

State College Radio Program For Farm

Oct. 16, 1:55 p. m.—Care of cotton seed by Dr. R. Y. Winters, director experiment station, N. C. State college.
Oct. 23, 1:55 p. m.—Distributing agricultural information, by F. H. Jeter, agricultural editor, N. C. State college.
Oct. 30, 1:55 p. m.—Lowering production costs with drainage, by A. T. Holman, extension agricultural engineer, N. C. State college.
Nov. 6, 1:55 p. m.—Organizing for cooperative marketing, by Dr. Carl C. Taylor, dean graduate school, N. C. State college.
Nov. 13, 1:55 p. m.—Food poisoning, by Dr. I. V. Shunk, assistant professor botany, N. C. State college.
Nov. 20, 1:55 p. m.—Pruning fruit trees, by M. E. Gardner, assistant horticulturist, N. C. State college.
Nov. 27, 1:55 p. m.—Cost of growing broilers for the market, Dr. F. F. Kaupp, professor poultry, N. C. State college.
The programs come from the Raleigh station.

Killed On Highway.

On last Thursday James W. O'Brien, aged 79, was struck and killed by a passing motorist on the highway near his home at Rockingham.

FOOTBALL GAMES Carolina vs Georgia Tech Friday, October 11th. Yale vs Georgia Saturday, October 12th.

via SEABOARD AIR LINE RAILWAY Very low railroad rates—\$10.06 Shelby to Atlanta and return with stop off at Athens to see Yale-Georgia game.

Do not miss these two wonderful football games, which start—Carolina vs Georgia Tech at Atlanta 2:00 P. M. C. T. Yale vs Georgia at Athens 2:00 P. M. E. T.

Seaboard dining cars will be parked at Athens serving all meals. You will be away from home only two days, Friday and Saturday, Oct. 11th and 12th. The Seaboard is the only road having Atlanta and Athens on its main line. Make your pullman reservations with any Seaboard Agent, or call on: JOHN T. WEST, D. P. A., Telephone 2700, Raleigh, N. C.

THE PARAGON'S FURNITURE STOCK TO GO TOO

YES, WE ARE GOING TO CLOSE THIS BUSINESS, Lock, Stock And Barrel By Christmas OR

—well keep your eyes on us—keep your eyes on announcements. We are going to do the impossible almost— Store will be closed three days next week—MONDAY TUESDAY—WEDNESDAY—But will be open all this week.

THE SALE OF SALES

WILL START THURSDAY OCTOBER 17TH — 9 O'CLOCK A. M.

WAIT

It Will Pay You.

THE PARAGON (Shelby's Best)

KEEP RESISTANCE TO ALL DISEASE AT PAR

One of the Commonest Causes of Illness Is Lowered Vitality, Frequently the Result of Neglected Hygiene, Says Authority: Live Right!

By ROYAL S. COPELAND, M. D. United States Senator from New York. Former Commissioner of Health, New York City.

HALF the ills of the human family follow abuse or neglect of the digestive organs. Dyspepsia and constipation are the most frequent effects of such misuse.

Just because the bowels move rather freely once a day, is no sure sign of the absence of constipation. This movement may be a delayed one, the material expelled being waste which should have passed away two days before.

Lowered vitality, which may be the effect of wrong eating, late hours, worry or continued and excessive fatigue, sometimes results in deficient activity in the muscle walls of the intestine. The general muscular tone falls below par. Naturally the digestive and eliminative organs depending on muscular action, are less vigorous than they should be.

This state of affairs may account for the beginning of the constipation, but when the intestine fills up with the undigested materials, fermentation takes place. With fermentation and decay, further complications are to be expected. Poisonous toxins develop and these are eager to attack the system and undermine the health.

Almost always an acute infection is founded on a constipated condition. If you are in prime health, you are unlikely to "take" diseases. Your powers of resistance are high and you can snap your fingers at sickness.

In dealing with constipation, the effect, we must think first of the causes for its presence. By better living, better hygienic standards and better choice of foods, constipation need not be feared. But its correction takes time.

To get rid of the dangerous accumulation in the lower bowel, it may be necessary to take a cathartic or laxative. Needless to say, such treatment does not "cure" the constipation. All it does is to clear out that particular cargo of offensive material. But that is most desirable, particularly if you have a cold, sore throat, headache, or other evidence of acute infection.

Sprays and gargles and pills and powders may give temporary relief to the acute trouble, but their effects will be far more satisfactory if the bowels are emptied. There can be no doubt that a clogged intestine delays the healing of any disease.

Now, please do not get the idea that daily purging is good for you—it isn't. Nothing is more damaging than frequent resort to cathartics and purgatives. Correct your eating and manner of living and you will need no medicine. Right living is vastly more important than all the medicine in the world.

