

WOMAN BUILDING HER SUCCESS ON CAKE FOUNDATION

Newton, Mass.—The road to success, for Mrs. Army Buchold Keating, had been paved with cakes.

Since 1919 Mrs. Keating has been demonstrating the truth of the adage that if you make something good enough, the world will make a beaten path to your door. She makes cakes but does not deliver them.

The numbers of people who insist upon coming and getting the cakes has not only kept Mrs. Keating and her assistants busy making them—but have kept Mrs. Keating busy expanding her cake making facilities. She now has kitchens in two cities.

Incidentally, Mrs. Keating has a tip for those who wonder why so many different kinds of good, bad and indifferent cakes can be made from the same recipe. The secret is just the amount of care that is taken in following directions. In Mrs. Keating's own words: "Uniform

success in baking is the margin between guess and measurement."

Mrs. Keating says that her interest in baking dates from the time she climbed to a chair to "help" her mother in the kitchen. When she studied domestic science, later she specialized on dietetics. After varied experience, she determined to launch out upon her own—very much against the advice of older heads who said she was tempting fate, with sugar at 26 cents a pound and scarce at that.

"I was convinced that there was a wonderful opportunity to sell old-fashioned recipes with modern improvements," explains Mrs. Keating. "People would gladly pay the price for excellence. I had learned. I was determined to provide the best possible home-made recipes brought up to date with modern science."

Mrs. Keating finds that her policy of making no deliveries except some by mail has helped her put additional quality into her cakes through reducing the cost of doing business. But the policy has been helpful in another way.

"We could convince people of the extreme care we exercise in making our product in no better way than by direct demonstration under their very eyes," she said. "By refusing to deliver," we oblige them to visit us."

Queen Marie Faces Fate of Exiled Son



Queen Marie of Rumania, who is threatened with banishment from her country. Bitter at the treatment received from the hands of Premier Dr. Julius Maniu, she is leaving her native land shortly for foreign climes, thus abandoning her political ambitions and her dream of being a Rumanian "Queen Victoria." There is talk of Prince Carol's being named as a regent in the event of another vacancy, which is expected shortly because of the distressing illness of Miron Cristea, a member of the triumvirate.

International Newsreel

KEEPING LATE HOURS A FOOLISH PRACTICE

Get Your Full Quota—Eight Hours—of Rest, Urges Dr. Copeland, and If Any Physical Cause Keeps You Awake, Correct It.

By ROYAL S. COPELAND, M. D.

United States Senator from New York.
Former Commissioner of Health, New York City.

THERE is an old saying that "an hour of sleep before midnight is worth two hours after." This is a pretty accurate statement of fact. There is no virtue in late hours. You may pride yourself on never going to bed the same day you get up, but I don't approve of that system.

Of course your manner of living must determine how and when you are to sleep. If you are an actor, or a night operator of some sort, you will have an opportunity the next day to make up the loss of sleep. But if you are a day worker, it is best to be in bed before midnight. Children of 8 years or less should be in bed at 8 o'clock. After they are 10 years of age they may stay up till nine, perhaps. "To bed—about 9 o'clock," is a famous and reliable prescription. No matter how little sleep the grownups have, the children should have at least ten hours. The rest of us will be well off if we get eight hours.

There is no affliction much worse than sleeplessness. To lie awake at night, night after night, is terrible. In the middle of the night our thoughts are black as the midnight itself. Then when we fall asleep in the early morning there is no refreshment in the slumber. We get up as tired as when we went to bed.

The most common cause for sleeplessness is constipation. The poisons absorbed from a crowded intestine have a distressing effect on the health. To break the restlessness, to make night hideous—these are among the effects of constipation.

Among other causes for loss of sleep we find smoking too much, or drinking too much coffee or other stimulant. Anything that is exciting and disturbing to the nervous system will break the sleep. Eye strain or reading too long by a bad light may develop such nervousness as to drive sleep from the eyelids. Discretion in these matters is of great importance.

