

Too much housework wreeks women's nerves. And the constant care of children, day and night, is often too trying for even a strong woman. A haggard face tells the story of the overworked housewife and mother. Deranged menses, leucorrhosa and falling of the womb result from overwork. Every housewife needs a remedy to regulate her menses and to keep her sensitive female organs in perfect condition.

WINE OF CARDU is doing this for thousands of

American women to-day. It cured

Mrs. Jones and that is why she writes this frank letter: Glendeane, Ky., Feb. 10, 1901. I am so glad that your Wine of Cardai shelping me. I am feeling better than have felt for years. I am doing my was work without my help, and I work without any help, and I sel has work and was not one bit. That slows that the Wine is me good. I am getting fleshier I over was before, and sleep good at hearty. Before I began taking of Cardui, I used to have to my five or six times every day, but do not think of lying down through by.

\$1.00 AT DEUGGISTS.

CHARLES WITH THE PARTY OF THE P

Notice!

me by the power of sale contained in a and thrice governor; John W. Palmer, mortgage deed from Moses Baxter and major general, governor, senator of the wife, Mira Baxter, to Thon'as B. Welk- United States, nomince for president, er, dated the 17th day of March, 1895, who perhaps belonged to more different and duly recorded in the office of the Register of Leeds of Rutherford county in Book "G" of Real Estate mortgages at No. 210, I will sell, at public outery burn, congressman for a score of years, at the court house door, in Rutherford, secretary of state, minister plenipotenton, N. C., for each to the last and high-tiary and envoy extraordinary to

Monday, March 3rd, 1902, tract, beginning at a small black cak on Suckerdon. egg, east 44 poles to a stone in the old Two Grand Old Men.

Notice.

S. Galbert, Attorney.

Butherfordton, N. C., on

the lands of Early Sis't and others and bama. bounded as follows, to-wit: Beginning on a stone in line of the Spencer tract Time and Space Ignored.

hereby made to Book "H" at page No. and space. 598, a record of mortgages in the office | It is not unusual for a state to have of Register of Deeds for Rutherford one old senator and one young one. county. This sale is made to satisfy the Massachusetts, for example, yokes up sum due on said mortgage. This Feb the sedate, venerable and erudite R. B. QUINN, Mortgagee.

Notice.

mortgage deed executed by W. T. Long and wife, M. C. Long, to J. S. Martin Friday, February 28th, 1902,

the following described piece or parcel of land, lying and being in the town of the capitol. Burnt Chimney (now Forest City) Ruth- Morgan's Great Learning. ning on a rock and running thence north. 10 east, 50 feet to a rock, M. J. Harrill's corner; thence east. 70 south, 771/2 tect to a stake in M. J. Harrill's line; thence J. Harrill's line; thence south, 76 cast, stale his infinite variety." 77% feet to the beginning; containing All in all it may be safely asserted

one-eighth of an acre, more or less. hereby made to Book "F" at No. 198, a may not be as accurate as that of some record of mortgages in the office of Reg. others in particular branches, but he ister of Deeds for Rutherford county. This sale is made to satisfy balance due appears to know a great deal about ev-Eaves & Rucker, Attorneys.

On Saturday, the 22nd day of February, 1902, at 12 o'clock, noon, I will sell ises of Louisa Carpenter, deceased, nine. tall and sinewy form, noting his elastic ty-two acres of land, it being the land step or listening to his stately eloalloted to Louisa Carpenter as her dower quence, which flows onward like the in the lands of her late hasband, K. T. resistless current of a mighty river, Carpenter, deceased, and fully described would pronounce him to be past threeby metes and bounds in the report of the score years. commissioners appointed to allot such If the dictum, "Brevity's the soul of dower, to which report reference is made wit," be true, then Senator Morgan is for full description. Said lands will be the least witty of the conscript fathers sold under a decree of the Superior Court the least witty of the conscript fathers of Rutherford county for partition among present and past except William Vintim hoirs at law of K. T. Carpenter, de cent Allen of Nebraska, who broke all ceased. A full description of said land records for long distance oratory by can be had by calling on the undersign- speaking 141/2 hours at one stretch on

McBrayer & Justice, Attorneys.

Anecdotes of Men High In the Nation's Councils.

Bygone Political Giants From the State of Illinois-Two Grand Old Men From Alabama-Disparity of Ages In the Senate-Sanator Morgan's Power as an Orator-Truth of dented Act of a Soldier.

