

Brothers, Twins, Baffle Teachers

Minneapolis.—"Nip" and "Tuck" Teeter, twin brothers attending the University of Minnesota, find it most convenient always to have a "double" available. Students and faculty members

have dispaired of ever being able to distinguish between of Teeter boys. When Tuck turned in a stellar performance in a wrestling match against Iowa university, Nip was congratulated on all sides. Friends say Tuck never turns down an invitation to a party because if he can't go Nip can and nobody will be the wiser. Both brothers deny, however, that they

fill in "dates" for each other. Recently the suspicions of the faculty were aroused over rumors that Tuck, who likes science, writes Nip's chemistry examinations while Nip fills in for Tuck in history tests. Or it may be Nip who likes science and who threw the Iowa wrestler—that's where they have the edge on professors and fellow students.

Headache Only A Signal Of Trouble

Calls Attention To Disease In The Body Somewhere Which Should Be Treated.

There are millions of men and women who act in a foolish and dangerous manner when they develop a headache. Instead of recognizing pain as a signal of something wrong inside, they are too apt to blame it on outside cause and treat it as a disease itself.

Headache is the most common of symptoms. It is present in practically every sickness—be that sickness mild or serious. In the majority of ailments it is the first signal that pops up. And yet, though it is Nature's warning that something is wrong—though it counsels the individual to stop, look and listen—hundreds of thousands of individuals do not heed the warning. Instead they drop into the first drug store and ask for something that will stop the headache. And they usually get it, and very soon the headache disappears. But in addition to the cause of the headache, the body is frequently confronting with the further task of combating a poisonous headache cure.

Headaches are of many varieties and types. They differ in regard to the part of the head involved. They differ in the character of the pain suffered, whether sharp or dull, constant or in paroxysms.

They differ in their immediate causes—some are brought on by bright lights, some by harsh noises, some by indigestion, and many others by equally vary causes. There are morning, noon and night headaches, and each type of headache may have its special cause and significance. When the patient goes to the doctor complaining of a headache, the doctor looks upon this complaint as indicative of something else that is wrong. He searches for the cause, and, finding the probable one or ones, he proceeds to treat both cause and symptom. No conscientious physician would treat a headache without first trying to ascertain its cause.

Practically all infectious and contagious diseases, and especially those associated with high fever, set in with a headache, and may retain this symptom throughout the entire course of the disease. Anemia, in its various forms, often is the cause of headaches. Nephritis, or inflammation of the kidneys, produces like effects. Hysteria is one of the most common causes. Infection in the head cavities may produce pain in the head. Defective eyesight, uncorrected by glasses, or incorrectly treated, will give pain above the eyebrows. Infected teeth may result in headache, and constipation, disorders of the digestion and uterine disease will produce it. This lists but the principal causes.

A headache may merely proclaim a temporary ailment that will soon cure itself. Frequent headaches, severe headaches, headaches of an uncommon character require medical treatment and the sufferer should consult his physician. In the case of the ordinary headache—that is, the occasional mild attack—it is often possible for the sufferer to trace the source of his ailment, and occasionally, having traced the source, to remove it by simple, commonsense methods.

Thus, if the headache is due to a stuffy atmosphere, a walk in the open air will do much to relieve it. Regular exercise—in the open air, if possible—will often put an end to habitual headache. If you can get a morning exercise drill on your radio, take it regularly. Or, if one's head aches because of long application to reading and writing in poor or improper light, reclining for a while in a dimly-lit or darkened room will help.

In most cases a rest is indicated for the headache. A tepid bath, taken for ten or fifteen minutes, will help. The application of a cold pack to the head, or to the back, of the neck if often very helpful.

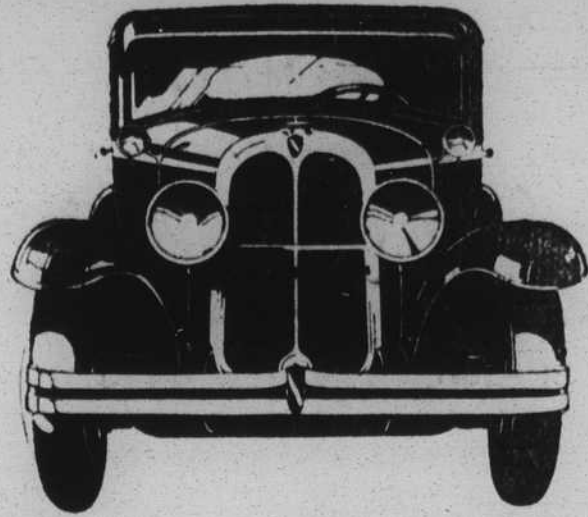
The headache that is due to too much smoking, too much tea or coffee or other overindulgence, violent exercise, lack of sleep and the like indicates its own treatment. Constipation is a very common cause of headaches, and a careful observation of the rules of diet and exercise, with regular attention to the bowels, will usually remove the symptom. Simple medical treatment for an upset or overloaded stomach or intestinal tract cures many headaches.