Answers to Health Queries

C. M. M. Q.—What is the normal blood pressure? A.—This depends upon the age of the patient and the conditions governing his particular case. The normal blood pressure should be approximately 120 and 80.

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FERGUSON GRAVE ON BATTLEGROUND WILL GET MARKER

Ceremony About Marker Is Set For Kings Mountain Celebration Next Year.

Charlotte.—The grave of Colonel Ferguson, commander of British forces engaging in the Revolutionary war battle at Kings Mountain, which has remained unmarked since 1780, will be identified by an appropriate marker, which will be unveiled October 7, 1930, at ceremonies which now are being planned by the Town of Kings Mountain, according to an announcement made today by Col. T. L. Kirkpatrick, of Charlotte, incidental to the arrival of the 149th anniversary of the battle.

Arrangements were made by Col. Kirkpatrick with R. E. Scoggins, of the Scoggins Memorial Art company, of Charlotte, for the construction of the memorial at the grave of the British soldier, Colonel Kirkpatrick said the announcement of this plan was timed for today because of the fortunate circumstance that Premier Ramsay MacDonald, of the English government, is in the United States for the purpose of promoting the cause of peace and because this day was an anniversary of the battle. Appropriate steps were taken to have Premier MacDonald informed of the plan for honoring the memory of Colonel Ferguson. It was announced that at the proper time the British government will be invited formally to send an official representative to participate in the unveiling of the memorial, which is expected to be one of the most interesting events of the ceremonies to be held a year hence at the scene of the battle high up on the steep slope of Kings Mountain, about 35 miles from Charlotte.

Colonel Kirkpatrick said he has written Senator Lee Overman, of this state, and Congressman C. A. Jonas, representing this district, to request of the federal government permission to erect this memorial on land which now is set aside as a federal reservation. The obtaining of this permission was declared to be a matter of mere formality. Inasmuch as next year will bring the 150th anniversary of the Battle

One-Hundred Passenger Airship Recently Erected In Germany

Equipped With 12 Gas Engines It Is Now The Wonder Of The Age.

"Having seen all this I still don't believe it." That was the postscript added to a cable describing the flight of the 100-passenger Dornier Do-X flying boat sent by Charles D. Williams, engineer of the Stout-D and C. Air Lines, from Germany to his employers, relates The Philadelphia Inquirer.

Mr. Williams is now in this city engaged in supervising the assembly of two Dornier Superwals, little thirty-passenger brothers of the Do-X, at the Naval Aircraft factory at League Island.

"With all its twelve engines running," Mr. Williams said recently, "the huge boat lifted a weight of fifty-two tons. With only eight engines running it got off quite easily with a load of forty and a half tons. This was from Lake Constance, 1200 feet above sea level. Put the Do-X on the ocean and its performance will be even greater."

Yet for all its huge size and the great weight carried, Mr. Williams said, flying the boat is no greater task than handling a small plane. It seems, indeed, like the fulfillment of a flier's sweetest dreams.

Pilot's Work Limited. The pilot aboard has nothing to do but fly. Instead of the maze of instruments found on the usual airplane he has only before him the devices actually used in flying such as turn, pitch and bank indicators. Two tachometers each show the average speed of six engine and two throttles each control six power plants.

The rest is up to the mechanics, who are two compartments back of the pilots. The performance of individual engines, oil pressure, gas-turbine flow, engine heat and all other details of power output are their affair. Even the course the craft may take is of no great concern to the

of Kings Mountain, the authorities of the town named for that isolated peak already are giving thought to plans for a celebration on the occasion of that anniversary. The Daughters of the American Revolution and numerous other organizations will be invited to assist in those preparations and participate in the events of the day, it was explained.

ANNOUNCEMENT I wish to announce that I have arranged with Dr. W. H. Gillmore of the Gillmore Clinic of Detroit, specialist in the new curative non-surgical treatment of varicose veins and varicose ulcers, to hold a clinic for the examination and treatment of these conditions at my office during the week of October 21st to 26th. Registrations are being made now. All examinations and treatments conducted privately. No charge for interview or examination. DR. O. N. DONNAHOE, 312 Haywood Bldg. Phone 1111 for Appointment. ASHEVILLE, N. C.

J.C. PENNEY CO. Once More... in a Newer and Wider Scope, Autumn Styles Are Featured Here. Wool and Wool-mixed Fabrics Are Approved! What shall it be... covert? flannel? kashmir? tweeds? novelty tweeds? rayon-and-wool fancies? Whatever you favor most for your Fall wool-wearables, you'll find it in this group of fashion-right, price-right fabrics. Our Low Prices Are Approved, Too! 79c to \$2.98 a yard. That Flattering Fall Silhouette Is Achieved By the Use of These Lovely Fabrics! Flat Crepe \$1.79 Yard. Satin Crepe \$1.98 Yard. These silks will be a delightful discovery for those clever women who make their own clothes... even as they were a most welcome discovery to us in our search for a really remarkable silks. The wanted Fall shades, of course. Gay Colors... Many Designs. New Cretonnes. Drapes, pillows, furniture coverings... a bright piece of cretonne has countless uses in brightening up your home for the winter months. A wide range of patterns, yard. 15c 19c 29c 39c. In Shelby and suburbs you can get THE STAR EACH AFTERNOON of PUBLICATION DAY by paying the Carrier Boy who passes your door, 25c per month.

