

Copeland's Health Talk

Watch Fancy Eating

BY ROYAL S. COPELAND, M. D.

United States Senator And Former Health Commissioner of New York.

One of the gratifying things about modern life is the increasing interest in the preparation of food. I saw a picture the other day, a photograph of a great multitude of women actually crowding Carnegie Hall in New York City. It was a group of home-makers attending a cooking school. We hark back to "them times"—the pioneer days "when men were men and women were cooks." Why go so far?

There are just as good cooks today as there were in Revolutionary times. As a matter of fact, the food we eat today is, on the average, far better than it was then. It is better in original quality and it is prepared better.

What saved the pioneers from chronic indigestion was the hard manual labor they performed. They sort of "worked off" what they consumed.

Do not misunderstand me. There have been wonderful cooks for ages past. No doubt many a family in olden times had splendid food. But the world was not delivering its riches then and there was not the multiplicity of dishes we enjoy today.

Fried foods, rich gravies and an over-supply of meat, made combinations which only powerful digestions could handle. Wild game, coarse vegetables and the cereals in natural form, made the body of the typical meal.

There isn't a food in the list that isn't good, of course, but there is an over-abundance of roughage in it for the modern way of life, without strenuous exercises, such as our fore-fathers and fore-mothers took, the digestive organs would rebel.

We have the right to criticize the modern foods for exactly the opposite reasons. The trouble with our present-day eating is that many of our foods are "denatured." That is, the outer coverings and fibre are removed in too great quantity. In the effort to make them attractive to the eye, some of our foods are robbed of their most important elements.

Common sense should be applied to the preparation of food. Unfortunately, however, common sense is not quite enough. That is the reason why such gatherings as the Carnegie Hall convention are important. Experts teach the scientific reasons for this or that combination of foods, as well as this and that process of preparation.

We must not sneer at "new-fangled" ideas. We must investigate these suggestions and apply such of them as are likely to improve health.

Routine methods, methods which we have used for years, are difficult to change. We don't like new things. We even resent the very suggestion

that our way of doing things is the wrong way, or if not the wrong way that it can actually be improved. Alas! Many of the things we have done always, are the wrong things to do.

Please, don't get mad at me when I suggest that it is a good thing to consult the cook books and see if some better recipes can be found. Let us not despise the new idea.

N. Y. A. Q.—What can I do for enlarged pores?

A.—Try applying hot and cold compresses to the face, alternately night and morning for fifteen minutes. You should correct your diet and avoid sugars and starches. For information send a self-addressed, stamped envelope and repeat your question.

Buys Eastside Cafe.

Mr. H. K. McSwain, formerly of Gaffney, has bought the Eastside cafe from G. A. Gaspy and is now operating the same at the old stand. He has had much experience in the cafe business in other places.

"Money Floods Wall Street."—Head-line. But so far no S O S has been sent out.—St. Louis Star.

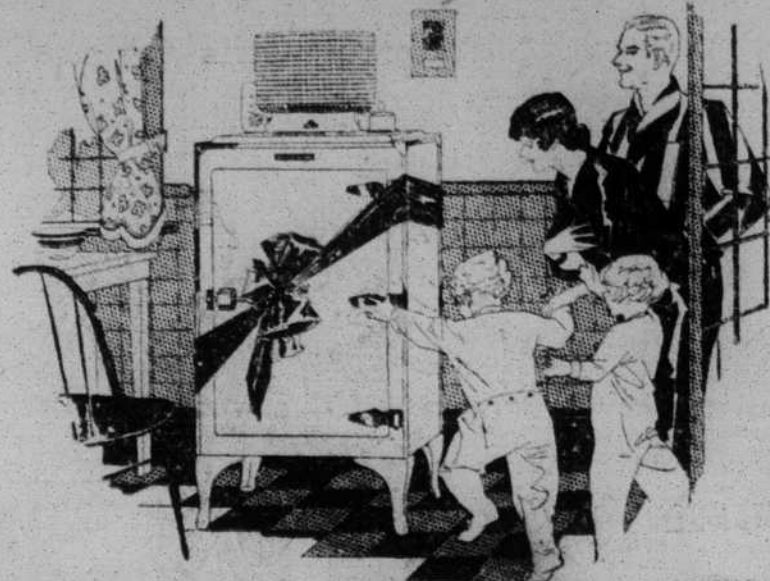
S-4, "Coffin" of Forty Men, Dedicated to Safety



The submarine S-4 as she arrived at New London (Conn.) base before starting out as a "safety laboratory." Below, Diver Edward Kalinoski wearing the "artificial lung," a device intended to save the lives of "pig boat" men trapped on the bottom of the ocean. Inset above, Lieut. Charles Momsen, U. S. N., inventor of the mask.

