PAGE TWO

Vale Boy Does Not Miss A School Day In Just Seven Years **Copeland's HEALTH TALK** Those Blackheads! By ROYAL S. COPELAND, M. D. (United States Senator and former Health Commissioner of New York) (Inquiries may be addressed to Dr. Copeland, care The Star, Shelby, out missing a single day, and the colleges and universities, which are extraordinarily delicate insects-

N. C. If you desire a personal reply, enclose a stamped envolepo,e addressed back to you.)



Health is regarded as a most precious possession. It is natural that questions should be asked about what to do for this ailment or the other. Hundreds of letters come to me every week, asking for in- fect attendance and also a certif- a youth who has never been so- world as far north as Poland and as formation regarding various diseases.

> degree of embarrassment associated with the ap- this year he received a seventh posium on "Am I Getting an Edu- determine, however, how the pearance of skin troubles, many persons seek a grade diploma and another certif-cation?" with Dr. Coe's 'ten points." "pearls' are produced or what the means of removal of these blemishes.

opment that at certain time of life there shall be cates in seven years. pimples and cruptions of the skin. It is too had grade through the seventh have points are worth reconsideration: that this period coincides with that period when been: Miss Evelyn Cornwell, first; boys and girls begin to take an interest in social Miss Edna Sorrels, second; Miss trained to use the tools of human affairs

Blackheads, red swollen spots, and hard lumps Miss Sallie M. Seagle, fifth: Miss cision, and accurary. We mean, esthat never come to a head, ruin the complexion. Naomi Lowry, sixth and Miss Es-The chin and forehead are the parts of the face sie Dalton, seventh. likely to be involved. The shoulders and upper T. E. has had the measles, the part of the chest are other places where the erup- whooping cough, chicken pox. sufficient knowledge of nature to

green vegetables, milk and coarse

Answers To Health Queries

A. M. M. Q .- What causes num-

far.

tion may appear

The general term applied to all such disturbances of the skin is "acne." Acne is found wherever boys and girls during the school terms. He is are met. Beginning at the age of ten or twelve it goes on and on justly proud of the record he has enough history to enable him to for several years. It is rarely seen a fter the age of twenty-five. I want to be frank about it: In my opinion one of the neglected school in the fall he expects to do

bread

portant.

for its good health.

factors in the production of this | disease is a lack of cleanliness of tell you that this is a mistake. Please do not think I have any BOLL WEEVIL EXPECTED the skin.

Some skins are so made that they objection to the foods just menare not readily infected. The fine- tioned. In their proper place and in grained, small-poored skins are pret- reasonable quantities, they are quite ty oily, and possesses large, open all right. The trouble with young emergence of the boll weevil and its pores, it is very liable to acne.

DR CUPELAND

You can see that unless a skin of and water, it won't be long before these big porcs are filled with dirt.

Within a short time the pore has become a breeding place of germs. There will be pus formation, inflammation, redness of the skin and the formation of an ugly pimple.

Neglect of the diet is another factor. Too many children are brought will help to accomplish this. Activ- of the pest. up on candy and starches. They ity of the bowels and kidneys is imeat excessive quantities of fat, nut sundaes and hot biscuits. I need not

CERTIFICATE OF DISSOLUTION causes the skin to perspire will make that such a condition probably will State Of North Carolina, Department Of State.

To all to whom these presents more at length regarding the care hibernation seems to be abnormally may come-Greeting:

faction, by duly authenticated rec- enough today to put you on guard past. A recent report issued by the ord of the proceedings for the vol- against a few things which are deuntary dissolution thereof by the structive to its beauty. unanimous consent of all the stockholders, deposited in my office, that the Paragon Furniture company, a corporation of this state.

erous fine blood vessels around the COWS NEED SUCCULENT whose principal office is situated at nostrils? No. S. LaFalette street, in the City of Shelby, County of Cleveland. A .- May be due to a circulator; State of North Carolina (M. A disturbance. Consult a skin special-Spangler being the agent therein ist for treatment. and in charge thereof, upon whom process may be served), has compiled with the requirements of done to keep one from growing amount of succulent feed and the following questions: Chapter 22, Consolidated Statutes. taller? entitled "Corporations," preliminary A.-No. to the issuing of this certificate of 2 .- Moles may be made less nodissolution: Now therefore, I, J. A. Hartness, secretary of state of the State of needle handled by an expert. North Carolina, do hereby certify that the said corporation did, on the 22nd day of April, 1929, file Gains 3 Lbs. a Week next fall. in my office a duly executed and attested consent in writing to the "I work hard, dance and have dissolution of said corporation, exgained 3 pounds a week since takecuted and attested consent in ing Vinol. My nervousness is alwriting to the dissolution of said most all gone."--Mrs. F. Lang. corporation, executed by all the stockholders thereof, which said cod liver peptone, iron, etc. Nervconsent and the record of the proceedings aforesaid are now on file ous, easily tired, anemic people are sound sleep and a BIG appetite. In testimoney whereof. I have The very first bottle often adds sevhereto set my hand and affixed eral pounds weight to thin children my official seal at Raleigh, this or adults. Tastes delicious. Quinn's 22nd day of April, A. D. 1929. J. A. HARTNESS Drug Store.

