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Are laden with Health and Happiness for the Worn-out Wrestler with the Strenuous Life.

But you cannot repair wasted tissue or restore strength to 'angled nerves with air and sunshine alone.

The stomach calls for a food that supplies body-building material in its most digestible form. Such a food is

Shredded Whole Wheat.

It is made of the whole wheat, cleaned, cooked and drawn into fine porous shreds and baked. These delicate shreds contain all the nutritive elements of the whole wheat grain and are taken up and assimilated when the stomach rejects all other foods.

Shredded Wheat is made in two forms--BISCUIT and TRISCUIT. The BISCUIT is delicious for breakfast with hot or cold milk or cream, or for any meal in combination with fruit or vegetables. TRISCUIT is the shredded whole wheat cracker, crisp, nourisbing and appetizing. Delicious as a toast with beverages or with cheese or preserves; also covered with Huyler Chocolate make a delicious confection.

"IT'S ALL IN THE SHREDS."

The Natural Food Company,



NIAGARA FALLS. N. Y.

"IT'S ALL IN THE SHREDS



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THE POLK FAMILY

formation regarding the State of North Carolina, the editor has secured several stories of which this is the tenth to appear.

The articles already printed include the following: Dec. 29, Industries; Jan. 5, Educational Equipment; Jan. 12, Hall of History, State Museum; Jan. 19, The State Museum; Feb. 2, The Theodosia Burr Alston Portrait; Feb. 9. Famous Fort Fisher; Feb. 16, Famous Pistols These; March 2, The Strange Story of the Croatan Indians; March 9, The Edenton Tea Party; March 16, Historic State Flag (Bethel;) March '23, Carolina's Regulators



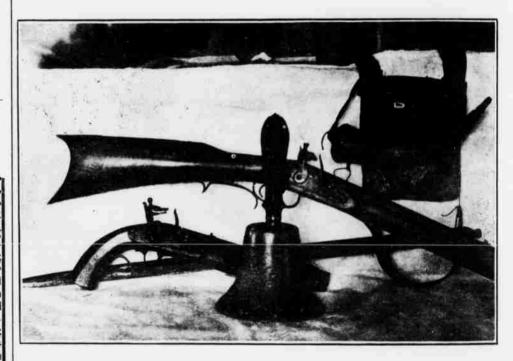
FAMILY which for many years played a leading part in North Carolina life, was that which had as its head Thomas Polk. He was succeeded

by his son, William, whose nephew was James K. Polk, President of the United States: the family having divided, one brother going to Tennessee, which state out-doors, near what was known as the

ji D*ogunga bersangangangangan*an Note-In line with giving visitors definite in- | kitchen-garden hedged with osage orange, the bois d'arc or bow-wood of the southern Indians, with a greater garden for greater supplies, and long rows of slave houses. The house was grand, with massive mahogany furniture and silver plate and from the Revolutionary days downward to 1830, it was the rendezvous of the great men of the time.

> Colonel Polk was a Whig of Whigs, but he entertained political friends and enemies alike in the heartiest style. The cellar of his big home was full of the finest wines and brandies and rum, for, in those days, no one but the negroes drank whiskey. At every public gathering in Raleigh Colonel Polk was, for many years, the presiding officer and nothing was complete without him, but the two chief days were the Fourth of July and Washington's Birthday.

> At the former, the celebration being



RELICS OF THE REGULATORS.

was established and primarily settled by | mineral spring, located quite near North Carolinians, after the abortive attempt to create the state of "Franklin," which had an existence, most of the time merely nominal, of barely eight years.

Thomas Polk was of Charlotte and was a very ardent Revolutionary patriot, and so was William Polk, whose home was Raleigh, and who for more than forty years was the head-center of every patriotic demonstration or movement here. The Charlotte branch of the Polk family, headed by Thomas, was especially notable | the women. in the early Revolutionary movement, and Captain Polk was the commander of a troop of light-horse.

It is about William Polk, however, that most of this story is to center. He was accounted one of the strictest and most devoted Americans in all the country and he was prouder of his familiar title, "The enough, civil and military.

His home was a stately place of the

Governor's mansion, or "palace", as it was popularly termed. There was always a parade, on the Fourth, of infantry, cavalry and artillery, in gorgeous uniforms; the light battery being always posted near the springs to fire the salute. There were fong tables at which were served a barbecue, brunswick stew and all sorts of other southern dishes, flanked by plenty of drinkables, as well as cakes and dainties of many sorts, prepared by

Those were the days of many toasts and heavy drinking, when "three-bottle men who could tuck away three quarts of good old port under their waistcoats and still be able to sit up and use language were plentiful.

Colonel Polk was a brave old drinker, and was not the less admired on that ac-Friend of Washington," than of any count, since in those days drinking was other, though to be sure, he had honors the fashion and the ladies only smiled when a gentleman was in his cups. At some of these affairs as many as forty olden time, a manor-house in fact, and toasts would be drunk, including "Our 'round about it was a fringe of out-build- Country," the "Memory of Washington," ings, for every domestic use with a the 'President of the United States," the