

THE GOLD LEAF.

HENDERSON, N. C.

THURSDAY, APRIL 10, 1902.

FEED BABY SLOWLY.

ONE OF THE MOST IMPORTANT FACTORS IN CHILD REARING.

Reasons Why Food Should Not Be Tumbled Rapidly Into the Little Stomach—Advice Which Applies to Grown Folks as Well as Babies.

In the proper bringing up of a child there is nothing absolutely more important than this one thing—to teach it to eat slowly.

Every grown-up knows and observes the rule in the care of a horse that rapid eating is fatal to digestion.

There are all sorts of patent managers to prevent the horse swallowing his oats too quickly.

The man who has no patent manager knows enough, when necessary, to put a stone in the manger, scattering the oats around it, so that the horse may be compelled to eat slowly.

If the horse's inclination is to gulp down water too fast, the careful man will put a big sponge in the water, compelling slow drinking.

A child's appetite, when he is allowed to eat rapidly, is always in excess of his actual needs, and the child is in bad health.

The reason for this is extremely simple. The child craves food because his body requires to manufacture new tissue.

He is growing, and he must not only replace the meat up tissues that his daily life destroys, but he must make new flesh, new muscles, new bone and new blood every day, adding weight and size.

The sensation of hunger is not the craving of an empty stomach, satisfied as soon as the stomach is filled; it is a craving that is felt by the nerves all over the body.

This craving cannot possibly be satisfied until the stomach has begun the work of transforming the food into blood, flesh, muscles, etc.; consequently the sensation which we call hunger persists long after the child or parent has eaten as much as he really needs.

A million foolish parents urge their children to eat a great deal and always let them eat as much as they want to.

Yet, if of these know that a furnished man may eat as much as he likes, and still die if he allowed to do so.

The very hungry child goes to the same excess, only in a lesser degree. The great safeguard against that excess is eating, which kills 90 per cent of men before their time and which accounts for 50 per cent of children's diseases.

It is slow eating that is the key to health. Nearly all children eat too rapidly. They do so by nature. Slow eating is a matter of education.

FARM GARDEN

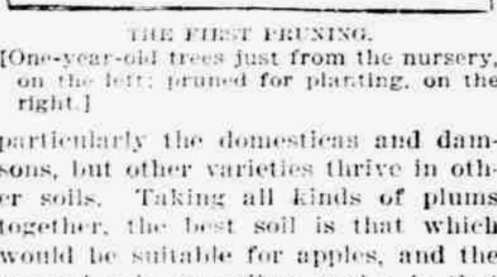
YOUNG PLUM TREES.

Pruning and Training Practically Described and Illustrated.

The horticultural department of the Vermont experiment station for some time has devoted a large share of its attention to plums, covering the whole range of plum knowledge, from varieties to pruning and culture.

This gives them an opportunity to speak with more than usual assurance in offering general practical directions, from which only those relating to pruning and training are here reproduced.

The old notion used to be that plums preferred a heavy clay soil. This is still true for certain classes of plums.



THE BEST PRUNING. One-year-old trees just from the nursery, on the left, pruned for planting, on the right.

particularly the domestics and damsons, but other varieties thrive in other soils. Taking all kinds of plums together, the best soil is that which would be suitable for apples, and the general rule regarding apples is that they will thrive on any soil well suited to potatoes.

Most any soil will do, provided only that it is well drained. It must not hold water either in summer or winter.

The last plum trees for planting are either one or two years old. In general, it is probably best to order two-year-old trees, especially of domestics and damsons.

The method adopted by horticulturists in pruning and training young trees is as follows: The young trees as they come from the nursery have the loose and broken roots cut off.

The top is pruned to a straight whip by the removal of all branches, and this whip is cut back to a height of two or three feet, depending on the variety and the strength of the young tree, chiefly on the former.

At this point where the whip is cut back the head of the tree is to be formed. During the first summer a number of branches will be sent out from all sides of this straight stock.

These are carefully watched and their number regulated by pinching off all those which are not desired.

From four to six of these side branches are preserved, the object being to have them as well distributed around the trunk as possible, so as to give the tree a proper balance.

On a thirty tree these side branches will make a growth of two to four feet each the first year. The best plan is to cut off the tips of these branches early in September or late in August, so as to stop growth and harden them up.

Care must be taken to see that suckers and water sprouts are kept rubbed off.

At the opening of the second spring the tree consists of a short trunk with four to six diverging branches. These are cut back to a length of six to eight inches. The weaker the tree the more closely it is shortened in.

