

Lingered Awhile.

Fort Gibson, Okla.—Amanda Foster, who is shown by records of the Cherokee Nation to have lived 110 years, is dead.



TO MAKE A LONG TALE SHORT

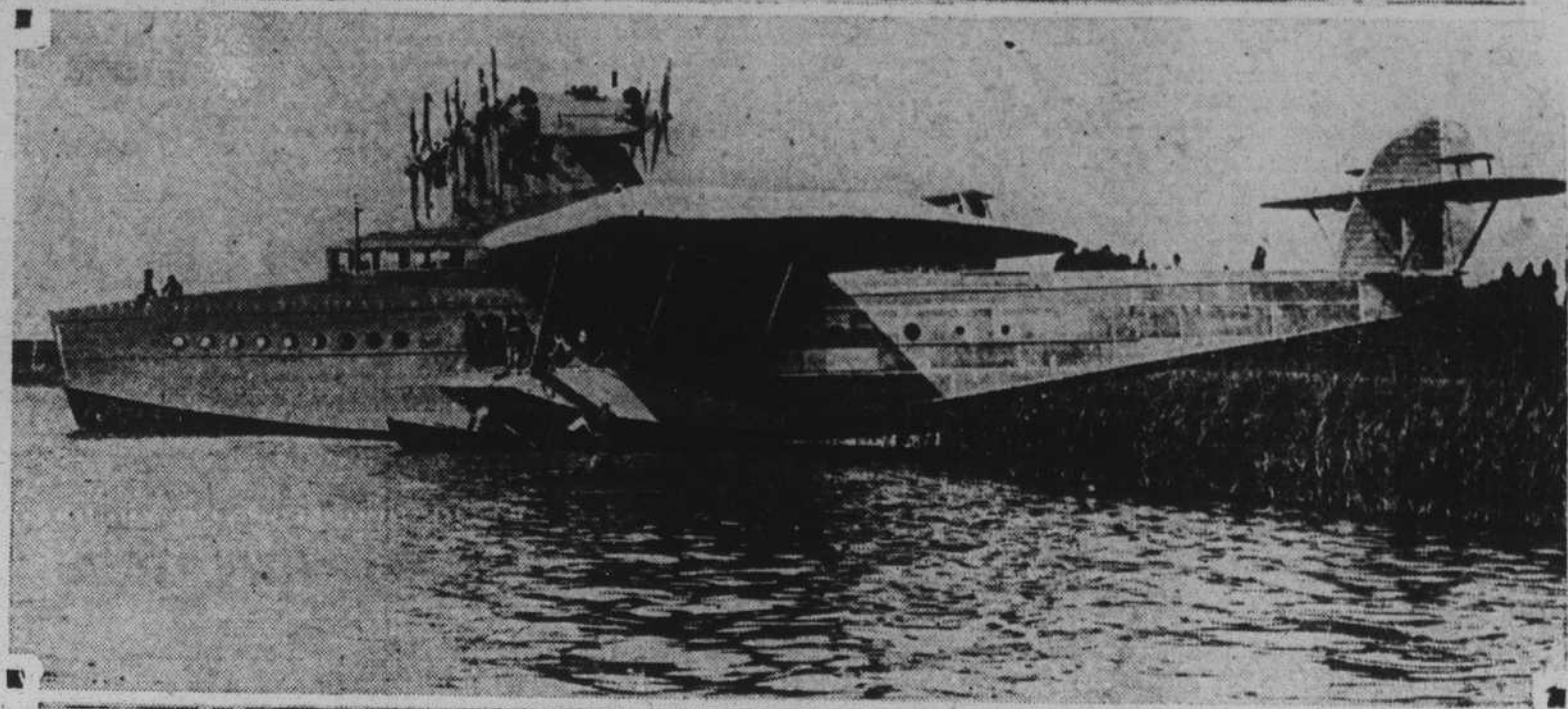
We believe that a traveling man who was asked when the honeymoon was over, was about half right when he said: "When hubby who only gets canned beans for dinner, discovers that a wife is feeding the poodle dog the lamb chops."

Another tale made short is the commendation of Sinclair gas and oil by the regular users of these products. Short and right to the point are the qualities and purity of these products. Satisfying and efficient in every respect you will find them a source of real and consistent saving.

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Giant Flying Hotel Makes Successful Flight



A close-up of the mighty Dornier flying boat, DO-X, which broke all records by taking up 169 persons at Altenrhein, Switzerland. Note the size of this craft, with its twelve 500 horsepower engines in line. It is reported the giant air bird will try a trans-Atlantic flight in the near future if additional tests prove it is able to negotiate the long hop.

