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HEALTH AND EATING.

A Noteworthy Paper by Grace Murray Peckham, M. D., in the August Delineator.

Although the study of domestic economy is more diligently pursued by housekeepers than ever before, there is still a great majority who have not rightly considered the food problem or taken the means to solve it. Many who are adepts in culinary art do not understand the right proportions of the various kinds of foods necessary to the well-being of the human body. Then, on the other hand, many solve the problem to their own satisfaction, and their fads and fancies in regard to food are often the cause of the stomach trouble which they aim to prevent. In an article in the August Delineator, Dr. Grace Murray Peckham discusses the food problem, and her observation should bring light to many who do not rightly understand the subject. We quote from Mrs. Peckham's paper as follows:

The ever recurring question, "What shall the family have to eat?" coming as it does three hundred and sixty-five days in the year, and thrice three hundred and sixty-five times, is the most trying and perplexing that confronts the housekeeper. The reiteration of it affects the housekeeper's nerves after awhile, and often to such an extent that the whole household is glad to take refuge in a boarding-house or hotel, where a table is spread daily without any trouble except to those who are supposed to be well paid for it. While a few may live to eat, all must eat to live. The happy condition resulting from eating just the right amount at just the right time is enjoyed by very few. The human family could very well be divided into two great classes—those who eat too much and those who eat too little.

At the present time the study of domestic economy is more diligently pursued by the housekeeper than ever before, yet there is a vast majority who have not rightly considered the problem or taken the means of solving it, although the lives and health of those whom they hold dearest depend upon its proper solution.

WHY ONE MUST EAT.

The human body is a machine. Food has for its purpose the development of energy, force or power to enable the machine to do the work necessary for the existence of the indwelling individual. A simile often used is to liken the food to the fuel which is necessary to keep the fires for boiling the water to make the steam in an engine. It serves to illustrate the condition as well as any. In order to maintain the health of the body the process of nutrition must go on. By this is meant that the supply of chemical constituents which compose the body must be kept at just such an amount and in just such a proportion, the one to the other. The chemistry of the human body and of food is, indeed, an intricate one, the discussion of which, however profitable, would take us into deep waters, leading out into unknown depths which even the wisest have not fathomed. When the many problems are solved, doubtless there will result not only increased powers of the individual but also increased length of life.

Roughly speaking, the foods which are suitable for the human being are divided into three classes: the starches, which include bread stuffs, potatoes, grains and sugars; the nitrogenous foods, which include meats, nuts and some few vegetables, such as beans and peas, and fats. It has been proved that man can live best on a diet which is composed of a mixture of these substances. If one were to eat only starchy food, such as bread and most of the vegetables, there would not be enough nitrogenous food to supply the demand, or such a bulk would have to be eaten that it would unbalance the system. Scientists who have experimented say that the proportion for the animal system should be: nine of fat, twenty-two of flesh-forming substances and sixty-nine of starches and sugars. The housekeeper does not stop to reason much about these matters, but follows tradition in regard to cooking and adds the fats of butter, bacon, pork or oil to enrich the substances destitute of fat; the bread is spread with butter, the ham is fried with the eggs, and to the hominy is joined the bacon. If meat with its nitrogen is not plentiful, this is supplied by cheese or peas and beans.

The elements which are to be derived from the food must be, as has already been pointed out, in a certain ratio to each other in order to supply the waste in the tissues. An excess of meat will tax the organs to carry off the surplus nitrogenous products; an excess of vegetable (the starches and sugars which come from a vegetable diet) will leave a deficit in flesh-forming food unless taken in such large amounts as to dilate and overload the stomach. Again, if excess of fats be taken the fat is deposited in the tissue and impairs the use of the muscles, even shortening life when the deposit is in the muscular tissues of the heart.

So, too, if the time of the meals is not properly regulated the health may be impaired. If they are infrequent, the hunger may cause the taking of too much at a time, and the stomach may thus become enlarged. If taken too often, the food of the previous meal may still be in the stomach when the new food will mix with it and cause decomposition and fermentation. Then, too, the organ constantly employed is like a jaded or overdriven horse; tired and worn out, it becomes unable to perform its duties naturally, the glands of the stomach being unable to manufacture the digestive secretions fast enough and in sufficient quantities to digest the food taken.

WHY FOOD IS COOKED.

