THE GOLD LEAF.

HENDERSON, N. C.

THURSDAY, APRIL 10, 1902.

FEED BABY SLOWLY.

ONE OF THE MOST IMPORTANT FAC-TORS IN CHILD REARING.

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

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 groom knows and observes the rule in the care of a horse that rapid eating is fatal to digestion. There are all sorts of patent mangers to prevent the horse swallowing his oats too quickly. The man who has no patent manger 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 herse'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 unless 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 used 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

raving of an emply stamach, satisfied seon as the stemach is filled; it is a caving that is felt by the nerves all over the body. This craving cannot to sibly be satisfied until the stomach has begun the work of transforming the food into blood, flesh, museles, etc.; consequently the sensation which we call hunger persists long after the child or grown person has rapidly absorbed as much food as it really needs. A million feelish parents urge their children to est a great deal and always let them out as much as they want to. Yet, if of these know that a famished man taken off a wreck will eat himself | either one or two years old. In gento death if allowed to do so. The very fore their time and which accounts for to per cent of children's diseases, is

a matter of education. But too often the mother or the nurse teaches the the baby is little, it is fed one spoonful chew or even gulp down the first teaspoonful of food another is held to its Of course it swallows what it has in its mouth and seizes upon the next mouthful. The habit thus inculcated by foolish adults often ruins the

Four factors count in the healthy assimilation of food, factors which parcuts and nurses should remember. Assuming the food to be properly prepared, thoroughly cooked and wisely selected, there comes, first, the work of the teeth, which prepare the food for easy digestion; second, the action of the saliva, with which the food must be thoroughly mixed in order to minimize the necessary work of the gastric juices in the stomach; third, the work of the stomach itself; fourth, and most important, a proper supply of blood

Force your child to chew slowly and thoroughly every mouthful. If nothing else will do, compel him at frequent intervals to lay down his knife and fork that the importance of prolonged chewing may be impressed upon him. Don't allow your child to gulp down water or any other liquid with his solid food. If you allow him to drink while he eats, the salivary glands will not act. They will not need to act, for he will be able to swallow his food easily when it is made

You can't do anything to help along the unconscious process which goes on in the stomach, but you can do everything to help that process by attending to the fourth necessity, which demands blood and the heat of the blood in the stomach. Allow no child to study or even to read an exciting the service of the heart, and as soon as the brain is excited the blood leaves the stomach and goes to the head. The muscles also when too violently exerted draw the blood away from the

It is absolutely impossible for a child or a grown person to digest properly or to get strength and vitality from what he eats unless for at least a half hour after eating the stomach be allowed to monopolize the blood supply. Children should be kept quiet in

some way, especially very young children, after they have eaten. In the case of very young babies nature at tends to this merelfully by making them go to sleep as soon as they have absorbed their milk. Glder children ought not to go to sleep directly after enting for physiological reasons which may be explained at some other time; but they ought to be quiet and calm Tens of thousands of children in homes where this newspaper is read are ruined in health by studying right after meals. The public school system which gives children too short a resting period in the middle of the day is responsible partly for this, and the home studies at night are also respon-

Every word that is said here applies to grownup people, of whom not one in a hundred has ever been taught to apply to himself such common sense care as is bestowed on a second class A HAPPY horse.-New York Journal.

The Best of Irrigation. I find that I want a whole lot of water-five or six times as much as I supposed I did-and you want a large water supply back of you. While irrigation is a grand thing in the east and the time is coming when all our streams will be used for irrigation, yet the one great thing needed is the cultivation of the soil. If you cultivate enough with the right sort of tools, you will go through wondrous droughts. Don't forget that cultivation is the best of all ir-

NERVOUS troubles are cured by Hood's Sarsaparilla, which enriches and purities the blood. It is the best medicine for nervous PEOPLE. Take no Substitute. All Druggists.

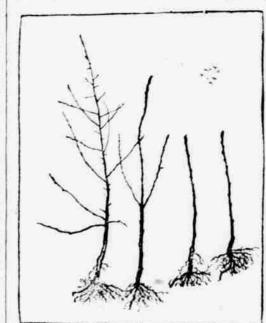
whole bunch of it.-H. E. Hale.



