

Price Trustee Of College For Women

Governor O. Max Gardner has appointed R. E. Price, editor of the Rutherford News a member of the Board of Trustees of the North Carolina College for Women at Greensboro from that Congressional District to succeed Judge J. D. Murphy, deceased of Asheville this is one of the state's largest institutions, Mr. Price is also a member of the Board of Trustees of the North Carolina College for negroes. Durham, being appointed last fall by the Governor.

Merchants Assert Business Is Good

Hertford.—At last has been found a merchant who says business is good! Hertford merchants declare business is good, even though the volume is smaller than last year. They maintain that business is being transacted on a cash basis and for that reason the turnover is quicker, increasing the profit. Much optimism is being shown by Hertford merchants, reflected in repairs and enlargements of store and business houses.

Fresh Air Is Essential to Health

Healthy Respiration Properly the Cause of Colds and "Flu"; Open Windows Paid Off Disease.

By R. S. COPELAND, M. D., Former Commissioner of Health, New York City.

Many people still believe that cold air is detrimental to health. They are faithful to the old notion that "flu" and pneumonia are caused by cold air.

This is a foolish attitude of mind. These diseases, as well as the common cold, are rarely, if ever, caused by cold air. They are more often caused by a lack of fresh air.



Dr. Copeland

I can never understand why people show so little interest in the air they breathe. Fresh air is necessary for good health. It is nature's tonic. It stimulates appetite, aids digestion, builds up the nervous system and increases the resistance of the body against certain diseases. Sleeping with open windows makes up for much bad air that is breathed during the daytime.

Air that is not fresh is spoken of as "stagnant air," or air without life. Such air is produced when a room is not properly ventilated and the same air is breathed over and over for a long period of time.

Headache, dizziness, nausea, vomiting and even collapse may result from breathing such air. Continued breathing of impure air causes digestive disorders. It lowers the body vitality and weakens resistance to infectious diseases, such as tuberculosis, pneumonia and the common cold.

I believe that all of us would be healthier and freer from colds if we could accustom ourselves to cold air. Most persons dress too warmly and live in overheated homes. The windows are rarely opened in cold weather. Many sleep with windows tightly shut, and wonder why they awake with headaches and head colds.

The problem of ventilation is a simple one. All that is necessary is to furnish a continuous stream of fresh air. Window ventilation is the most practical. Windows should be opened from top and bottom, and the doors should be closed to avoid draughts. The temperature of the room should be between 65 and 72 degrees Fahrenheit. A thermometer should be in every home in order to regulate the temperature with some degree of certainty.

Heating and ventilation must be considered together. Most homes are overheated, with an excess of dry air. Dry air causes dryness of the skin and damages the lining of the nose and throat, thus preparing the way for colds and sore throats. Dry air can be prevented by allowing water to be evaporated over the heater.

A house that is poorly ventilated will harbor disease. Proper ventilation insures good health, and its advantages must not be overlooked.

Answers to Health Queries

Q.—How much should a girl of 16, 5 ft. 4 1/2 inches tall weigh? A.—What will make the hair grow?

A.—She should weigh about 120 pounds. This is about the average weight for one of this age and height as determined by examination of a large number of persons. A few pounds above or below the average is a matter of little or no significance.

Q.—Brush the hair daily and use a good tonic. Send self addressed stamped envelope for further particulars and repeat your question.

L. H. Q.—What should a young man of 28, 5 feet 11 1/2 inches tall weigh? A.—How can he overcome low blood pressure and gain 20 pounds?

A.—He should weigh about 150 pounds. This would be about average for his age and height as determined by examination of a large number of cases.

Q.—Building up his general health should be of general benefit under the circumstances. For full particulars send a self-addressed, stamped envelope and repeat your question.

Q.—Baseball having come again the fans can settle their winter arguments by watching the results.

Lincoln Man Receives An Extortion Letter

Note Threatens Death Unless \$3,000 Is Paid, But No One Calls For Dummy Package

Lincolnton, April 20.—An unsuccessful attempt to extort \$3,000 from him has been revealed by D. E. Rhyne of Lincolnton, textile manufacturer and philanthropist.