A stuffy bedroom, absolutely lacking in fresh air, may make you restless and sleepless. To be too warmly covered or to go to bed without cover enough will keep you awake. The bed and bedroom have much to do with the comfort you have at night.

Worry is a cause for every evil symptom. It will ruin the sleep of the strongest man. Debt, doubt and despair are dreadful factors of trouble. To be bored with yourself and your surroundings will keep you awake. This symptom should be a warning to give yourself recreation or a change of surroundings.

Never resort to drugs. It is deadly to do so. Find out what is wrong and when the cause of the sleeplessness has been removed you will sleep like a baby.

Answers to Health Queries

T. D. S. P. Q.—How much should a girl 16 years of age, 5 feet 5 inches tall, weigh?

Q.—What effect does smoking and inhaling have on a 16-year-old girl?

Q.—What causes laziness in school?

Q.—How many hours' sleep does a 16-year-old girl require?

A.—A girl 16 years old, 5 feet 5 inches tall should weigh 134 pounds.

A.—Smoking and inhaling lower the vitality and resistance.

A.—Laziness is often caused by hyperacidity and wrong diet.

A.—A girl 16 years of age requires eight hours' sleep.

Mrs. K. B. Q.—What can I do for bronchitis?

A.—Build up your general health and take deep breathing exercises.

E. L. Q.—I have a swelling under the left ear that appears every month. A hard lump for a day, but it does not hurt. It disappears in

A.—Add vegetables, fresh and stewed fruit to your diet. For further particulars, kindly send a self-addressed, stamped envelope and restate your question.

E. S. Q.—What causes a rash to appear on the skin?

Q.—Could a young man 26 years of age have high blood pressure?

Q.—What would cause palpitation of the heart?

A.—Indigestion or food poisoning would cause a rash on the skin.

A.—A young man 26 years of age could have high blood pressure.

A.—Indigestion is often the cause of palpitation of the heart.

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HUMAN LIFE SPAN OF 150 YEARS SEEN

Gland Operations May Cause Men And Women To Live That Long, Scientist Says.

Paris.—A normal life span of 150 years may be possible for men and women of the future in the opinion of Dr. Serge Voronoff, the Russian scientist.

In an interview with the press, he said that gland-grafting operations which he already has tried out on monkeys, rams and bulls, will enable man to attain a normal life of a century and a half.

The results of such gland operations have remarkable effects not only on adults but on children, the famous scientist says. He said children nine years old could be given the force and vigor of the average persons of 25 and the person living to be 150 years old would retain the youthful force of 30.

"I have experimented on all kinds of animals," Dr. Voronoff continued. "I have prolonged the life of rams to 26 years in comparison to the normal thirteen years. Certainly that gives promise of what can be expected when these operations are applied to man."

"Take the case of Jaki, the bull. At seventeen years he was sickly and expected to die. After a gland operation he became a new animal, violent and vigorous."

"I once transformed a woman of 65 to such an extent that her friends hardly recognized her."

WHOLESALE EXECUTIONS IN RUSSIA CONTINUING

Moscow.—Fourteen Russians, seven of them government officials, have been sentenced to death at Astrakhan, in the Calmucks Autonomous District for defrauding the government.

Thirteen others of 129 defendants were sentenced to ten years imprisonment and others were given lesser jail terms. The charge involved 11,000,000 rubles, chiefly in the sale of fish and caviar.

Digging Up Old Stuff.

Guatemala City.—The government is to excavate the palace of Beatriz De La Cueva, Conquistador's widow, who ruled after his death. The palace Ciudad Vieja was submerged in 1541 in a volcanic eruption.

Charles Gilburn of Lemont, Ill., removed all his clothing before committing suicide.

Mount Sinai News Of Late Interest

Surprise Birthday Party For Miss Nora Ellis, Personal Items.

Shelby R-2.—A number of the young people of the community met at the home of Miss Nora Ellis and gave her a delightful surprise party Saturday evening. All who were present report a good time.

