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OPTOMETRISTS  
Office Over Paul Webb & Son's Drug Store.

**Restless, could not sleep**  
"THERE were days when I felt like I could not get my work done. I would get so nervous and 'trembly' I would have to lie down. I was very restless, and could not sleep at night.  
My mother advised me to take Cardui, and I certainly am glad she did. It is the first thing that seemed to give me any strength. I felt better after the first bottle. I kept it up and am now feeling fine."—Mrs. T. E. Gibson, Fort Payne, Ala.  
**CARDUI**  
HELPS WOMEN  
to  
**HEALTH**  
Take "Theford's Black-Draught" for Constipation, Indigestion, and Biliousness.

**Rambling Bill In A Hospital**

Tells of His Experiences in a Government Soldier's Hospital in Arizona.  
Ward 5, Whipple, Ariz.—Being in a hospital awaiting one's turn for the surgeon's knife, or undergoing treatment for a pair of seared lungs, or a weak heart, is not as bad as many might suppose. There's always fun to be had of some kind or another and one comes to the point where he can laugh at things happening in a hospital that would seem silly anywhere else.  
For instance a new man is admitted to the ward, the orderly brings him in and puts him to bed. Every neck is craned and every eye sizes him up. Then guessing contest is silently held as to where he is from. If he looks tanned a reddish brown and if his arms are also tanned, we guess him to be a transfer from a hospital in Tucson, where he has been taking sun baths in a temperature of 120 or if the tan stops at the top of his collar and he does not act like he's been in a hospital before, then we guess him to be from Phoenix or Yuma and we can usually diagnose his case on the spot, guessing whether his trouble is T. B. heart or stomach, very few old bricks get into a veterans bureau hospital now. They are all given a most rigid examination before they are ordered to a hospital. The main ailments now, among world war veterans are tuberculosis, heart and stomach, all veterans who saw overseas service and were gassed, are suffering to some extent from one of the aforementioned ailments. Rheumatism, neuritis, nervousness and asthma are next, and any yet who saw any real service at all is lucky if he is not suffering from one of the above.  
It is easy to guess, not only where a man comes from but what his disabilities are and if he has been in a hospital before. Sometimes we miss it, but most times we hit it. Also we guess as to what the next meal will consist, and what hour the medical officer in charge will come through. If the medical officer in charge escorts a visitor through, he is all smiles, and says "Good morning" to the right and left, but some times when he comes through alone he looks sour and does not speak to anyone unless they speak to him first. But we don't mind that and are willing to accord him the privilege of his importance, because, while he rates as the commanding officer, this is not the army and can not give us any orders outside of regular hospital discipline and should any of us desire we could tell him to go jump in the lake and he'd have to stand for it.  
We also have a ward surgeon on duty in each ward. He sees us each morning and looks us over. He is very friendly and sympathetic as the various specialists we come in contact with in the clinics. They all speak to us kindly, because they know they have to, with organizations like the American Legion, V. F. W. and D. A. V. to watch out for us we are assured of the best treatment. If we could not engage in certain kinds of innocent fun, it would be a dreary place indeed, and some of that same old spirit of 1917 and '18 still prevails. The other day a comrade was wheeled away to the operating table to undergo a very serious operation and he went out smiling. The chances were 3 to 1 against him, he took that chance and won. If an operation of any kind is necessary for one it is seldom that same is refused, and there's no big ado about it, like sending a bunch of telegrams home, etc. The surgeons who do the cutting are the best there is and operations are not performed here for a price, but because they are necessary to save or prolong life.  
My own ailment is heart and stomach. Seems there are just so many beats in every heart, mine being a heart of foresight decided it would not wear itself out too quickly and slowed down to about half its usual speed. I think that was a very wise thing to do, but the doctors say the trouble is such a heart that does not comply with the proper etiquette for good behaving hearts, is liable to quit-beating altogether one of these days, and that by cutting out my gall bladder and a few other things in that vicinity the heart can be made to behave a little better, so here goes for the knife and I'm awaiting my turn. They don't give you ether here like they used to in hospitals. They simply shoot you full of some sort of anaesthetic and paralyzes you from your shoulders down and you are conscious all the time only you do not feel any pain. You can hear every word they say during the operation and if they should drop a couple of instruments in the incision you can remind them of it. I am anxious to see what my gall bladder looks like anyway as I've been told many times that I had plenty of gall, and I guess that's the reason they are going to cut it out. If the operation is not successful I'll meet you all up where the Angels sing, or else some of you down where the Iceman never goes.  
Adios.  
Ramblin' Bill.

