

EARL BATCH OF LATE NEWS HAPPENINGS

Senior B. Y. P. U. With Miss Bettis—Jomestic Club Meets. Personal Items.

(Special to The Star.) Earl, Feb. 2.—Mr. and Mrs. Robert Neil of Oxford visited at the home of Mrs. T. M. Moss for the week-end.

Mr. and Mrs. O. F. Austell, Mesdames J. P. Adylotte and W. C. Sarratte formed a spend-the-day party to Greenville, S. C. Sunday. They were the guests of Mr. and Mrs. Joe Austell.

The senior B. Y. P. U. held its first business meeting of the year Wednesday evening with the vice president, Leitha Bettis. After the regular routine of business which was presided over by the president, Rufus Moss, a social hour was en-

joyed. Light refreshments were served.

Mr. and Mrs. Walter Nance and Mrs. Sue Williams and daughter, Jessie Charlotte visited Dr. and Mrs. J. P. Adylotte last week-end.

Mrs. George Washburn and little daughter Bettie spent a couple of days in the village last week.

The ladies Domestic club met Wednesday afternoon at the usual hour. Mrs. Wallace gave a very helpful and interesting demonstration on ways of cooking meats. A brief business session was presided over by vice president, Mrs. Dave Moss. New officers for the ensuing year were as follows: President, Leitha Bettis; vice president, Mrs. R. E. Nichols; secretary, Mrs. Lloyd Wylie.

Mrs. Ruffin Crawford will be hostess to the general officers and teachers Wednesday evening February 6 at 7 o'clock. Let me urge that every one try to be present.

Miss Mary Sue Hunt, one of the school faculty spent the week-end in Grover.

Little Miss Mary Lou Bettis who has been very sick with pneumonia is improving at this writing.

Mesdames Elizabeth McSwain and Mary Fiddy are visiting relatives in Shelby.

Mr. and Mrs. B. Austell spent Wednesday of last week in Spartanburg, S. C.

Mrs. L. M. Hopper visited relatives at Cleveland Springs last week-end.

Rev. J. L. Jenkins of Boiling Springs visited the sick and convalescent in the village Tuesday evening.

Mrs. J. L. Ellis who has been very ill in Hendersonville has returned to her home. We are happy to welcome her back.

Mr. B. F. Jones was a pleasant visitor in the village for a couple of days last week the guest of his family.

Mrs. Ralph Callahan and baby of Chester who has been visiting her parents here returned to her home Saturday. She was accompanied by her sister, Miss Alma.

Mr. and Mrs. W. D. Earl visited friends in Charlotte Sunday.

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His 'Family Curse' May Clear Physician of Murder



Dr. S. O. Netherton, rich Olathe, Kans., physician and fruit grower, with his late wife and eight-year-old daughter, Dorothy. His story of a "family curse" now before the Supreme Court of the state, may result in a reversal of conviction on charge of murdering his wife.

Copeland's Health Talk

Rage Spasms And Nerves

BY ROYAL S. COPELAND, M. D.

(United States Senator and Former Health Commissioner of New York.) Why is it bad for your health to fly into a violent fit of anger and particularly to indulge in frequent spells of anger?

If anger were merely a state of mind it wouldn't be so bad. If it were purely an emotion, moving or stirring up the mind alone, it might be stimulating and even healthful because it is stimulating.

But anger does a lot more to you than merely to stir the mind. The casual observer can tell by your very appearance and actions that you are "mad as a hatter."

Your face is flushed, perhaps almost purple. You double up your fists, clenching them so tightly the knuckles are white. All your muscles are tense and hard. Even your breathing is disturbed, so much perhaps that you snort like a mad bull. You scream and yell, perhaps act like a crazy man.

You see at once that anger is a lot more than a state of mind. It involves the whole body and every organ in it.

I would not ask you to be calm and placid, indifferent to everything about you. To be perfectly colorless and absolutely unemotional is an undesirable state.

It is important as you go through life, to have habits and to follow practices that will make for your own welfare as well as the happiness of those about you. Happiness and contentment, founded on right conduct, mean much more than their effect upon your mind.

As a matter of fact, conduct of this sort will contribute materially to your physical welfare. The psychologists speak about "euphoria." In general terms this is the sense of well-being. The sacred writer puts it another way. Speaking of wisdom, he said, "Her ways are ways of pleasantness and all her paths are peace."

As I have said, this manner of living contributes materially to the smooth operation of all the organs. The functions are normal. With the lack of friction the machinery of the body does not wear out.

Take heed that I am not advocating such a calmness of spirit that the enthusiasms are unknown. These add to the physical welfare just as the frost of a September morning or the balmy breezes of a May day stimulate the body to action. The reaction to such a stimulus is sure to be helpful to every cell and fibre of your being.

I know how hard it is to control anger and to prevent giving in to it. It is always easier to follow the line of least resistance. It is easier by far to give way to the angry impulses than to attempt to control them. But you should make this effort and control yourself. You must do this to save your heart and blood vessels and to prolong your life.

