PRESCRIPTIONS
FILLED BY US
ARE CORRECT
SUTTLES — PHONE 370

HOSIERY HOSPITAL, Inc
(Of Charlotte, N. C.)
Branch At
Mrs. Harmon's Hemstitching Shop
(Under Chocolate Shop)
Hosiery and Knitted Goods Neatly Repaired.
All Hose Must Be Laundered.

ADMINISTRATOR'S NOTICE.

Having qualified as administrator of the estate of P. Ellis Oates, deceased, late of Cleveland county, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at RFD No. 1, Shelby, N. C., on or before the 28th day of November, 1931, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 26th day of November, 1930.

JOHN C. OATES, Administrator of P. Ellis Oates, deceased.

Chas. A. Burrus, Atty. 6t Nov 28c

MORTGAGEE'S SALE.

By virtue of the power vested in me in a certain mortgagee deed, executed by George Cook and wife, Lyda Cook, to secure an indebtedness as described in said mortgagee 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. 56 poles to a stake and pointers on west side of branch; thence a new line north 70½ W. 60½ poles to a stone pile; thence a new line S. 11 W. 86 poles to a holly bush at the branch; thence by meanders of branch up 73 poles to the beginning, containing 36 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, administrator of J. D. Hicks, deceased.

4t Dec 5c

NOTICE OF SALE OF LAND.

Under authority conferred by deed of trust executed by Ira T. Stillwell and wife, and Earl D. McLean and wife, Fay McLean, to Commercial National Bank of High Point, High Point, N. C., trustee, dated the 1st day of April, 1928, and recorded the 11th day of April, 1928 in book 130 at page 197 in the office of the register of deeds for Cleveland county, North Carolina, the said trustee will at 12:00 o'clock M. on Monday, December 29th, 1930, at the court house door of Cleveland county in Shelby, North Carolina, sell at public auction for cash to the highest bidder, the following described property:

Number 33 and 34 of Sunrise Terrace, plat of which is of record in the registry of Cleveland county, North Carolina, in book of plats No. 1 page 31, and being joined on the east by the property of Mike L. Borders, on the south by Gidney street, on west by Jean Schenck and Flay Hoey lot, and being described by metes and bounds as follows:

Beginning on an iron stake on north edge of Gidney street, 150 feet south 87 degrees and 12 minutes east of Washington street, and runs thence with north edge of Gidney street south 87 deg. 12 minutes east 55 feet to an iron stake; thence north 2 deg. 49 minutes east 125 feet to an iron stake; thence north 87 deg. 12 minutes west 55 feet to an iron stake; thence south 2 deg. 49 minutes west 125 feet to the place of beginning.

This sale is made on account of default in the payment of the indebtedness secured by said deed of trust and is subject to all taxes and paving assessments against the said property, whether now due or to become due.

This 26th day of November, 1930.

COMMERCIAL NATIONAL BANK OF HIGH POINT, High Point, North Carolina, Trustee.

Newton & Newton, Attys. 4t Nov 26c

PILES YIELD TO CHINESE HERB

Don't suffer another minute from blind, itching, protruding or bleeding piles without testing the newest and fastest acting treatment out. Dr. Nixon's Chinaroid, fortified with rare, imported Chinese Herb, with amazing power to reduce swollen tissues, brings ease and comfort in a few minutes, enabling you to work and enjoy life while it continues its soothing, healing action. Don't delay. Act in time to avoid a dangerous and costly operation. Try Dr. Nixon's Chinaroid under our guarantee to satisfy completely and be worth 100 times the small cost or your money back.

SUTTLE'S DRUG STORE.

Head and Back Quit Hurting

"A few years ago, I found that I was very weak and nothing I ate seemed to give me any strength," writes Mrs. R. B. Douglas, 704 South Congress St., Jackson, Miss.

"I suffered intense pain in my head and back. At times I would have to hold to something to steady myself, so as to do my little work. I was worried about my condition.

"My mother told me that I should take Cardui. After taking two bottles, I felt stronger, but I kept on taking it until my head and back quit hurting. I took about six bottles in all, and have never quit praising Cardui."

CARDUI
USED BY WOMEN FOR OVER 50 YEARS

Take Thedford's Black-Draught for Constipation, Indigestion, and Biliousness.

Try Star Wants Ads.

Can You Imagine Eating All This, If You're An Average Person?