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,

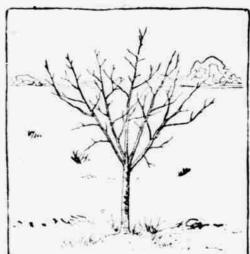


THE PIEST PRUNING. [One-year-old trees just from the nursery,

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

eral, it is probably best to order twohungry child goes to the same excess, year-old trees, especially of domesonly in a lesser degree. The great | ticas and damsons. The trees may be eral, the latter is to be recommended. The method adopted by Horticulturyoung trees is as follows: The young trees as they come from the nurseryhave the loose and broken roots cut off. The tep is pruned to a straight whit 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. Dur ing 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 thrifty tree these side 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 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 eighteen 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



YOUNG PLUM TREE

[End of the first year in the orchard.] s the primary branches were treated during the first sommer. Again the whole growth is stopped late in August or early in September so that it may

A tree carefully handled in this way will usually be in bearing condition at the end of the second year and should give a moderate crop the third year. Thereafter the system of pruning is omewhat different. Some men prefer to cut back their plum trees severely every year. Others prefer to remove only as much wood as is necessary to keep the top fairly open.

The warning of Professor J. B. Smith of New Jorses as to the visite tion of seventeen year locusts, due this year, concludes with the advice to those who plant trees this spring not to prune severely.

How many people try to show their smartness rather than work for the

HOME

Is one where health abounds. With impure blood there cannot be good health. With a disordered LIVER there cannot be good blood.

rigation, and if you are going to irri- revivify the torpid LIVER and restore gate with water prepare to have a its natural action.

> A healthy LIVER means pure Pure blood means health. Health means happiness.

COWPEAS FOR SEED.

Strong Demand For Them From

Various Parts of the Country. The growth of cowpeas for manuring plains itself: land for hay and for seed is rapidly extending throughout the Maryland and Delaware peninsula, says an Orange Judd Farmer correspondent. As a land renovator it is valued highly, especially

increasing satisfaction as a hay crop, and there is a strong demand for seed from all parts of the country. More a man of letters; a profound thinker; year than heretofore, but most of it is splendid specimen of physical and still in farmers' hands, as they dislike moral manhood, and in every way to sell at present prices. An occasional measures up to the requirements carload has been secured at about \$1.25 or \$2, a large increase of acreage for seed purposes will be planted.

per day.

with a wheat separator by making some changes in the mechanism, but redeem it. generally with poor success, and, although some machines seem to do betare broken in the process. The small seeded varieties suffer less from break- vond reproach; one who has felt age 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.

Religion should be the rule of life. not a casual incident of it. - Disraeli. | respect. - Emerson.

Hon. James A. Lockhart for Associate

The following announcement ex-The friends of Hon. James A. Lock-

hart of this, Anson, county in Western North Carolina, will, with confidence, present his name to the next Democratic State Convention for on land that it not too light. It gives Associate Justice of the Supreme Court. He is in every way eminently qualified for this great office. He is seed was grown and saved the past a lawyer of superb attainments, a which a man ought to possess who per bushel. If the market goes to \$1.75 aspires to this great office. In those particulars he is equal to any man in the West whose name has been men-As ordinarily harvested the yield tioned and none are his superior. It ranges from fifteen to eighteen bushels appears to me, that other things being per acre. The most popular variety is equal, the Democratic Convention in the Early Black, though some earlier making nominations, should select maturing but less known varieties are those whose work for the party has preferred in some sections for seed, been constant, faithful and unre-Experienced men claim that the price mitting, men whose distinguished will not get much lower until some bet- services have made it possible for the ter method of shelling the seed is party to have honors at its disposal found. The usual practice is to pick A working Democrat is certainly more the pods by hand and separate them worthy of the honors of the party with a pea sheller or thrash out by than an inactive one can be. Mr. hand. It costs from 40 to 50 cents per | Lockhart has at all times been a bushel by this method. The hand shell- faithful servitor of the party, has er cleans from fifty to sixty bushels never been indifferent to its best interests, and when it was in peril he stood by it with an unswerving devo-Attempts have been made to shell tion and in this section led the van to

We shall present to the convention a lawyer whose ability is the equal of ter work than others, too many peas any other in the profession in this State; one whose personal life is beenough 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 J. G. BOYLIN,

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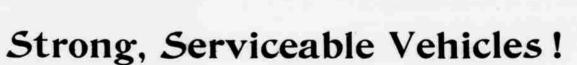
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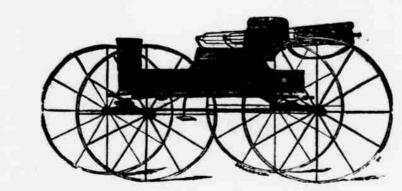


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