Mr. Coran Rollins is visiting friends in Canton this week.

Mr. and Mrs. Robert Hawkins and little son of Shelby were visitors at the home of Mr. and Mrs. J. H. Hawkins Sunday afternoon.

Mr. and Mrs. L. C. Putnam, Misses Ocie and Frances Putnam and Mr. Gay Putnam spent Sunday afternoon at the home of Mr. and Mrs. Perry Wellmon.

Miss Etha Putnam left last week for Chatham county where she is teaching.

Mr. and Mrs. L. E. Weaver of Gaffney were in this community to spend the day Sunday.

Mr. Charlie Ellis and family recently moved into their handsome new home.

Home May Be Raided Without A Warrant

U. S. Supreme Court Refuses To Review Iowa Decision Which Kept Man In Jail.

Washington.—The seizure of a man's liquor in his home by state agents who entered without a search warrant and the introduction of the liquor as evidence against him was upheld by the supreme court in a case from Iowa.

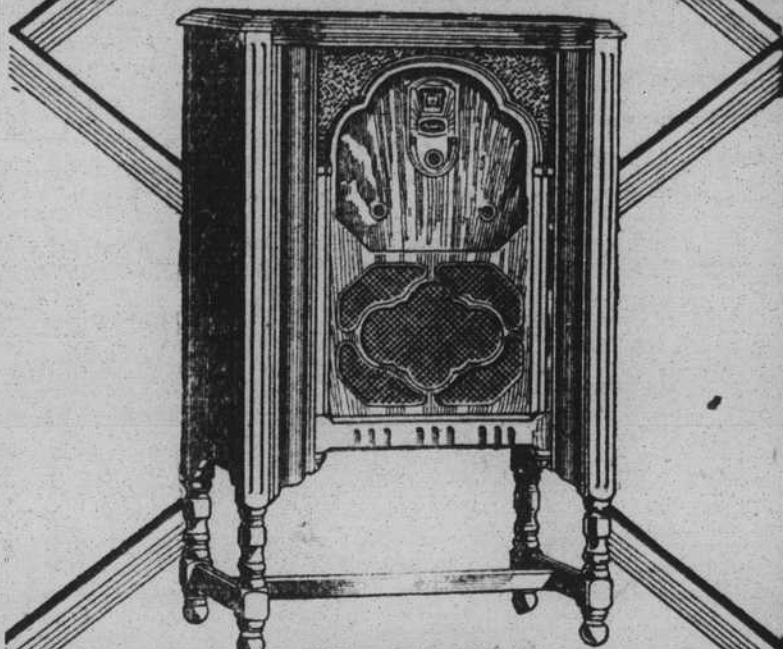
The court refused to review an Iowa supreme court decision which upheld a six-month prison sentence imposed on A. C. Bamsey of Creston, Ia., for possession of liquor. The state's brief admitted the Iowa supreme court had interpreted differently the right of citizens to be secure against searches and seizures without warrant—as embodied in the Iowa constitution—than has the United States supreme court interpreted the similar provision in the fourth amendment of the federal constitution. In this case it was specifically held that liquor, even though seized from a man's home without a warrant, could be used against him in a prosecution under the state laws.

As You Were.

He: Don't go. You are leaving me entirely without reason.
She: I always leave things as I find them.

AT LAST! POWER DETECTION with the NEW-45 Tubes Majestic RADIO offers Exclusively this Wonderful Improvement

NO A.C. HUM
Uniform Amplification Automatically at any point on the Dial
NO OSCILLATION