Washington.—The average American annually consumes 145 pounds of meat, nearly 20 pounds of breakfast food, 214 quarts of milk, 177 pounds of wheat flour and 24 of corn meal, 3 3-4 pounds of macaroni, spaghetti and noodles, about 110 sticks of chewing gum, 14 pounds of lard, 10 pounds of cottonseed oil, 17 1-2 pounds of butter, 4 pounds of cheese, 2 1-2 or more gallons of ice cream, 14 pounds of evaporated milk, 18 dozen eggs, 20 pounds of chickens, 3 1-2 pounds of strawberries, 20 pounds of oranges, 5 1-2 pounds of grapefruit, 4 3-4 of lemons, 22 of bananas, 68 apples, 16 of peaches, 6 of pears, 21 of grapes, 10 of canned fruits, half a watermelon, 5 1-2 cantaloupes, 6 2-3 heads of lettuce, 10 1-2 pounds of onions, 3 bushels of potatoes, more than a pound of cauliflower, 4 1-2 pounds of celery, 11 1-2 of corn, 2 1-3 of carrots, 9 of dried beans, 2 of fresh beans, 4 of green peas, 2 of spinach, 18 of cabbage, 8 of tomatoes, 37 of sweet potatoes (those are all green vegetables), 28 pounds of canned vegetables, 2 1-4 pounds of canned salmon, 12 ounces of sardines, about 1 1-2 pounds of smoked, dried, salted and pickled fish, 6 1-2 pounds of peanuts, 1 1-3 pounds of walnuts, 12 pounds of coffee, less than 1 pound of tea, 102 pounds of sugar and 12 pounds of candy.

Plus many other things, of course, in smaller quantities.

Popular Foods Change.

Those figures represent what the foodstuffs division of the commerce department, after thorough research calls the apparent per capita consumption of principal foodstuffs. It has compared the amount of various foods consumed about 30 years ago per capita with the amount in the period of 1922-27 and it finds that:

Cereals (wheat, flour, rice, corn meal, breakfast foods, etc.) have decreased in per capita annual consumption 120 pounds, from 350 to 230.

The average person eats 145 pounds of meat, an increase of 3 pounds, although it was up to 155 pounds in 1907 and down to 120 in 1917.

Consumption of fats and oils increased 10 pounds, from 34 to 44.

Dairy products consumption, expressed in terms of milk, increased from between 800 and 900 pounds to 1040.

Fruit consumption increased from 169 pounds per person to 192.

Corn bread and corn meal mush had a terrific decline in popularity, one judges, because whereas the average American consumed 103 pounds of corn meal in 188 he only ate 24 pounds a year from 1923 to 1927.

Beef was the most popular meat in 1699. Now it's pork. The average annual consumption of beer went down from 67.8 pounds to 61.4 and pork eating increased from 64.7 to 70.2. Mutton and lamb dropped from 6.8 to 5.3 and veal went up from 3.5 to 8.

Less Butter Used Now.

Butter is about 1 pound per person less popular than in 1899. Ice cream is eaten in about the same proportion as 10 years ago.

Among canned fruits peaches are most popular—each of us eats 3 canned pounds of peaches a year and 2.9 of canned pineapple, which comes next. Per capita consumption of canned vegetables for 1923-27 included tomatoes 7.4 pounds, baked beans 4.7, corn 4.3 peas 3.9 string beans 2.1 and less than a pound each for the others.

Perhaps 2 1-2 loaves of bread a week is about the per capita consumption for most city families, as a study in 12 cities of Pennsylvania two years ago showed average per capita consumption of 2.53 loaves or 3.15 pounds.

Consumption of potatoes is popularly supposed to have decreased, but the foodstuffs division gives a per capita consumption of 3.12 bushels for 1899 and 3.11 bushels for 1927.

Canadian naturalist says a bear will run if you look him straight in the eye. That "heh, heh, heh" is the chorus of the Wall Street lambs.—Arkansas Gazette.

Speedy Relief for Sore Throat

This Doctor's Prescription Requires No Gargling

No longer is it necessary to gargle and choke with nasty tasting medicines to relieve sore throat. Now you can get almost instant relief with one swallow of a doctor's famous prescription. This prescription was refilled so often that the druggist who originally filled it decided to put it up under the name "Thoxine" and make it available to everyone.

The remarkable thing about Thoxine is that it relieves almost instantly, yet contains nothing harmful. It is pleasant tasting, and safe for the whole family, and is guaranteed to relieve sore throat or coughs in 15 minutes or money back. Put up ready for use in 35c, 60c, and $1.00 bottles. Sold by Suttle's and all other good drug stores (adv.)

