

The Cleveland Star

SHELBY, N. C. MONDAY — WEDNESDAY — FRIDAY

SUBSCRIPTION PRICE
By Mail, per year \$2.50
By Carrier, per year \$3.00

THE STAR PUBLISHING COMPANY, INC.
LEE B. WEATHERS President and Editor
S. ERNEST HOEY Secretary and Foreman
RENN DRUM News Editor
L. E. DALL Advertising Manager
Entered as second class matter January 1, 1905, at the postoffice at Shelby, North Carolina, under the Act of Congress, March 3, 1879.
We wish to call your attention to the fact that it is and has been our custom to charge five cents per line for resolutions of respect, cards of thanks and obituary notices, after one death notice has been published. This will be strictly adhered to.

FRIDAY, DEC. 5, 1930

TWINKLES

"November Nears Record 'Wat' Month," is the headline over a Charlotte dispatch. Then we read that it refers to the rainfall.

It isn't any time to whine. Instead, it's just the right time to buckle down and snap out of it. As Governor Gardner says, conditions may be more serious now than since the Civil War, but "North Carolina has pulled through worse." And will do so again.

As you go about your Christmas shopping, remember that Shelby's city-wide charity program hopes to make it so that every family will have something to eat and something to wear on Christmas day and the other days of the winter. Everyone able to do so, must do his or her part to realize this worthwhile aim.

The good old Red Cross. Just a couple of years ago prosperity was certain to come if we would vote the Republican ticket. Everyone is familiar with conditions as they are now, and Mr. Hoover in his message to Congress declared that "The Red Cross can relieve the distress." One thing about it, it is more dependable to depend upon that great organization than upon the promises of any political party.

GOLF VS. WOOD-CHOPPING

WHY SHOULD MINISTERS chop wood for exercise instead of golf? An Atlanta bishop recently advised the chopping. Why? Well, we've been wondering since. No explanatory reasons were given for the advice, and here's the idea The New York World has about it:

"Bishop Warren A. Candler of the Methodist Episcopal Church South advises a class of candidates for the ministry to chop wood instead of going out in the country to play golf. 'It's all very well for the preacher to have recreation too,' he said, 'but that doesn't mean he has to go 'way out in the country and play golf. I can tell him how he can get better exercise and recreation than that. Let him chop some wood.'"

"We should like to have the good bishop defend this thesis in more detail, and explain exactly why wood-chopping is better for a preacher than playing golf. So far as exercise goes, it would seem that the amount provided by these forms of exertion is about the same. Both require swinging; golf, from side to side; wood-chopping, up and down. The golf club is somewhat lighter than an ax, but there is considerable walking in golf, where wood-chopping is done standing still. The usefulness of each, so far as we can make out, is about nil. Wood-chopping used to be useful, but what with the general use of coal and gas, and the ease with which wood can be obtained, split to any required size, it is not useful any more. In the realm of esthetics, the advantage is all on the side of golf, for where it is pursued on the open sward, with birds twittering in the trees and well-dressed persons standing about, wood-chopping is pursued in the back yard, with a board fence cutting off the view, a clatter of pans from the kitchen assailing the ears, and a mewling cat of fending such dignity as a man has at such a job. It is a dour and solitary occupation, even if it does provide exercise.

"In other words, the only essential point of difference is that golf is fun while wood-chopping is not. Then why does Bishop Candler recommend it? And how many cords, by the way, did he ever chop per diem himself?"

WHOSE FAULT IS IT?

HERE AND THERE about Shelby one may hear condemnation of the little negroes who were caught this week stealing coal and other things. The criticism includes, in certain instances, the juvenile authorities who administer a lecture and suspended sentences.

What else was there to do? And why were the youngsters stealing coal?

The Star has no intention, now or at any other time, of endorsing thievery. But stop the best citizen you know and ask him, "Would you steal before you would starve or freeze?" The odds are that he will answer "I would." The law, or instinct, of self preservation is a strong one, one of the strongest, perhaps the strongest, in the human makeup.