A note left at the gate to his yard instructed him to put the money in a sack he'd find on a steam shovel between here and Shelby. The note threatened death if he failed to carry out the instructions or warned police.

Rhyne communicated with officers and then went to the steam shovel with his nephew, Paul Rhyne, and left a dummy package in the sack. Officers watched him a nearby hide-place but no one called for the package. The affair happened about 15 days ago but was kept secret while efforts were being made to apprehend the would-be extortionists.

The note was signed with a poor imitation of cross bones and skull, and read as follows.

The Letter

"Mr. D. E. Rhyne, which do you value most your life or \$3,000 we command you to leave \$3,000 at an old steam shovel on Indian creek hill this side of new bridge on main highway to Shelby Wednesday 9 tonight at 8 o'clock you will find a small white sack on upper side of steam shovel right beside of the chain put the money in the sack and tie it good but dont move the sack so it is up to you but if you dont leave the money it will be too late then for your property will be destroyed to double the amount we ask and then we will give you a notice and then if you dont leave the money it wont be your property it will be you this time for this is well planned and you will be watched close and you cant have us caught and if you publish this or let iney one know of this or try to have us caught we will know it and we will walk in your office in day light and blow your brains out for we mean to have that amount if we haft to murder to get it so do as you please a bout it for we mean business and we wont except iney new bills and no bills over \$20 so if you leave the money you will never be bothered iney more but if you fail you will be in danger."

Mr. Rhyne came to the directors meeting of the First National bank that morning as usual and discussed the note with bank officials here. D. H. Mauney, a director and local manufacturer, suggested that he and Paul Rhyne, a nephew of D. E. Rhyne, go to the appointed place that night but Mr. Rhyne refused the offer and stated that he would go himself, that he was not afraid. At 7:30 that night D. E. and Paul started out for the designated place and approaching the machine, where they were to leave the money, found no one there. Mr. Rhyne placed a wad of paper, a dummy which he used for the money demanded, in the sack which was there and noticed a heavy blue string tied to the bag and leading off down the road toward the bridge. The string was approximately 500 feet in length.

Men On Bridge

Messrs. Rhyne saw two men standing at the bridge over the S. A. L. tracks when they were enroute to highway 150 on the night of the affair. Sheriff A. F. Reinhardt and a deputy were hidden in the field where they could observe the operations and be in readiness when the blackmailers appeared. The Rhyne's left shortly after 3 o'clock but Sheriff Reinhardt remained until 2 o'clock and no one came except that two men passed down the road walking during the time the officers were on watch.

Not Frightened

Mr. Rhyne, who is stockholder in 19 mills, owner of several manufacturing plants, director and officer in several banks, a philanthropist who has given away several hundred thousands of dollars to churches and schools, is not scared over recent development in his famous ransom case. He discussed it very nonchalantly and laughed and joked about the entire affair.

St. Paul News Of Late Interest

Belwood R-1, April 19.—Mr. and Mrs. Herman Downs spent the week-end with Miss Blanche White. Mr. and Mrs. John Shoup spent the week-end with Mr. Bennie Crofts.

Mr. John Newton is very ill at this writing.

Mr. Seth Ivester who was a Methodist preacher and joined St. Paul the Baptist, was baptized Saturday night at Lawndale.

Miss Irene Crofts is very ill with flu.

Every member of St. Paul is to meet on Thursday before the 2nd Saturday in May to Clean off the graveyard.

There will be teachers meeting at St. Paul Saturday night. Everybody is invited. The preacher, Rev. E. L. McDaniel will be present.

Travel By Airplane Gets Safer, Cheaper

Charlotte Observer.

