

### Shelby Man Hears From Relative In African Country

Son Of Former Shelby Woman Tells Conditions In West Africa.

James A. Wilson has received a letter from his nephew, Dr. J. Clarence Anders and wife, who are now in Nigeria, West Africa, as medical missionaries under the auspices of the Baptist foreign mission board. Their salaries are being paid by one or more members of a church in Norfolk, Va.

Dr. Anders was educated in the city schools of Norfolk, Va.; after which he attended a military academy at Union Fork, near Richmond, for two years. He studied a year at the University of Virginia, two years at the Moody Bible school, Chicago, two years at Wake Forest, two years at Columbia university, New York, two years at the Physicians and Surgeons college, N. Y., and took two years training at Bellevue hospital, New York city.

While spending the summer of 1924 with Dr. Grenfell's missionaries in Labrador he met Miss Carolyn Loring, of San Diego, Calif., a graduate of Leland Stanford university. They were married in San Diego in August, 1927. Soon after their marriage Mrs. Anders drove their automobile up through the Rocky mountains into Canada, and east by Niagara Falls, through New York city, Washington, Norfolk, on to Asheville, N. C., and thence back via Norfolk to New York; from which point they sailed January 2, 1928, via London, Liverpool and Cairo, reaching their destination

one month later. Dr. Anders is a son of Mrs. J. Anders, formerly Miss Julia Wilson, of this county.

The letter follows:  
Ogbomoso, Nigeria, West Africa.

Dear Uncle Jim, Aunt Manda and Family:

We were so glad that mother could visit all the folks. News from home means much more to me here than it did in America. A letter here from your folks is a real treat. I hope you all can write occasionally and give us all the news. Carolyn enjoyed Alma's letter and will answer it soon.

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

Hackett is lucky to have a new baby and to be building his home too. I have neither. This year we live in the nurses residence during her furlough. Next year we live in Dr. Lockett's home during his furlough in 1931, i. e. the fourth year. However we are very comfortably and pleasantly situated.

Carolyn had malaria and lost weight. She began to gain two months ago and now weighs 132 pounds, and is still gaining. She is nurse in charge of our 30 bed hospital. Also she is making a very fine operating-room nurse. She runs our baby clinic. We have about 110 on roll. From 25 to 36 come each week on Wednesday morning to be weighed and advised. I see and prescribe for the sick ones. The eleventh was her birthday and she received two dozen letters this month. She is busy answering them. I gave her three carved ivory alligators. They are about 12 inches tall and stand upright on their tails like a tripod, with their mouths open to receive flowers.

This is vacation time, so we went over to Oqs, the Provincial Capital. We stayed in our mission house that was built by Mr. Pincock (one of our missionaries) 45 years ago, before the British occupation. All towns were surrounded by mud walls and a moat at that time to protect against slave raiders and rival warrior tribes. The old toll gate house is just in part of the mission house. The Alafin's (native kings) slaves still live there where they used to collect taxes by taking money or merchandise from all who passed through the gate. When the British came to Oyo, the old Alafin refused to surrender. The British fired one shell from a mile away and set fire to a dry grass roof. Shango is the name of the greatly feared fire god or devil. So the Alafin mounted his horse and took to the woods and had to be brought back to surrender. We saw the Alafin's palace or compound of many mud houses surrounded by 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 dilapidated mud walls and bush grown 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 gauge 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. Pincock was in Ibadan and had to stay three years because the city was assaged by slave raiders and rival warrior tribes.

They grow a little cotton here, about equal to that of the negroes at home. I believe that very good cotton could be grown here though. You would enjoy a visit here. There are ships that sail direct from New York and Norfolk to West Africa. Mr. Powell is a Wake Forest 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, 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 followed 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. Write to us. Love to you all.

Your nephew,  
CLARENCE ANDERS.