**Polk County Has A Live-At-Home Farmer In Davis**

Julius Davis, Does Not Waste Anything On His Farm, Time, Money, or Production.  
Union Republican.  
Julius Davis master farmer of Polk a real "Live-at-Home" farmer and believer in the necessity of canning and preserving fruits and vegetables this summer and fall, is writing a new kind of an agricultural record on his farm on route No. 3, Mill Spring. He has perfected a new variety of corn, which has won several awards and prizes for him. He has named the variety "Davis" corn and he is going to place his own corn on display at the forthcoming World's Fair in Chicago. But perfecting corn varieties, growing improved strawberries and other such undertakings are not even a small part of Mr. Davis' work. He is a real dirt farmer, lives on a fine farm with his wife and family and makes a really comfortable and financially successful living each year.  
Mr. Davis does not waste anything time, money, or products of the farm. He farms in a modern way and uses improved machinery. He is continually experimenting with new varieties of seed, new methods of culture, new kinds of farm crops, etc. And he has found that even the fanner must progress, in more ways than one. In Mrs. Davis he has a help-mate, who has proven invaluable. She is the home-maker the one who sees to the canning and preserving and other means of utilization of garden and orchard products.  
The Davis home is known as the "Grow Variety Farm." The name, in itself, indicates the aims and aspirations of the Davis family. The house is a neat home, nestled in a grove of beautiful shade trees, back from a main road. The surroundings bespeak prosperity, contentment and happiness, and the visitor finds that such is the case. Five years ago, Mr. Davis was picked as Master Farmer of Polk county, and he has retained that title ever since.  
Among the reasons for this fine record is his love for gardening. He and his wife both get a thrill out of keeping their garden right up to perfection at all times and also in producing unusual crops. They experiment. In plowing and cultivating his garden, he has tried various methods and has worked out a plan, which increases yields and matures crops much more rapidly. He has carefully selected his garden seed and never buys any, as he finds he has developed strains which produce better on his farm than commercial seed. Due to such care, he is saving money and also increasing yields. He has also worked out methods of preventing tomato blight. He has actually produced a tomato weighing six pounds. Selective planting and proper fertilization and preventing of rot and insect damage have spelled success for this farmer.  
He has specialized in the growing of strawberries and has produced berries as large as a hen's egg with excellent flavor. He grows several crops of berries, so that his production period is quite extended. Lettuce is another crop, in which he has a special interest and about which he has learned a great deal. He raises all kinds of fruits, such as peaches, cherries, grapes, and strawberries. His corn is, so far, however, his major pride. During the past two years he has won a prize for his corn wherever he has placed his variety in competition. During two successive years he has been awarded silver cups for being the outstanding corn grower of his county.  
Mrs. Davis is the real canning expert of the pair. She puts up hundreds of cans of fruit and vegetables, using a pressure cooker or canner. The Davis family has led the way in Polk county, a section not so well-known as an agricultural leader among North Carolina counties.  
Paid In His Own Species.  
Lawyer—This business of defending criminals is getting worse every day.  
Friend—What's the matter now?  
Lawyer—Well, that notorious counterfeiter whom I just succeeded in keeping out of jail tried to pay me for my services in counterfeit bills.  
EXECUTOR'S NOTICE.  
This is to notify all persons holding claims against the estate of Z. R. Walker, deceased, to file same, duly verified, with WILLIE WALKER, executor, before June 8, 1937, or this notice will be pleaded in bar of recovery.  
All persons indebted to the said Z. R. Walker, deceased, will likewise make settlement with Willie Walker, executor, at his residence in Lestimore, Star route, North Carolina.  
WILLIE WALKER, Executor of Z. R. O. M. Mull, Atty. for Executor.  
61 June 3p  
EXECUTRIX'S NOTICE.  
Notice is hereby given that I have this day qualified as executrix of the will of CHARLES L. ESKRIDGE, late of Cleveland county, N. C., and all persons having claims against said estate are hereby notified to present them to me properly proven for payment on or before June 15, 1937, or this notice will be pleaded in bar of the undersigned. This June 15th, 1937.  
THE ESKRIDGE ESKRIDGE, Executrix of the will of CHARLES L. ESKRIDGE, Dec'd.  
R. L. RYBURN, D. Z. NEWTON, Attys.  
31 June 1937