It is the most important of all, however, always to understand that a headache is only a signal of disease somewhere in the body.

ADMINISTRATRIX'S NOTICE.
Having qualified as administratrix of the estate of W. A. Gladden, 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 administratrix, at Patterson Springs, N. C., or to her attorney, Chas. A. Burrus, at Shelby, N. C., on or before the 8th day of March, 1930, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.
This March 8, 1929.
RUTH GLADDEN, Administratrix of the Estate of W. A. Gladden, deceased.
Chas. A. Burrus, Atty. 6t 8c

Try Star Wants Ads.

FORWARD-LOOKING PEOPLE WILL INVESTIGATE THIS CAR



Body by Fisher

Smartness that results from Individuality

You can see it in every line of the New Oakland All-American. Smartness that results from individuality . . . from that difference which comes from offering greater beauty, higher quality and finer performance for its price.

Price \$1145 to \$1375, f. o. b. Pontiac, Mich., plus delivery charges. Spring covers and Lowboy Hydraulic Shock Absorbers included in list prices. Bumpers and rear fender guards extra. Check Oakland delivery prices—they include lowest handling charges. General Motors Time Payment Plan available at minimum rate.

A. B. C. MOTOR & TIRE Co.

SOUTH WASHINGTON ST. SHELBY, N. C.

THE NEW OAKLAND ALL-AMERICAN SIX

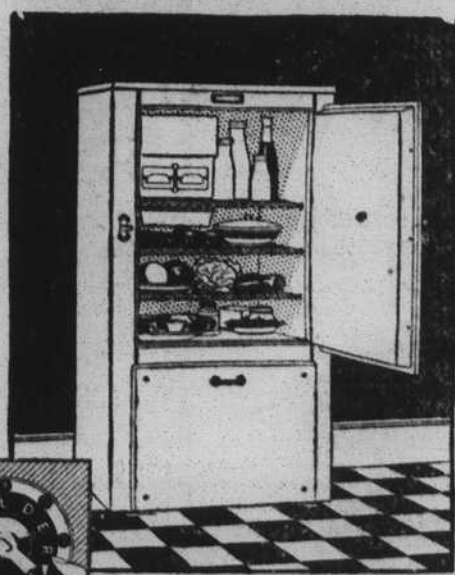
PRODUCT OF GENERAL MOTORS

Here it is . . .

A NEW FRIGIDAIRE

at the
lowest price
in Frigidaire
history

and equipped
with the
Cold Control



only \$195 Delivered complete
plugged in and working
in your home. (Very easy
terms if you prefer).

And a cabinet which adds beauty to any kitchen . . . all machinery completely enclosed . . . built of steel with a permanent Duco finish . . . and with the added value of a seamless porcelain enamel lining, as easy to clean as chinaware. 4 cubic feet food compartment; 8 square feet of shelf space.

HERE is the greatest value ever offered in the history of electric refrigeration . . . a new Frigidaire at a price so low that no one need delay any longer.

And it has every essential Frigidaire feature.

It even has the famous Frigidaire Cold Control . . . the exclusive new

Frigidaire development which enables you to regulate at will the time required to freeze ice cubes and to make possible dozens of new desserts that require extreme cold.

Stop in and see this latest Frigidaire development. You need Frigidaire. Now is the time to buy. See this new Frigidaire today . . . in our display room.

Arey Refrigerating Co.
Shelby, N. C. Phone 280.



A REAL EVENT FOR — SATURDAY — OF THE KELLY RE-ORGANIZATION SALE

A SALE of MEN'S SUITS THAT HAS NEVER BEEN EQUALED AND NO MAN CAN AFFORD TO MISS

WHEN YOU CAN BUY 2 TWO SUITS FOR ABOUT HALF THE PRICE OF ONE YOU

For

KNOW YOU ARE
GETTING VALUE
TAKE NO CHANCES
BE HERE EARLY

Included Are Suits By
MICHAEL STERN
KUPPENHEIMER
Society Brand &
Other High Grade
Makers

\$25.00

IF YOU DON'T WANT 2 SUITS YOURSELF-BRING A FRIEND

SOLD SEPERATELY AT \$13.95

ONE DAY ONLY. SATURDAY KELLY CLOTHING COMPANY