The first use of cooking is to make the substance cooked more digestible. The great distinction between men and animals is that man must have his food cooked. Even with the savage and barbarous tribes, cooking is almost universal. Cooking also develops flavors and creates a variety whereby the appetite is tempted. The higher the civilization the more complex and extensive the methods of preparation of foods.

In view of the recent scientific discoveries of germs and bacteria which exist in all varieties of food, the value of cooking is shown, for it is by this means that the germs and poisons can be destroyed. It is unsafe, especially in travelling, to eat uncooked vegetables. Salads often carry the germs of typhoid or the eggs of parasites and should be avoided unless one is sure that they have been most carefully cleansed for the table. The same is true of fruits. Those which cannot have the outer skin removed before being eaten should be either cooked or so scrupulously washed that one may be sure that they are freed from all impurities. The heat of cooked foods promotes digestion. The different kinds of cooking, the boiling and stewing, baking, roasting and braising, frying and broiling, each have different objects in view, and these should be thoroughly understood by the cook.

If the object is to cook and retain the flavor of meats, the heat should be great and its application immediate, or the juices and flavor will vanish; the heat coagulates the albumen and encases the meats with a crust through which these cannot escape. If the meat is old and tough and the object is to extract the nutriment, leaving the fibres unused, then the meat should be placed in cold water and the heat applied gradually, the process of cooking being carried on slowly and for a long time. Cooking is a process which renders mastication easy.

The way to escape dyspepsia is by constant and conscientious chewing. No tough, fibrous substance should enter the stomach. The teeth are the sentinels which stand on guard and should be made to do their duty. If it is not possible to masticate a substance thoroughly, do not swallow it, for it will remain in the stomach for hours, a foreign body as irritating to the membrane of the stomach as a speck in the eye. Meat fibre, stringy and tough lobster, the rubbery mass of an improperly cooked Welsh rabbit, are some of the commonest causes of rank indigestion. If the stomach is very strong, it may dispose of these indigestibles after a time, but its powers are weakened and a chronic dyspepsia will result. Another reason for thorough mastication is that starchy substances need the saliva for their digestion and should not be sent down to the stomach unless so prepared.

DRINKABLES.

In the broadest acceptation of the term, all drinkables, water, etc., coffee, beers, wines and liquors, are classed as foods. In a previous article it has been pointed out how essential to life and well-being is pure drinking water. The extensive use of tea and coffee has much to do with the ills of the people. Much indigestion and heart disturbance is brought about by their habitual use. The effects of these are what is known as cumulative. A small amount taken day after day and year after year may not show its deleterious effects immediately, but in the course of time will result in the breaking down of the individual. Aside from the principles of temperance which are involved, as a matter of health it is a great mistake to make use of stimulants daily, for when the need comes for them in time of sickness, they will not have the same beneficial effect as upon one who has not been in the habit of taking them, and often so much more is needed to obtain the desired result that the stomach, weakened by indulgence and disease, is unable to bear it.

SUFFERED 25 YEARS

With Catarrh of the Stomach--Pe-ru-na Cured.

Congressman Botkin, of Winfield, Kan.

In a recent letter to Dr. Hartman, Congressman Botkin says:

"My Dear Doctor—It gives me pleasure to certify to the excellent curative qualities of your medicines—Peruna and Manalin. I have been afflicted more or less for a quarter of a century with catarrh of the stomach and constipation. A residence in Washington has increased these troubles. A few bottles of your medicine have given me almost complete relief, and I am sure that a continuation of them will effect a permanent cure."—J. D. Botkin.

Mr. L. F. Verdery, a prominent real estate agent, of Augusta, Ga., writes:

"I have been a great sufferer from catarrhal dyspepsia. I tried many physicians, visited a good many springs, but I believe Peruna has done more for me than all of the above put together. I feel like a new person."—L. F. Verdery.

The most common form of summer catarrh is catarrh of the stomach. This is generally known as dyspepsia. Peruna cures these cases like magic.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advise gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

A Boy's Wild Ride for Life.

With family around expecting him to die, and a son riding for life, 18 miles, to get Dr. King's New Discovery for Consumption, Coughs and Colds, W. H. Brown, of Leesville, Ind., indured death's agonies from asthama; but this wonderful medicine gave instant relief and soon cured him. He writes: "I now sleep soundly every night." Like marvelous cures of Consumption, Pneumonia, Bronchitis, Coughs, Colds and Grip prove its matchless merit for all Throat and Lung troubles. Guaranteed Lottles 50c and $1.00. Trial bottles free at English Drug Co's.