[Copyright, 1902, by Champ Clark.] It makes one's heart swell with pride as an American citizen to recall the names of the men who held the center of the stage in the Sucker State from about 1845 till very recent years. Verily there were giants in those days. Besides Lincoln. Douglas and Yates there were General James Shields, the illustrious and chivalric soldier and statesman and major general in two wars, the only man who ever was or who in all human probability ever will be a senator of the United States from three different states and whose effigy in brenze adorns Statuary ball; Colonel E. D. Eaker, who became a senator from Oregon and died fighting heroically at Ball's Bluff; David Davis, judge of the supreme court, senator in congress, president pro tempore of the senate; Lyman Trumbull, for eighteen years a United States senator and not without presidential aspirations; John A. Logan, major general, senator, vice presidential nominee and according to the evidence of General Grant one of the best two volunteer generals in the

Union army, Frank Blair of Missouri being the other; Richard J. Oglesby, By virtue of the anthority conferred major general, United States senator France; Judge Browning, who was in

Lincein's cabinet; "Long John" Wentlet worth, the hours of 10 o'clock in the worth, congressman, mayor prophet of foreno n and 4 o'clock in the afternoon. Chicago; Leonard Sewell, the great civ-the forewing described tract of land in II lawyer; Emory Storrs, the brilliant church, being a part of the old Bradley lights. Truly it was the heroic age of

field; thence north 52 deg. east, crossing | "Old men for counsel, young men for said tranch, \$512 poles to a stone on the war," is an ancient saw more honored east tank of the branch on Justice's line; in the breach than in the observance, thence with it north 55 deg. west 44 poles. Alabama evidently believes in the first to pointers on Chas, Lryan's line; thence half of that hoary dictum. Whether with it south 53 deg, west 2512 poles to she believes in the second half this dethe beginning, containing seven acres, more or less. This January 25th, 1902.
C. L. MILLER, Administrator, branch" of the national legislature. of Thomas B. Walker, deceased. General Pertus is 80 and is serving his first term. That he is still in the prime of his powers was clearly demonstrat-By virtue of the power contained in a ed by the awful cauterization which he mortgage deed executed by Koss Miller Inflicted on Senator Beveridge last winand wife, Margarett Milker, to R. B. ter, which set the country in a rear Quinn on April 9th, 1960, the under- and in which he made the cynical decsigned mortgagee, will sell at public out- laration that "an orator is held to the cry, for each, at the coart court door in rules of neither truth nor common sense."

Monday, March the 10th, 1902, | Senator Morgan is 77 and on the 4th the following described piace or parcel of last March entered upon his fifth lying and being in Rutherford county, term as a conscript father. The com-North Carolina, about two miles west of bined ages of these two grand old men the town of Rutherfordton, adjoining make a remarkable showing for Ala-

and runs north 83 west 25 poles to a | Another unique feature of the senatostone; thence south 1315, west 122-5 poles rial situation in Alabama is that both to a stabe and pointers on north side of senators live in the comparatively holl w; thence south 83 east 25 poles to small city of Selma. Usually there is a stake in line of Spancer tract; thence with it north 12 east (v. 3 deg.) 12 4-5 poles to the beginning, containing two Generally geography cuts a big figure long. in their selection, but Alabama appears For further description, reference is to be sui generis, ignoring both time

George Frisbie Hoar, sometimes flippantly denominated "The Cherubic," with the youthful, brilliant and frisky By virtue of the power contained in a the senate William B. Allison, 73, who Henry Cabot Lodge. Iowa sends to has refused more cabinet portfolios on July the 1st, 1893, the undersigned than any other living man, and Jonamortgagee, will sell on the premises in than Prentiss Dolliver, 44, who after a Forest City, at public outery for each, on splendid career in the house is entering upon what his friends hope is a more illustrious career at the other end of

erford county, N. C., and bounded as Senator Morgan began his fifth full follows, to-wit: Joining lots of M. J. senatorial term at an age when most Harrill, Elanton and Young, and legin- men are in the sear, the yellow leaf and resting from the labors of this world and worrying as to their status in the next. But of him it may be said, south, 1519 west, 80 feet to a stake in M. "Time cannot wither him or custom

that he knows more than any other For further description, reference is man in public life. His scholarship on said mortgage, This Jan. 28th, 1901.