International Newsreel

CLEVELAND GIRLS WINNERS AT FAIR

Raleigh.—Mabel Bowling and Alma Shepherd, of Durham county, composing the 4-H demonstration team in room improvement, won first prize for the best demonstration put on by the girls' clubs of North Carolina at the state fair last week.

A breadmaking team from Richmond county composed of Elizabeth Nichols and Catherine Covington won second place. Third place was awarded to the clothing team from Stanly county, composed of Louise Elliott and Jean Lefler.

Each of the four winning teams, according to Miss Cornelius, had been well trained and gave excellent demonstrations.

This Man Has It In For Yo-Yoing Elders

Raleigh News and Observer. "I ain't exactly intollerant," declared Tom Robertson, of Chatham county, "and I take considerable pride in the fact that I've learned to pass a grown man wearing short pants without even turning my head much less insulting him, but this here yo-yo business is just a little too much for me. I'm gettin' afraid to come to Raleigh any more for fear my pent up passions will bust loose and cause me to kick the day-lights out of the next so-called citizen I see spinnin' one of them little tops. I'm a life long Democrat and up till now I never doubted my democracy but darned if I believe that a 21-year-old person who plays with one of them things in public has got any business being allowed to vote. And besides, I can't get the hang of the dang things, anyhow."

WOMEN DENIED RIGHT OF BALLOT IN MEXICAN STATE

Mexico City.—The department of interior has ruled women have no political rights in Mexico and hence cannot vote in the presidential election November 17. The ruling was in answer to a query of women's clubs of the State of Coahuila.

Star Advertising Pays

FOOT-CARE ESSENTIAL DURING COLD SPELLS

Clothe Your Feet According to the Temperature, to Avoid the Painful Symptoms So Common in Winter, Urges Dr. Copeland.

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

WHEN cold weather comes the feet require a lot of care. Many and many a person will have chilblains and painful feet till next Spring. Most of these foot ailments are preventable and curable.

Lots of us show little common sense in the way we dress in winter. We have a certain date for putting on the "heavy underwear" and another for taking it off. No matter what the temperature may be, we wear the same heavy clothing. We may perspire and feel miserably hot but that makes no difference. The calendar says we are in the season of cold weather and that settles it.



DR. COPELAND

Thick, woolen stockings are worn from morning till night. In the warm house or barn these cause the feet to perspire and the stockings become moist. The moisture softens the skin and gets it ready to be chilled when the owner of the feet goes into the cold. Trouble is sure to follow.

The thick stockings cause the boots or shoes to be crowded and to pinch the feet. Perhaps the foot covering is too small anyhow. This leads to pressure on the blood vessels and serious interference with the circulation in the feet.

To guard against any harm that may come from cold, the first rule is that the blood must flow freely through the surfaces of the body. When you get chilled you beat your arms and chest. Why? To get the blood going in the surfaces.

You can see that tight shoes will prevent free circulation and prepare the way for uncomfortable happenings. These are inevitable if you fail to get the right foot-gear.

City people suffer less from cold feet than country folks. Most city homes have central heating plants. Not only are the rooms warm, but the floors are warm. Where the heating is from stoves the floors are cold for hours in the morning. The cellar under the living room is cold and this chills the floor.

Housewives, policemen, motor men, farmers—everybody having occasion to have the feet exposed to cold should bear several things in mind. In the first place, keep the feet dry. To this end change the stockings several times a day if necessary. Wear rubbers if it is very wet.

Have the shoes well fitted, but above all else have them big enough. They need not be monstrous by any means, but buy good shoes and insist on having them properly adjusted. Provide yourself with an extra pair, so if you get them wet you can change to a dry pair.

Have stockings of different weights, so you can dress according to the temperature. Make pains not to have the stockings too short, as they are capable of confining the

Answers to Health Queries

B. A. H. Q.—What should a girl aged 17, 5 ft., 3 1/2 inches tall weigh? A.—What will cure the habit of eating between meals?

A.—She should weigh about 120 pounds. 2.—This is a matter of exerting the will-power.

P. O. W. Q.—What causes pain between the shoulders and down through the limbs? A.—What causes the heart to miss a beat once in a while?

Q.—Would catarrh of the heart cause pain in the stomach? A.—Neuritis would cause pain between the shoulders and down through the limbs.

A.—Indigestion or nervousness might cause the heart to miss once in a while. A.—Catarrh of the head would cause pain in the stomach.

PRACTICAL PHILOSOPHIES

By J. SCOFFIELD ROWE, PRESIDENT.

WIDER MARGINS

A very sobering thought it is to realize how narrow are the margins of safety which, like ocean dikes, divide the gardens of our lives from the threatening tides of disaster!