Mr. Bivens' Corn Harvester.

Waxhaw Enterprise.

Perhaps the first corn harvester ever in use in this section has been at work in the fields around town this week. It is a fine piece of mechamism and harvests the corn as though it had a certain degree of intelligence of its own. It cuts the corn and ties it in bundles and bunches it like a reaper does wheat. It is drawn by two mules and harvests several acres of corn in a day. The machine is the property of Mr. H. F. Biveus. The corn harvester is a great feed saver, especially if its work is followed later by that of a shredder. Farmers are of the opinion that many of these machines will soon come into general use in this section as they are now in other parts of the country.

WHEN ASHCRAFT'S Condition Powders are fed to horses and mules, marked improvement will be seen after the first few doses. There is no doubt about it. The Powders, acting directly on the digestive organs, first thoroughly cleanses the stomach and bowels, correcting all disorders, and then good healthy appetite comes naturally and surely. It is the most powerful tonic and appetizer on the market to-day, and when once used horsemen will have no other.

Ashcraft's Powders produce that silky sheen of coat and hair so admired by horse fanciers. The Powders fatten but never bloat.

Always high grade and put up in doses—never in bulk.

By the use of three or four doses a week your horse or mule will not be subject to colic or any disease of the stomach and bowels.

"I had an old horse that was in very bad condition generally. He was thin and had a blood disease that was causing the hair to come off. I gave the horse three doses of Ashcraft's Condition Powders a day for seven days and fed him liberally. The appetite improved from the first few doses and the animal gained fifty-two pounds in flesh during the week I gave it three doses a day. The general health of the animal was greatly improved by the use of the powders and he was made almost a new horse. I most heartily recommend Ashcraft's Condition Powders, as I know they are a splendid tonic and appetizer.—C. C. SIKES, Liveryman, Monroe, N. C."

Ask for Ashcraft's Condition Powders. Package 25c. Sold by

English Drug Company

YOUNG MAN SHOT TO DEATH.

Russell Sherrill of Mount Ulla, a Member of a Prominent Family, Meets Death at the Hands of Thos. J. and Chalmers L. White of Concord, Uncles of Miss Annie White, Whom It is Claimed Sherrill Betrayed.

Salisbury Special to Charlotte Observer, 17th.

A homicide with peculiarly tragic circumstances occurred at 7 o'clock this morning at Mt. Ulla, a station in Rowan county on the Mooresville-Winston Railroad, about 7 miles from Mooresville and 16 miles through the country from Salisbury, Russell Sherrill, a young man of prominent family, being shot and killed by Thomas J. and Chalmers L. White of Concord, in an altercation growing out of the seduction by Sherrill of Miss Annie White, the orphan niece of the two slayers. All those involved in the affair are of prominent family and of high personal standing.

Immediately after the shooting the White brothers set out for Salisbury, where they surrendered to the authorities.

The following statement was made by counsel: "Yesterday our clients received a letter from Mrs. Samuel Archer, whose first husband was their brother, James White, the father of the young lady in the case, the letter reading: 'Annie is ruined. My God! What shall I do! Please come at once.' These gentlemen, being the uncles and nearest male protectors of Miss White, their dead brother's daughter, hired a team in Concord and drove to the home of Mrs. Archer, where they spent the night. They found Mrs. Archer and Miss White in great distress. This morning, shortly after 6 o'clock, they went to the home of Mr. Sherrill, who had seduced their niece under promise of marriage, and afterwards refused to marry her, and conversed with him on the porch. They asked him to keep his promise of marriage and he answered that he would die first. They still insisted that he marry her, and he started towards Mr. Chalmers White in a threatening attitude. Both the brothers retreated to the end of the porch and told him to sit down and reason about the matter; that all they asked was that he marry Miss White. Sherrill continued to advance in striking attitude and both the brothers fired."

MRS. SHERRILL ONLY WITNESS.

The only witness other than the principals in the affair was Mrs. Josephine Sherrill, the widow of the late A. E. Sherrill and the mother of the young man who had been shot. She rushed out on the porch and threw herself on the still living body of her son. The dead man was 22 years of age and personally popular. His family is one of the most prominent in the county.

THE SLAYERS.