J. S. MARTIN, Mortgagee. erything. In this respect he closely resembles England's "Grand Old Man." William Ewart Gladstone. He also much resembles him in the grace and jauntiness with which he carries his age. No man looking at Senator Morgan's handsome face, massive head,

Quay of Pennsylvania, who consumed county

mitten registative trays in expressing his views on the Wilson-Gorman tariff bill, and Senator John P. Jones of Ne- Its Appearance Before It Is Split vada, whose masterful discussion of silver makes a large book.

ances were only unusual episodes in short rhombic prisms, but practically the senatorial careers of these eminent are scarcely recognizable as such, have no small degree of skill in the undergarded as the sphinx of the senate.

tenso. On any subject in which he is penetration of water, for mica soon sult would be failure and vexation of an Old Adage Illustrated-Unprece- | interested he knows so much and has decomposes when exposed to any con- the worst sort, to say nothing of a ruinwould consume about three hours; oth- Wide margin of worthless material. erwise I could speak indefinitely." He | But the difficulties and losses of him to run his hand and knife down is never tedious, however. In splendor mica mining are far from being all late the flesh and around the bone, masterful marshaling of facts, in abun-blocks of commercial size it is ren- far, in fact, as it is possible to extend dance of information, in lofty eta- dered valueless, or comparatively so, the builto, he reverses the ham and quence, in intrepidity of spirit as well by one or more of a series of defects. as in the length of his speeches he re- which may be classed as color, speeks, the office end, cutting downward until calls that immortal Irishman. Edmund ruling, ribbing and wedge formation he reaches the point that he attained Burke, who, taken up one side and It sometimes occurs literally pleat with down the other, was perhaps the great. black dots, consisting in general of est transatlantic orator that ever spoke black oxide of iron or paraget, and the English tongue. Macaulay laments When even a few of three rice present the fact that Burke delivered some of its commercial value is described, be- slips out clear and smooth, free from his grandest orations to empty bench, cause such mica when yould as an insues. He was dubbed "The Dinner Bell" later is peculiarly liable to purcture, Burke's rising to speak emptied the circuits for the electric current. The house of commons as suddenly as a same is true of streaks, which are dinner gong would empty the public sometimes turned to red rust.

> that Senator Morgan is up at once fills with a series of perfectly straight all the seats and standing room in the lines, parallel to one side of the cryssenate chamber and packs the galleries tal, so that on being split the mica

Johnson said of Oliver Goldsmith, "He mich is often deeply ribbed or corrutouches nothing that he does not gated parallel to the adjacent edges of adorn." Without extravagance it may the crystal, so as to give the appearbe affirmed that he exhausts every sub- ance of the letter A. or, rather, V. ject that he discusses without exhaust- whence it is termed "A mica." As the ing the patience of his auditors. It is ribbed portion has to be cut away in equally true that he has never uttered the sheet, such mica is unprofitable a dull sentence during the twenty-five unless the blocks be large. Wedge years of his senatorial career.

resembles though hardly rivals that il- lamine partaking in the unevenness. histrious orator. Charles James Fox. Such blocks are wholly worthless exfor that magnificent Whig declared cept as scrap.—Engineering Magazine. that he had spoken every night except Rutherford county, near Gold Hill criminal lawyer, and a host of lesser | two during his long parliamentary life, and his only regret was that he neglected to speak then.

Morgan's Intrepidity.

Senator Morgan is utterly fearless hush?" and perfectly loyal to his conceptions | What has become of the old fashionties brought him into antagonism to lodge regalia? Cleveland's second administration. It What has become of the old fashionwas in the long drawn out debate on ed woman who were a long gold chain the repeal of the purchasing clause of around her neck? name of "Cuckoos," which is apt to shakes of a lamb's taii? warring factions of the New York De- room in her house as "the room?" mecracy in antebelium days or as What has become of the old fashionrecent period or as the names "Stal- watching for their father? for, lo, these many years,

In passing it may be stated that the amusement the Silver Democrats derived from Senator Morgan's happy sion, and it was loud, hilarious and ence,

Weapons Ready to Hand.

late it. His capacious head in no way once?" resembles a storehouse into which a The bishop beartily joined in the vast mass of things have been thrust laughter which followed and took the indiscriminately, but rather a well ar- hint contained in the story. ranged armory in which is found every species of weapon, bright and shining

He is an academic scholar and a pro- twined under the table, out of sight. found lawyer, one of the best in the This finger contact did not in the south. He had never held any civil of least disconcert them-in fact, they apfice except that of presidential elector peared to enjoy the play much more on the Breckinridge and Laue ticket than did the other young woman and prior to his election to the senate.

