to Charles Crawford, prominent Los Angeles politician, mysteriously slain in his office with Her-

bert Spencer, crusading editor, un

knowingly ushered the slayer of the two men into her employer's

is one of the chief witnesses in the slaying, in which David Clark, a

former deputy district attorney of

The Diet and

High Blood

Pressure

ments When This Condition

Is Present.

By R. S. COPELAND, M. D.,

U. S. Senator from New York.

New York City.

is a difficult question to answer.

It is difficult because there is a

Between the Dr. Copcland

ages of 18 and 40, the blood pres-

sure is assumed to be normal at

that the pressure exerted by the

blood in the vessels of the body is

equal to that exerted by 128 milli-

Of course a reading of 123 or 130 or no means could be called abnor-

As a rule, the blood pressure

countries, as compared to that found

Heat causes the blood vessels to expand. With this dilatation the

Old as His Arteries

As we grow older, our blood ves-

elasticity and become brittle. This change in texture leaves less chance

Some individuals grow old quickly

The blood pressure is higher, for their blood vessels have lost their tone. This fact gives origin to the

expression, "a man is as old as his

blood pressure should not indulee in strenuous exercises. More rest and

relaxation are needed by such indi-viduals. The diet should contain

temperate quantities of meat. Salts,

pepper, spices and condiments should

Ten Hurt in Subway.

ADMINISTRATOR'S NOTICE.

New York, May 31.-A crowded

Persons with tendency toward high

tion in the blood pressure.

This figure means

m e asurements.

atmospheric fac-

meters of mercury

pressure is lowered.

REQUENTLY I am asked to

explain what is meant by

normal blood pressure. This

Around Our TOWN Shelby SIDELIGHTS

By RENN DRUM.

CONTRACTOR CONTRACTOR

We do not know what the connection is, if any, but three Shelby law officers are located over nickle-dime-and-up stores. Ryburn-Hoey, Falls,

Fact is, this corner seldom ever gets the connection in anything. Chances are, too, that such isn't expected. People sit and twiddle their thumbs accomplishing nothing and with nothing particularly upon their minds. They go at reading this tangle o' type in the same mood. Why disappoint them, if we could?

EVERY MARRIED MAN KNOWS

YOU'RE RIGHT, MADAM.

From a lady reader, who remembers she is a lady and uses no bad words, comes this:

"That was an unclean (dirty) crack you took at us women when you said we would not serve on juries because we would not be willing to sit and listen to lawyers for hours without saying anything back. If we had two or three women on every jury, we would soon do away with all that legal red tape, such as "party of the first part, party of the second part, wherefor, whereas, hence, etc." We would also eliminate a lot of other piffle such as technical objections, sob speeches, and wrangles between 'learned' gentlemen of the bar who think they know considerably more than the average human (Lord pity the poor folks). 'N another thing-I' mgoing to tell you plenty while I'm at it, and shake my finger at you every time I catch my breath: In a month's time with women jurors we'd have them building an annex to the jail, doubling the size of the chain gang, and in two months time we'd have them as Lucille Fisher (above), secretary scared of the court house as a Texas horse thief was of an infuriated mob of cowboys in 1905; we'd have them so peaceful that one officer could handle all the crime in the county. And, in conclusion, don't believe for a minute, sir, that those lawyers could sweet talk us out of doing so. All of us women eat up compliments and just dote on being told we are too cute for words, but while we are eating and doting, being women, we begin to figure what's behind the bull. Now that I have that off my mind, I'll go fix supper for my husband. If something burns, or something like that, and he says anything-well, you see what state of JUST A WOMAN!

Yes'm, we see. And we believe, too, that you'd do all that you say you'd do. So will other husbands who are tuned in.

Andy Newton, "Tater Andy," y'know him, the register of deeds, has a hopeful look in his eye.

Merchants who have had a bad year of it, doing little or no business, may think they've had a tough time. Maybe they have, but Register Andy believes more Packard automobiles have been purchased in Cleveland county this year than marriage licenses. High-minded, upright Christian gentleman as he is, he has reached the point where he wonders secretly at times if the boys and girls of marriageable age in Use Less Spices and Condithe county are practising companionate marriage-or what?

It's June now, y'see, and if there is such a thing as June brides, he's

Shelby Shorts: This is the first of the month but it isn't an ordinary first with regular bill collectors and all of that out at the city hall. This is the month that changes, if any, will be made in the city working forces What street from the court house to the city limits is the longest? ? Shelby business men no longer lose time going places. Several have recently made trips to New York and Washington by airplane Maybe they go up in such a hurry thinking perhaps they can slip up on those better times said to be just around the corner up there , Top o' the day to Jim Shepard and Sara Thompson, the boy and girl who this year won the best all-around honors at Shelby high. They are worthy successors of a noble line of deserving youngsters. Shelby takes more interest in the awarding of those two honors than anything going to young people. And why not-when a boy and a girl have that superior something that makes champions not only in books but in normal play, conduct and outside activities, they are scheduled to be watched? . . . Buck Redfern is still playing second base at Little Rock and Art Hord, the Kings Mountain boy, is burning up the Southern league at the same position in Birmingham With winter sitting around in the lap Age of spring so long that cautious folks are beginning to talk about such scandalous carrying-on, straw hats are not as numerous in Shelby as ordinarily this time of the year . . . Cantaloupes will be along pretty taken soon Scouts report that Miss Helen Stephenson was the first Shelby sideration. girl to risk wearing beach pajamas on the public streets this summer. Helen, however, will not worry overly much concerning comment that might be made on the latest mode in street attire, for, y'see, Helen has about 120. weathered only a few summers in life so far