Well-fed, warm, self-contented, and selfish, it may be hard for some of us to visualize ourselves in such a fix as to necessitate stealing to keep life in our bodies. Therefore we condemn a group of little pickaninnies for stealing coal that they may be warm. Check back over the past; have you always condemned men who have stolen far more than a guano sack of coal, men some of whom have never been to court for lectures or suspended sentences?

What is the answer? Where the solution? It is a matter of civilization, society, and of charity.

Shelby now has a charity committee, on which are able representatives of every church and organization in the city. The aim of this committee is to see that those who do not have food, fuel, and clothes, and cannot get them, do not suffer. Have you done your part to aid in the accomplishment of this ambition? If not, please reserve your con-

demnation; you know not of what you talk.

Live and let live. Crime for gain is one thing, a low, despicable thing. Every misstep is not necessarily a crime. When you fail to extend a helping hand, are you not doing your part to instill criminal tendencies in hungry and cold boys and girls?

Debate it out for yourself.

SINCLAIR LEWIS' PRIZE

IN THE LITERARY WORLD and among book-lovers there has been considerable discussion, and debate, of recent weeks, regarding the awarding of the Nobel prize for literature to Sinclair Lewis, the red-headed American author who created "Main Street" and "Babbitt."

The controversy has some amusing angles. The would-be high-brows object to the award because of his books, they say, do not represent American tradition. On the other hand, Mr. Average Man, objecting to the award, rests his objection, we suspect, upon the unexpressed fact that Sinclair Lewis came too near painting a good picture of us with his "Babbitt" and "Main Street."

One of the higher-ups who declared that the award was a blow to America—incidentally, it is one of the first times an American writer has been so honored—was Dr. Henry Van Dyke, of Princeton. When Lewis sailed for Stockholm to receive his prize, which includes a sizeable bit of money, he was asked to comment upon the Van Dyke attack and refused to do so. The Baltimore Sun, however, takes up the cudgels for Lewis as follows:

"Dr. Henry Van Dyke, of Princeton, objects to the awarding of a Nobel prize for literature to Sinclair Lewis. This is quite understandable. 'Main Street' and 'Babbitt,' Dr. Van Dyke says, do not represent the American tradition. What he means is that they represent it too well; so well that to his mind they misrepresent it. It is natural that he should object to Mr. Lewis. Mr. Lewis is hitting home with his 'Babbitt.' And that, says Dr. Van Dyke in effect, is bad enough without giving the man any prize for it.

"But even so Dr. Van Dyke ought to know better than to argue as he does. After all, the American tradition includes more than exalting quatrains on the future life and books on fishing. It includes Mr. Lewis too. Mr. Lewis has passed into the tradition and become a part of it. He has contributed to the language. He has fixed for Americans some vital opinions about America. He is indeed so much a part of the tradition that he is already passe to numbers of enterprising young persons who are in revolt against him. There is no surer way of being in the tradition than being rebelled against.

"And, also, Dr. Van Dyke as a student of letters who thinks readers ought to fall in love with the heroines of novels ought to know that even the Nobel prize is not awarded to authors for exact pictures but for evidences of creative ability. Dr. Van Dyke objects to the honor given Mr. Lewis because Mr. Lewis has not made an accurate picture of America. Well, Anatole France got the prize once too. But no one would say his 'Penguin Island' or 'Revolt of the Angels' were accurate pictures of Heaven. At least no one in the Heavenly Tradition would say so."

Trying Out the Other Fellow's Health Tonic

—It's Usually an Unwise Procedure

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

FREQUENTLY we hear someone say, "You look so pale, you must be anemic." If this tactless remark ended the matter it wouldn't be so bad. But too often we hear:

"I have a wonderful tonic, why not try it?" Perhaps the tonic is taken. It may be with out value, but worse than this it may be harmful.



DR. COPELAND

All this is unwise. Many persons are pale and yet are healthy and sicially fit. Anemia cannot be determined without an examination of the blood.

Many of the so-called "tonics" and "health rejuvenators" are found upon analysis to be of little value. In many cases they are actually harmful because of the drugs they contain. Many are alleged to be rich in iron but actually contain this element in such small amount as to be of little value. What is meant by anemia is a condition in which there is a decrease in the quality and quantity of the red cells that are found in the blood. In addition, there is usually a decrease in the amount of "hemoglobin." Hemoglobin is the substance responsible for the color of the matter of the blood and it is powerful aid to the absorption of oxygen by the blood. Anemic persons usually complain of tiring easily. They have no "pep," or desire to do things. The appetite is poor, the digestion is faulty and occasionally there may be a feeling of faintness. In some severe forms there is loss of weight and difficulty in breathing.