Unprecedented Act of a Soldier. He served in the Confederate army during the entire civil war, rising from private to brigadier.

In one respect his career as a soldier has no parallel so far as I have been I would like to have you fill as soon as deserves to be known of all men. He you can," wheezed Rivers. is the only military officer I ever heard of a cold," remarked the druggist, lookof, from Joshua to General De Wet, who voluntarily resigned a generalcy to accept a colonelcy. While others "When I had the other cold, I tried all were fussing, fuming, fretting, sulking, these. One of 'em cured me, but I resigning or asking to be relieved about some question of rank or seniority of commission he by reason of his great love for the men in his old regiment resigned his commission as brigadier to command once more the soldiers with upon sir, I will abide by." whom he first enlisted. In that action Morgan has had no imitators in all the will marry me if you will supply the

boary registers of time. Search through the land of living men; Thou canst not find his like again. CHAMP CLARK.

ed commissioner. This January 17th, the bill to repeal the purchasing clause | -The Tribune is all-home print, and Chicago News GAITHER KENNEDY, Commssioner, of the Sherman law; Matthew Stanley the only paper published in Rutherford

CURIOSITIES OF MICA.

Rutherfordton

Into Sheets. The mica as it comes from the mines

publicists. Senator Allen rarely speaks | ing a very rough and uneven contour. taking. In fact, it is not every one at great length, Senator Jones is nei- They have a very perfect cleavage who can "bone" a ham successfully. ther a frequent nor a prolix orator, parallel to the base and may be split. In the event a housekeeper unfamiliar and Senator Quay hardly ever speaks into laming thinner than the thinnest with the art of removing the bone at all "in public on the stage." Until tissue paper, and these laminæ form from hams were to undertake the job the speech referred to be had been re- the familiar transparent stove panes she would be almost certain to begin and land chimneys. The exterior per- operations by first of all splitting the tions of these blocks are opaque, brittle ham open and endeavoring to carve out Senator Morgan always speaks in ex- and worthless, presumably from the the bone by cutting around it. The reso much to say that it requires a long siderable weathering. A thick layer ed ham. The proper way to remove time for him to relieve his mind. Some of places has therefore to be removed the hone would never suggest itself to one asked him how long he could speak from either face of the blocks before the average housekeeper. on any given subject. "Oh," he replied any mica of commercial size or value. The operator stands the ham on end humorously, "if I study a subject thor. Is reached, and the sheets split from against a supporting block and prooughly and systematize my argument (the remainder are surrounded by a ceeds to carve around the bone from

some wag, who declared that the specks forming practically short

Some otherwise excellent mica is On the contrary, the announcement found to be ruled or cut, as it were, falls immediately into strips; or, again, It may be truly said of him, as Dr. instead of being striped or ruled, the mica is that in which the block is In the frequency of his speeches he thicker at one end than the other, the

OLD FASHIONED.

What has become of the old fashioned woman who said, "Oh, now you

of his duty to the people. These quali- ed man who had his picture taken in

the Sherman law that he fixed upon the What has become of the old fashion-Gold Democrats the ludicrous nick- ed woman who did things in three

stick to them quite as long as "Hunk- What has become of the old fashioners" and "Barnburners" stuck to the ed woman who referred to the best

"Snappers" and "Antisnappers" will ed home where the children sat with adhere to their descendants of a more their noses at the window every night warts" and "Featherheads" clung to What has become of the old fashion- of cotton wool. I seat him away then easy digestion; second, the action of Register of Deeds for Rutherford coun-

In longevity it may equal the name gaged, got out her erochet needle and or two. He did so, "Know Nothings," which has survived began to make her cwn trimmings?- : "'Well,' he exclaimed, 'I am cured. mize the necessary work of the gastric 3rd, 1902. Atchison Globe.

characterization of his Democratic op- bishop well known for his verbosity ears that you could cure me? ponents was about all they secured in who rose to address the house of lords herts had the last laugh on that occa- he said, to the discomfort of his audi-