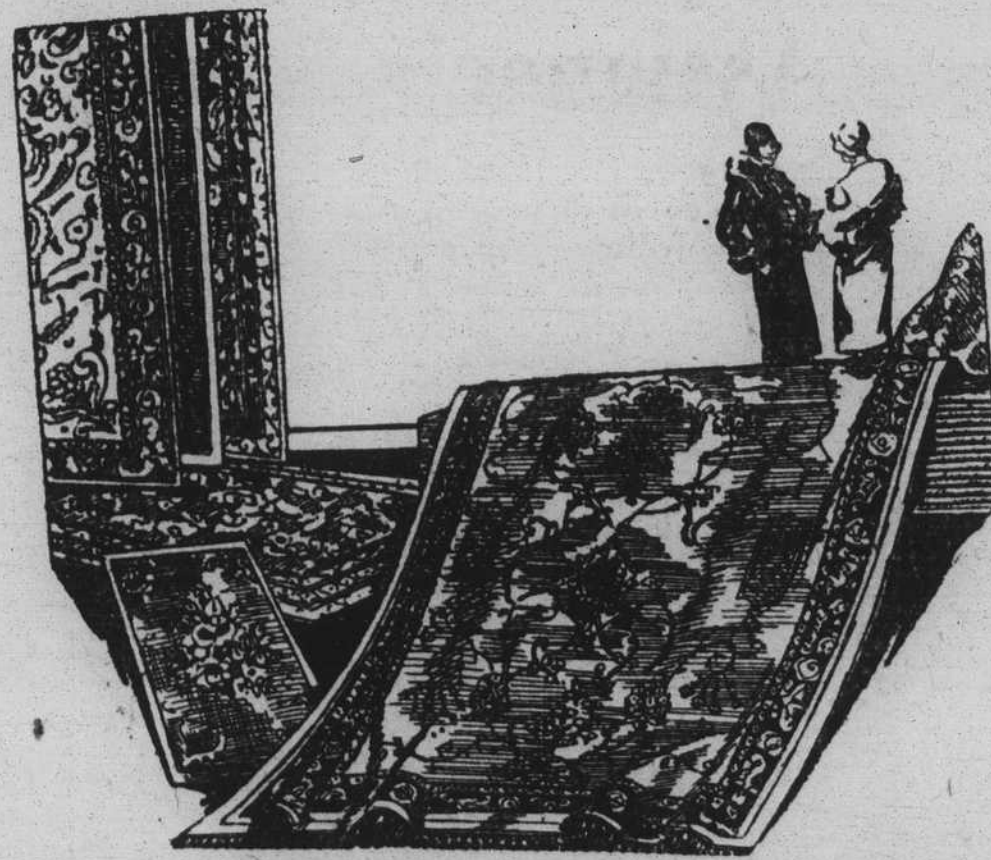
Model 91
\$137.50 (less tubes)

Power Detection and the new-45 tubes plus four tuned stages of radio frequency enable Majestic to produce the most powerful and selective radio set ever built. Absolutely no hum and no oscillation at any wave length. Automatic sensitivity control gives uniform sensitivity and amplification in both high and low wave lengths. Improved Majestic Super-Dynamic Speaker. Extra heavy, sturdy Majestic Power-Pack, with positive voltage-balast, insures long life and safety. Early English design cabinet of American Walnut. Instrument panel overlaid with genuine imported Australian Lacewood. Escutcheon plate and knobs finished in genuine silver.

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We are carrying a wonderful line of Floor Coverings of every description. Wiltons, Hooked Rugs, Axminsters, Taps, Velvets, Rag Rugs, Loomcraft Rugs, Crex and Grass Rugs of every description, Felt Base and Linoleum Rugs, all sizes, and Felt Base, Linoleum and Inlaid Linoleum by the Yard in a wide variety of patterns. Our prices are the very lowest to be found and we invite you to inspect our lines and compare our prices and qualities.

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—RUG DEPARTMENT—

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Our suits, come in all the new Fall shades of Brown, Blue and Grey. Made in models to fit the hard to fit. We have marked these Suits at a very close price to sell them quick. We don't mean to be undersold on quality merchandise. Come in and look them over and you will be convinced that we have the goods at the right price.

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\$18.50 \$22.50 \$29.50 & \$35.00

—MEN'S TOP COATS—

\$13.50 \$16.50 \$19.50 & \$29.50

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