

WEEKLY MEDITATION

By Rev. Paul A. Boriack, B. D.,
Pastor St. Matthew's Lutheran Church, Marion, N. C.

In this world of hate the love of God in Jesus Christ which is universal is the greatest need. God so loved the world that he gave His only-begotten son that whosoever believeth in him should not perish but have everlasting life. That is the God of the Bible, the God of love, Father, Son, and Holy Ghost. And He loves every single child of man. God would have all men to repent and to come to the knowledge of Truth. God would have all men to be saved through His gift of love, Jesus Christ. Who came and died for all men alike. This love we are to express toward all men. We may hate their sins and wrongs but not the individuals themselves. The following story illustrates the point well:

Some children in Europe were talking about the war. It makes no difference whether these were on one or the other side of the struggle. A small boy points with his finger toward the east. "The people over there are enemies," he said bitterly. "They would shoot and kill us." We must hate them." This has nothing to do as to the right of self-protection

"Build-Up" Relief Explained to Women

A simple method has saved many women a lot of suffering! It is based on the fact that headaches, nervousness, cramp-like pain are often symptoms of functional dysmenorrhea due to malnutrition.

Help for this condition so often follows the use of CARDUI, because it usually increases the appetite and the flow of gastric juice; thus aids digestion and helps build physical resistance. Usual result is less periodic distress.

Many who take CARDUI a few days before and during "the time" have found this helps ease periodic discomfort. Women have used CARDUI for more than 50 years!

LAND FOR SALE

Take notice that under and by virtue of the power of sale contained in that certain deed of trust executed by A. Rockwell to the undersigned Trustee on the 4th day of November, 1938, which deed of trust is recorded in book 40 at page 289 of the McDowell County Deed of Trust records, default having been made in the payment of the indebtedness thereby secured and demand having been made upon the undersigned Trustee that he exercise the power of sale therein contained, and for the purpose of satisfying said indebtedness, the Undersigned Trustee will offer for sale to the highest bidder for cash at the courthouse door in Marion, N. C., at 12 o'clock noon, on Tuesday, June 4, 1940, the following described land:

All that certain tract of land in the Town of Marion, adjoining State Street on the South, a branch on the West, the main line of the Southern Railway on the North, and the Rock Hill line of the Southern Railway on the East, known as the Catawba Furniture Company lot, and more fully described as follows: Beginning at a stake in the northern margin of the concrete sidewalk on State Street at a point directly over the center of a culvert in a branch, and running with the northern margin of State Street North 67 degrees East 430 feet to a stake in the center of the main track of the Rock Hill line of the Southern Railway, known as the 3-Cs railroad; thence with the center of said railroad track in a northeasterly direction 856 feet to the main line of the Southern Railway; thence with the center of the main track of the main line of said Southern Railway in a southwesterly direction 746 feet to a point over the center of the culvert under the railroad and in the branch; thence in a southerly direction 64 feet to the south end of said culvert; thence with the center of the branch South 28 degrees West 180 feet to a stake in the branch; thence with the center of the branch South 3 degrees East 310 feet to the Beginning. And being the same lands described in a deed from J. S. Dyssart and wife to Thomas F. Wren and Henry W. Fraser, recorded in deed book 37 at page 156 of McDowell County Deed Records, reference to which is here made for further description.

The terms of the sale are cash and subject to confirmation by the court. This May 2, 1940.
ROBERT W. PROCTOR, Trustee.

NOTICE OF CITATION

North Carolina. In Superior Court McDowell County. Before the Clerk in the Matter of the Will of Jane Craig.

All persons interested in the estate of the late Jane Craig are hereby notified that Ambrose Craig having entered a caveat to the probate of the paperwriting, purporting to be the last will of Jane Craig, and having filed a bond, required by law, and the case having been transferred to the Superior Court for trial, at term, you will appear within thirty days of this notice and not later than the next term of this court, and make yourself a proper party to this proceeding if you choose.

Of this notice take due heed. This the 15th day of May, 1940.
J. F. MOODY,
Clerk Superior Court,
McDowell County, N. C.

against those that would destroy us. "No," cried another boy; "we should hate no one! It is wrong to hate!" "But if they should destroy our homes, what then?" asked another boy. "Should we love people who would do that?" "We should love everybody," said a girl. "Jesus told us to love even our enemies. He loves every one. He loved even the men who nailed Him to the cross. He prayed for them." There is the practical application of Christ's love in life. How hard it is to live up to the ideals of that Christian love when we come to grapple with its issues in real life.

The children were silent, thinking of Jesus. At last another girl exclaimed, "Well, I love all people, too, because Jesus loves them." At that a boy remarked, "And I love Jesus because He loves all people." This is true of every real Christian. Because, Jesus, who shed his blood to save all men, truly loves every one we love Him. And if we truly love Him, we cannot hate anyone whom He loves. Too many still controlled by their emotions without a true living knowledge of Christianity are helping to bring about the destruction of mankind and the world as we see it in progress in Europe today.