Lord Bacon hath it, "Reading makes anecdote, "A friend of mine was rea full man, conversation a ready man turning home late one night," he said, about it there are several little chariand writing an exact man." The first "when opposite St. Paul's he saw an ties in which I am interested, and - glands will not set. They will not fordton, to the highest bidder forcash on two qualifications Senater Morgan pos. Intoxicated man trying to ascertain the "No, no," he interrupted, "that is not need to act, for he will be able to swalsesses in a phenomenal degree. Consid. time on the big clock there. Just then business. I have my cure, and you low his food easily when it is made ering what a busy life he has led, it is it began to strike and slowly tolled out have the price you asked. The frans moist by water. incomprehensible when he found time 12. The man listened, looked hard at action is closed." to learn so much or, having learned it, the clock and said: 'Confound you, why how he managed to digest and assimi- couldn't you have said that all at

Two Good Whist Hands.

In its proper place, ready for instant | Once upon a time two young men use, or an intricate machine in which and two young women were playing every wheel, cog, spring and pulley whist, and quite frequently one of the does with utmost precision its predes- young men and one of the young wonen found that their fingers were in-

young man.

Moral.-The enjoyment of the game depends on the hands that are held .-New York Herald.

All Over Again. "Here are half a dozen prescriptions game,

"I can see they are all for the cure

ing them over. "It's this way," explained Rivers. can't remember now, confound it,

which one it was!"-Chicago Tribune. Her Decision. "Whatever my daughter decides "Good! She has decided that she

means."- Detroit Free Press. trouble, and the minute he meets it he ter. has a hurry call in another direction .-

Subscribe for The Tribuune. It is publised every Thursday evening.

MAKING BONELESS HAMS. Housekeepers May Do It as Well as a

Prefessional Butcher. Little though one may think, the But these historic linguistic perform- is in blocks which are theoretically process or making a boneless ham is

one end as deep as it is possible for dictum, in wealth of metaphor, in enumerated. Even when occurring in Having reached the extreme limit (as In cuiting from the end on which he legan, the entire operation being scientifically correct and on the principle of skinning an animal. The bone then As soon as this is done stout twine is

wrapped around the ham and drawn taut, completely closing the aperture left by the removal of the bone. The twine is thus made fast and the ham laid away for a day or two, at the end of which time the hole has closed so neatly that, in slicing the ham, it is difficult to determine the exact spot from which the bone was removed. This is the preper made of making beneless bam, and with a little practice any housekeeper can learn to do the work as well as a professional butcher. They will observe that first of all the bone is surrounded by a tissue, and by starting the operation from the ends they will be surprised with what facility this tissue, dividing the bone from the flesh, peels loose from

A CURE AND A FEE.

Peculiar Experience of a Doctor With a Eusiness Man.

In conversation one day about the slow eating.

er home. I thought on my way out child permanently. west I would stop ever to see you.'

ed looked into your ears? I asked. "'No,' was his reply.

the two wings of the Republican party. ed girl who, as soon as she became en- and told him to come again in a day the saliva, with which the food must ty. This sale is made to satisfy the same

How much do I owe you? " 'About \$50,' I replied.

"As he drew a check he asked, 'Did important, a proper supply of blood A story is told of a certain English you know when you first examined my and of hent.

of French or Belgian workmanship,- stomach. Chambers' Journal.

An Urgent Case. When the doctor's telephone rang

late one night, he went to the instrument himself and received an urgent appeal from two fellow practitioners to come down to the club for a quiet "Emily, dear," he sald, turning to his

wife, "I am called out again, and it appears to be a very serious case, for there are two doctors already in attendance."-New York Times.

Left the Rouse. "Leave the house," cried little Binks, making a brave bluff of strength to the

"I intend to, my small friend," replied the burglar courteously. "I am merely after the contents. When I take houses, I do it through the regular real estate channels."

Mrs. Newlywed-The night you pro-

cleverly landed too!-Puck. Pile-ine Curcs Piles. Mon y refunded f it ever fails.

FEED BABY SLOWLY

CNE 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 cat 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 ford because his body requires to manufacture new tissue. He has growing, and he must not only replace the used up tissues that his daily life destroys, but he must make new flesh, new nauscles, new lone and new blood every day, adding weight and size.