The Messrs. White are natives of Cabarrus county, having been brought up five miles south of Concord. Thomas J. is 40 years of age and Chalmers L. 32. Both are married. They are men of the highest character and standing and neither was ever in any difficulty before. In the killing of young Sherrill, Chalmers, the younger, fired first, and then the two fired together, making three shots, all of which are believed to have taken effect. Both men were armed with 38-calibre Smith & Wesson revolvers. The niece whose honor they sought to protect is 18 or 19 years of age. Coroner Dorsett will go to Barber Junction on the night train and drive thence to Mt. Ulla to hold an inquest over the remains of the slain man.

Another Account of the Killing.

Winston-Salem Special to Observer, 17th.

At Mt. Ulla, Rowan county, at 6 o'clock this morning, Mr. Russell Sherrill, aged about 22 years, was shot down and killed on his mother's front porch, by two brothers, Thomas and Chalmers White. A report of the tragedy was brought here today by passengers coming in on the Mooresville train. It appears that the two brothers went to the Sherrill home and called Russell out, saying they wished to speak with him. The latter was accompanied by his mother. As soon as Mrs. Sherrill reached the porch she saw there was going to be trouble and she began pleading with the White brothers not to kill her son, but her words were in vain. Each brother had a pistol and both began firing. One ball took effect just above Sherrill's chin, going through his head. He fell on the porch and died almost instantly. The two White brothers walked off, going toward Salisbury. It was reported that they proposed to surrender to the sheriff of Rowan. Their plea is that they killed Sherrill for ruining their niece, Miss Annie White. All are prominent parties. The mother of the murdered man was almost crazed with grief when the Mooresville train passed Mt. Ulla this morning. Capt. Parker, conductor of the train, in response to a message from Mrs. Sherrill, went to her home. The body of the son was still lying on the front porch and the mother was walking the floor ringing her hands. Mrs. Sherrill's husband died two years ago.

To Cure a Cold in one Day

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25 cents.

Men of Oak

Timbers of oak keep the old homestead standing through the years. It pays to use the right stuff.

"Men of oak" are men in rugged health, men whose bodies are made of the soundest materials.

Childhood is the time to lay the foundation for a sturdy constitution that will last for years.

Scott's Emulsion is the right stuff.

Scott's Emulsion stimulates the growing powers of children, helps them build a firm foundation for a sturdy constitution.

Send for free sample.

SCOTT & BOWNE, Chemists,
409-415 Pearl Street, New York.
50c. and $1.00; all druggists.

A Short Will.

Hendersonville Special to Charlotte Observer, 15th.

The will of H. C. Jones, a prominent and well-to-do citizen of this county, who died a short time ago, was admitted to probate here yesterday. The will is interesting because it is so short. The following is a copy of it:

"Mills River, August 9, 1902.—I do hereby will, devise and bequeath all my property, real, personal and mixed, wheresoever situate, unto my beloved wife, Belle Jones, and hereby appoint her as the sole executrix of this last will and testament. H. C. JONES."

The will was properly witnessed by two men who proved its genuineness before the court yesterday. Judge C. M. Pace, who has been clerk of the Superior Court of Henderson county for 35 years, said he had admitted to probate and recorded quite a number of wills in his time, but that the one quoted above was the shortest that had ever come into his office. Another gentleman who was present while Mr. Pace was talking about the will, said it was indeed a short instrument, but in effect it meant a good deal, perhaps. If the will, short though it is, meant nothing more, it saves the cost and trouble of an administration, and if every person while possessed with health of body and strength of mind, would make such a will, an untold amount of litigation would be shut off and many dollars that usually go to lawyers and courts would go to the people that by good right they ought to.

Suffocated 246 Martins.

Greensboro Special to News and Observer, 15th.

There was a sensational arrest and trial at Burlington yesterday of Mr. George W. Anthony, one of the wealthiest and most prominent citizens of the town, on the charge of cruelty to animals.

Before Justice of the Peace Robinson, Mr. Anthony was bound over to the next term of Alamance Superior Court, under a bond of $100, which he promptly gave. The warrant against Mr. Anthony was sworn out by Mr. W. J. Weatherly, game warden of Guilford county. Last week, it is alleged, during a storm, a great quantity of martins took refuge in the chimney of a house belonging to Mr. Anthony. The occupants, it is charged, asked Mr. Anthony how to get rid of them. He advised the placing of a wire cap over the top of the chimney and setting a fire of straw in the fireplace. This was done, and 246 martins, by actual count, fell to the floor suffocated and burned. There is said to have been great indignation in Burlington over the arrest of Mr. Anthony.

Gave Gold Pieces for Pennies.

Asheville Citizen.

