THE CLEVELAND STAR

DR. CUTLLAND.

By ROYAL S. COPELAND, M. D.

thirty.

New York)

Some time ago I had a letter from a Philadelphia man which was

My correspondent says that his business keeps

him closely confined to the office. He does not

But he does manage to get in a couple of games

going 'round eighteen holes in golf, he says he

seems to feel as though he were "just warmed

It would be interesting to know how much

the eating habits of this man have to do with

his excellent physical condition. He complains

do not have as much exercise as he does are as a

He must be a remarkable man because, after

articles in his home paper. The particular one which excited his

of golf every week.

really is a remarkable record.

SHELBY, N. C. WEDNESD'Y, MAR. 20, 1929

velope and repeat your question.

of 35, 5 ft. 6 1-4 in. tall weigh?

the calves of the legs?

massage may help.

weight in general.

take it to excess.

A .- You should weigh about 145

M. M. J. Q.-How can I reduce

ducing in general. Exercise and

P. O. Q .- Is there any way of

R. H. C. Q .- Are electric treat-

A .-- These treatments are often

helpful, but should be taken under

the direction of a doctor and only

if indicated for some special cause.

M. Q .- Will the juice of half a

A .- No, but would not be wise to

F. K. Q.-What will correct the

habit of sleeping with the mouth

advise for intestinal worms' "Russia," says a report, "is in the corded in book 135, page 166 of the the beginning. A .- Careful diet and elimination grip of an epidemic of tchekajohyt." office of the register for Cleveland are both important in addition to First aid in this ailment calls for edness to the Cleveland Building the treatment. For full particulars send a self-addressed, stamped en-

sending for the proof-reader -De- \$1200.00, and where as default was troit News. T. Y. Q .- What should a woman

A .- It is difficult to reduce weight ADMINISTRATOR'S NOTICE

> deceased, late of Cleveland county, them to the undersigned at Shelby, N. C. on or before February 27, 1930, or this notice will be pleaded 11, 12, and 13, as same are refaced in bar of their recovery. All per

please make immediate payment. This February 27, 1929. EMMA MULL, Administratrix

Jno. P. Mull, Atty.

By virtue of the power and au- 13; thence S. 8612 E. 20 feet to a debted to said estate thority vested in me in a certain stake in said line; thence a new make immediate payment. This 30th deed of trust, executed on the 28th line S. 551 E. 90 feet to a stake in day of January, 1929. day of November, 1925, by Robert west side Hoyle and wife, Ella Hoyle, and re- thence with it S. 54 W. 60 feet to

Terms of sale, Cash, This the 11th day of February, 1929

B. T. FALLS, Trustee.

PAGE THREE

made in the payment of the said ADMINISTRATOR'S NOTICE indebtedness as provided by the Having qualified as Administraby-laws of the tor of the estate of Maggie Rams A college president says the said association and demand hav- deceased, this is to hereby notify young man's most difficult problem ing been made upon me to execute all persons indebted to said estate is choosing the right girl to marry. the trust, I will sell to the highest to make immediate payment of Which proves that the prexy has funny ideas as to who does the choosing —San Diego Union. (1) the trust, 1 who set to one door in Shelby on Saturday, March 16, ther notify all persons holding claims against said estate to file legal hours, the following describ-

with me on or before January 21st Situated in the northeast portion 1930, or this notice will be pleaded

> of the estate of Maggie Ramsey, deceased.

Beginning on a stake on the west ceased, late of Cleveland cour side of Carolina avenue near the North Carolina, this is to notify all corner of lots Nos. 10 and 11, and persons having claims against the runs thence N. 43% W. 170.5 feet estate of said deceased to exhibit to a stake in the old line; thence them to the undersigned at his with it N. $53\frac{1}{2}$ E. 15 feet to a stake, office in Shelby, N. C., on or before old corner; thence S. 86¹/₂ E. 49¹/₂ the 30th day of January, 1930, or feet to a pipe; thence S. 3¹/₂ W. 25 this notice will be pleaded in bar feet to a stake in line of lot No. of their recovery. All persons in-

FRANK L. HOYLE, Adminis

wrapping the patient warmly and & Loan association, in the sum of constitution and

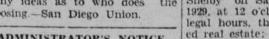
in any part of the body without re-

of Carolina avenue;

Having qualified as administra-trix of the estate of Dover M. Mull, being a portion of the Z. Green 19 This. January 21st 1929 acre tract as subdivided by F. S. North Carolina, this is to notify all Parrigin, C. E. on November 1, 1922. persons having claims against the and recorded in book No. 1 of estate of said deceased to exhibit plats, page 45, of the office of the Newton & Newton, Attorneys. register for Cleveland county, N. and being portions of lots Nos.

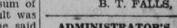
on Carolina avenue.

of Dover M. Mull.



sons indebted to said estate will

TRUSTEE'S SALE.



same properly itemized and verified

A. P. RAMSEY, Administrator

ADMINISTRATOR'S NOTICE.

Having qualifid as administrato of the estate of T. W. Tucker, de

trator of T. W. Tucker, decd.