The sensation of hunger is not the craving of an empty stomach, satisfied as soon as the stemach is filled; it is a craving that is felt by the nerves all over the body. This craving cannot possibly be satisfied until the stemach has begun the work of transforming the food into blood, flesh, muscles, etc.; consequently the sensation which we call hunger persists long after the child or grown person has rapidly ab-

Yet all of these know that a famished door in Rutherfordien, N. C., on man taken off a wreck will eat himself to death if allowed to do so. The very the following described piece or parcel ing, which kills 90 per cent of men before their time and which accounts for 99 per cent of children's diseases, is

peculiar views that commercial men | Nearly all children eat too rapidly. | wood; theree north (Seast (v. 2 2-4 deg.) sometimes entertain about professional. They do so by nature. Slow eating is 150 poles to a red oak; thence north (v. services Dr. S. Weir Mitchell told the a matter of education. But too often 212 deg.) Is poles to a dog wood; thence "A very wealthy man from the west child the habit of eating fast. When came to consult me about an attack of the baby is little, it is fed one spoonful vertigo. He said that he had just re- at a time. Before it has time to haif oak on Adairs' line (now down); thence turned from a trip to Europe, where chew or even gulp down the first ten- south 17 east 10 3-4 poles to a black gum, he had consulted eminent specialists, spoonful of food another is held to its his corner; thence south 13 cast 22 poles but that they had failed to afford him lips. Of course it swallows what it to a stone by small dog wood, corner of any permanent relief. 'A physician in has in its mouth and seizes upon the J. D. Morris' tract; thence with it south London, he said, tasked me why I did next mouthful. The habit thus inculnot make an attempt to be cared near- cated by foolish adults often rulns the

Four factors count in the healthy assuming the food to be properly prepar- west to the beginning, containing 66 "I made an examination of his ears, ed. thoroughly cooked and wisely seremoved some wax and a substance lected, there comes, first, the work of that appeared to be hardened remnants the teeth, which prepare the food for 70, a record of mortgages in the office of be thoroughly mixed in order to mini- due on said mortgege. This February juices in the stomach; third, the work of the stomach itself; fourth, and most

"When I told him that I had a very thoroughly every mouthful. If noth-by M. C. Long and W. T. Long, her that celebrated debate. "He laughs on a very important occasion, "I will fair conviction that I could, be said: ing else will do, compel him at frebest who laughs last," and the gold co-divide my speech under twelve heads," 'Well, you are a blanked fool. You quent intervals to lay down his knife which mortgage deed is registered in should have said to me: "I think I can and fork that the importance of pro- book H. in the office of Register of cure you, and I will do so for \$10,000. longed chewing may be impressed upon on de ds for Rutherford county N. C., de-The Marquis of Salisbury begged to No cure, no pay." You would have blim. Don't allow your child to gulp fault having been made in the payment be allowed to interpose with a little got your money without a murmur. down water or any other liquid with of the indebtedness secured by said "'Oh,' I said, 'if you feel that way his solid food. It' you allow him to mortgage deed, by which the power of

You can't do anything to help along the unconscious process which goes Brass in England in Chaucer's Time, on in the stomach, but you can do ev-A metal resembling brass, but said erything to help that process by at- Morrow's corner on the old line and to have been superior in quality, was tending to the fourth necessity, which runs north 812 west with his line 21 known in England as "maslin" as early demands blood and the heat of the as the time of Chancer, and in the blood in the stomach. Allow no child the road south 15 east 19 poles to a stake reign of Henry VIII. an act of parlia- after eating to take violent exercise, at the turn of said road; thence with the ment was passed prohibiting the ex- to study or even to read an exciting road south 82 east 14 poles to a stake; port of brass out of England. Whether book. The brain has first call upon the earlier monumental brasses still to the service of the heart, and as soon be found in our churches were made as the brain is excited the blood leaves originally in England is not absolutely the stemuch and goes to the head. The certain, the probability, according to muscles also when too violently exsome antiquaries, being that they were erted draw the blood away from the

It is absolutely impossible for a child lowed to monopolize the blood supply. thereby, I will on some way, especially very young children, after they have eaten. In the sell to the highest bidder for cash, at case of very young babies nature at-tends to this mercifully by making tract of land in Colfax township, joining them go to sleep as soon as they have lands of Price Campoell, W. R. Leglet. but they ought to be quiet and caim. ed in health by studying right after more or less. This January 7th 1902. 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 undersigned on or before the 13th day of Many a man goes around looking for posed you acted like a fish out of wa- to a hundred has ever been taught to February, 1963, or this notice will be apply to himself such common sense pleaded n bar of their recovery. All Mr. Newlywed-1 was-and very care as is bestowed on a second class persons indebted to said estate will please horse. - New York Journal.

the news when it is news.