YEAH! DENNIS, BUT SHE HAD THAT "IT" STUFF

Over at Central high school last week Attorney General Dennis G. by no Brummitt, who may or may not in time be Governor Brummitt, was mal. This is interpreted usually as telling the present day youngsters of advantages they have which those a "high normal of other days did not enjoy. Among other things, he reminded that higher in males than in females It Cleopatra as she sailed down the Nile was never able to whisper to is

Caesar or Mark Antony, "Big Boy, blow some of that smoke this way." in tropical countries. Maybe not, Attorney General; maybe not, but Cleopatra must have had a come-hither look in those langorous eyes that eclipsed anything expand Elinor Glyn's "It" girls ever dreamed of and surpassed all the charms the movie press agents ever credited to Clara Bow, the readhead, Cleopared to the pressure of water in a patra, sir, has been dead so long that we've almost forgotten whether we spurts out more quickly than the were on hand to cover her funeral for our paper or not, but history, you water from a wider pipe under the note, still makes occasional reference to her, and also to another comely same pressure damsel, Delilah, who lived a few years before the days of the beauty queen of the Nile. With all of our modern advantages, Mr. Brummitt. will you have us believe that in the years to come history will record the deeds and romances of Tex Guinan, Peggy Hopkins Joyce as they have of the blood vessels. They lose their those of Delilah, Cleopatra, and others?

And Henry the Eighth may never have known the luxury of the afor expansion and causes an elevatelephone, but, mind this, he never took a chance on high blood pressure by screaming in fury after being told for the third time that the line was busy. And it was the same way with old Croesus with all of his money. Course he didn't take airplane rides, but neither did he take any flyers on Wall street and wind up in the bread line.

Don't think for a minute, Attorney General, that we're trying to wash out your speech with indigo coloring; we're merely getting things straight. One cannot fool these modern seniors. They were rumble-seat graduates and knew what they were about at an age four years younger than we were when we first got up enough courage to sidle to Susie and ask her in halting tones if we might see her home from the ice cream supper in the churchyard. But, as a matter of principle in explaining both sides, there are certain angles in which we are far superior to the old-timers. Diogenes trotted up one alley and down another with a lantern looking for an honest man, but only recently a North Carolina leg- Island was thrown into panic today islaive committee soon gave up a similar task after becoming lost in the when a short circuit caused a series winding hallways of a Raleigh hotel and after a few stumbles over empty of vivid flashes and brought the fruit jars and gingerale bottles. We're smart enough these days to know train to an abrupt halt. Ten persons that a real, honest-to-goodness honest man has enough business sense were slightly injured in the rush of to put himelf in a museum and charge so much per look rather than run exits. around loose.

Having this day qualified as administrators of the estate of J. C. Runyans, deceased, late of Cleveland county. North Carolina, this is to notify all persons having chains against said estate to present them properly verified to the undersigned, or their attorney, at Shelby, N. C., on or before the 30th day of May, 1932, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make uninediate payment. This the 30th day of May, 1831.

B. H. RUNYANS and CRAIG RUNYANS. Administrators of the Estate of J. C. Runyans. Who said we had the blues? Maybe we have, seeing that it is Monday morning and the bill collectors are drawing lots at the foot of the stairs to see who will hear the hard luck story first.

Thomas W. Hamrick, jr., thinks it would pay to have readers do a nttle guessing and writing of their own. He contributes this

Young man: "I love you." Young lady: "How do you know that you love me?"

Young man: "....." What answer should the young man give the young lady?

Ushered Slaver Double Springs News Gleanings day night with Mr. and Mrs. W. W. rick in Dover Saturday evening.

(Special to The Star.)

Lala Davis, nurse at the Sheiby day Saturday after spending her vaca- Mrs. J. M. Gardner. tion with her parents Mr. and Mrs.

ime at the bedside of her sister Mrs Everett McDaniel of Shelby, who children visited Mr. and Mrs. Koven died Wednesday afternoon.

Mrs. N. A. Miller of Brevard and

Mrs. W. W. Washburn continues of Mrs. W. H. Gardner Sunday.

very sick with a severe cold. son, James, of Shelby, spent Mon- Fay Mauney to Miss Marjory Der-

and son, L. R., jr., were visitors of Thursday Double Springs., May 28.-Miss Mr. and Mrs. W. P. Hawkins Sun-

Misses Selma and Lucille McSwaln Mrs. Gaff Lattimore spent some- ber of their friends at their home spending two weeks with his aunt Carpenter Sunday afternoon.