1100047



"MADE-IN-CAROLINA" CHICKS From some of the South's finest Bloodtested Stock. Every breeder raised under

State Supervision and Bloodtested by them. All hatched from large eggs. Write for catalogue or order from this.

AA Grade Rocks, Reds, White and Silver Wyandottes, Buff Orpingtons

Leghorns \$15.00 per 100. minutes night and morning should

> your own eggs for you 3 1-2c egg. Setting each Monday and Thurs-

Hatchery, Statesville, N. C. Simple living, plenty of sunlight, L. W. H. Q.-What would you

Just Drive-Just take the wheel

Tells Conditions In West Family: James A. Wilson has received a home means much more to one

one month later.

Clarence Anders and wife, who are ter here from your folks is a real now in Nigeria, West Africa, as treat. I hope you all can write ocmedical missionaries under the casionally and give us all the news. auspices of the Baptist foreign mis- Carolyn enjoyed Alma's letter and ston board. Their salaries are be- will answer it soon. ing paid by one or more members of a church in Norfolk, Va.

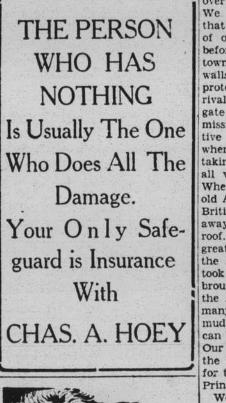
Shelby Man Hears

From Relative In

Africa.

Dr. Anders was educated in the President Coolidge city schools of Norfolk, Va.; after | Hackett is lucky to have a new which he attended a military acad- baby and to be building his home emy at Union Fork, near Richmond. too. I have neither. This year we for two years. He studied a year at live in the nurses residence during the University of Virginia, two her furlough. Next year we live in years at the Moody Bible school, Dr. Lockett's home during his fur-Chicago, two years at Wake Forest, lough in 1931, i.e. the fourth year. two years at Columbia university, However we are very comfortably New York, two years at the Physi- and pleasantly situated. cians and Surgeons college, N. Y., Carolyn had malaria and lost and took two years training at Bell- weight. She began to gain two evue hospital. New York city.

1924 with Dr. Grenfels' missionaries nurse in charge of our 30 bed hosin Labrador he met Miss Carolyn pital. Also she is making a very Loring, of San Diego, Cali., a grad- fine operating-room nurse. She uate of Leland Stanford university. runs our baby clinic. We have about They were married in San Diego in 110 on roll. From 25 to 36 come August, 1927. Soon after her mar- each week on Wednesday morning riage Mrs. Anders drove their au- to be weighed and advised. I see to Asheville, N. C., and thence back them. I gave her three carved ivory takes a good breakfast every mornvia Norfolk to New York; from aligators. They are about 12 inches ing. He never eats any lunch and moderate exercise and temperate Cairo, reaching their destination open to receive flowers.



of this county. The letter follows: African Country **Copeland's HEALTH TALK** Ogbomosho, Nigeria, Son Of Former Shelby Woman Dear Uncle Jim, Aunt Manda and Two Meals Sufficient

Dr. Anders is a son of Mrs. J.

Anders, formerly Miss Julia Wilson,

We were so glad that mother could visit all the folks. News from (United States Senator and former Health Commissioner of letter from his nephcw, Dr. J. here than it did in America. A letfilled with good suggestions. He says he always reads my health

You must have had a pleasant trip in Cuba. I hope you met

interest related to headache. I am much interested in what this man fattening the neck without fatten-

months ago and now weighs 132 While spending the summer of pounds, and is still gaining. She is

that most men who tomobile up through the Rocky and prescribe for the sick ones. The rule big eaters. They do not eat much at breakfast time, but always open? mountains into Canada, and east eleventh was her birthday and she take lunch and then go to a big dinner. Then, too, some of them are nasal obstruction preventing proper by Niagara Falls, through New received two dozen letters this likely to take another heavy meal late at night. There is no wonder breathing or a catarrhal condition. York city, Washington, Norfolk, on month. She is busy answering they complain of constipation and headache! My Philadelphia friend Have the nose and throat examin-

which point they sailed January 2, tall and stand upright on their never eats anything late at night, eating, are really the secret of good 1928, via London, Liverpool and tails like a tripod, with their mouths He does take a good dinner at six health and long life.