Answers To Health Queries.

A. B. Q.—What causes dizziness?

A.—This condition may be due to a circulatory disturbance, to an eye or ear condition, or to some intestinal disturbance. An examination will determine the cause and then definite treatment can be prescribed.

C. R. Q.—What causes a dull ache and soreness in the left side?

A.—Have your doctor examine you to determine the cause.

M. R. Q.—What do you advise for nasal catarrh and sometimes a distressing odor, what do you suggest for this?

A.—The use of a good spray is helpful. For further particulars send self-addressed, stamped envelope and repeat your question.

R. Q.—What causes a sort of lameness in my arm and leg at times?

A.—You may be troubled with rheumatism, a constitutional disease.

Gardner And Gilkey

Charlotte Observer.

The Country Gentleman is a publication of high standard and of broad circulation and through the February number it gives North Carolina a bit of publicity that might be classed as charming. It had sent a staff reporter to the state for the purpose of securing an interview with Gov. Gardner, and of course the reporter was equipped with camera, as well as typewriter—and both were brought into play. The writer caught Gardner amidst picturesque surroundings, and he likewise caught him in company with one of his ablest lieutenants, the same being J. O. Gilkey, whose home, as everybody in the state has reason to know, is the beautiful mountain of Marion. Gardner and Gilkey were "snapped" on a rustic bridge with the outlines of the base of Mount Mitchell reflected in the clear waters of Lake Tahoma, one of the new things in the "new" North Carolina. The picture, as a matter of course, whets the appetite of the reader for the story that goes with it, the development being details by Gov. Gardner of his plans for "a new agriculture." The preliminary statement is to the effect that in North Carolina there has prevailed for a number of years the inspiring precedent of each incoming governor emphasizing during his administration the fulfillment of some one great, urgent need of the commonwealth. "The immortal Aycock," Gardner instances, "hammered at education. Under the inspiration of his leadership the state began the task of providing an adequate system of modern schools. Bickett began road construction. The job was such a tremendous one that his successor, Morrison, put the full force of his personality and official position behind our great adventure in road building. My predecessor, McLean, chose to make business administration of the state's affairs and the executive budget the keynote of his concern."

Gov. Gardner reminds that "no one of these great movements for the upbuilding of the state has been pursued at the expense of any other part of our governmental activities; each has constituted a distinct gain in a certain direction without corresponding loss in other important activities. The amazing cultural and material advancement achieved under this system of specialized leadership speaks for the wisdom of our now established policy."

Gardner then tells of his paramount idea for the upbuilding of the agriculture of the state, and The Country Gentleman permits him a page and a quarter to tell about it. With these details the North Carolina public is already familiar. Gov. Gardner tells of how he expects to "sell" his proposition to the legislature for "an adequately supported and brilliantly manned experiment station," and of his anticipation in encountering small opposition, if an at all for North Carolina education, he reminds, is already elevated to high adventure in state affairs. Our road building, stake of which stands a bond issue of \$15,000,000, is not only accomplishing much in enriching life through adding to cultural and spiritual values while at the same time fostering prosperity but, looked upon as a plain business venture, yields a financial profit to the state. The tax on gas sales and automobile tags brings in a sum which pays interest on bonds, provides a sinking fund for their retirement, provides for the upkeep of highways and, in addition, yields a profit of approximately \$10,000,000 for the construction of new roads.

When it is borne in mind that a real program based on intensive study of our regional problems will call for an initial increased expenditure of only few hundred thousand dollars a year while offering a profit running perhaps into hundreds of millions of dollars, it is not to be presumed that any difficulty will be encountered in securing adequate financial support.

"In building the enlarged organization to undertake this broad comprehensive research program in agriculture," says the Governor, "it shall be the task of my administration to see that the present staff of able members of our experiment station is augmented by the best talent the nation has to offer. To this end the advice and counsel of outstanding national investigators will be sought."

The Country Gentleman is manifestly deeply impressed with the possibilities of the new agriculture. Gov. Gardner has set about to promote. It finds the Gardner plan "significant of two important things: It denotes the growing recognition of research as a contributor to human betterment, and it reflects the manner of progress now going on in the south"—in "the pulsating south land," is pleased to call it, over which territory it sees progress "along broad lines." The Country Gentleman makes review of the industrial development going on in the south, and remarks that when viewed against this background "that has largely come out of the test tube and off the blue print," the program of Gov. Gardner assumes a fuller significance. It proposes to use the same kind of tools for the upbuilding of agriculture. And the south has no more plumbed its agricultural possibilities than it had those of industry a generation ago.

In conclusion, The Country Gentleman observes: "Some, looking upon what is going on in that section, proclaim a new south has come into being. But others, perhaps better versed in history, feel that it is but a renaissance of the spirit that gave the old south leadership in an earlier period of our national life. Whichever it may be, it calls for a revision of popular impression. For, to many Americans outside of it, the south has represented only a memory, an order of life gallant and charming and splendid that had vanished. But the south of today is a vital reality, quickening to the opportunities and responsibilities of a new era."