That air travel is becoming popular is indicated by the number of persons carried during the year 1931 over the 50,000 miles of air routes now in operation. During that year, the "domestic" lines carried 469,981 passengers and all American lines carried 522,345. And that air travel is destined to record a large increase during the present year is indicated in the fact that the rates have been brought down to suit the conditions of the day. When the air planes started carrying passengers, the tariff was about 12 cents a mile. The average rate now at the service of the people is but 6.29 cents a mile, and this brings air travel within reach of the mass of people. This is seven per cent lower than the fare that was in effect at the beginning of the year, and is about half the average rate that was in effect January 1, 1920. The air plane is still going higher and the rates coming lower.

Sketch Of Pal Places Friend Back In Prison

Pittsburgh.—Two youths sat in a cell in the Western penitentiary and talked of "what used to be."

"Maybe you wouldn't believe it," said one with a wistful smile, "but I used to think I'd be an artist, studied art, worked like the devil—and then this happened."

And to prove it he sketched a likeness of his cell mate. Today he's sorry, because the sketch brought his pal back behind the bars.

Arthur McCleary was the artist. A Lee Phillips posed for the picture.

And when Phillips was free again, he met Rachael Rosso, waitress, and gave the picture to her.

Rachael, ill in a hospital, told the next chapter of the story of the picture.

"He robbed me of \$100, took jewelry from me and gave me a bad check. I handed the picture over to the police and they had copies made and sent to police in other cities."

Identified by the sketch, Phillips was arrested in Cleveland, and returned to Pittsburgh. He admitted the picture was his.

And McCleary, complimented by police on his art, shakes his head.

"I practice a lot while I'm in here and sometimes I think my work is improving," he said. "When I get out, I hope to make my living that way. But believe me, that's one picture I'm sorry I drew."

You can stand anything so long and something not that long. Kite flying is now engaging the attention of upward-looking boys.

Our own questions, without answers: Who and when was Dr. Koch?

Lawns .. rich green"

"With Vigoro our lawns have been thickly matted, a rich green all season," says W. L. Austin, head gardener, Frank O. Lowden Estate, Oregon, Ill. "Flowers were harder, heavily blossomed."

Typical of the success with Vigoro! Complete, balanced, it supplies all elements of plant food required for early growth, perfect development. Clean, odorless! Costs only 10c to 20c per 100 sq. ft. Sold where you buy lawns and garden supplies. Order today!

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A SWIFT & COMPANY product

For Sale By CAMPBELL DEPT. STORE SHELBY, N. C.

Man In Rutherford Knows No Depression

Charlotte News.

The Laurinburg Exchange tells about a citizen of its town who drove far into the woods of Rutherford county one day last week and found a man who didn't know anything about the depression and the reason for his ignorance is suggestive and impressive.

This man told his visitor that he owed nobody, that the had what he needed to supply himself and his family with clothes and food, that he was not depending upon the government to help him make a living or to give him one and that all he knew about hard times was what he heard other folks say and saw in the newspapers.

One can analyze that man's situation and not only appreciate his personal independence toward the present economic plight, but find therein also, by counter approach, the cause of much of the unhappy situation of others.

The man who owes no money in these times is in position to look the depression in the face and tell it to go elsewhere, so far as he is concerned.

It is the multiplicity of debts, personal and governmental, that

hangs about the people of this country like a body of death and which not only assisted in the introduction of this mess, but which, also, is making it extremely difficult to come up out of it.

EARL COMMUNITY NEWS IN BRIEF

Earl, April 19.—Mr and Mrs. G. R. Randall, Mrs. Jim Whisnant and children of Rock Hill S. C. were guests of Mr. and Mrs. J. A. Ellis Sunday afternoon.

Mr. and Mrs. T. F. Runyan and sons, Wean and Noel, of Charlotte visited relatives over the week-end.

Mrs. Lee Whetstone of St. Petersburg, Fla. is visiting relatives in the village.

Mr. and Mrs. Dave Moss had as their guests Sunday Mr. and Mrs. Everette Allison and children, Mona and Maurice, of Mills Springs.

Mrs. Jamie White and sons, June and George, of Charlotte, visited Mr. and Mrs. W. D. Earls Sunday.