the following from Eugene Ashcraft's column in the Monroe Enquirer might be of interest: "Well, about the time I've got the 10-cent fountain pen salesmen run off the streets of Monroe, here comes along the picture-enlarging agents. "Funny thing about these picture agents. A few years ago they sold an "enlarged work of art" for 98 cents—frame extra. Now you "draw" for a \$30 portrait, and if you're lucky it will cost only \$15. "Everybody is lucky. "Remember, friends, "a fool and his money are soon parted," and that a sucker is born every minute." THIS DEPARTMENT, NEGLECTED as it is, gets one consolation out of the "flu" epidemic, since, according to reports, more people are reading it now than ever before. Which is due, of course, to the fact that they're piled up in bed and have nothing else to do after they get through with the regular news and "penney colu ins."

Such a perfect gift!



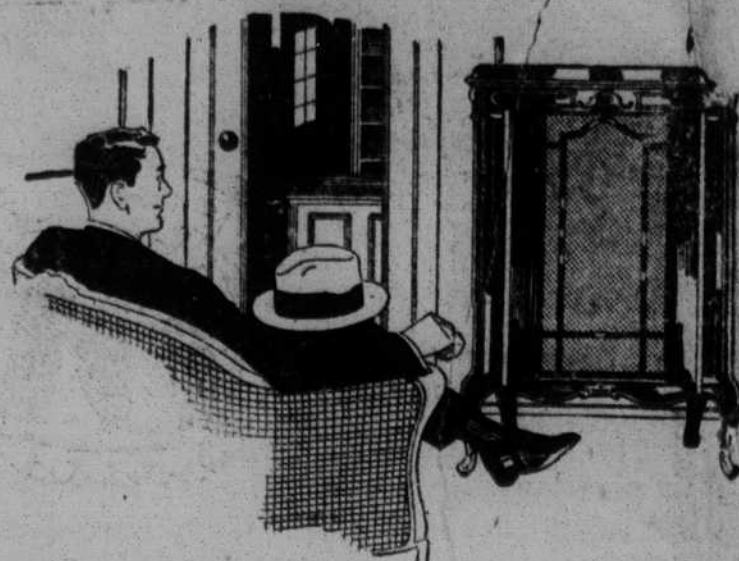
GENERAL ELECTRIC Refrigerator

"Makes it Safe to be Hungry"

Any gift that lightens the every-day tasks of house-keeping always gets a warm welcome. And a General Electric Refrigerator which, in addition, provides new comforts and economies, gets a double share. This unusually quiet, "years ahead" refrigerator is entirely different from all others. Come in today and study its many superiorities.

Hord & Ranson

ROBT. C. HORD Telephone 561 LUCIUS H. RANSON



Come in and hear this greatest of all entertainers!

HEAR a list of your favorite musical selections at our store. The Orthophonic Victrola reproduces them marvelously—clear, rich, and convincingly realistic!

Let us show you our stock of Orthophonic Victrolas. We have instruments in designs to match every interior, and at prices to fit every purse. A small down-payment will put one in your home. Come in soon and ask us about this plan.

Pendleton's Music Store

Exclusive Distributors for Orthophonic Victrolas, R. C. A., Kolster And Majestic Radio — The Four Leaders In The Musical World. AT IT IN SHELBY FOR OVER 22 YEARS.

Around Our Town

—Shelby Sidelights—

With Renn Drum

TALKING AT A CIVIC CLUB luncheon recently Carl Thompson said something about a wheat shortage, but added that there should be little worry about that as Mr. Hoover could feed us on corn bread for a year or two and get everything going again.

That reminds of an old adage the recent election played havoc with—"The way to a man's heart is through his stomach." Remembering how long the president-elect gave us wheatless, meatless and sugarless days, and then recalling the 21 million votes he received it must be that the old heart-via-stomach philosophy is all piffle, or Mr. Hoover is as great a man as his campaign manager ballyhooed him to be.

ANOTHER THING ABOUT THE "flu" closing the city schools a week early is that the firecracker bombardment arrived a week ahead of schedule.

IN THIS NEWS HUNTING game a lot of precious time is wasted chasing stories that very near happen, but just miss happening by fractions of an inch, or fractions of something else.

