

BELWOOD CLOSES TRAINING SCHOOL

Twenty-One Receive Certificates Of Credit. Pageant Next Sunday Evening.

(Special to The Star.) Belwood, March 28.—A pageant "The Forgotten Man," will be given by the Epworth league of Kadesh church at the school auditorium Sunday evening, March 31, at 7:30 o'clock. The public is cordially invited. Admission free. In the training school course at Central Methodist church last week, 21 received credit from Kadesh. Dr. James Cannon, of Duke university had charge of the Bible study. Those awarded certificates in this course were: Mrs. J. W. Brackett, Miss Addie Dellinger,

and Mrs. Bessie Dellinger. Mr. Paul F. Evans gave studies on "A Small Sunday School." Those awarded certificates were: Mr. Joe Brackett and J. W. Brackett, Jr. Miss Freddie Henry taught junior material and methods. Those awarded certificates were: Mrs. H. D. Hoyle and Mrs. R. L. McMurry. Mr. L. S. Tuttle of Duke university taught "pupil study." Those awarded certificates were: Mesdames B. P. Peeler, W. C. Dixon, S. A. Peeler, Misses Lala Martin, Rachel Bobbitt, Jessie Dixon, Mildred Peeler, Ruth Tillman, Ola Mae Brackett, Rosemary Peeler, Mary Brackett, Messrs. H. D. Hoyle, R. L. McMurry, Jim Peeler. Mr. Hugh Hoyle and his Sunday school class of boys motored to Shelby last Sunday and observed in Mr. Clyde R. Hoey's Bible class after which they were the dinner guests of Mr. E. W. Dixon. Misses Rachel Bobbitt, Rosemary Peeler, and Mr. Jim Peeler visited Miss Anne Bobbitt of Boone Sunday. Misses Jessie Dixon, Ruth Tillman spent Saturday night with Miss Archie Fay Gantt. Misses Thelma and Margaret Sperling spent Saturday night with Miss Eliza Stamey. Misses Mildred Peeler, Mary Sue Tillman spent Saturday night with Miss Elain Deal. Miss Bertha Brackett of Lincolnton spent the week-end at home.

Copeland's HEALTH TALK

Stomach Ulcers? By ROYAL S. COPELAND, M. D. (United States Senator and former Health Commissioner of New York)

A few days ago a member of the congress came to talk with me about his father, who has ulcer of the stomach. By an odd coincidence I sat next a lady at dinner that evening, who confided to me that she was fussy about her food because she has a tendency to the same trouble.



DR. COPELAND.

It is really remarkable that our poor abused stomachs do not rebel more frequently than they do. We put into them almost everything except the kitchen stove. But, in spite of all mistreatment, digestion goes on, and relatively few persons suffer from serious stomach disease.

This organ is shaped like a pear, with the small end to the right. The large part is entered through the gullet and, after the food is prepared in the interior of the stomach, it is expelled through the "pyloric valve" into the small intestine.

The part of the intestine which immediately joins the stomach is called the "duodenum." It is at this narrow part of the passageway that ulceration is likely to occur.

Of course, the most strain, the greatest degree of pressure, will be observed in this restricted region. It seems perfectly natural for disturbance to occur here if it occurs anywhere. As a matter of fact, almost all ulcers are located here.

until the X-ray was brought into common use. Now it is possible to learn a lot about the individual case.

Time and space will not permit any extensive discussion of the different types of stomach ulcers. You may imagine a small ulcer to be similar to a canker sore in the mouth. The acute type is small, with clean cut edges, as if it had been punched out of the tissues.

The chronic ulcer is larger, irregular in shape, and in a sense like a burn of the skin. Whether it is serious or not depends on how deeply it reaches down into the wall of the stomach. In the dangerous case it continues to burrow until it eats its way through the wall, resulting in actual perforation.

The symptoms produced by ulcer of the stomach depend on the type and extent of the ulceration. Indigestion or dyspepsia is the first sign. In a severe case there may be sickness at the stomach and vomiting.