Answers to Health Queries

Miss A. S. Q.—What will toughen the skin on the face so that it will be susceptible to blemishes and skin eruptions? I have tried going out in all kinds of weather, but without results. Soap seems to cause irritation.

A.—You probably have a tender, delicate skin and nothing can be done to change it. Watch your diet, eliminate all avoid the use of harsh soaps and excessive bowels. For further particulars send a self-addressed, stamped envelope and repeat your question.

R. L. S. Q.—What causes enlarged veins in the hands? I have had a gutter operation and have been told that my heart is not quite normal. Would these disturbances have any bearing on the circulation in question?

Marked pallor is usually present, but this symptom is not always indicative of anemia. That is why the advice of a lay friend may be wrongly founded.

Anemia may be brought about by an excessive loss of blood. This loss may be accidental or it may follow some surgical procedure. The bleeding may result from hemorrhoids or be due to a stomach ulcer.

Anemia may be caused too, by lack of fresh air. Overwork, severe nervous strain, lack of proper food and unhygienic surroundings are other important factors.

Anemia is often cured by rest, fresh air and plenty of good nourishing food. The rest serves as the necessary tonic giving the body a chance to build up its energies. Fresh air in large doses supplies sufficient oxygen to thoroughly revive and stimulate the production of new red blood cells. Nourishing food builds up the blood cells and strengthens the body.

It happens often in anemia that the digestion is impaired. On this account it is necessary to give digestible foods. Milk and eggs are the most important in this respect and can be given unhesitatingly. It is advisable to have at least one quart of milk each day. Abundant bread, toast with butter, preserved fruits and cereals with cream are strongly recommended.

If you are anemic sit down by yourself and try to figure out why. What are you doing that you should not do? What are you leaving undone?

There is no great mystery about disease. Most of our ailments can be traced to causes within our knowledge. The trouble is we think too little about these matters. Indeed we try to fool ourselves as well as the family. We are unwilling to admit anything is wrong. Even though we make no confessions to others, let us be sensible enough to try our own needs. An hour spent this way may put us on the way to perfect health.

A.—They may. Have your doctor advise you, since he is familiar with the underlying conditions.
Mrs. A. O. Q.—What causes a twenty-month-old baby to belch after each meal?
A.—Are two teaspoonfuls of cod liver oil daily sufficient for a baby of this age?
A.—How many solid meals in addition to his daily one of milk, should a baby of this age have?
A.—It is possible that he eats too quickly or that his diet is not quite suitable. He should have simple, easily digested foods avoiding too much sugar and starch.
2.—Yes.
3.—A baby of this age should have three meals daily, in addition to his milk.

Vanished Girl Returns After Three Months



Jane Newton, 17-year-old Royalston schoolgirl, has returned to her home after a three months' absence, during which time she "traveled to see the world" with Carl E. Sault, Athol, Mass., clothing merchant. A warrant has been issued for Sault as an abductor.

MORTGAGEE'S SALE.
By virtue of the power vested in me in a certain mortgage deed, executed by George Cook and wife, Lydia Cook, to secure an indebtedness as described in said mortgage deed, dated February 20th, 1924, and recorded in book 118 of mortgages, page 176, of the register's office, for Cleveland county, N. C., and default having been made in the payment of said indebtedness, I will sell to the highest bidder at the court house door in Shelby N. C., on Monday, January 5, 1931, at 12 o'clock M or within legal hours, the following described real estate:
Beginning at a Poplar, Bingham's corner, and runs N. 27 E. 36 poles to a red oak; thence N. 10 E. 36 poles to a stake and pointers on west side of branch; thence a new line north 70 1/2 W. 60 1/2 poles to a stone pile; thence a new line S. 1 W. 86 poles to a holly bush at the branch; thence by meanders of branch up 73 poles to the beginning, containing 38 acres, more or less.
Terms of Sale: CASH.
This the 5th day of December, 1930.
M. C. HICKS, Mortgagee, assigned to J. D. Hicks, Frank L. Hoyle, admnistrator of J. D. Hicks, deceased. 45 Dec 5