In days gone by we have known reporters, whose routes included funeral parlors, who being in dire need of a story or so would ask the undertaker: "Any news today?" Receiving a negative reply their comment as they strolled out would be: "Too bad." Anyone but an undertaker—perhaps they, too feel down in the mouth when nothing is doing—would be shocked at such brazen hard-heartedness as a reporter being grieved because there was no death to make news of, but a reporter doesn't mean it that way. We've walked from undertaking parlors with a blank note-pad ourselves and in a somewhat dejected manner, not particularly because we wanted some one to check out, but because after making the beat there was no story. And a reporter ere the day is ended must of necessity—if he means to keep a job—have a story about something, funerals, marriages, births, or what-not. But all of that merely leads up to a story which came very near being a big news story for Shelby, except that it didn't happen—

It seems that in one of the recent road shows here there was a rather handsome miss in the chorus—perhaps those in the "bald head row" thought they all were that, and maybe they were, but this story, or near-story, has to do with only one of the wicked foot-shakers. (We should say with only one shaker of wicked feet, for one who wields a wicked foot isn't necessarily wicked.) Anyway, this girl looked mighty good to some young fellow in a city the show played a few weeks before coming here. In fact, she looked so good that he "went daffy" over her, or, in a manner of saying, "fell all over

himself" about her. But the young lady, for the time being at least, preferred facing the footlights and the grinning men down front rather than matrimony and facing one man over the toast each morning at the breakfast table. So, the young swain became desperate—that's the way the near-story goes. He kept following her about the circuit, but she steadfastly refused to take the curtain for him. Finally, he became more desperate (almost as desperate as Desperate Ambrose of the comics). The show reached Shelby. On the first night there came a long-distance call for the chorus lassie. It was her rebuffed suitor. "Not going to marry me?" he queried. "No," she shot back into the telephone.

"Well, I'm coming up there tomorrow and shoot you, then myself."

Somewhat we heard about it. Whew! What a nervous tension waiting for such a story to break, but tomorrow came and the ill-fated suitor failed to show up—anyway, the "double-barreled killing" failed to materialize.

Result: One "good" story threatening, but refusing to break. A reporter certainly knows how a farmer feels during "a long dry spell" when the clouds at last hover over, then the rain fails to come.

But, at that, we're right glad the young dancer—she may have her name in lights along ol' Broadway some day—and the fellow she isn't going to marry are still living. He should have had more sense than try to put over a bluff on a girl who has been about. As it happened Cleveland county moved along to a new cotton production total that day and the front page wasn't so dead despite the lack of any sensational news.

All of which has no moral attached, except that it may inform some that a newspaperman has never written all he knows, whether the stories develop or not. Fact is, any reporter living, who has chased readable lines for at least a half-decade, could get out a hotter paper if he wrote the stories he has never chirped than if he had all the news breaks his way. But despite the craving to make the folks grab the sheet and gobble the headlines there is a stronger craving—that one is to live as long as possible so as to keep the boy on the funeral beat out of a story or so.

ONE OF OUR LITERARY friends comes along again to ask what book would make a good Christmas gift. Considering how the Yuletide occasion originated, we can think of nothing that would, or could, excel the Bible.

AT LAST ACCOUNT THE fountain pen salesmen were still shovelling in the sheltels about Shelby street corners. Anent which



EXTRA SPECIAL
This Week Only
AT THE
Shelby Furniture Co.

ONE \$10.50 BED—
ONE \$7.50 National Spring—
One \$12.50 MATTRESS—
All For \$27.00
THIS WEEK ONLY
\$3:00 DOWN AND \$1 A WEEK.

20 per cent off for cash THIS WEEK.
ON ALL GOODS IN THE STORE

We have some very choice gifts in stock; as for example, lamps, fancy tables, very attractive odd chairs; kitchen cabinets, besides, of course our standard lines of suites. We also have some odd pieces for the bed room.

YOUR CREDIT IS GOOD WITH US.

Shelby Furniture Co.
West Warren Street at the Railroad



HOLIDAY FRUIT AND PRODUCE For MERCHANTS

REASONABLY PRICED, FRESH AND DELIVERED PROMPTLY.

BANANAS—	CRANBERRIES—
APPLES — (All Varieties, in Boxes and Barrels.)	RAISINS—
ORANGES — (All Sizes.) (Fresh Car Almost Daily.)	LEMONS—
TANGERINES—	COCOANUTS—
GRAPEFRUIT—	PRODUCE
CALIFORNIA GRAPES—	CABBAGE—
DATES — FIGS—	POTATOES—
NUTS—(Brazil, Walnuts, Almonds, Mixed Nuts, Pecans, Shelled Nuts.)	ONIONS—
	CELERY—
	LETTUCE—

PLACE YOUR ORDERS EARLY IN ORDER THAT YOU MAY HAVE A SUFFICIENT SUPPLY ON HAND. WE DELIVER PROMPTLY.

CAROLINA FRUIT AND PRODUCE COMPANY

PHONE 232 — SHELBY, N. C.
DISTRIBUTORS For BEVO and BUDWEISER.
QUALITY — SERVICE — SATISFACTION