If the ulceration is deep enough to involve the blood vessels there will be bleeding. The vomited material may be stained with blood. In some cases quantities of blood may be expelled.

There is pain and this is a marked symptom of the disease. The pain may be burning or gnawing in its nature. It is worse when the stomach is empty. The victim learns very quickly that taking food stops the pain.

There is tenderness on pressure. Effort is made to loosen the clothing in this region.

Most persons who have ulcer begin to lose weight. Pretty soon they are very thin, very thin.

Let me say at once that large numbers of ulcers heal of their own accord. It is a slow process, taking months and even years, possibly. In the acute case rest in bed is imperative. This is true whether the ulcer is in the stomach or in the duodenum.

While the patient is resting the physician will seek the cause. Since infection is believed to be the chief factor, he will examine teeth, gums, tonsils, nasal cavities and other parts of the body to find where pus may be located.

We will assume that the focus of infection is located and removed. In the meantime the patient is kept quiet and properly fed. Everything is done to improve the circulation and build up the health. Good sense in these matters will bring about a cure.

Answers To Health Queries. "Jiggs."—What do you advise for callous on the sole of the foot?

A.—First, soak the feet in warm water before retiring and apply warm linseed oil. Next morning soak the feet again and scrape away the dead tissue.

R. M. Q.—What do you advise for rheumatism in the joints?

A.—This condition is probably arthritis. For further particulars send self-addressed, stamped envelope and repeat your question.

L. E. R. Q.—What will make pimple scars less noticeable?

A.—The X-ray is helpful in some instances. Consult a skin specialist.

CUBS ARE GREATEST SAYS BUCKY HARRIS

Tucson, Ariz.—Manager Bucky Harris calls the 1929 edition of the Cubs the "greatest ball club I have ever seen play on a field."

Harris said his compliment was not caused entirely by the five straight games the Cubs won over Detroit Tigers, but because of its balanced pitching staff and heavy hitters.

"That includes the New York Yankees, too," Harris explained.

Elsie Lanton, 17, of Chicago, charged by her father with being incorrigible, was sentenced to be home every night by 10 o'clock for a year.

COMMUNITY NEWS OF BEAM'S MILL

Honor Roll For Past Month. Personal Mention Of People On The Move.

(Special to The Star.) Beams Mill, March 26.—The honor roll for the last month is as follows:

First grade—Mildred Smith, A. D. Hendrick, Eugene Williams, James Cline, Ellis Ledford, Ralph Starnes, and Max Starnes.

Second grade—Faye Cornwell, Clarence Lee Bridges, and Hal Cline. Third grade—Truman Smith, O. V. Ledford.

Fourth grade—Glenn Hamrick, Thera Costner, and Bryte Ledford. Fourth grade—Glenn Hamrick, Clifford Hamrick, Louise Hamrick, Ada Kendrick, and Edna McSwain.

Fifth grade—Allen Gardner, Fred Kendrick, Glenn Davis, C. S. Hendrick, and Namop Hamrick.

Sixth grade—Irene Costner, Endora Hoyle, Larue Hoyle, Charline Hendrick, Elizabeth Bridges, Elizabeth Yarborough, Everett Starnes, and Clayton Starnes.

Seventh grade—Kessler Hamrick, Rev. G. P. Abernathy was the dinner guest of Mr. and Mrs. August Hoyle Sunday.

Mrs. William Wellmon, and daughter Effie, of Belwood, and Mrs. Everett Morrison, of Laxdale, spent Sunday afternoon with Mr. and Mrs. Cletus Wright.

Chest Colds

Rub well over throat and chest

OVER 21 MILLION JAPS USED YEARLY

The Very Best Time

to take Dr. Pierce's Golden Medical Discovery is now. This herbal extract makes the blood redder—improves and repairs your system, rouses organs into healthy action and builds up needed flesh and strength.