Sheriff Reed tells a story which illustrates that it does not pay to take care of the pennies, for by so doing a man lost ten dollars here Sunday. He was a traveling man, and on hastily catching a car for the depot that morning wished to give a bell boy at the Berkeley a dime. He found he had no dime and threw to the boy what he supposed were two pennies. On the train was Sheriff Reed, who was going to Greenville with a prisoner, Sol Norton, and to him the traveler told of his giving away ten dollars. The man returned here with the sheriff and Monday night they went to the Berkeley where the sheriff assured the man he would get the money, as Frank Loughran would not have any one except honest employes in the house. The sheriff asked the boy where the two pennies were, and he replied in his trunk at home. He and the sheriff went to the house and sure enough in the trunk were the pennies which the sheriff turned over to the man. The employe said he did not know they were five-dollar gold pieces, but thought they were bright pennies. Sheriff Reed says that a boy who will lock up pennies in a trunk will surely get rich.

Shot from Ambush.

A special to the Charlotte Chronicle says that T. Lucian Lucas, a farmer of Stewart's Creek township, Harnett county, was on his way to Dunn Thursday he was shot dead, either by some one hunting or from Ambush. Lucas, accompanied by his ten-year-old son, was on a one-horse wagon loaded with turpentine. The shooting occurred while Lucas was passing through the Beaver Dam section on the Cape Fear river, near Averasboro.

Poorly?

"For two years I suffered terribly from dyspepsia, with great depression, and was always feeling poorly. I then tried Ayer's Sarsaparilla, and in one week I was a new man."—John McDonald, Philadelphia, Pa.

Don't forget that it's "Ayer's" Sarsaparilla that will make you strong and hopeful. Don't waste your time and money by trying some other kind. Use the old, tested, tried, and true Ayer's Sarsaparilla. $1.00 a bottle. All druggists.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this great old family medicine. Follow his advice and we will be satisfied.

J. C. AYER CO., Lowell, Mass.

RECOVERY OF STOLEN BONDS.

Mystery As to the Method of Their Return--Said to Have Cost $1,000 to Get Them Back.

Sanford Special to Charlotte Observer, 15th.

There was a story recently printed in the Raleigh papers concerning the recovery of the two one-thousand-dollar bonds stolen from the safe of Watson & Godfrey, in Jonesboro, last November. It seems that the parties in Raleigh connected with their return are not "talking for publication," and consequently the manner in which they were returned seems to be a mystery so far as the public is informed. The bonds were North Carolina 4 per cents., and were the property of Mrs. J. L. Godfrey of Jonesboro. They, together with about $1,500 in cash belonging to Watson & Godfrey, were stolen the night before last Thanksgiving day. All efforts to trace the perpetrators of the theft were futile, and Mrs. Godfrey had about given up hope of recovering her property. A few days ago, so the story current in this community goes, Mr. J. L. Godfrey, husband of the lady who owned the bonds, received information from an attorney in Raleigh that he could secure the return of the bonds upon payment to him of $1,000 in cash. The attorney subsequently refused to divulge the name of the party in possession of the bonds, merely stating that a client of his had come into possession of them and had learned that they were stolen. Mr. Godfrey accepted the proposition, paid the money and received the bonds, and so far as I know has no idea as to who stole them or how they turned up. The matter was kept quiet and out of the papers for some reason, and their return was not generally known until the coupons were presented to the State Treasurer for payment.

Child Training.

In an article in The Delinerator for October on the education of Girls as future Wives and Mothers, Mrs. Theodore W. Birney describes a practical and very suggestive plan which was adopted by one mother in the instruction of her own children and some little friends of theirs. She has organized a club to which she will give a portion of every Saturday, for the instruction of the youthful members in cookery and other housewifely duties. To lay the foundation for a thorough training in matters that pertain to wifehood and motherhood, each little girl will be given a doll, presumably a few days old, which she will be taught to bathe and dress and to do the hundred other little things necessary in the care of infants. The members of the club will follow the babies through the various sicknesses to which children sometimes succumb, and as the imaginary baby grows older, an interesting feature will be the introduction of questions of obedience and punishment, etc. This training will doubtless prove of inestimable benefit to the children, stimulating an interest in home matters and giving them an understanding of things which every woman should possess. More clubs of this kind should be organized.

Fearful Odds Against Him.