SOME PRAYER

An old Southern darkey got off the following prayer:

"O Lawd, give dy servant dis mawin' de wisdom ob de owl; connect his soul wid de gospel telefoam leading frum de central skies; 'luminate his brow wid de love of dis people; turpentine his imagination; grease his lips wid possum oil; loose his tongue wid de sledge hammer of dy power; electrify his brain wid de lightnin' of dy word; put perpetual motion in his arms; fill him plumb full ob de dynamite ob dy glory; 'noint him all over wid de kerosene ob dy salvation; an' sot him on fire!"

South Dakota sends about 600,000 hogs to market yearly.

PRUNLAX

The average individual is confused when the time comes to select a laxative best suited to his needs. All of us have tried one thing or another for the purpose of finding the laxative that agrees with our system. The matter of physical elimination is a right of vital concern to you. A well-regulated system brought about without the use of harsh and irritating cathartics is the goal we all wish to attain. It's yours for the asking. PRUNLAX will amaze you in its mild, consistent action week after week regardless of the fact that you have actually reduced the dosage. PRUNLAX is produced to correct and if possible eliminate constipation. Its tasty, pleasant action is exactly what you want. Try it now and find out for yourself how well it works. For sale at

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ADMINISTRATORS' NOTICE TO CREDITORS

Having qualified as administrator of the estate of T. A. Porter, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at the Law Office of W. R. Chambers, Esq., Marion, North Carolina, on or before the 1st day of June, 1941, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 30th day of May, 1940.
W. J. Porter and A. Y. Porter,
Administrators of the Estate of T. A. Porter.

EXECUTOR'S NOTICE

Having qualified as Executor of the Estate of B. G. Hensley, deceased, late of McDowell County, North Carolina, this is to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the law office of W. R. Chambers, Esq., at Marion, N. C., on or before the 17th day of May, 1941, or this notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment.

This the 16th day of May, 1940.
ROBERT L. HENSLEY,
Executor of the Estate of B. G. Hensley, dec'd.

Health and Beauty ...

Dr. Sophia Brunson

WORK IS A BLESSING

The most miserable people on the earth are the idle rich and those who are too lazy to work. Many who are compelled to earn a living regard it as a calamity. This is a very great mistake, for the Creator of the universe worked six days and rested on the seventh.

When God said to Adam, "In the sweat of thy face shalt thou eat bread," the command was to the entire race of men. Work is a blessing and not a curse. If the human machine does no useful work and gets no exercise, it deteriorates. The muscles become soft and flabby, the heart weakens and the person pants and blows after comparatively little exertion.

In order to understand the necessity of proper exercise, one should know something of the structure of the body.

The muscles and bones together constitute the machinery by which locomotion is achieved. The bones are levers which the muscles use to accomplish their work. There are five hundred pairs of voluntary muscles which act upon two hundred bones in the human body. Besides, there are many involuntary muscles over which the will has no control. Among the latter are the viscera, such as the lungs, the heart, the intestines, etc., all of which react to stimuli from the nerves.

The voluntary muscles respond to the command of the will, while the involuntary go on working day and night of their own volition.

Truly, as the Psalmist says, "We are fearfully and wonderfully made."

If the heart, lungs and other vital organs should fall asleep even for a few seconds and not continue working through the dark hours of unconsciousness, death would swiftly and inevitably follow. We see in this the Great Intelligence of the Omnipresent Creator, who works in and through his creatures. The scientists cannot explain life and its manifestations any more than they can create it. To say that it is God's work is the only satisfactory explanation. But he has written his laws in letters of blood upon our fleshy tablets, just as surely as he gave to man the Decalogue. The transgression of the physical laws causes bodily suffering and disease, and so the character deteriorates when the moral law is flouted.

We should know how the muscles act and the relation of their activity to the functions of the body. When the will bids the hand lift a weight, the muscles of the arm contract and shorten. They fill with blood, which gives the necessary energy for work. This contraction produces heat by burning some of the materials which the blood brings to the muscles. Active exercise induces fatigue. This is caused by the carbonic acid gas that a muscle produces in burning the fuel brought by the blood. Heat is generated in this process. You can warm yourself by actively exercising on a cold day. It is gotten rid of by deep, rapid breathing that is brought on by the exertion. Deep breathing that is caused by vigorous exercise is more beneficial than shallow breathing, for it oxygenates the blood more thoroughly and brings nutriment to the muscles.

We should take some vigorous exercise every day in order to maintain health.

TOUGH JOB

"Pat, didn't you tell me that a brother of yours is a lawyer?"
"Yis, sor," replied Pat.
"And you a hod carrier! The good things of life are not equally divided are they?"
"No, sor," said Pat. "Poor fellow—my brother couldn't do this to save his life." — Bridgeport Bulletin.

THE ANSWERS

1. Nearly ten months; until May 24, 1915.
2. 242,000.
3. Secretary of Agriculture Henry A. Wallace, who began to study the language about three years ago.
4. Alfred Gwynne Vanderbilt.
5. No; the plans become effective in sixty days unless both Houses disapprove them.
6. Last year they purchased 589,103,340 pairs.
7. Three.
8. In 1936.
9. Navy 1,765 planes; Army, 2,422
10. Sam Houston Jones.

Arrow points and scrapers used by Woodland Indians not long before arrival of white men have been found in the Hudson Valley region of New York.

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