers always do. And most of her presents, as far as any rate as you can recall, have been "community" presents... rugs, vases, silver, furniture... things that everybody shared. But when did she ever have a gift that was all her very own... thought of and purchased with her own, individual, personal pleasure alone in mind? Mother might deary the thought... but we have helped children (of all ages) bring joy to so many mothers that we know she'd love a gift that was all her own... one of these lovely new ELGIN Parisienne Watches, sparkling with the touch of Paris... something that lasts... something to cherish as a symbol of the precious affection that prompts it. A store full of lovely gifts here... may we conduct you through it and suggest a few... at any prices you may have in mind?



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69 Acres, with the beautiful 11 room, two story residence. 71 acres, splendid residence, barn, etc., will be sold. The above acreage has been sub-divided and is ideal for cotton, grain or dairy farming, and has many beautiful building sites. We will also sell the 4 lots in Grover. On them is erected warehouses and other splendid buildings. This wonderful property goes under the Auction Hammer on the above mentioned date. Here is an opportunity that does not come every day.

This property has been sub-divided into units that will please the most exacting buyer. Located in a splendid neighborhood and has ideal surroundings and is almost in the heart of the town of Grover. We know that this property will please the most exacting buyer. We ask that you see it and make plans to be at this sale. EASY TERMS TO BE ANNOUNCED ON DAY OF SALE. YOU ARE INVITED—LADIES ESPECIALLY INVITED.

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