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LIQUID OR TABLETS
Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days.

Have Your Eyes Examined Regularly
DRS. H. D. & R. L. WILSON
OPTOMETRISTS
Office Over Paul Webb & Son's Drug Store.

AVOID PENALTY
Tax payers must list their property for county taxes. Failure to do so involves a penalty which cannot be escaped.

R. L. WEATHERS,
County Tax Supervisor

Table with columns: City, No. Days, Tickets Limited, Fares. Includes Atlanta, Chattanooga, Birmingham, New Orleans, Savannah, Jacksonville, Tampa, Miami, Havana.

INDIGESTION
My work is confining, and often I eat hurriedly, causing me to have indigestion. Gas will form and I will smother and have pains in my chest.

Nobody's Business
GEE McGEE

1. Number of men "laid off" by big business account of depression 945,678
2. Number of men "laid off" by the postoffice department account of depression 3
3. Number of men on half time in the cotton mill industry by reason of depression 575,000

The Stranger Within Our Gates
I was raised (not reared) about 19 miles from a town, but there was a country store only about 7 miles from home and we visited there once or twice a year when any of us could get "holt" to a nickel or a penny.

Your Child's Dysentery
Need not be at all dangerous if treated upon first symptoms. Mothers for more than a generation have put an end to stomach and bowel disturbances of their children by keeping handy a bottle of Anti-Ferment.

Shooting Of Mason Brings On Comment
Hickory Record.

Following the shooting at Charlotte early Thursday morning of Lowell Mason, Duke university football star, by a police captain, a general shake-up of the police department there is threatened.
The Charlotte council, meeting late Thursday, ordered the suspension of Alex West, night captain who shot Mason, and of patrolmen Guy Vickery and R. C. Cordell, who had arrested the young man.

People Moving Back To Rural Sections
Formerly Attracted To City By High Wages, People Are Moving Back To Farms.

Raleigh, June 21.—"Farming as a vocation is becoming increasingly popular with city and town people as shown by the greater number who are moving to the country," declared Angus W. McLean, former governor of North Carolina.
"An observation and experience in the last few months coincides with the facts brought out in the federal government's figures showing the movement of people to the country. In 1930, a total of 1,392,000 persons left the towns and cities to farm—the largest movement of this kind since the government began to record such movements in 1922.

Chestnut Hill Opens As Summer Resort
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Forest City, June 20.—Chestnut Hills has been opened for season Located on Highway No. 20 in Henderson county, between Bat Cave and the Buncombe county line Chestnut Hills is a popular place for people to spend the summer. High in the mountains, it is delightfully cool. Golf and swimming have been provided for pastime. Chestnut Hills is promoted by Walter H. Haynes of Cliffside, one of Rutherford county's best known men. The road to Chestnut Hills from Bat Cave is open and a good detour is provided for those coming from or going to Asheville.

Young and Old Should Swim for Good Health
No Other Sport Is So Vitalizing and Beneficial, Says Authority, Urging Those Who Gave It Up with Youth to Return to It.

Perhaps that was more or less of a tad, but no one can doubt that the physical exercise of swimming is decidedly beneficial. Even for persons who are partially paralyzed it is helpful. Indeed, it is one of the recognized treatments for children who have had infantile paralysis. It helps to strengthen the muscles and to restore function.
In swimming, the muscles of the arms, legs and trunk are called into action. Back and chest muscles, as well as the long muscles are given thorough exercise.
If you have a weak heart, or are "short-winded" from any cause, you must use common sense. Surf bathing, racing and overstraining must be avoided. But no matter how frail you may be, swimming in still and not too cold water, will do you good.
It is a great mistake to stay in the water too long. You have been in too long if you fall to react well from the brisk rubbing with a coarse towel. There should be a glorious glow after the skin is dry.
It is well to begin the season gradually. Do not swim too much the first day. It is surprising how lame and worn out overdoing will cause you to be.
Some of you used to swim when you were young. Why not do it now? It will help you to stay young and to renew your youth.
Needless to say, the water must be pure. The shores and bath houses must be clean. Under proper conditions swimming deserves far more popularity than it has.

TRY STAR WANT ADS FOR RESULTS

How to control the cotton boll weevil by dusting with calcium arsenate is discussed in Extension Circular 186, by C. H. Brannon, extension entomologist at state college. Copies are free for the asking.

SALE OF VALUABLE FARM PROPERTY.
Under and by virtue of the authority conferred upon us in a deed of trust executed by C. C. Martin and wife, Mattie Martin on the 3rd day of March, 1927 and recorded in book 141, page 439, we will on Saturday the 19th day of July, 1931, 12 o'clock noon at the courthouse door in Cleveland county, Shelby, N. C. sell at public auction for cash to the highest bidder the following land to-wit:

Being joined on the N. by First Broad river, on the E. by the lands of R. J. Pendleton and J. E. Martin, on the S. by Fred Grigg and John Palmer, and on the W. by John Palmer and the First Broad river; and being those tracts of land conveyed to C. C. Martin by deeds registered in books 111, page 37, and CCC page 113 of the office of the register of deeds of Cleveland county, N. C., and being described by metes and bounds as follows: Beginning at a maple on S. bank of First Broad river, R. J. Pendleton's corner; thence with his and J. E. Martin's line S. 22° W. 131 poles to a stone in line of C. C. Martin's 11 acre tract, and corner to J. E. Martin's line, thence with J. E. Martin's line S. 33° E. 72.88 poles to a stone, J. E. Martin and Fred Grigg's corner; thence with Fred Grigg's line S. 50° W. 37.48 poles to a poplar, his corner on a small branch; thence down the branch N. 63° E. 36.80 poles to a poplar at fork of branch; thence down the large branch N. 25° E. 21.40 poles to a stake, John Palmer's corner; thence with his line N. 83° W. 11.88 poles to a stone; thence with John Palmer's line N. 3° W. 42 poles to a white oak on E. bank of First Broad river; thence down meanders of the river as follows: N. 19 1/2° W. 25.40 poles, N. 6 1/2° W. 17 poles, N. 21 1/2° W. 23.60 poles, N. 38° W. 19 poles, N. 38° E. 24 poles, N. 84° E. 15.60 poles, N. 78 1/2° E. 21 poles, N. 83 1/2° E. 13 poles, N. 80 1/2° E. 27 poles, S. 81° E. 4 poles in the maple, the beginning, containing 44 acres.

Good - they've got to be good!

Advertisement for Chesterfield cigarettes. Includes image of a man in a suit writing, a pack of Chesterfield cigarettes, and text: 'NIGHT and DAY 152,503 PHYSICIANS [IN THE U.S.A.] guard 122 million American lives! They always give their best! R... FOR A MILDER BETTER TASTING SMOKE'.