THE CLEVELAND STAR

Ten Points For

Literary Digest. Lincolnton.T. E. Sain, twelve-F. Sain, of Vale, has made a record tion at one time or another. Sher- them.

has gone to school seven years with- purposes and results of American ed to be little houses in which an is repeated. schools he has attended were not now undergoing such searching nargarodes-shelters itself during a the usual six months schools, but criticism. George A. Coe, veteran period of inactivity.

seven and eight months. educationist of Northwestern Uni-T. E. has seven certificates, four versity, Union Theological semin- are produced in colors ranging of the seven certifying that he is ary, and recently retired from from pure white to reddish-brown worthy of recognition for regu- Teachers college, is convinced that and in size from tiny gun shot to lar and prompt attendance at the a good education is education for almost the size of a pea. public schools of Lincoln county. good living. "What an absurdity it He has two certificates of per- would be to certify as well-educated sandy soil in a band around the

icate of excellence, presented May cially awakened-well-educated, yet far south as Chile. In the United Everybody recognizes that imperfections of 21, 1927, for regular attendance, negligible as far as social well-be- States they occur especially in the skin are an evidence of impaired health. On correct deportment and highest ing and social progress are concern- Georgia and Florida. this account, and also because there is a certain scholarship. At the close of school ed!" Mr. Eddy concludes his sym- Scientists have been

as well as in the past.

icate of perfect attendance, mak- by which a truly educated man can habits of the insect are. It seems to be the history of youthful devel- ing him a total of nine certifi- be detected. Originally published in A life cycle, built partially by con-Dr. Coe's book entitled "What Ails jecture, supposes that eggs hatched His teachers from the first Our Youth" (Scribner's) these ten in the soft produce small larvae.

1. An educated man is one who is Louise Gilbert, third and fourth; intercourse with readiness, prepecially, language and the rudi-

ments of number. 2. An educated man must have French measles and the shingles, understand the main processes but he has been fortunate enough upon which human life and happinot to catch any of the diseases ness depend.

4. An educated man knows made and when he enters high the main achievements of man. 4. An educated man is acquaint.

ed with the major resources for intellectual and esthetic enjoyment. He knows nature, literature, music, and the other arts sufficiently to choose superior to inferior enjoy.

dulge excessively in these things seems safe to predict that a com- his interests as well as by his train-

skin should drink quantities of son, says M. H. Brunson, extension 7. An educated man must have entomologist. Mr. Brunson advises not only this general culture, but water. It is important to have the farmers to be prepared for the ab- also training for a specific occupawastes of the body carried away normal condition and thereby avoid tion. Focalized activity that is dipromptly. An abundance of fluids unnecessary losses from the attack rected toward some sort of efficiency

Cotton fields in the piedmont are 8. An educated man must have ordinarily comparatively free from toward his fellows the habitual at-Exercise in the open air is of vital the boll weevil early in the growing titudes that are commanly called importance. Every activity that season but Mr. Brunson explains ethical-such attitudes a honor and honesty, helpfulness and good-will not be the case this season, for the and cooperation.

Some other time I shall speak winter mortality of the weevils in 9. An educated man must have loyalties to at least some of the of the skin. Perhaps I have said low because of the mild winter just important organizations and institutions of society, such as one' fam-

ten bears out this statement to the lly, one's country, one's church. 10. If there is an inclusive meanextent that the spring emergence of weevils is exceptionally high thus ing in life, the sort of education that I have been outlining should include some apprehension of, and feeling for, the divine: the ideally

FOOD FOR GOOD MILK cducated man will reverence God. how to wors

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unable to

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of

GROUND "PEARL" FIND These make their way to plants The spheres, which may be dug PUZZLES SCIENCE ANEW where they feed and secrete the up by the handful, long have been

The Educated Man washington. - Ground pearls, little globe around themselves. strewn in great quantities in the The globe, brittle but hard is received a sample of the "pearls" relief in 25 states. Five of these soil, have been found in California thought to shelter them for periods found in California, but no study states have suffered twice recent-Am I getting an education? We and present anew to science the of years under adverse conditions has been made to determine further ly and two states have been af-

Then they burst through their self- tures that produce them. during his school career which is wood Eddy uses it as the title of a "Gems," which onve gave the find made cell as full-fledged insects and In Chile, where one species has 116,000 persons.

rather remarkable and one of recently published symposium (Dou er the thrill of uncarthing a pir- make their way into the ground, been studied, the insect feeds on which any boy should be proud. He bleday, Doran) on the methods, ate's treasure, have been establish- where eggs are laid and the process grape vines but, as far as is known, is not a pest in any other region.

substance from which they build a used for ornamental purposes.

year-old son of Mr. and Mrs. M. have all asked ourselves that ques- puzzle of the creatures that make they could not other wise stand the history and habits of the crea- flicted three times. Victims of dis-