Mrs. Matilda Roberts of Big Pine, N. C., writes: "I was given up by my physician 3 years ago. I had taken Dr. Pierce's Golden Medical Discovery before and knew it was good so I got and took about 12 bottles which made me strong. I have taken it at different times since and it has always done me good. I am always glad to recommend Dr. Pierce's medicine, I can do it with the utmost confidence knowing what these remedies have done for me at different times of my life."

Ask your nearest druggist for Dr. Pierce's Discovery, in tablets or liquid or send for free trial package of tablets to Dr. Pierce's Clinic, Buffalo, N. Y., and write for free advice.

This is the Place to Buy

the two famous poultry-profit rations made by The Quaker Oats Company. Use them for profit and pleasure in seeing the birds live, thrive, and grow into money-makers.

Quaker FUL-O-PEP CHICK STARTER

Quaker FUL-O-PEP GROWING MASH

Reasonably priced. Cheaper to use because they do more.

For Sale By McKNIGHT & CO., Shelby, N. C.

Can YOU pass the Examination?

If you can, be sure you have all the insurance protection you need. Sickness or accident may rob you of the chance to get life insurance later. Phone and ask for details today.

C. R. WEBB General Agent, Shelby, N. C.

TRY STAR WANT ADS

Extra Dollars come only from EXTRA YIELD

THE surest way to make extra cotton is to side-dress every acre you plant with Chilean Nitrate of Soda at chopping time. It sets a large crop and sets it early—ahead of the weevil.

SIDE DRESSING Means More Cotton and More Profit

"I prefer Chilean Nitrate of Soda to anything else as a top dressing for cotton and corn. I have bought twenty-eight tons of Soda for this year's crop."

C. H. COGDELL, Goldsboro, N. C.

Now is the time to buy your Chilean Nitrate. If you don't know how or where to get it, a letter to the address below will have prompt attention.

FREE Fertilizer Book Our new 44-page book, "How to Use Chilean Nitrate of Soda" tells how to side-dress cotton, corn and all other crops. Ask for Book No. 1, or tear out this ad and mail it with your name and address.

Chilean Nitrate of Soda

EDUCATIONAL BUREAU
220 Professional Bldg., Raleigh, N. C.

ITS SODA NOT LUCK In writing, please refer to Ad No. E-68

There's a real wisdom in visiting the A&P for your food needs, for it's the modern way to shop and the sure way to save.

KINGAN'S—ARMOUR'S—SWIFTS

HAMS

Small Sizes 27c

WHITE HOUSE EVAPORATED Milk

3 Tall Cans 25c

Bokar Coffee

SUPREME 1b. 47c

U. S. NO. 1 WHITE Potatoes

Peck 15 lbs. 35c

N. B. C. Assortment Deluxe pkg. 29c

Moonshine Ass't'd lb. 23c

HOUSEHOLD NEEDS

CLEAN SWEEP BROOMS each 29c
OLD DUTCH Cleanser 3 cans 20c
Octagon SOAP Special Size 7 Cakes 25c
GOLD DUST 7 pkgs. 25c
STAR Wash. Powder, 3 pkgs. 10c
LUX 3 pkgs. 29c
CHIPSO 3 pkgs. 25c
SCOTT TISSUE ... 2 pkgs. 19c

Eggs

Each Egg Guaranteed Doz.

A PERFECT SHORTENING

Snowdrift 6

Lb. 1.10

ATLANTIC & PACIFIC

Mr. Sloan Elliott, spent Sunday with his mother, Mrs. J. Y. Elliott. Mr. and Mrs. Max Gardner spent Sunday with Mr. and Mrs. B. F. Gardner. Miss Endora Hoyle, spent Tuesday night with her grand parents, Mr. and Mrs. C. A. Hoyle. Miss Eula Williams, spent Saturday night with Miss Lucy Costner. Misses Wray and Marzona Hoyle, and Mr. Kenneth Hoyle, visited Miss Helen Sain of near Toluca Sunday.

