## THE NEV. S=HERALD.

| THEE MURKE COUNTY NEWS \|Consolidatod Nov. 29,1901 | Subscription Price, \$1 Per Year In Advance |
| :---: | :---: |
| MORGANTON, N. C., OCTOBER 21. 1909. | No. 28 |



DR. FRANCIS S. PACKARD
Expert Physician, Surgeon and Specialist Will visit Morganton, 3rd Visit, on Monday, October 25th



The highest medical authority on foods,
Sir James Crichton Browne, LL.D.-F.R.S.
Quaker Oats

| In an article published in the | duces a big-boned, well-devel- |
| :---: | :---: |
| uth's Companion of Septem- | oped, mentally energetic race. His experiments prove that |
|  | His experiments prove |
| great medicabat brain and foods, says, about ble | Oats not only furnishes the best |
| muscle building- |  |
| There is one kind of food | larges the thyroid gland-this |
| $t$ seems to | gland is intimately connected |
| ue as a food to the brain and | with the nourishing processes |
|  |  |
| (youth), and that is oatmeal. | In co |
| "Oats are the most nutritious | that th |
| , | the |
|  |  |
|  |  |
|  | of the thyroid gland by, porridge in childhood., |
| ground with the w |  |
|  |  |

FOLEYSTRONDEMTAT

reensboro Female Colleg
With $\$ 100,000$.
$\qquad$


NEIGHBORHOOD NEWS. A Batch of Live Items Culled From the Parers of the Adjoining Counties.

$$
]^{p s .}
$$

$$
\begin{aligned}
& \text { Strange things happen in these } \\
& \text { piping times of various activities }
\end{aligned}
$$



 ing was brisk and spirited.
Ninety-two lots were sold at
good prices, ranging from $\$ 20$ to

$$
1
$$

$$
\left\lvert\, \begin{aligned}
& \text { of turkey gobblers mothering } \\
& \text { puppies, bot it remained for the } \\
& \text { editor's cow odopt a pig and } \\
& \text { care for it as tenderly as if it }
\end{aligned}\right.
$$

$\qquad$


TEST "5-DROPS"
FREE
,
OLEYSHONGYMTAR