Getting Up Nights

If Getting Up Nights, Backache, frequent day calls, Leg Pains, Nervousness, or Burning, due to functional Bladder Irritation, in acid conditions, makes you feel tired, depressed and discouraged, try the Cystex Test. Cystex fast, starts circulating through the system in 15 minutes. Praised by thousands for rapid and positive action. Don't give up. Try Cystex (pronounced Siss-tex) today, under the Un-Clad Guarantee. Must quickly pay these conditions, improve rest, sleep and energy, or money back. Only 60c at SUTTLE'S DRUG STORE.

MOVED!

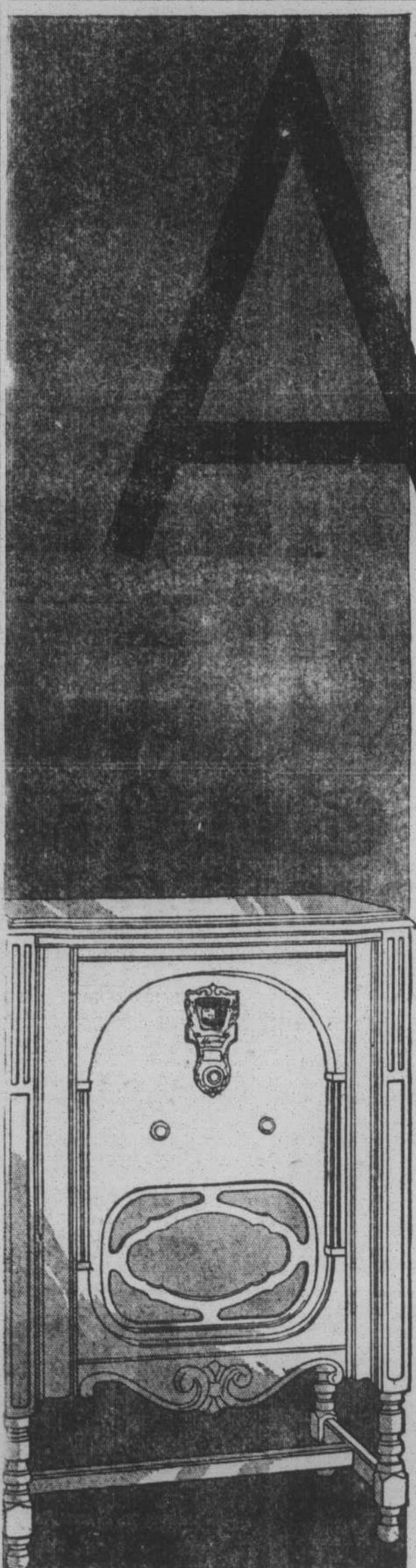
We have moved from South LaFayette street to new and better quarters.

IN THE WEBB BUILDING
Next To Stephenson Drug Co.

In addition to our already complete steam pressing equipment, we have installed a complete new and improved clarifying system to insure you dry cleaning of a better class.

Shelby Tailor Shop

WILLIAM HAGLEY, Prop.



MAZING!

THE NEW COLOTURA DYNAMIC SPEAKER IN EVERY NEW

Majestic RADIO

Now—for the first time—both voice and instrument are reproduced perfectly by one radio! Majestic's New Colotura Dynamic Speaker has made it possible. Hear the 1930 Majestic Radios today and note the tremendous difference—see how Majestic's already famous Colorful Tone has been made richer—truer on voice, more realistic on instruments. Majestic offers this new speaker in 6 beautiful new models. Each one with 35% more sensitivity, more power, and equipped with guaranteed Majestic Matched Tubes.

MIGHTY MONARCH OF THE AIR

Majestic RADIO

Illustrated is Lowboy Model 91—American Walnut and Australian Lacewood... \$116 LESS TUBES

Sold Complete with Majestic Matched Tubes, \$137.50

Easy, convenient payments if you wish.

Penaletton's Music Store

SHELBY and KINGS MOUNTAIN