Misses Irene and Thera Costner, spent Wednesday night with Mr. and Mrs. Grady Hoyle. Mr. and Mrs. Claude McCraw, of South Carolina spent Sunday with Mr. and Mrs. V. A. Gardner.

Mrs. Thomas Costner, spent Sunday with Mr. and Mrs. Esper Cooke. Mrs. Daisy Wright, and family motored to Morganton Sunday.

Mr. D. A. Yorke, has moved back into the community. Mrs. Worth Hoyle, and Miss Clyde Hoyle spent Tuesday with Mr. and Mrs. Gaston A. Hoyle.

Mr. and Mrs. Evans Costner have moved into the home of his parents, Mr. and Mrs. Thomas Costner.

Mr. and Mrs. Alvin Smith, of Shelby, spent Sunday afternoon with Mr. and Mrs. Ed Hamrick. Miss America Hendrick spent Saturday night with Miss Bryte Costner.

Mr. and Mrs. August Hoyle, spent Friday evening with Mr. and Mrs. C. A. Hoyle.

Mrs. Zim Williams, and two grand daughters, Corene Costner and Louise Williams, spent Saturday afternoon with Mrs. Pressley Costner.

Mr. W. F. Hamrick spent Sunday with Mr. and Mrs. Ed Hamrick. Mr. and Mrs. Edgar Hoyle, spent Saturday night with Mr. and Mrs. Charlie Wallace.

Misses Lucy Costner, and Annie McSwain, spent Tuesday night with Mr. and Mrs. Paul Bridges, of Shelby.

Mr. and Mrs. John Black of Kings Mountain, Mr. and Mrs. Paul Wallace, Mrs. John Eskridge, of Shelby spent Sunday with Mr. and Mrs. John McSwain and mother.

Mr. Sloan Elliott, spent Sunday with his mother, Mrs. J. Y. Elliott.

Mr. and Mrs. Max Gardner spent Sunday with Mr. and Mrs. B. F. Gardner.

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RUTHERFORD SCOUTS BEGIN DRIVE FOR FUNDS FRIDAY

Rutherford, N. C., Friday, March 29. — Friday, March 29, will be Boy Scout day in Rutherford county when an effort will be made to raise the county's quota of \$1,650 and back dues of \$300. County chairman, R. E. Price, of the finance committee has appointed the following men to assist him in the drive: G. A. Williams, F. C. Kenzie, E. O. Thomas, Terry Moore, W. L. Hicks, F. S. Hall, W. S. Moore, Z. O. Jenkins, O. B. Coffield, C. F. Cline, and Curtis Price. There are a number of active troops of scouts in Rutherford at present.

A HALF FERTILIZED FIELD IS LIKE A ONE-PRONGED FORK

A one-pronged fork can work the stuffings out of you, but it can't deliver the goods—it just can't give results. Neither can a poorly fertilized field. You can plow and plant and work all you choose, but if there isn't enough of the right kind of plant food in the field, don't look for a full crop. Experiment stations and successful farmers everywhere have proven hundreds of times that it's the properly fertilized fields that bring in the big, early, money-making crops. Ask those near you who USE ROYSTER'S They will tell you that the best investment they make is the money they put into fertilizer of known high quality, and they prefer Royster's. Farmers have been buying Royster's with assurance for 44 years. Bigger demand now than ever before. It must be right. High quality, easy to put down, always fairly priced. A perfectly blended, perfectly aged, perfectly balanced formula for every crop. You can best afford to use Royster's because Royster's pays you best. See the Royster dealer near you.

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The New Pontiac Big Six offers the performance, style and comfort of a truly big car. Its quality is big car quality, yet its prices range as low as \$745. That's why it is enabling progressive Americans to step-up in motor car ownership without leaving the low-priced field.

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PRODUCT OF GENERAL MOTORS at \$745