Bedridden and destitute. Such, in brief was the condition of an old soldier by name of J. J. Heavens, Versailles, O. For years he was troubled with Kidney disease and doctors nor medicines gave him relief. At length he tried Electric Bitters. It put him on his feet in short order and now he testifies: "I'm on the road to complete recovery." Best on earth for Liver and Kidney troubles and all forms of Stomach and Bowel Complaints. Only 50c. Guaranteed by English Drug Co.

Her Son Killed by Indians.

Waxhaw Enterprise.

Mrs. Betsy Brady, who went from this section to Thackersville, Indian Territory, about eleven years ago, returned recently and is now living with her son, Mr. E. Brady, near Wilson's Old Store. Mrs. Brady is now 77 years, and was therefore an old lady when she went West. She will spend the remainder of her life in North Carolina. Mrs. Brady went away with her son, Mr. Goldston Brady, and lived with him in the Indian Territory until he was killed by the Indians last February.

There is more catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease, and therefore requires constitutional treatment Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address,

F. J. CHENEY & CO,
TOLEDO, OHIO.

Sold by druggists, 75c.
Hall's family pills are the best.

I want your old Iron.—J. D. Parker.

Our Ice House is opposite J. J. Lockhart & Co.'s store. Phone us when you want Ice. No 36.
CADIEU & WALLACE.

Shot at a Hog and the Bullet Killed a Little Girl.

Pensacola, Fla., Dispatch, Sept. 16th.

While firing a revolver at a hog which was eating up a brood of young chickens at her home at Gull Point late yesterday afternoon, Mrs. Louise Tideman accidentally shot and killed the little daughter of William Douglass, a neighbor, the bullet entering the back of the head of the little girl, passing through the brain. The two houses occupied by the families are separated by about 50 yards. In the rear of the Douglass home, the children had constructed them a play house of boards and canvass, and they were playing in there when the little girl met death.

The bullet passed through a board, entering the back of the little girl's head. Mrs. Tideman was not aware of the fact that the children were in the play house.

When the bullet struck the little girl she fell forward. Her playmates, although hearing the shots, at first did not know what had occurred until their efforts to make her rise proved fruitless.

All kinds of school supplies at Welsh's Drug Store—blank books; crayon, paper, pens, ink, pencils, at lowest prices at Welsh's.

Valuable One Horse Farm For Sale!

By virtue of an order of the Clerk of the Superior Court in the Special Proceeding wherein L. C. Phifer is plaintiff and Charles Phifer and others are defendants, the said cause being for sale of land for partition, I will on

Saturday, October 17th, 1903,

the hour of sale being 12 o'clock, M., at the courthouse door in Monroe, N. C., expose for sale at public auction for cash to the highest bidder, a certain tract or parcel of land described as follows: Lying and being in the State of North Carolina, Union County, Marshville township, on the waters of Hay Fork creek, adjoining the lands of S. J. Helms, A. M. Crowell, Irving Phifer and others, being a part of the old Thomas Griffin estate lands, and being more particularly described in a deed executed by H. R. Phifer and wife to L. C. Phifer on 2nd day of January, 1900, recorded in Book 26, page 10 of deeds in the office of the Register of Deeds of Union County, N. C., to which said record reference is hereby made, containing forty-five acres, more or less.

The terms of sale are cash.

This September 14th, 1903.

FRANK ARMFIELD, Commissioner.
Adams, Jerome & Armfield, Attys.

Tax Notice.

I will be at the following places on the dates named for the purpose of collecting taxes for the year 1903:

Olive Branch, New Salem township, Thursday, October 1st, 1903.

Marshville, Marshville township, Friday, October 2nd, 1903.

Horn's Store, Lane's Creek township, Saturday, October 3rd, 1903.

Irby's Store, Buford township, Tuesday, October 6th, 1903.

Waxhaw, Jackson township, Saturday, October 24th, 1903.

Redwine's Store, Sandy Ridge township, Wednesday, October 7th, 1903.

Indian Trail, Vance township, Thursday, October 8th, 1903.

Unionville, Goose Creek township, Friday, October 9th, 1903.

Monroe, Monroe township, Saturday, October 10th, 1903.

Those failing to meet me at the above named places and settling their taxes must settle at the office by the first day of December, 1903, and save cost. Respectfully,

B. A. HORN, Sheriff
Sept. 3, 1903. of Union County.

Valuable Farming Lands and Town Lots for Sale.