Which is a truth all the folks down here, except the vanishing tribe of peanut politicians, are proud to accept, and in which acceptance they are inclined to glory.

Rutherford Doctors Headed By Wiseman

Rutherford.—At a meeting of the Rutherford county medical society held here at the Rutherford hospital, Dr. P. H. Wiseman of Avondale was elected president; Dr. C. F. Glenn of the Rutherford hospital staff, vice president; Dr. W. C. Bostic, sr., of Forest City was re-elected secretary-treasurer; Doctors W. A. Thompson of Rutherford and George P. Reid, of Forest City, censors; Dr. R. H. Crawford of the hospital staff was elected a delegate to the state medical society which meets in Greensboro in April while Dr. W. C. Bostic, jr., of Forest City was elected alternate.

Simmons For Secret Ballot He Declares

Senator's Office Denies He Opposes Poll Bill Now Before Assembly.

Washington.—Senator Simmons' office denied a report that he is opposed to the Australian ballot. In response to a wire from the state it was explained that Mr. Simmons is not only for a secret ballot, but a free one. He favors the principles of the Australian ballot, but is not familiar with the provisions of the bill now before the state legislature, and has not taken the matter up with any of the members of that body.

Chicago's proposed World Fair will not take place until 1933, and by that time a real live Chicagoan ought to be worth going miles to see.—New York Evening Post.

PUBLICATION OF SUMMONS. North Carolina, Cleveland County. In the Superior Court, Before the Clerk.

Della Thomas, Plaintiff vs. Enoch Thomas, Defendant.

To Enoch Thomas, non resident defendant. You are hereby notified that an action, as above entitled, has been instituted in the superior court of Cleveland county, N. C., against you by the plaintiff, in which she is asking for an absolute divorce upon the ground of 5 years separation and you are further notified that a verified complaint has been filed in my office and that you are hereby required to appear and answer same on or before March 6, 1929 at my office in Shelby, N. C., or the plaintiff will apply to the court for the relief demanded in the complaint.

Herein fail not and of this summons make due return.

Witness my hand and seal, this January 14, 1929.

M. HARRICK, Clerk Superior Court, Cleveland County. D. A. Tedder, Atty.

TORTURING PAINS

Ceredo Lady Tells How She Was Unable To Find Anything To Relieve Them Until She Took Cardui.

Ceredo, W. Va.—In telling how she was benefited by taking Cardui, Mrs. Perle Yelkey, of this place, says: "At one time, I had a very serious spell which left me weak. At times, I would suffer such intense pains across my back and in my side that I could hardly stand it."

"I endured this over and over again. Every time the pains were worse than before."

"I was in despair because nothing helped me. I tried several remedies, but I continued to suffer."

"One day, I read about Cardui. Other women told how they had gotten strong and well after taking it. I have often been thankful for that day, for after I had taken Cardui for awhile, I felt like a different human being."

"It did not seem possible, but I did not suffer the old, torturing pains, and I really felt well. I can heartily recommend Cardui, for I know how much I improved after I took it. Since then, I have taken it several times when I have needed a tonic, and I have always been benefited. It is a wonderful help."

All good druggists sell Cardui. Try it for your troubles. NC-196

Take CARDUI

TRADE DAY IN CASAR, N. C.

Everybody is invited to come to Casar, N. C., on SATURDAY, FEBRUARY 9, 1929

And bring anything you have to trade on; such as live stock, cars, watches, clocks, guns and in fact everything you want to get rid of or exchange.

The people who are in business will have Auction Sales, beginning at 10 a. m. The horse traders invite all traders to come.

THIS EVENT WILL BE HELD THE 2ND SATURDAY IN EACH MONTH.

Each of the following concerns agree to sell at least 30 minutes at Auction: C. A. BRITAIN, J. B. RAMSEY, C. A. WORTMAN, LOANC QUEEN, A. A. WARLICK & CO., T. F. MORRISON AND A. C. BRACKETT.



found worthy

C. R. Webb, general agent for the Pilot Life Insurance Company in Shelby and vicinity, was one of only twenty Pilot agents who qualified for the highest honor in the

gift of the company to bestow at the recent agency convention in Greensboro.

In recognition of this achievement, he has been elected to membership in the McALLISTER CLAN.



With over 600 agents in twelve states and the District of Columbia, this signal honor has come to but twenty members of the Agency Force.

For membership in the McAllister Clan requires not only the continuous production of a large volume of life insurance sales, but also the maintaining of a renewal ratio that is considerably above that of the average life underwriter.

Clan membership requires that the agent must have shown unusual ability in all lines of his work, including the financing, production, and conservation of business. No man can win membership in the McAllister Clan—the highest honor organization in the Pilot field—without being worthy of the public's utmost confidence in his ability to give superior life insurance service.

By qualifying for the McAllister Club, Mr. Webb has demonstrated that he is worthy of your support and that he is truly a "Pilot to Better Protection."

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