### Copeland's HEALTH TALK

Two Meals Sufficient  
By ROYAL S. COPELAND, M. D.  
(United States Senator and former Health Commissioner of New York)

Some time ago I had a letter from a Philadelphia man which was filled with good suggestions. He says he always reads my health articles in his home paper. The particular one which excited his interest related to headache. I am much interested in what this man says about his own habits. He is sixty-two years of age, he says, but feels as well as he did at thirty.

My correspondent says that his business keeps him closely confined to the office. He does not get as much exercise as he would like to take. But he does manage to get in a couple of games of golf every week.

He must be a remarkable man because, after going round eighteen holes in golf, he says he seems to feel as though he were "just warmed up for a real game." His contemporaries in age, he says, "could no more do this than fly." It really is a remarkable record.

It would be interesting to know how much the eating habits of this man have to do with his excellent physical condition. He complains that most men who do not have as much exercise as he does are as a rule big eaters. They do not eat much at breakfast time, but always take lunch and then go to a big dinner. Then, too, some of them are likely to take another heavy meal late at night. There is no wonder they complain of constipation and headache! My Philadelphia friend

takes a good breakfast every morning. He never eats any lunch and never eats anything late at night. He does take a good dinner at six o'clock. By the time he is ready for bed, his meal is well digested; he sleeps well and gets up in the morning "feeling like a million dollars."

There is no question at all that men along in life make a great mistake if they eat too much. All they need food for is to repair the waste of the day. Growth was long ago completed and it is undesirable to lay on fat. All a man needs at this time of life is just enough food to furnish the energy and the immediate repairs.

There can be no doubt that in eliminating lunch, the stomach is given a long period of rest every day. With enough water to cleanse the tissues the system will get along well with the limited amount of food my correspondent takes.

If the stomach is cluttered with food, and as the result constipation develops, there is no wonder there is headache, hardening of the arteries, high blood pressure, and all sorts of disagreeable symptoms. Simple living, plenty of sunlight,

moderate exercise and temperate eating, are really the secret of good health and long life.  
M. W. M. Q.—What should a girl of 19, 5 ft. 7 in. tall weigh?  
—2.—Are fruits fattening? Is jello fattening?  
A.—You should weigh about 140 pounds.  
2.—Not as a rule—bananas and grapes being exceptions. No.

G. L. Q.—What should a woman of 42, 5 ft. 2 in. tall weigh? What should a woman of 73, 5 ft. 3 in. tall weigh?  
A.—They should weigh respectively: 135 and 138 pounds.  
M. A. R. S. Q.—What do you advise for enlarged pores?  
A.—Hot and cold applications used alternately for five or ten minutes night and morning should help to reduce enlarged pores. The excessive use of powder and cold cream will clog the pores thus causing them to become enlarged and coarsening the grain of the skin.

L. W. H. Q.—What would you advise for intestinal worms?  
A.—Careful diet and elimination are both important in addition to the treatment. For full particulars send a self-addressed, stamped envelope and repeat your question.

T. Y. Q.—What should a woman of 35, 5 ft. 6 1-4 in. tall weigh?  
A.—You should weigh about 145 pounds.

M. M. J. Q.—How can I reduce the calves of the legs?  
A.—It is difficult to reduce weight in any part of the body without reducing in general. Exercise and massage may help.

P. O. Q.—Is there any way of fattening the neck without fattening the rest of the body.  
A.—No. Not without gaining weight in general.

R. H. C. Q.—Are electric treatments beneficial?  
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 lemon in water three times a day make me thin?  
A.—No, but would not be wise to take it to excess.

F. K. Q.—What will correct the habit of sleeping with the mouth open?  
A.—The habit is often due to a nasal obstruction preventing proper breathing or a catarrhal condition. Have the nose and throat examined.

Hoover has been made a Boy Scout. And a whole lot of office-seekers are prepared to give him a hint about a daily good deed.—Manchester Union.

"MADE-IN-CAROLINA" CHICKS  
From some of the South's finest bloodtested stock. Every breeder raised under State Supervision and Blood-tested by them. All hatched from large eggs. Write for catalogue or order from this.