I will sell at the court house door in Monroe, N. C., on SATURDAY, OCTOBER 31st, 1903, at 12 o'clock, m., for cash, to the highest bidder, the following described valuable real estate:

1st.—A farm in Buford township, ten miles south of Monroe, on the Wolf Ford road, containing 274 acres, more or less. About a three-horse farm on place, good dwelling and out-houses. Near the Antan school. Adjoins the farms of Geo. M. Laney, Dr. W. H. Gribble and others and is known as the Brown Laney place.

2nd.—A farm in Buford township, containing 83 acres, more or less, adjoining the lands of Fredo Belk, J. B. Nash and Minor Funderburk. Gold has been discovered on this land. This tract is nearly all timbered.

3rd.—A tract of land in Buford township known as the Pyron Mine. There is a gold mine on the tract, which contains about 75 acres. There are 10 or 12 acres of open land on this tract, and there is a tenant house on it. This tract adjoins the lands of J. E. W. Austin, R. W. Elliott and others.

4th.—A lot in the city of Monroe just west of the passenger depot and between the A., C. & S. and C. C. Railroads, and containing about 1½ acres.

G. S. I. F. F.
Agent for Mrs. A. A. Laney.

Mortgage Sale.

By virtue of a mortgage deed to us executed on September 18th, 1900, by L. B. Eubert and recorded in the office of the Register of Deeds of Union county in book A 9, page 22, we will sell at public auction, at the courthouse door in Monroe,

on Saturday, October 10th,

1903, the following tracts of land:

First Tract: Adjoining the lands of D. S. Davis, Peter Craig, L. M. Riser, W. C. Broom, J. E. Austin, J. J. King and others, containing 15 acres, more or less.

Second Tract: Lying and being in the town of Waxhaw, on the North side of the railroad, adjoining the Wesley Baily lot, Nat Meching, deceased, and others, and known as the D. S. Davis or Ellison Gill lot, containing 1½ acre, more or less. MORROW, HEATH & CO.,

This September 7th, 1903. Mortgagees.

Executor's Sale of Stocks.

On Thursday, the 24th day of September, 1903, at 12 o'clock, m., at the county court house door of Mecklenburg county, in Charlotte, N. C., the undersigned as executor of James J. Sims, deceased, will sell to the highest bidder, at public auction, the following stocks:

(1) Twenty shares of the capital stock of the Commercial National Bank of Charlotte, N. C., of the par value of one hundred ($100.00) dollars per share.

(2) Twenty shares of the capital stock of the First National Bank of Gastonia, N. C., of the par value of one hundred ($100.00) dollars per share.

(3) Eighteen shares of the capital stock of the Piedmont Clothing Manufacturing Co., of Charlotte, N. C., of the par value of five hundred ($500.00) dollars per share.

(4) Twenty-five shares of the capital stock of the Allen Hardware Company, Charlotte, N. C., of the par value of one hundred ($100.00) per share.

(5) Twenty shares of the capital stock of the MONROE HARDWARE COMPANY Monroe, N. C., of the par value of ($100.00) dollars per share.

Terms of sale: Cash.

R. N. PHARR.
Executor of the Will of James J. Sims, dec'd.
Sept. 3, 1903.

Mortgage Sale.

By virtue of a mortgage deed executed to us on the 8th day of February, 1898, by J. Millen P. Norwood, and recorded in the office of the Register of Deeds for Union county, in Book A 8 of deeds, on page 275, we will sell at public auction at the courthouse door in Monroe,

on Saturday, October 10th,

1903, the following described piece of land, lying and being in the county of Union, Jackson township, on the waters of Waxhaw creek, near the Waxhaw Baptist church, adjoining the lands of C. Broom, B. D. Heath, and S. T. Young, containing 12½ acres, more or less.

MORROW, HEATH & CO.,
This September 7th, 1903. Mortgagees.

Dissolution Notice.

I have sold my grocery business in Monroe to the Lindsey Grocery Company, which will be conducted by them in the future. All bills will be paid by the Lindsey Grocery Company and all accounts due the old firm must be paid to the said company. C. E. HOUSTON.
September 7th, 1903

Cheap Flour is Bad Flour!

It's low price is the maker's excuse for the inferiority of his product. Bad flour is bad flour no matter how it is manipulated and juggled in packing. It all comes back to the same thing. Good flour mixed with poor will improve the quality of the blend, but like mixing white paint with black, it takes an awful lot of white to produce any effect. Bad or cheap flour is lacking in gluten, the nutritious portion of the wheat. It also contains a large percentage of the pulverized husk or shell of the grain. All of which you don't want. Therefore, we caution you to ask for the "Invincible" brand. This brand is sold at the lowest price for which really first-class flour can be sold, and its price is the highest you need to pay in order to get the best. Mr. Newman, our local baker, says: "Invincible" is the I can get for baking."