Mrs. Hayne Patterson and son, Billy, were the guests of her parents, Mr. and Mrs. O. F. Austell over the week-end.

Mr. and Mrs. McFall and of Forest City visited Mr. and Mrs. W. D. Earl Sunday afternoon.

Mr. and Mrs. Edgar Hooper and Mr. and Mrs. John Harris of Charlotte visited Mrs. Lee Whetstone Sunday afternoon.

Mr. and Mrs. Clyde Borders and children of Ninety-Nine Islands S. C. were callers at the home of Mr. and Mrs. Dave Moss Sunday afternoon.

Mr. and Mrs. W. A. Hamrick and family of Landrum S. C. visited Mrs. P. M. Roberts Sunday.

Lights Are Blamed For Egg Overplus

Kansas City, Mo.—If hens could tell the difference between sunlight and electric lamps, the egg industry would not be in the midst of a depression, according to Samuel J. Hurst, secretary of the Missouri Poultry Shippers' association.

Farmers have found that electric lights turned on early in the morning, get the chickens "out of bed" and start them at their appointed jobs of laying eggs.

For this reason, egg production remains the same in winter as it does in summer, when longer days formerly meant more eggs. And these extra eggs are the ones that send the prices down. Hurst says.

3 Bargain Days at EFIRD'S

Offer Greater Money Saving Possibilities

THURSDAY -- FRIDAY -- SATURDAY

YOU CAN'T MATCH THESE VALUES ANYWHERE!



PLAY SUITS For Kiddies

ANY KIND OR SIZE 25c to 95c



Sport Sweaters For The Ladies

Just received new shipments. Ladies' Sweaters at 79c Children's Sweaters 48c



Children's Wash Dresses

Cutest little Wash Dresses you most ever saw 25c & 48c



A New Shipment Of R. & G. Girdles

AND CORSETS Most any lady would like to own at this price 98c



Ladies' Beautiful Scarfs

We also have some snappy Pocket Books to go at the same price... 48c



Ladies' Sport Flannel COATS

In Blue, Red and green, are here now at... \$2.85



Kross Curtains

Just a fit for the window — Only... 79c



A New Shipment of Spring SILKS

Beautiful Prints. My what a selection at... 85c YD.



Turkish Towels 5c and 10c

SLIGHTLY IMPERFECT. A REAL VALUE.

Children's Shoes Value up to \$2.00 (While They Last) at 48c PAIR

GOLF HOSE ANY SIZE 5c (Main Floor)

- SHEETING - Father George, 36-inch SHEETING 5c YARD

Efird's Dept. Store SHELBY, N. C.

Special MID-SEASON SALE OF New Dresses

A very fortunate purchase of brand new Spring and Early Summer Dresses just received from our New York Office.



These dresses represent savings from \$3 to \$5 on every dress. All the new ideas in solid and printed crepes.

\$1.98 \$2.98 \$4.88

EXTRA SPECIAL TO THE FIRST 50 WOMEN! ONE SPECIAL GROUP OF DRESSES

Some of these sold as high as \$10. A final clean-up will close them out at

\$1.00

The group includes Sunday Dresses.

They go on sale Saturday at 9 A. M. There are only 50 to go at this low price.

Something New And Something Different

No Strings Attached: To the first 50 Customers entering our store Friday at 9 A. M., we will give away ABSOLUTELY FREE, 50 surprise packages containing desirable items including Silk Stockings, Men's Trousers, Shoes and Dresses.

BE HERE EARLY AND GET YOUR PACKAGE.

Our Values Are Known All Over The County!

TENNIS SHOES For the whole family

49c

Permanent Dotted Swiss Voiles

19c

Never before at this low price.

MEN'S WORK SHOES

98c

36-INCH LL SHEETING Extra Heavy — Yard

5c

MEN'S 2.20 WEIGHT OVERALLS Triple Stitched

49c

LADIES' SILK STOCKINGS Slightly imperfect.

10c

Cohen Bros. Shelby's Underselling Dept. Store