This is vacation time, so we went bed, his meal is well digested; he of 19, 5 ft. 7 in. tall weigh? over to Oqs, the Provincial Epital. sleeps well and gets up in the morn- _2.-Are fruits fattening? Is jello We stayed in our mission house ing "feeling like a million dollars." fattening? that was built by Mr. Pinnock (one There is no question at all that A.-You should weigh about 140 of our missionaries) 45 years ago, men along in life make a great misbefore the British occupation. All towns were surrounded by mud towns were surrounded by mud walls and a moat at that time to of the day. Growth was long ago protect against slave raiders and completed and it is undesirable to rival warrior tribes. The old toll lay on fat. All a man needs at this of 42, 5 ft. 2 in. tall weigh? What gate house is just in part of the time of life is just enough food to should a woman of 73, 5 ft. 3 in. tall mission house. The Alafin's (na- furnish the energy and the immedi- weigh? tive kings) slaves still live there where they used to collect taxes by There can be no doubt that in There can be no doubt that in taking money or merchandise from eliminating lunch, the stomach is all who passed through the gate. given a long period of rest every who passed through the given a long period of the days advise for enlarged pores? When the British came to Oyo, the old Alafin refused to surrender. The the tissues the system will get along the tissues the system will get along A.—Hot and cold applications

British fired one shell from a mile well with the limited amount of used alternately for five or ten away and set fire to a dry grass food my correspondent takes. Shango is the name of the If the stomach is cluttered with help to reduce enlarged pores. The greatly feared fire god or devil. So food, and as the result constipation excessive use of powder and cold the Alafin mounted his horse and develops, there is no wonder there is cream will clog the pores thus causheadache, hardening of the arteries, ing them to become enlarged and day. the Alafins palace or compound of discussed and all sorts of coarsening the grain of the skin.

many mud houses surrounded by disagreeable symptoms. mud and cement walls. Good houses can be built of sun dried mud walls. Our mission houses all are. Across the street is a smaller compound for the Aremd (Arehwaw or, Crown

Prince) We also saw the government residences and parks as well as the C. M. S. (Church of England Mission Societys college). The old deted mud walls and bush gown

o'clock. By the time he is ready for M. W. M. Q .- What should a girl hint about a daily good deed .--Manchester Union.

A .- They should weigh respec

tively: 135 and 138 pounds M. A. R. S. Q .- What do you

says about his own habits. He is sixty-two years ing the rest of the body.

get as much exercise as he would like to take, ments beneficial?

he says, "could no more do this than fly." It make me thin?

of age, he says, but feels as well as he did at A .-- No. Not without gaining

up for a real game." His contemporaries in age, lemon in water three times a day

\$18.00 per 100. A Grades Rocks and Reds \$16.00

per 100. AA Grades extra fine large White

CUSTOM WORK-Let us hatch

Bunch Poultry Farm And

seekers are prepared to give him a

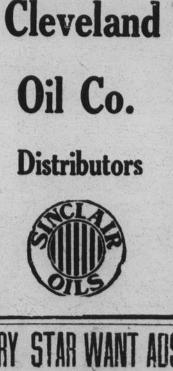
A .-- The habit is often due to a Hoover has been made a Boy Scout. And a whole lot of office-



LEND US YOUR EAR

And you_ will_ find_ that leading the procession is all right and they say that history repeats itself, but if it is a man's family history about equal to that of the negroes the wife usually does_ the repeating.

for you to keep on benefitpep the name_ SINCLAIR insures._ SINCLAIR_ GAS largely on reputation and merit, but we want you to know its advantages personally.



moats and ancient toll gate houses were interesting. We work among the Yoruba tribe of 4,000,000. One day we drove over to Ibadan, a town of 240,000 and the largest native town in Africa. It is on the government narrow guage railroad from Logos to Karo. We visited the new C. M. S. girls school and the Wesley (Methodist) college. We went to John Holts' store for Mrs. Sadler and Carolyn to shop. The

manager took us to his bungalow on the European reservation or suburb to eat our lunch. Mr. Pinnock was in Ibadan and had to stay three years because the city was besieged by slave raiders and rival warrior tribes. They grow a little cotton here,

at home. I believe that very good cotton could be grown here though. You would enjoy a visit here. _Our idea of repeating_ is | There are ships that sail direct from

New York and Norfolk to West for you to keep on benefit-ing by_ the_ qualities_ and est man of 1926 class. He later went to Louisville and came out here about eight and one half years ago. He was due back last May, and OPALINE_ OIL_ sell but was kept at home because the board is in debt. A church in Kentucky has paid his salary and we expect him soon. Speaking of hunting, he is our best hunter. He always has Ayero (partridge) and ekulu (deer) to eat. Once he wounded a lion and had to get up a tree and remain one hour. The native hunter ran away when he saw the lion, but returned with many men in one hour. They follow

> ed the lions bloody trail until they lost it in a thicket. We have many operations and diseases at the hospital is so interesting that we neglect our language study. Last Sunday morning we operated on one of our college students who had fallen off a bicycle and fractured his skull. He fell Saturday and an artery on his brain was broken and the blood clot pressed on his brain. We had just finished tying the artery and removing the blood clot when he died. He might have lived if they had brought him to us Saturday. Mother probably showed you some of our pictures. We are really very happy here and enjoy our work. I go hunting with Dr. Lockett. but I can't shoot well enough to hit a bird that is flying. I have knocked several doves, one partridge and other birds from trees. DEALER Write to us. Love to you all. Your nephew, CLARENCE ANDERS.

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Get behind

-SHELBY, N. C.

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the wheel and get the facts!

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The Millinery Department is contributing liberally to this Easter Sale. Offering values worthy of your immediate attention.

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