HENDERSON ROLLER MILLS.

L. H. THOMPSON,
General Insurance.

Fire, Life, Accident, Health, Liability and all classes of Casuality Insurance. Only the best and strongest companies represented. I respectfully solicit your patronage and guarantee prompt and efficient service. Office west of courthouse. Phone No. 1.

Mortgage Sale.

By virtue of a mortgage deed to me executed by J. E. Crook and L. E. Crook and his wife on January 15th, 1901, and recorded in the office of the Register of Deeds of Union county in book A C, page 70, I will sell at public auction at the courthouse door in Monroe, N. C.,

on September 28th, 1903,

certain tracts or parcels of land as follows:

First Tract: Beginning at a pine stump by a hickory, water oak and three red oaks, formerly Russell Winchester's corner, and runs with his line N. 80 E. 10 chains and 50 links, crossing a branch to a post oak by a maple, two hickorys and two water oaks, thence N. 10½ E. 21 chains and 40 (or 40) links, crossing Stewart Creek to three post oak saplings, one post oak and four water oak pointers in an old field; thence N. 20 W. 28 chains and 75 links to a red oak by a water oak and four post oaks; thence S. 80 W. 10 chains, crossing a small branch to a stake by a red oak, post oak, pine and hickory; thence S. 28 E. 57 chains, crossing two small branches to the beginning.

Second Tract: Beginning at a post oak by a water oak, two hickorys and two water oaks, formerly Russel Winchester's, and runs with said line N. 10 E. 27 chains and 50 links, crossing Stewart's Fork to a water oak by a water oak and 2 black jacks; thence the division lines N. 20 W. 40 chains to a black jack by a post oak, two pines and two black jacks; thence S. 80 W. 20 chains to a small red oak by a hickory and four post oaks; thence S. 10 E. 7 chains and 50 links to a red oak, water oak pointers and four post oaks, fifth corner of the first tract above; thence with two lines of said survey of Ellacre tract as follows: S. 25 E 28 chains and 75 links to three post oak saplings by a post oak and four water oaks; thence S. 16½ W. 21 chains and 45 links, crossing said creek again to the beginning; the two tracts containing 22½ acres, more or less, being the tract conveyed by W. D. Pyron and wife to M. S. Secrest on January 26th, 1877.

W. C. HEATH,
This August 18th, 1903. Mortgagee.

Notice of Election.

Upon a petition signed by one-fourth of the free holders within Trinity school District, No. 8, for the white race in Buford township, the boundries of which are explicitly stated in said petition, endorsed by the County Board of Education, it is ordered that an election be held on the 26th day of September, in said district, at Trinity school house, to obtain the will of the people thereon, as to whether there shall be levied in said district a special annual tax of not more than 30 cents on the $100.00 valuation of property, and not more than 90 cents on the poll to supplement the public school fund which may be apportioned to said district by County Board of Education, in case such a special tax be voted, and it is further ordered that G. M. Laney be appointed Registrar, and that R. L. Belk and R. E. Dees be appointed Judges for said election. In all respects said election shall be held as required by Chapter 4 of Laws of 1901. Voting place at Trinity school house.

J. M. STEWART, Clerk to Board
of County Commissioners.

You Can't Beat Me

in flour, coffee, sugar, molasses, candies, etc. The most complete line of tobacco in town; any price; only one quality—that is the best. Best vinegar 20c. per gallon. Two 10c. bottles fresh EAGLE EXTRACT 15c.

Have you tried "Our Blend" Coffee? If you havn't, try a pound. Those who use it are still praising it.

Force, Grape Nuts, Postum Coffee, Oat Fakes always fresh.

Everything guaranteed to everybody. Prompt delivery.

Bring your country produce here for best price.

Respectfully,

W. A. STEWART.

Phone 201.

A Cool Head

Is very desirable at this season. Our clean, solid, pure Ice is the best cooling medium you can get. In the refrigerator its lasting quality makes it great economy.

CRUSHED,

It adds to the clearness and coolness of summer drinks of all kinds. Have us to deliver it to your residence daily. Tickets for sale in any quantity. Phone 36.

CADIEU & WALLACE.

FOLEY'S KIDNEY CURE
Makes Kidneys and Bladder Right