Negro Washerwoman Made Fortune Out "Kinky Hair" Work

New York.—A fortune in furnishings accumulated through the negro's desire to take the kink out of his hair, is passing to the folks that put the marcel wave on a paying basis.

On the first of a three-day auction to dispose of the $330,000 effects of the late Madame C. J. Walker, negro washerwoman who invented a hair-straightening tonic for her race and quit washing, $10,000 was netted—mostly from white society women.

A twelve-piece, hand-carved mahogany bedroom suit brought $350, a Flemish oak billiard table, $225, ten high back arm chairs in the same wood $175, and luxurious Oriental rugs which Italian kings are said to have walked on from $10 to $100.

Upwards of 1,500 bargain hunters and sight-seers thronged the mansion and grounds to view the Japanese prayer tree and to hear the $25,000, 24-karat gold inlay organ. Few came to buy and most to gasp over the legendary treasures which had been closed to them in the owner's life.

Madame Walker died in 1919, probably the wealthiest negro woman in America. Her daughter recently decreed that the furnishings, as well as the house, a show place at Irvington on the Hudson, should be sold at auction.

COLLEGE DEFENSE BY LEHIGH DEAN

Dean M. McConn of Lehigh university agrees with Dr. Hendrik Willem Van Loon that "there are not more than half a dozen men in half a dozen universities" who could really inspire boys "to do something good and great and noble and foolish and unselfish."

"Alas, it is true," replies Dean McConn, in the December "Rotarian Magazine". "Only a few college professors have in large measure the qualities of Socrates or Christ or Ableard. It is equally true there are only a handful of such men in any one gneration."

And, he adds, if a college faculty were composed exclusively of such, it "would shortly be put out of business by an enraged populace!"

Colleges, Dean McConn admits, are far from being as effective as they should be, but even so, he contends they are doing a better job than many critics give them credit for. Even dull teachers help boys and girls by holding them to certain courses of study, supplying explanations and requiring them to recite. Always, there are a few professors that the alumnus will fondly recall who "certainly made one think."

The collegian forgets much of what he has learned, and this is as it should be, believes Dean McConn. "But if you begin to talk with him in almost any one of the general fields he has covered, you find he knows his way around in it."

Social life at college, too, has its value. A student acquires a measure of self-confidence. His youthful bumptiousness is rubbed off, and he learns how to co-operate and how to lead his fellows.

"In these days when social qualities of co-operation and leadership are of ever increasing importance in a more socialized world," comments Dr. McConn, "I sometimes think this result alone is worth the cost of a college course.'"

These Hotels Offer
Superior Accommodations for Your Next Visit to
WASHINGTON, D. C.
MARTINIQUE
16th St. at M Northwest—Ideal for Motorists
Single with bath $3.00 to $4.00
Double with bath $5.00 to $6.00
Hamilton Hotel
14th at K Street—In the Heart of the City
Single with bath $3.50 to $5.00
Double with bath $5.00 to $8.00
Single with bath $3.00 to $3.50
CAIRO HOTEL
Que St. at 16th—Washington's Tallest Building
Double with bath $4.00 to $8.00

Maurois Discusses American Tourists

Andre Maurois, famous French biographer, now in the United States, makes a pertinent observation on the foibles of tourists, in the December issue of the "Rotarian Magazine."

"Americans," he says, "consider that the Frenchman is ridiculous who attempts to pass judgment on America after having viewed the slaughter-houses in Chicago and a motion-picture in New York. They are quite right, too. But the French are no less shocked by the American who would form an estimate of France after having seen a Paris musical revue."

The American, he adds, will see in France a "calmer life, in which the family plays a bigger part." Whereas, the French visitor to the United States, who does his sightseeing understandingly, will find "the embodiment of a youthfulness, a vigorous curiosity, a generosity which will please him very much when he comes to know it well."

BUSINESS TIRES OF MODERN COURT

A wave of dissatisfaction with the inefficiency of the courts is sweeping American business, and arbitration as a method of settling disputes is growing in favor, declares Harry Hibschman, well-known attorney, in the December "Rotarian Magazine."

"Litigation at best is expensive," he comments. "The cost is not measured in money only. There is the cost in time, in reputation, and in good-will. And then after settlement, he who wins is apt to lose."