On these four to six branches the head is then formed. From one to three new branches—preferably two—are allowed to grow on each branch, and these are treated during the second summer just as the first year.

COWPEAS FOR SEED.

A Strong Demand For Them From Various Parts of the Country.

The growth of cowpeas for manuring land for hay and for seed is rapidly extending throughout the Maryland and Delaware peninsula, says an Orange Field Farmer correspondent.

As a renovator it is valued highly, especially on land that it not too light. It gives increasing satisfaction as a hay crop, and there is a strong demand for seed from all parts of the country.

More seed was grown and saved the past year than heretofore, but most of it is still in farmers' hands, as they dislike to sell at present prices.

An occasional carload has been secured at about \$1.25 per bushel. If the market goes to \$1.75 or \$2, a large increase of acreage for seed purposes will be planted.

As ordinarily harvested the yield ranges from fifteen to eighteen bushels per acre. The most popular variety is the Early Black, though some earlier maturing but less known varieties are preferred in some sections for seed.

Experienced men claim that the price will not get much lower until some better method of shelling the seed is found. The usual practice is to pick the pods by hand and separate them with a pea sheller or thrash out by hand. It costs from 40 to 50 cents per bushel by this method.

The hand sheller or cleans from fifty to sixty bushels per day. Attempts have been made to shell with a wheat separator by making some changes in the mechanism, but generally with poor success.

Although some machines seem to do better, not much lower until some better are broken in the process. The small seeded varieties suffer less from breakage than the Early Black and larger kinds.

A Delaware man thrashed 200 bushels of New Era, a very small seeded kind, with a wheat thrashing outfit, passing the entire hay through the machine. The expense was small, and there were no split peas, but he estimated that 20 per cent or more remained in the hay.

However, he secured an average of eighteen bushels per acre and was quite well satisfied.

Hon. James A. Lockhart for Associate Justice.

The following announcement explains itself: The friends of Hon. James A. Lockhart of this Anson county in Western North Carolina will, with a decee, present his name to the next Democratic State Convention for Associate Justice of the Supreme Court.

He is in every way eminently qualified for this great office. He is a man of letters; a profound thinker; a lawyer of superb attainments; a splendid specimen of physical and moral manhood, and in every way measures up to the requirements which a man ought to possess who aspires to this great office.

In those particulars he is equal to any man in the West whose name has been mentioned and none are his superior. It appears to me that other things being equal, the Democratic Convention in making nominations, should select those whose work for the party has been constant, faithful and unremitting.

Men whose distinguished services have made it his disposal to the party to have honors at its disposal. A working Democrat is certainly more worthy of the honors of the party than an inactive one can be.

Mr. Lockhart has at all times been a faithful servant of the party, has never been indifferent to its best interests, and when it was in peril he stood by it with an unwavering devotion and in this section led the van to redeem it.

We shall present to the convention a lawyer whose ability is the equal of any other in the profession in this State; one whose personal life is beyond reproach; one who has felt enough interest in the State to fight actively for the preservation of the party and we expect to see a just people place those things to his credit. I beg you to do me the kindness to carry this message to your people.

J. G. BOYLIN, Chairman Dem. Ex. Com. Anson County.

Religion should be the rule of life, not a casual incident of it.—Disraeli. Men are respectable only as they respect.—Emerson.

WE ARE PREPARED TO SELL

BEAUMONT OIL!

Cheaper Than Coal or Wood; Easier and Less Expensive to Handle. Prices on Application.

CONTINENTAL OIL CO., Galveston, Texas.

Capital, \$250,000. Par Value of Shares, 10c.

B. C. F. LEONARD, Pres., J. F. WILLIAMSON, Secretary.

Until the allotment at the price is exhausted will sell stock at 10 cents per share, full paid and non-assessable, minimum subscription 100 shares.

Our first well is a guaranteed 6 inch gusher (capable of earning \$1,500,000 annually) now commenced and soon to be finished in Block 32, Spindle Top Heights, where we are surrounded by gushers, 2 within 25 feet. Fortunes have been made in Oil Stock. Buy 250 shares or more and deposit the money in your bank, to remain until gusher is in, and to be returned to you should we fail.

Round Trip Ticket to Beaumont and Return Free

To any number of investors who will deposit \$500 in their bank to be paid us for stock, after any one of their number has visited the field and finds our proposition as represented; otherwise the money to be returned to subscribers.

We have 10 acres at Beaumont, 5 at Sour Lake, with more land at Damon's Mound and High Island. References: S. O. Young, Secretary Galveston Cotton Exchange; State National Loan and Trust Company, and Adoue & Lobit, bankers, rated at \$1,000,000.