Sinking Spells,

fainting, smothering, palpitation, pain in left side, shortness of breath, irregular or intermittent pulse and retarded circulation all come from a weak or defective heart. Overcome these faults by building up the heart-muscles and making the heart-nerves strong and vigorous. Dr. Miles' Heart Cure is the remedy to use. It is

"I would have spells when I would get weak and faint and my heart would ceem to stop beating, then it would beat very hard. I began taking Dr. Miles' Heart Cure and when I had used twelve bottles my heart was all right." Mrs. J. L. TAYLOR,

Dr. Miles' Heart Cure

is a heart and blood tonic of unequaled power and never fails to benefit if taken in time. Sold by druggists on guarantee. Dr. Miles Medical Co., Elkhart, Ind-

Notice

By virtue of the power contained in a a mortgage deed executed by P. H. Morscribed as much food as it really needs. gan and wife. Elizabeth Morgan, to-J. A million foolish parents arge their D. Morris on November the 16th, 1898, children to eat a great deal and always the undersigned mortgagee, will sell at let them eat as much as they want to, public ontery, for cash, at the court house

Monday, March the 3rd, 1902, hungry child goes to the same excess, of land, lying and being in the county only in a lesser degree. The great of Rutherford, on the waters of Cathey's safeguard against that excess in eat. creek and known as a part of the Parker land, joining the the lands of E. B. Mergan, J. H. Adair, J. D. Morris and oth ers and bounded as follows, to wit: Beginning at a white oak stump and rans north 4 west (v. 2 deg.) 8 poles to a sourthe mother or the nurse teaches the north 50 cast (v. 2 1-4 deg.) 21 3-4 poles to a gum by the branch; thence north 67 cast (v. 21, deg.) 12 poles to a stake; thence south 72 cast 71 poles to a black head of a ditch; thence with the ditch south 70 west 44 poles to the creek; thence up crossing the creek about 3 west I would stop over to see you.'

"Has any physician you have visit"Has any physician you have visit"The factors which partial as to a state; thence west 50% poles."

"The factors which partial as to a state; thence west 50% poles." ents and nurses should remember. As- to a black oak stump; thence north 19

> acres, more or less. For further description, reference is hereby made to Book "H-3" at page No.

J. D. MORRIS, Mortgagee.

Notice!

By virtue of the power of sale containhusband, on the 25th day of January 1899 to the undersigned as mortagagee, sell at the court house door in Ruther

Monday, February 10th, 1902 at 12 o'clock m., the following piece or parcel of land, lying in the town of Rutherfordton east of the court house joining lands of D. F. Morrow and ethers. Beginning on a stake or stone, poles to a stake in the road; thence with thence north 8 west 17 poles and 17 links to the beginning, containing two acres. This 14th day of January 1002. J. C. COWIEN, Mortgagee.

Notice.

Under and by virture of a mortgage deed executed by J. W. Hamrick and wife, S. L. Hamrick, dated December or a grown person to digest properly 11th, 1899, and duly recorded in the Regor to get strength and vitality from ister's office for Rutherford county, in what he eats unless for at least a half | Eook H, page 593, because of default hour after eating the stomach be at made in the payment of the debt secured

Children should be kept quiet in Saturday, the 15th day of Febru-

ary, 1902, absorbed their milk. Older children ter and others: Beginning at a heap of ought not to go to sleep directly after stones; thence south \$1 east 37 poles to a enting for physiological reasons which hickory; thence south 6! east 37 poles to may be explained at some other time; a black oak; thence south 60 rast 30 poles to a black oak; thence north 64 poles to a heap of stones; thence north 58 west Tens of thousands of children in homes 126 poles to a oak; thence north to the where this newspaper is read are ruin-beginning, containing one hundred acres G. B. FRULTT, Trustee

Notice!

Having qualified as administrator of Philip Robons, deceased, late of Rutherford county, N. C., this is to notify all persons having claims against the estate f said deceased to exhibit their to the male immediate payment. This lath

day of February, 1902. -Subscribe for The Trierne and get | B. LANCASTER, Administrator aves & Rucker, Attorneys.