**Children Should Be Taught To Spend Wisely But Should Not Be Misers**

Bureau Gives Out Ideal Advice For Advising Young About Money Matters.  
Washington, July 10.—The little boy who put all his pennies in his metal bank no longer is ranked by the United States Children's Bureau as the shining financial example for childhood.  
In his stead, the bureau has set up the ideal as an American child who spends wisely, saves wisely, and gives wisely.  
"Children should not be taught to be little misers," the child experts admonished in a special study, "The Child and His Money."  
"A savings bank into which pennies disappear never to be used has relatively little training value."  
The bureau advocated that children be encouraged to spend money as a means of learning its use and value. It suggested a budget plan of putting small change into brightly colored envelopes "red envelopes" for saving money, blue for spending money, green for giving away money, and so on.  
The study was summarized in ten financial training suggestions.  
1. Give the child a regular fixed allowance; teach him not to beg and tease for additional money.  
2. Let him learn by experience that denial must follow extravagance.  
3. Teach the child not to expect pay for duties he ought to perform.  
4. Encourage him to earn extra money by giving him a real job, preferably one which has real commercial value, pay him no more and no less than it is worth.  
5. Be sure any work he does outside the home is not physically harmful and does not expose him to wrong influences.  
6. Don't "tip" the child for rendering small services to his elders or for being "good" or polite.  
7. Teach the child the value of saving for a definite purpose instead of for the mere sake of saving. Let him learn the folly of spending all his money at once and of going into debt to buy something he wants.  
8. Teach him that saving things that cost money is as important as saving money.  
9. Help the child to realize the importance of giving as well as of spending and saving.  
10. Remember that the example of financial responsibility parents set will influence the child's attitude.  
NOTICE OF SERVICE OF SUMMONS BY  
Court of Cleveland County, N. C.  
North Carolina, Cleveland County.  
In the Superior Court, Before the Clerk.  
Paula Laddon, Plaintiff.  
vs.  
Edward Laddon, Defendant.  
The defendant, Edward Laddon, will take notice that on the 16th day of June, 1937, the plaintiff above named commenced an action in the superior court of Cleveland County, North Carolina, as above entitled for the purpose of obtaining an absolute divorce from the defendant on the grounds of adultery; and the defendant will further take notice that he is required to appear at the office of the undersigned clerk of the court, in Shelby, N. C., on or before the 3rd day of September, 1937, and answer or demur to the complaint of the plaintiff which is now on file in my office or the plaintiff will apply to the court for the relief demanded in said complaint. This June 27th, 1937.  
A. M. HAMBRICK, Clerk of Superior Court of Cleveland County, N. C.  
Horace Kennedy, Atty. for plaintiff.  
41 June 2pc  
SALE OF VALUABLE FARM PROPERTY.  
Under and by virtue of the authority conferred upon us in a deed of trust executed by J. A. McSwain and wife, D. A. C. McSwain on the 17th day of February, 1926 and recorded in book 131, page 647, we will on Saturday, July 18, 1937, 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:  
All of certain tracts, parcels or tracts of land situated, lying and being in No. 7 township, Cleveland county, state of North Carolina, having such shapes, courses and distances as will more fully appear by reference to four certain plats (highest made by D. R. Frazier, C. E. McSwain on February 19, 1926, and being more particularly described and defined as follows:  
Tract No. 1. Beginning at the mouth of Dilces branch and running up said branch S. 89 1-8 E. 4.6 chs. to a maple on the N. bank of branch; thence N. 5 1/2 E. 12.8 chs. to a stone; thence S. 87 1/2 E. 10.4 chs. to a poplar; thence S. 23 E. 50 chs. to a stake in the branch; thence same N. 5 1/2 E. 2.93 chs. to a poplar on N. bank of branch; thence N. 5 1/2 E. 10.7 chs. to a stone on N. edge of road; thence S. 63 1/2 E. 4.93 chs. to a stone on N. edge of road; thence N. 3 W. 9 chs. to a stone in S. bank of the branch thence down the branch to H. Branch; to Big Branch; thence down the Big Branch as it meanders to the place of beginning, containing 30 1/2 acres, more or less.  
Tract No. 2. Beginning at a stone pile on the S. side of the creek, and running thence S. 47 E. 19 1/2 poles to a pine stump; thence N. 74 E. 35 poles to a pine stump; thence with her line N. 26 E. 36 poles to a stone in Dilces branch; thence with D. A. C. McSwain's line S. 89 W. 52 poles to a stone pile; E. C. Adams' corner; thence with his line S. 20 W. 29 poles to the beginning, containing 10 1/2 acres, more or less.  
Tract No. 3. Beginning at a maple on N. bank of Dilces branch, and runs S. 28 N. bank of Dilces branch; thence S. 74 W. 8.75 chs. to a pine stump; thence S. 45 W. 1.34 chs. to a stone; thence S. 64 1/2 E. 34 chs. to a stone on N. of small branch; Dilces branch corner; thence with her line N. 9 1/2 E. 14 chs. to the beginning, containing 6 1/2 acres, more or less.  
Tract No. 4. Beginning at a stone near a branch, and runs thence S. 84 E. 3 1/2 chs. to a stone, D. A. C. McSwain's corner; thence with his line S. 41 1/2 W. 17.43 chs. to stone and black gum stump in S. edge of road, C. L. Bridges' corner; thence with his line and road S. 86 W. 12 1/2 chs. to a stone on N. edge of road; thence S. 3 W. 9 chs. to a stone on bank of spring branch; thence up said branch as it meanders 1 1/2 chs. to the beginning, containing 2 1/2 acres, more or less. Reference is hereby made to deed from W. B. McSwain and wife, Ella J. Jones, widow, D. A. C. McSwain, recorded in book BBS and page 186; deed from Ella J. Jones, widow, to D. A. C. McSwain, recorded in book KKK at page 2, all of the Cleveland county registry.  
This sale is made by reason of the failure of D. A. C. McSwain and wife, N. C. McSwain to pay off and discharge the indebtedness secured by said deed of trust. A deposit of 10 percent will be required from the purchaser at the sale.  
This 12th day of June, 1937.  
FIRST NATIONAL BANK OF DURHAM, Trustee, Durham, N. C.  
44 June 23c