Mr. and Mrs. Glenn Long of Louis- tice Bridges were dinner guests of several days. iana spent last Wednesday with Mrs. | Miss Eliza and Mr. Everette Brooks | Thursday evening.

Mr. and Mrs. Will Mauney at-Mr. and Mrs. P. M. Washburn and tended the wedding of their son, Mr

Mrs. S. W. Greene visited her aunt modern life, during the four-day positive that the black eye bridge Mr. and Mrs. Lawrence Hawkins Mrs. W. B. Greene in Shelby last

Misses Nettie Jones, Vela Covington, Janie Greene, and Bertha Haw- welcome the editors when they conhospital will return to her duties spent the week-end with Mr. and kins spent Sunday with Misses vene tomorrow morning. On Friday says, it's generally because of some-Annie and Faithe Davis.

Master James Nany of Dover -e- the state. ery delightfuly entertained a num- turned to his home Saturday after Mr. and Mrs. Floyd Greene and Mrs. S. W. Greene and Mr. Greene. Mr. N. B. Jenkins returned home Harold Vanderbilt bridge champion- fore prevents more divorces than it

Mr. Olin Greene and Miss Myr- Mrs. J. B. Horne and Mr. Horne for women are better bridge players Mr. and Mrs. Ralph Gardner and

Mr. and Mrs. Coleman Doggett of Mrs. Elijah Brooks and daughter, on last Friday evening. Shelby visited Mr. and Mrs. W. W. | Genelle, Misses Blooma Wright and | Mr. and Mrs. J. B. Horne and chil- players know more and study more. Thelma Horne were dinner guests dren visited Mr. and Mrs. Tom Jen- I believe one reason women take to kins of Casar Sunday.

editors from throughout the United States will meet here this week to

Association Opens Meeting.

Governor L. G. Hardman, will lately is entirely underserved.

Sunday after visiting his daughter, ship trophy, for the statement that causes

daughter Betty Jean of Wilmington son, "thinks he's perfect. He thinks any in the army or the penitentiary he has nothing to learn. Women -Detroit Free Press

Atlanta, Ga., May 31.-Newspaper score with their husbands at the card table."

study the place of the newspaper in Not only this, but Culbertson is session of the National Editorial as- has been getting in divorce courts

When couples fight at bridge, he they will start an eight-day tour of thing else happened before they got to the party. Not only this, he adds, Chicago.—Take the word of Ely but fighting it out this way prevents Culbertson, recent winner of the more serious difficulties, and there-

"There's no unemployment in "The average man," said Culbert- Soviet Russia"-and neither is there

bridge is because it gives them an Try Star Want Ads.

Save at PENNEY'S NATIONAL COTTON WEEK A Nation-wide Demonstration of Cotton Styles and Fabrics LOWEST PRICES in YEARS

Cotton **Pajamas**

One and Two-Piece Styles

980

Attractive, colorful and practical . . , pajamas to work in to sleep in and to play in. Made of fine tubfast cottons.

Cotton Dresses

for summer afternoons

There's something so refreshing about these sheer printed cotton dresses that you will want a fresh one for every day in the week . . . and the low price makes it possible! Tubfast prints.

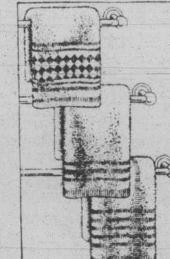


"Wizard"

Sheets

EOC

Cases



Bath Towels

NEW LOW PRICE

Large size, double terry weave bath towels . . . colored stripe borders, all-over plaids or plain

Now you can buy "Malabar" Percale

for only 15C yard

Last Year's Price, 19c

You'd expect this quality of percale to be higher-priced, especially when it comes in such attractive patterns . . . and is tubfast! At its new low price it will be more popular than ever! 36 inches wide

"Nation-Wide"

Sheets

81 x 99

(Size Before Hemming)

87c

Printed

Lawn

29c

New Spring Patterns and Colors:



If you want really good servhere are the sheets and cases to buy. Sizes before hemming. Terry

Cloths

NEW LOW PRICE

Wash

6 for 19c

An unprecedented value in terry wash cloths. Assorted colored stripe borders. Buy plenty now for future use.

"Belle Isle" Muslin 36 Inch-Bleached 10 yards for 730

> Printed Voile

Last Year Equal Quality Cost 23c

Now 19Cya.

Sheer Cotton Dresses

Refreshing Colors Summer Styles

Prepare for hot summer afternoons with plenty of these cool dresses . . in delicately colored At this price, you can prints. At this price, you can have a fresh one always ready to put on! Tubiast



Play Suits

ly made of wear-resisting falrics of improved quality.





for 1 to 3 and 3 to 6 year old.

Cool summer dresses of tubiast scottons . . . dots, figures and dainty plain colors . . . many adorable styles at a remarkably small price.



Men's

Ghirts and Shorts 25C Each

Shirts of cotton-shorts of fancy pattern broadcloth.



Broadcloth Shirts

solid shades and white. Pre-

Crinkled Cotton Bedspreads

Large size. 80 x 105 inches ... colored stripes, scalloped edges. assorted colors. A new low price for this high quality seamless spread.



NEW LOW PRICE