

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



The Kind You Have Always Bought

In Use For Over 30 Years.

The Secret of Youth

Do you ever wonder how you can remain young, or why other women older than you, look younger than you do? The secret can be put in a few words: "Preserve your health, and you will preserve your youth." By "health" we mean not alone physical health, but nerve health, as, sometimes, magnificently strong-looking women are nervous wrecks. But whether you are weak physically or nervously, you need a tonic, and the best tonic for you is Cardui. It builds strength for the physical and nervous systems. It helps put flesh on your bones and vitality into your nerves.

Take CARDUI

The Woman's Tonic

"My mother," writes Mrs. Z. L. Adcock, of Smithville, Tenn., "is 44 years old and is passing through the change of life. She was irregular and bloated and suffered terribly. My father stepped over to the store and got her a bottle of Cardui, which she took according to directions and now she is up, able to do her housework and says she feels like a new woman." Try Cardui in your own case.

Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent free.

Foundryman Talks Number 18.

Answer this, Please!

What Governor of North Carolina by refusing a nomination for Vice-President thereby lost an opportunity to be President of the United States?

And this, Please!

How much will it cost you to neglect having those machinery repairs, etc., made?

An hour of my time costs less than a minute of your neglect.

Believe me.

Pangle Foundry and Machine Shop

Send your orders for Job Printing to The Progress Office.

COUNTY FARM LIFE SCHOOL

The Law and Explanations Issued by Prof. Joyner.

Raleigh, March 21.—The county farm-life school law and explanations, by State Superintendent of Public Instruction J. Y. Joyner, is just issued from the state department of education and is being distributed in every county in the state, with a view to stirring up movements for the establishment of such schools which are especially designed to prepare boys for agricultural pursuits and girls for homemaking and housekeeping on the farms; conduct agricultural and farm demonstration work and demonstration and extension work for the advancement of farm-life conditions in the localities, this to be done in co-operation with the state and national departments of agriculture with meetings for the farmers and farmers' wives and daughters at the schools from time to time. Only ten of these schools can be established with state aid any one year. The locality securing one must issue \$25,000 bonds for the school plant and \$2,500 annually toward maintenance; then the state adds \$2,500 annually toward support. The indications are that there will be a rush by a number of enterprising counties for the ten schools that will be available for this year.

"Suffered day and night the torment of itching piles. Nothing helped me until I used Doan's Ointment. It cured me permanently."—Hon. John R. Garrett, Mayor, Girard, Ala.

A parent who evidently disapproved of corporal punishment wrote the teacher: "Dear Miss—Don't hit our Johnnie. We never do it at home except in self-defense."—Exchange.

Kills a Murderer.

A merciless murderer is Appendicitis with many victims, but Dr. King's New Life Pills kill it by prevention. They gently stimulate stomach, liver and bowels, preventing that clogging that invites appendicitis, curing Constipation, Headache, Biliousness, Chills. 25c at J. W. Streetman.

The final provisional census returns give the total population of India as 315,000,000. This is an increase of 20,500,000, as compared 1900.

John W. Sicken Smith, Greensboro, Pa., has three children, and like most children they frequently take cold. "We have tried several kinds of cough medicine," he says, "but have never found any yet that did them as much good as Chamberlain's Cough Remedy." For sale by all dealers.

Texas will vote in July on the constitutional prohibition of the liquor traffic.

Harsh physics react, weaken the bowels, cause chronic constipation. Doan's Regulents operate easily, tone the stomach, cure constipation. 25c. Ask your druggist for them.

Great preparations are being made in London for the coronation of King George.

Route No. 1, R. F. D., Rome, N. Y., Jan. 17, 1906. The Bloodine Corporation, Boston, Mass. Dear Sirs:—I have used eighteen bottles of your Bloodine for kidney trouble and think it is the best remedy I have ever used, and wish you would send me a box of Bloodine Liver Pills at once. Yours truly, BENJAMIN FRANK.

Postoffice officials are pleased with the result of the two months' trial of postal savings bank.

A Fierce Night Alarm is the hoarse, startling cough of a child, suddenly attacked by croup. Often it awoke Lewis Chamblin, of Manchester, O., [R. R. No. 2] for their four children were greatly subject to croup. "Sometimes in severe attacks," he wrote, "we were afraid they would die, but since we proved what a certain remedy Dr. King's New Discovery is, we have no fear. We rely on it for croup and for coughs, colds or any throat or lung trouble." So do thousands of others. So may you. Asthma, Hay Fever, La-Grippe, Whooping Cough, Hemorrhages fly before it. 50c and \$1.00. Trial bottle free. Sold by J. W. Streetman.

Pointed Paragraphs.

Probably there is nothing more industrious than an idle runner. Might doesn't always make right, but it seldom gets left. It is wiser to trust some people with a secret than with a dollar. It's funny how sympathetic some people are when it is useless. Your neighbor may be crooked but what of your own straightness. Holding his nose to a grindstone will not sharpen a man's wits.

State of Ohio, City of Toledo, Lucas County.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the city of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure. FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1896.

A. W. GLEASON, Notary Public. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & Co., Toledo, O. Sold by all druggists, 75c. Take Hall's Family Pills for constipation.

CAROLINA, CLINCHFIELD & OHIO RAILWAY

CLINCHFIELD ROUTE In effect May 5th, 1910 Eastern Standard Time.