**How An Indian Massacre Was Avoided In 1810**

(J. A. Wilson in Rutherford Sun)  
About the year 1810 when Old Sequoyah, back in the Smokies, was making his Cherokee alphabet, my Grandmother, then little Miss Elizabeth Lewis was playing around her father's house somewhere between Bar Cave and Black Mountain.  
She married Aron W. Whitesides and they built their home on the banks of the Rocky Broad river where the center of Lake Lure is now. The 1916 flood washed all the houses and barns away, but left the old kitchen chimney standing.  
Two other Lewis girls married Pattersons in South Carolina and Georgia. The Indians often stopped and slept on the porch of the old Whiteside home on Broad river, going to and from Washington City to arrange terms with President Jackson about going west of the Mississippi river. My mother was ten years old at the time and she often told me of the Indian's sheep and peach orchards they had on the top of Bald Mountains. Terms were made with some of the Indians to remain in the Smokies.  
Some years later they were going down the river late one evening when it was raining, night was coming on and the river was rising, they stopped and asked to stay at what was then the old Logan House, though Wash Harris owned it at the time. He refused to let them stay. They went on a mile further down and stayed at the Whitesides home. Buck Whitesides, then a young man, found out they were planning to go back that night and burn Harris out. He stayed and circulated among them all night and kept them from doing it.  
Every old resident of Rutherford County knew Buck Whitesides, also his sister, Mrs. Madison Lynch.  
Sometime later he knew the Indians were coming back up the river, so he had Mr. Harris get a jug of liquor and have it out at the gate as they came up, and invited them to drink and come in. They stopped, hesitated a while, then the chief took a drink and was followed by the others. They said, "Me drink, but won't come in, don't like you." Then they passed on.  
A little while later Buck went thru the Civil War as a Scout under General Hampton of South Carolina. His son, Hampton Whitesides, who gave me this date, lives at Mills River school, Horse Shoe, N. C., on the French Broad. His father and mother are buried at the little Brick church cemetery at the head of Lake Lure.  
ACTRESS MAKES HAY WHILE MOON SHINES.  
Rosamond, Cal.—Miss Neljune Adamson, former actress, is making hay while the moon shines.  
Taking charge of a farm near here last April, Miss Adamson said she obtained studio lamps from Hollywood to aid the moon in lighting her field for harvesting. She has just marketed her first crop of alfalfa at a premium of one-third in price. The premium was given because the hay was free of weeds and the leaves still clung to the stalks.  
"The leaves stuck to the stalk because we baled at night when there was moisture in the air," she said. "We worked in the cool of the night, instead of perspiring in full sunlight with the wind blowing hay in our faces. I don't know if that is the best way, but it proved best for my pocketbook."