Outstanding Values IN SMART NEW WINTER COATS AND ON EASY CREDIT TERMS. Coat days are here... and we have the coats. Scores of the most beautiful styles... in Autumn's favored colors... black... brown... blue, as well as a host of other color combinations. Be it a sport or dressy type, plain or lavishly fur trimmed, you'll find just the coat you want at Wright-Baker's. You'll be pleased with the remarkable values to be found in our large stock and with the convenient credit terms. BOYS' TWO PANTS SUITS. Just like having two suits... the extra trousers gives double life to the boys' clothes. We are showing a variety of styles that the boys will like. Easy Credit Terms. From COFFS TO COLLAR QUALITY. That tells the story... why so many men wear only a Baker Suit. They give lasting satisfaction. Take advantage of our Easy Credit Terms. Wright-Baker Co. 107 N. LaFayette St. SHELBY, N. C.

FINDS DIETING IS OF LITTLE VALUE. Thayer, Mo.—Down in the foothills of this beautiful Ozark mountain country one meets a 17-year-old youth who believes dieting to reduce is the bunk. He ought to know—for he has tried it, and— "Gosh, I almost starved to death doing it, and got fat starving," he said, good naturedly. 398 Pounds. This unbeliever in the gospel of dieting is Arthur Wolff. He weighs 398 pounds and is 5 feet 11 inches tall. He has a grip on him that makes one glad to get his "five" back after shaking hands with him, and can go through athletic stunts that are difficult for some of the 150-pounders he chums around with. His mind is not short when he takes a good run. He accounts for this because he is an ardent hiker and does plenty of it up and down the Ozark mountains around this little southern Missouri town. Now about dieting, Arthur puts it this way— "You see, I go to the Thayer high school," he said, "Well, about the first flop out of the box I was told I ought to reduce. Well, I thought I ought to, too, so I say to 'em to show me how. "They told me to quit eating this and that and the other. Doggonit, they picked out about everything I liked to eat, and told me to lay off of it. "Then they told me to take a lot of exercise—run, jump, play ball, football. They didn't leave anything out of the athletic menu. "Well, I gave the program a 'house.' I did everything they told me to do. And what do you think? Darned if I didn't wind up weighing more'n when I started dieting, and I thought I'd die from starvation. "I got so blamed hungry exercising that I just had to walk out of my way every time I went down town so that I wouldn't pass a restaurant where they might be cooking things. But I stuck out the program in spite of that terrible empty feeling—but you needn't think I'm going to do it again. Why? Cuz it doesn't do any good." But the athletic program did a lot for him. It hardened his muscles into strength that makes him the town's "iron man" and the terror for any football team that cares to take on the Thayer high school eleven. The citizens here marvel at his strength, and he often stages an im-

DEMOCRATS PLEASED ABOUT GA. VICTORY. Georgia Victor Was For Al Smith In Contest Last Fall. Democrats Elated. Washington, D. C.—Democrats here are elated over the result of the election in the Atlanta congressional district. The man who won supported Governor Al Smith in the presidential campaign. Robert C. W. Ramspeck, regular Democrat, was elected by more than 5,000 votes over his two independent opponents. Carries 5 Counties. Last November, this district went for Hoover for president. The fifth district is composed of five counties Hoover carrying the three largest counties. Ramspeck yesterday carried all five counties. Rooper Alexander, the first to announce against him as an independent candidate was a leader in the fifth district and the state in opposition to the Democratic presidential ticket. He has been United States district attorney and is a member of the state legislature. The issues paramount in the special election were almost exclusively national, as they were in the third Kentucky district special election which resulted in the redemption of the district by the Democratic party. The result in the Georgia election is especially significant because of the fact that it is the most populous of any congressional district in the entire Southeastern territory. Commenting today on the sweeping victory, Senator Harris, Georgia, said: "The election of Ramspeck the regular Democratic nominee, by an overwhelming vote shows that the division in the Democratic ranks last November was only temporary and now the Democrats are solidly back in the party fold. "It is not without special significance that in the national election all the counties in the district except the two smallest went for Hoover and yesterday all five counties gave the regular Democratic nominee large majorities. prompt strong man act by picking up two or three averaged sized men and holding them with ease in his arms. Unlike many of his build, Arthur is not at all sensitive over his excess weight. "Can't help it," he said, "so can't see any use worrying about it. If people get a kick out of me being fat, well, that makes me feel like I am doing some good."