The problem of happiness seems to be dependent on widening the margins within whose confines we can live free from distress but whose bounds we may not cross save at peril of our lives.

The casualties of every day remind us how slender a margin separates safety from danger. It is the constant endeavor of modern education and industry in their schools and laboratories to broaden the margins of security not only by perfecting mechanical devices but by elevating the human factor.

How small a divide separates health from sickness—a few degrees of temperature more or less, an infinitesimal community of bacteria in a vital spot, a footstep misplaced—our margin of safety is wiped out and we must battle for our lives!

Ships speed over the midnight ocean through fog and storm, trains roar across continents on the thin margins of their rails, motor cars travel at a pace which annihilates distance, airplanes defy the very laws of gravitation—marvels accomplished through the maintenance of an ever-increasing margin of safety.

"Early and provident fear is the mother of safety." To widen the margin of education over ignorance means safety for a nation. To expand the margin of saving and to lessen that of spending means material well-being for the individual.

Through habits of moderation in thought and act we can build up our margin of resistance and expand the zone of safety that fends off the perils which from every side assails the security of health and happiness.

A little margin of play twist work and sleep. A little less of losing than of gain. An isle of calm in life's unresting sea. A little more of pleasure than of pain—Beyond our margin of time, eternity!

Before the days when insurance against ill fortune became available, man's chance of worldly welfare was indeed uncertain. Today, though disaster befall us, its direst consequences can be mitigated if our foresight has provided that surest of all margins of safety—insurance against the carelessness of humanity, the accidents of activity and the catastrophes of nature.

Seven Months Of Hooverism—What?

Charlotte News.

The millennium is slow in materializing.

About this season last year promises were being freely made that only by the election of Herbert Hoover as president could the millennium be insured. Good times for the farmer, the baker, the candlestick maker and others were promised by the ballyhoo artists of the Republican national committee aided lustily by the Very Rev. James Cannon, bishop of the Methodist church, and many of his fellow communicants.

Election of Al Smith, Democratic standard bearer, was seen by some of our best citizens as the enthronement of the prince of darkness and the ruin of American business.

Cotton, they said, would go down this fall if Hoover was not elected. Wheat also would hit the bottom and the farmer would have to replaster the old homestead with another mortgage and many would go trekking down the sad lane that leads to the poorhouse. Al Smith's election would ruin the stock market and flood the country with liquor, we were told.

Mr. Smith was not elected. Mr. Hoover was. Whereupon those of us who believe what our best folks say sat back and waited for the golden day sure to come under the benign influence of the Great Mind. We are still waiting.

Mecklenburg farmers know all about the price of cotton. Mr. Hoover hasn't gotten around to them yet. The wheat growers of the west also are waiting for the Great Mind to begin to function. It looks like they have some time to wait. The bootleggers, if police and superior court blotters give any indications, continue to flourish and ply their trade. There has been official talk that they do right well at it in the shadow of Mr. Hoover's residence.

All of which leads to the question: What has Mr. Hoover, the famous engineer and the Great Mind accomplished in his seven months as president?

He built a few dams across a branch up in the hills of Virginia. Good exercise probably but really of little importance in matters of state. He has made several speeches but the price of cotton and wheat has continued to drop.

The naval disarmament conference may be another "noble experiment." It probably will afford an opportunity to sink several million dollars worth of valuable defense machinery that may be badly needed when some vigorous power decides to help itself to some of our wealth. However that may be, the administration will do well to wait and see how the conference turns out before taking too much credit for a great accomplishment.

One of Mr. Hoover's accomplishments, it may be pointed out, has been his success in getting his pro-

posals turned down in the senate. A doubtful honor surely, but at least something on which to reflect after these seven futile, empty months. All of which shows that presidents, as great and achieving as they may be can't speed up the Golden Era by themselves.

INDEPENDENT GROCERS MEET AT RUTHERFORDTON

Independent grocer men of Rutherford counties will hold another meeting tonight to further discuss the Quality Service organization. The meeting tonight will be held in the city hall at Rutherfordton at 8 o'clock. It is understood that good headway is being made toward the organization of the independent grocers.

Star Advertising Pays

White Man Is Freed In Charge Of Rape

Raleigh, Oct. 22.—Lack of probable cause was yesterday found in the case of Sam Johnson, Raleigh mechanic, charged with raping a negro woman.

The case was heard before Justice of the Peace J. E. Owens, the negro, Beulah Chaney, claiming that Johnson, two weeks ago, raped her in the woods near her home on the Poole road.

A number of witnesses were produced by the defense yesterday, among them Dr. McKee, who examined the negro after she had the white man arrested. Evidence showed that the allegations were exaggerated, and after consultation with Solicitor Brossfield, Mr. Owens dismissed the case.

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