		Southbound	
		No. 5	No. 3
		Daily	Daily
Dante	Dp	1:10 p m	7:25 a m
St. Paul	Dp	1:35 p m	7:50 a m
Spears Ferry	Dp	3:40 p m	9:14 a m
Johnson City	Dp	6:00 p m	10:50 a m
Erwin	Ar	6:33 p m	11:33 p m
Erwin	Dp	6:58 p m	11:38 p m
Altapass	Ar	9:45 p m	1:54 p m
No. 1			
Altapass	Dp	8:15 a m	1:54 p m
Marion	Dp	7:49 a m	3:07 p m
Thermal	Dp	8:37 a m	3:43 p m
Spartanburg	Ar	11:00 a m	5:35 p m

		Northbound	
		No. 6	No. 4
		Daily	Daily
Spartanburg	Dp	4:10 p m	10:33 a m
Thermal	Dp	6:13 p m	11:00 a m
Marion	Dp	6:54 p m	12:46 a m
Altapass	Ar	8:30 p m	2:09 p m

		No. 2	
Altapass	Dp	6:00 a m	3:09 p m
Erwin	Ar	8:15 a m	4:22 p m
Erwin	Dp	8:15 a m	4:27 p m
Johnson City	Dp	8:35 a m	5:05 p m
Spears Ferry	Dp	10:30 a m	6:51 p m
St. Paul	Dp	12:17 p m	8:23 p m
Dante	Ar	12:45 p m	8:50 p m

Through train service daily between Dante, Va., and Spartanburg, S. C., making connections between all points north, east, west and south.

The Carolina, Clinchfield and Ohio Railway, "Clinchfield Route," reserves the right to vary from the time shown above without notice to the public. Patrons are requested to apply to nearest agent for definite information or to CHAS. T. MANDEL, T. F. & P. A.

J. J. CAMPION Vice-Pres. & Traffic Mgr. Johnson City, Tenn.

Re-Sale of Valuable Lands.

By virtue of the power and authority conferred upon the undersigned, Commissioner, by a judgment of the Superior Court of McDowell county, rendered on the 16th day of January, A. D. 1911, in the Special Proceedings entitled J. L. McCurry, et. als. plaintiffs, against Cynthia Daves, et. als. defendants, the bid heretofore made having been raised and the sale set aside and a re-sale ordered, the undersigned will expose to public sale to the highest bidder for cash, at the court house door in Marion, North Carolina, on

Saturday, April 8th, 1911,

at 12 o'clock in the following described lands, situate in Dyarsville township in said county of McDowell, adjoining the lands formerly owned by Wm. M. Blanton, T. B. Hemphill, Wm. A. Laughridge, the Pink Howard lands, and others, and being the lands of which the late Sarah F. McCurry, died, seized, to-wit:

First Tract—On the waters of South Muddy Creek, beginning on a stake on the west bank of Howard's prong of South Muddy creek, and runs south 89 degrees west 159 poles, crossing Hoppie creek, to a stake in the Hemphill line; then south 15 degrees east, with Hemphill's line, to a white oak, Glass and Hemphill's corner; then east, with Howard's line, to the creek; then down the creek as it meanders, to the beginning.

Second Tract—Being a part of a tract known as the Alexander Glass tract; beginning on a black oak, now down, known as the north corner of the Glass tract conveyed to him by William Morrison, and runs south, with W. M. Blanton's line, to a pine knob, Blanton's corner; then east 64 poles, with J. L. McCurry's line, to a stake in Blanton's line; then north 82 poles to a stake, then west 64 poles to the beginning.

The price at which said land will be offered is \$2635.10.

Terms of sale—CASH. This 8th day of March, A. D. 1911. J. L. C. BIRD, Commissioner.

PROFESSIONAL

DR. J. GILLESPIE REID, DENTIST. Will answer calls at any hour of the night. Rooms 3, 4 and 5. First National Bank Building, Marion, N. C.

C. B. McBRAYER ATTORNEYS AT LAW. Prompt Attention Given All Business Intrusted to My Care. Up Stairs, Streetman Building.

L. A. HANEY COUNTY SURVEYOR.

C. E. HOUSE ASSOCIATE.

ABSTRACTS AND BLUE PRINTS SPECIALITIES. Office in Streetman Bldg. Main St.

P. J. SINCLAIR D. L. CARLTON.

SINCLAIR & CARLTON LAWYERS. Practice in State and Federal Courts. Office over Gaston & Tate's Store. MARION, N. C.

McCALL & LISENBEE ATTORNEYS-AT-LAW.

Poteat Building. MARION, N. C.

DR. R. J. BURGIN DENTIST.

Marion, North Carolina Office in POTREAT BUILDING.

DR. ARTHUR M. DULA, Dentist of Morganton.

will work in Marion on Mondays and Tuesdays regularly.

Office in Seagle Block Marion, N. C.

R. E. McCALL C. B. McCALL.

McCall Bros. UNDERTAKERS.

Coffins and Burial Supplies.

Any business intrusted to our care will receive prompt and careful attention.

Over McCall & Conley's Furniture Store.

NOTICE. Take notice that William Clark has filed location in my office for 30 acres more or less of land in Marion township, McDowell County, on the head waters of north muddy creek and timber tract branch adjoining of William England, Mary A. Clark, Katie Bond, and others; beginning on a poplar, William England's northeast corner and runs various courses and distances for complement so as to include the vacant land between these parties. Entered this March 6th 1911. No. 12988. C. A. Dale, E. T.