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Before you go on any long motor trip this summer, let us give your motor the once-over. The low cost will surprise you.  
Our skilled mechanics and modern equipment can give you all there is in motor repairing.

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West Marion St. Shelby, N. C.  
Your Model A Ford Greased Free Until July 15

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DELIVERIES FROM PLANT TO JOB

When in need of FACE OR COMMON BRICK write us, or phone 75m, Mt. Holly, N. C. With our fleet of trucks, we can make quick deliveries to jobs, saving freight and double handling, thereby putting brick to jobs in much better condition.  
FOR SERVICE AND QUALITY SEE  
**KENDRICK BRICK & TILE CO.**  
MOUNT HOLLY, N. C.

**Through Passenger Train Service**  
Monroe To Rutherfordton, N. C.

23	21	22	24
Pass	Mixed	Mixed	Pass
Sunday	Except	Except	Sunday
only	Sunday	only	only
8:30 am	8:30 am	lv Monroe	ar 8:25 pm
9:15 am	9:15 am	lv Charlotte	lv 7:40 pm
9:25 am	9:25 am	lv Charlotte	ar 7:20 pm
10:31 am	10:31 am	lv Lincolnton	lv 6:10 pm
11:15 am	11:15 am	lv Shelby	lv 5:25 pm
11:53 am	12:15 pm	lv Ellenboro	lv 4:49 pm
11:53 am	12:45 pm	lv Ellenboro	ar 4:49 pm
12:30 pm	1:55 pm	ar Rutherfordton	lv 4:00 pm

Effective Sunday, June 1st, 1931.  
FOR INFORMATION SEE AGENT  
H. E. PLEASANTS, DPA., RALEIGH, N. C.  
SEABOARD

**QUEEN CITY COACH LINES**

FOR ASHEVILLE, CHARLOTTE, WILMINGTON, FAYETTEVILLE.  
FOR ASHEVILLE AND INTERMEDIATE POINTS:  
LEAVE SHELBY:—9:45 a. m.; 3:45 p. m.  
FOR CHARLOTTE AND INTERMEDIATE POINTS:  
LEAVE SHELBY:—7:10 a. m.; 11:10 a. m.; 2:00 p. m.; 4:40 p. m.  
FOR WILMINGTON AND INTERMEDIATE POINTS:  
LEAVE SHELBY:—11:10 a. m.  
FOR FAYETTEVILLE AND INTERMEDIATE POINTS:  
LEAVE SHELBY:—7:10 a. m.; 11:10 a. m.; 2:09 p. m.  
— FOR FURTHER INFORMATION — PHONE 450 —  
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JANET GAYNOR  
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We Fill Any Doctor's PRESCRIPTIONS For A Registered Druggist PHONE 379

Go Where you Please  
On your Vacation...  
Mother likes the mountains—sonny wants to go to camp and so does little sister—dad must work most of the summer—but they may go where they please and still keep together by telephone. Mother and the children may arrange to call dad regularly at a certain time, at office or home. It makes vacations more enjoyable and dispels anxiety to hear the voices of loved ones, telling of the day's happenings.  
Calling at a prearranged time enables you to use the cheaper station-to-station service with no risk of missing the person wanted. If you call by number at night there is a still further reduction in cost. In using station-to-station service, ask for the distant telephone by number or location instead of asking for a particular person. When the distant telephone answers, you may ask for whomever you want.  
Wherever each member of the family goes this summer, the local telephone office will gladly give the cost of calling back home. Just ask for "Long Distance."  
**SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY**  
(INCORPORATED)