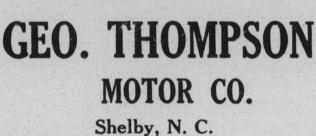
the Chrysler-built Plymouth luxury, efficiency and is the modern, sturdy, highcompression engine that now operating economy is made even more startling in performance by numerous COMPARE the full-size basic betterments. Plymouth with more costly

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Washington. - Unprecedented disasters in 1929 has overwhelmed The bureau of entomology has Red Cross workers now extending aster this spring total more than



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If he couldn't get even with friend wife in some way; here's how one hubby did it: He was shaving her neck when she said "Ouch, that razor is terrible," to which he replied: "Yes dear, I know it-is is the one that you used to trim your corns and I have been saving it for this pur-

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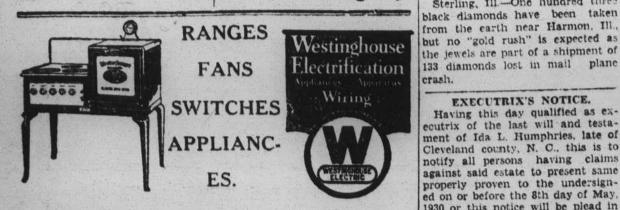
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IN PIEDMONT SECTION With the data regarding the people, however, is that if they in- low winter mortality in hand, it 6. An educated man is marked by

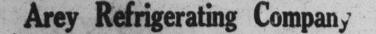
this sort is scrubbed clean with soap they are likely to avoid fruits and paratively large number of weevils ed abilities His attention is habiwill emerge and enter the cotion tually attracted by significant rathfields in the piedmont section at er than trivial objects, events, purthe beginning of the growing sea- suits, and enjoyments.

has to be included.

Secretary of State.t 4t-24c Star Advertising Pays (Official Seal)

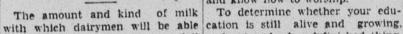


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- PHONE 280 --

115 S. Washington Street.



to supply their customers next fall and not a dead and finished thing. "A reader." Q-Can anything be largely depends on an adequate Sherwood Eddy suggests answering

> roughage of good quality for cows 1. Am I learning to study and to during the late summer and fall. think?

Some farms will need to change 2. Am I getting the knowledge ticeable by the use of the electric their system of cropping land. The that I need most? Am I learning to area of crops in various fields enjoy things that are most worth should be arranged so that more while? Am I acquiring esthetic apgreen crops will be ready for pas- preclation of the significant values Works Hard, Dances, turing or for cutting and feeding of life?

for sunshine helps develop vita-

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Sterling, Ill.-One hundred three

black diamonds have been taken

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mins in the hay.

adv

3. Am I living in the real world Alfalfa hay is the best to produce or in a corner apart? Am I learnmilk. Good clover hay comes next ing to live, by living now; by acwhile grass hay is of less value. Most quiring some vital knowledge of the weeds have little or no feeding would and its real problems, by ac-Vinol is a delicious compound of value while some are poisonous and tualy facing them and beginning to some flavor the milk. Good hay is try to solve them now? Or am I green in color. The green color is evading or postponing life, playing lost when mold develops in the about with its trifles in a thoughtin my said office as provided by surprised how Vincl gives new pep, field or in the hay mow. Hay should less and unreal academic world? not be cured in the shade to re- 4. Am I progressing, standing still,

tain its bright leafy appearances or going Lackward?

WEAK AND THIN Virginia Lady Was Just Dragging Around. Health Im-

proved Steadily After She Took Cardui. Bristol, Va.—"I was just about down in bed and so weak I was past going," writes Mrs. Jennie Goodman,

Having this day qualified as ex- of 718 Portsmouth Avenue, this city. ecutrix of the last will and testa- Mrs. Goodmen says her family was ment of Ida L. Humphries, late of very uneasy about her condition, as Cleveland county, N. C., this is to she seemed so weak and thin. "I ached all over," she explains, "and my back and sides hurt most notify all persons having claims

against said estate to present same properly proven to the undersign- of the time. "I dragged around, and did not see a day of good health. "I went to call on one of my d on or before the 8th day of May. 1930 or this notice will be plead in

bar of their recovery. All persons neighbors, and she remarked about my looking so bad. She told me to indebted to said estate will please ny toking so bad. She told me to get a bottle of Cardui and take it. Next Saturday night, my husband brought it home to me. "Before I had taken Cardui a VERNIE MAY POTTE ' REY-NOLDS, Executrix, Gaffney,

week, I was feeling much better. I continued taking it for awhile, as my health kept on improving. "I gained in weight, and soon was

ADMINISTRATOR'S NOTICE. feeling like a new person. Since then I have taken Cardui several times, and it has always done me good I can recommend it to others." Having qualified as administraor of the estate of S. J. Bingham. deceased, this is to hereby notify all persons indebted to said estate to Cardui has been in use so long make payment of such indebtedthat its merit has been proved by ness immediately to me; and this is the experience of several generato notify all persons holding claims tions of women. against said esetate to file same A purely vegetable, medicinal tonic

with me on or before the 17th day For sale by all druggists. NC-204 of April, 1930, or this notice will be Take pleaded in bar of recovery thereon. GETTYS BINGHAM, Admr. estate of S. J. Bingham, decd.



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