New York state is leading in the movement to arbitrate commercial disputes by disinterested third parties. Other states have borrowed New York's law legalizing the system. Among the industries that have adopted arbitration are the movies, the American Zinc Institue, the American Fur Merchants' association, and the Rubber Association of America. Most of them make use of the machinery of the American Arbitration association.

Blacksburg Paving To Be Started Soon

Gaffney Ledger.

Machinery and materials for the contractor who will lay the paving from Gaffney to Blacksburg has been arriving here for the past several days. It is understood the company plans to begin actual work on the road from the city limits to the Cherokee Progressive school by the first of next week. This section of the highway will not be changed to any extent, but will be on the same road bed that has been used heretofore.

Members of the local employment committee planned to consult officers of the paving company regarding giving work to as many local people as possible, it was stated.

Food Man Gives Millions To Tots

Battle Creek, Mich.—W. K. Kellogg, breakfast cereal magnate, is turning his millions to the aid of underprivileged children.

Dr. J. Stuart Pritchard of the Battle Creek Sanitarium staff was named medical director of the W. K. Kellogg child foundation, first studying other foundations and drafting a definite program.

Mr. Kellogg is understood to have placed $1,000,000 to the credit of the foundation, which was incorporated at Lansing, Michigan, several months ago. Virtually unlimited money is assured the disposal of the foundation as the need becomes evident.

Although the foundation will not start to function until Dec. 1, a start already has been made on the work it is intended to carry on.

Mr. Kellogg has established here the Ann J. Kellogg school for underprivileged children.

At Sherman Lake in Kalamazoo county Mr. Kellogg has purchased the site for a camp where such children may spend their summer vacations.

The foundation, however, will not limit its activities to Michigan. As its program is worked out, and will be extended wherever the need becomes apparent and necessary arrangements can be made.

YES, YOU CAN MAKE COTTON OUT OF IRON

New Orleans—Carleton Ellis of New York told the annual convention of the American institute of Chemical Engineers of a new German process for making cotton from iron.

Except for the color, which is blackish, he said, it looks and feels like cotton and will burn about as easily as cotton. Mr. Ellis said it would mean the production of purer iron than the world had ever seen but he was pledged to secrecy and could not discuss the process in detail.

Mr. Ellis also told of the German process for producing urea, made from a mixture of ammonia and corbon dioxide gases. Urea, he explained, not only is used for fertilizer but for manufacture of unbreakable chinaware.

THE CHOCOLATE SHOP
IS AN IDEAL PLACE FOR DRINKS, SMOKES CANDIES AND CURB SERVICE.
South LaFayette Street
Under New Management

ESKIMO GIRL IS QUEEN OF ARCTIC

Winnipeg, Man.—Enoosiak, a 24-year-old Eskimo girl, reigns as queen of beauty in the Arctic.

Andrew Brown, in charge of the trading post at Baker Lake on Chesterfield Inlet, a thousand miles north of here, picked her from among two dozen dark-eyed, brown-skinned entrants in the first beauty contest ever held within the Arctic Circle.

Enoosiak, whose name in English is Shining Star, received the first mirror she ever owned as a prize.

TRUSTEE'S SALE.

By virtue of the power vested in me as trustee in a certain deed of trust, executed by Beverly Jolly and wife, Eliza Jolly to secure an indebtedness as described in that certain deed of trust, dated October 1, 1927, and recorded in book 145, page 292 of the register's office for Cleveland county, N. C., and default having been made in the payment of the indebtedness and demand having been made upon the trustee to execute the trust, I will sell to the highest bidder at the court house door in Shelby, N. C. on

Saturday, December 27, 1930 at 12 o'clock M. or within legal hours, the following described real estate:

Situated in the town of Shelby, N. C. and being a portion of lots Nos. 14 and 15 of the partial revision of the subdivision of the Mrs. Z. Green lands by D. R. S. Frazier, C. E., and being all of said lots excepting 50 feet cut off from the back of said lots, said partial revision appearing by map recorded in book 1 of plats, page 45 of the office of the register for Cleveland county, N. C., situated on the S. E. side of Carolina avenue, and beginning on a stake in the edge of said avenue, corner of lots Nos. 15 and 14 and running thence with the dividing line of same S. 54-48 E. 156.55 feet to a stake in said line; thence N. 47 E. 50 feet to a stake in dividing line of lots Nos. 15 and 16; thence with the same N. 34-48 W. 154.60 feet to a stake in Carolina avenue; thence with the edge of same S. 55-12 W. 50 feet to the beginning.