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CUSTOM WORK—Let us hatch your own eggs for you 3 1-2c egg. Setting each Monday and Thursday.

Bunch Poultry Farm and Hatchery, Statesville, N. C.

DR. COPELAND

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"Russia," says a report, "is in the grip of an epidemic of tekehajohyt." First aid in this ailment calls for wrapping the patient warmly and sending for the proof-reader.—Detroit News.

A college president says the young man's most difficult problem is choosing the right girl to marry. Which proves that the prexy has funny ideas as to who does the choosing.—San Diego Union.

ADMINISTRATOR'S NOTICE  
Having qualified as administrator of the estate of Dover M. Mull, deceased, late of Cleveland county, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Shelby, N. C. on or before February 27, 1929, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

EMMA MULL, Administratrix of Dover M. Mull.

Jno. P. Mull, Atty.

TRUSTEE'S SALE  
By virtue of the power and authority vested in me in a certain deed of trust, executed on the 28th day of November, 1925, by Robert Hoyle and wife, Ella Hoyle, and re-

corded in book 135, page 166 of the office of the register for Cleveland county, N. C. to secure an indebtedness to the Cleveland Building & Loan association, in the sum of \$1200.00, and where as default was made in the payment of the said indebtedness as provided by the constitution and by-laws of the said association and demand having been made upon me to execute the trust, I will sell to the highest bidder at the court house door in Shelby on Saturday, March 16, 1929, at 12 o'clock noon, or within legal hours, the following described real estate:

Situated in the northeast portion of the town of Shelby, N. C. and being a portion of the Z. Green 19 acre tract as subdivided by F. S. Parrigin, C. E. on November 1, 1922, and recorded in book No. 1 of plats, page 45, of the office of the register for Cleveland county, N. C. and being portions of lots Nos. 11, 12, and 13, as same are refaced on Carolina avenue.

Beginning on a stake on the west side of Carolina avenue near the corner of lots Nos. 10 and 11, and runs thence N. 43° W. 170 1/2 feet to a stake in the old line; thence with it N. 53 1/2° E. 15 feet to a stake, old corner; thence S. 86 1/2° E. 49 1/2 feet to a pipe; thence S. 3 1/2° W. 25 feet to a stake in line of lot No. 13; thence S. 86 1/2° E. 20 feet to a stake in said line; thence a new line S. 55 1/2° E. 90 feet to a stake in west side of Carolina avenue; thence with it S. 54 W. 60 feet to

the beginning. Terms of sale, Cash. This the 11th day of February, 1929.  
B. T. FALLS, Trustee.

ADMINISTRATOR'S NOTICE  
Having qualified as Administrator of the estate of Maggie Ramsey, deceased, this is to hereby notify all persons indebted to said estate to make immediate payment of same to me. And, this is to further notify all persons holding claims against said estate to file same properly itemized and verified with me on or before January 21st, 1930, or this notice will be pleaded in bar of recovery thereon.

This, January 21st, 1929.  
A. P. RAMSEY, Administrator of the estate of Maggie Ramsey, deceased.  
Newton & Newton, Attorneys.

ADMINISTRATOR'S NOTICE  
Having qualified as administrator of the estate of T. W. Tucker, deceased, late of Cleveland county, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at his office in Shelby, N. C. on or before the 30th day of January, 1930, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This 30th day of January, 1929.  
FRANK L. HOYLE, Administrator of T. W. Tucker, decd.

## THE PARAGON DEPT. STORE

# EASTER SALE

### Dresses--Coats--Millinery

Come and select your Easter outfit from these special values. Racks are loaded with the season's prettiest styles in Coats and Dresses and at prices you won't mind paying.

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**47 DRESSES \$14.85**  
(\$24.50 and \$19.50 Values.)

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**\$9.75 \$16.75 TO \$39.50**  
(Specially Priced For This Sale.)

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**\$2.95 AND \$3.95**  
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