AGENTS WANTED. WRITE AT ONCE.

Continental Oil Company.

McClure's

ARE you interested in your fellow? Are you concerned in the affairs of life? Do you care anything about the great men who have brought about the conditions to which you live, and those who are in power to-day? Do you enjoy sublime, animated stories that are true to life? Do you care for beauty in any form? Then there is no escape for you; you must join the army who read McClure's regularly.

A FEW FEATURES FOR 1902. New Romantic Love Story by BOOTH TARKINGTON. True Story of the Standard Oil. By IDA M. FARBELL. Clara Morris's Stage Recollections. A Battle of Millionaires. Mr. Dooley on His Travels. The Forest Runner. William Allen White on Tillman.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of J. C. FLETCHER. In Use For Over Thirty Years CASTORIA. EXACT COPY OF WRAPPER.

A SOUTHERN ENTERPRISE FOR THE SOUTH SYDNOR & HUNDLEY, 709, 711, 713 E. Broad St., Richmond, Va. FIRST-CLASS FURNITURE. Lace Curtains, Upholstery and Draperies. STRICTLY MODERN ESTABLISHMENT.

GET THE BEST. Strong, Serviceable Vehicles! THE KIND WE SELL. CARRIAGES, BUGGIES, WAGONS, HARNESS, & C. Best Makes and Styles. Fully Guaranteed. SOLD FOR CASH OR ON TIME, AT LOWEST PRICES. Get my prices and examine stock before buying elsewhere. Will make it to your interest. D. Y. COOPER. HENDERSON, N. C.

Poor Soils are made richer and more productive and rich soils retain their crop-producing powers, by the use of fertilizers with a liberal percentage of Potash. Write for our books—sent free—which give all details. GERMAN KALI WORKS, 93 Nassau Street, New York City.

J. E. McCRAW, Tinner and Steam Fitter. HENDERSON, N. C. We do everything in our line from Steam Fitting to Coffee Pot Mending on short notice at moderate prices. ROOFING AND GUTTERING. A specialty. Best quality galvanized iron and tin used in our work.

HENDERSON TELEPHONE COMPANY. The following Toll Rates will be effective December 3rd, 1900. FROM HENDERSON: Burlington, 40 Chase City, 30; Clarksville, 25 Dunn, 45; Durham, 30 Enfield, 35; Franklinton, 15 Greensboro, 15; Greenville, 45 Goldsboro, 45; High Point, 50 Hillsboro, 35; Littleton, 25 Louisburg, 20; Merceer, 40 Nashville, 30; Oxford, 15 Raleigh, 30; Rocky Mount, 35 Scotland Neck, 40; Smithfield, 40 Spring Hope, 30; Marboro, 40 Wake Forest, 25; Warrenton, 20 Washington, 50; Weldon, 35 Wilson, 35; Winston, 55. F. C. Toepleman, General Superintendent.

WEST INDIA LIMITED. DOUBLE DAILY SERVICE. Between New York, Tampa, New Orleans and Points South and West. Schedule in Effect March 2nd, 1902.

Table of train schedules for West India Limited, listing routes like New York, Philadelphia, Baltimore, Washington, etc., and corresponding train numbers and times.

Table of train schedules for Southern Railway, listing routes like New York, Philadelphia, Baltimore, Washington, etc., and corresponding train numbers and times.

A Short Ocean Trip. The Most Delightful Route to NEW YORK and NORTHERN AND EASTERN SUMMER RESORTS. VIA OLD DOMINION LINE AND RAIL CONNECTIONS.

Express steamships leave Norfolk daily, except Sunday, at 10:00 p.m. Old Point Comfort at 8:00 a.m. New York direct, affording opportunity through passengers from the west and West to visit Old Point Comfort and Virginia Beach route.

OXFORD AND HENDERSON DIVISION OF SOUTHERN RAILWAY. SCHEDULE IN EFFECT MARCH 30, 1902. No. 21 Leaves Henderson, No. 23 Leaves Henderson, No. 22 Arrives from Oxford, No. 24 Arrives from Oxford.

OXFORD AND HENDERSON DIVISION OF SOUTHERN RAILWAY. SCHEDULE IN EFFECT MARCH 30, 1902. Train No. 21 makes close connection with Norfolk and Virginia Beach and points north, arriving at Norfolk 8:30 p.m. Train No. 22 leaving Henderson at 10:00 p.m., makes its connection with Norfolk and Virginia Beach and points north, arriving at Norfolk 8:30 p.m.

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