Terms of sale: Cash.

This the 26th day of November, 1930.

B. T. FALLS, Trustee.

4t Nov 28c

PUBLICATIONS OF SUMMONS.

North Carolina, Cleveland County.
In the Superior Court, Before the Clerk
The County of Cleveland, North Carolina,
Plaintiff
vs.
J. P. Smith and wife, and all persons claiming any interest in the subject matter of this action, defendants.

J. P. Smith and wife, and all persons claiming any interest in the subject matter of this action will take notice that an action entitled as above has been commenced in the superior court of Cleveland county, N. C., to foreclose tax sale certificate for Cleveland county for tax for the year 1928, owned and held by the plaintiff against real property in Cleveland county, the said real property, the subject matter of this action, being described as follows:

One lot 50 by 125 feet situated in the town of Kings Mountain, N. C., and being on Piedmont street, the same being that lot deeded J. P. Smith by J. H. Quinn, et al., by deed dated September 28th, 1926, the same being of record in book of deeds 3-S, page 406 in the register's office for Cleveland county, N. C.

That said J. P. Smith and wife, and said unknown party of parties aforesaid are proper and necessary parties to said action and the relief demanded consists of in excluding the aforesaid defendants and all persons claiming any interest in the subject matter of this action from any actual or contingent interest in or lien upon said real property, and said persons will further take notice that they are required to appear before the clerk of the superior court of Cleveland county at the court house in Shelby, N. C. on the 12th day of January 1931, and answer or demur to the complaint of the plaintiff and within six months from the date of this notice to set up their claim in the subject matter of this action, if any, otherwise they shall be forever barred and foreclosed of any and all interest of claim in or to the property and the proceeds received from the sale thereof.

This December 11th, 1930.

A. M. HAMRICK, Clerk Superior Court, Cleveland County.

Robt. L. Ryburn, Atty. 4t Dec 12c

Personally, we find it especially difficult to wait for anything.

FREE! BIG PLANT CATALOG
Plants Beautify Your Home—
This is the planting season. Plant roses, shrubs, evergreens. Big free plant catalog will help you plan groupings. Thousands of sturdy, healthy plants to choose from. Make your home a garden spot. Write TODAY for catalog.
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SOUTH'S OLDEST NURSERY

COAL
Quality Service
D. A. Beam Coal Co.
Phone 130 — Oldest Coal Merchants In The City.

A Strong Bank

What Constitutes A Strong Bank?

The answer is, one with ample capital, large surplus, reserves for depreciation, heavy resources, and, **above all,**

Dependable, Safe, Sane, Conservative Management

The officers, men who have had years of experience in financial management and who keep out of REAL ESTATE BOOMS, SPECULATIVE ADVENTURES AND WILD PLUNGES and lend the banks' money wisely to the best people in the banks' community, on the best of SECURITY.

Such A Bank Is The Union Trust Company

It is safe. It is conservative. It is managed by men who are experienced, conservative, who have by frugal habits, wise expenditures and investments strongly entrenched themselves financially and built up for their banks strong surpluses and reserves and have the confidence of the public.

— Such A Bank Merits Confidence —

and is a bulwark to a community in a time of financial distress.

— We Invite Your Banking Business —

Union Trust Co.
SHELBY, N. C.
MOORESBORO LAWNDALE
FOREST CITY FALLSTON
LATTIMORE RUTHERFORDTON
CAROLEEN

Capital $150,000.00
Surplus $150,000.00
Profits and Reserves ..... $ 75,000.00

— RESOURCES OVER TWO MILLION DOLLARS —

CHAS. C. BLANTON, Pres. FORREST ESKRIDGE, Cashier. GEORGE BLANTON, Wm. LINEBERGER, R. E. CAMPBELL, JNO. F. SCHENCK, E. B. HAMRICK, J. T. BOWMAN, DR. L. V. LEE, Vice Presidents.

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JOHN M. BEST'S CLOSE-OUT SALE
LARGE ASSORTMENT
SPINET DESKS
AT
20% BELOW COST
CEDAR CHESTS, SMOKERS, AND OTHER USEFUL GIFTS FOR THE HOME
EXTRA LARGE
COXWELL CHAIR
(ONLY ONE LEFT)
$16.40
And Everything Below Competitive Prices.
John M. Best Furniture Co.
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