

CONCENTRATED FOOD.

It Would Prove a Poor Diet and Destructive to Humanity. "It is a notion fondly cherished by some persons," writes a prominent English physician in a London medical journal, "that the day will come when the human race will subsist entirely on highly concentrated food. The time occupied in eating the daily meals will be saved by swallowing a tablet of concentrated essence, and all questions of fastidiousness for food will be banished, while the dyspepsia arising from an overbulky and hastily swallowed meal will finally disappear. "The idea is of course utterly fallacious and plainly opposed to sound physiological teaching. Such a dietetic consummation thus innocently entertained would probably end in the extinction of the race by disease as a sequence of inanition. The fact is that the volume of food serves a definite purpose in the body. "Highly concentrated foods are prone to be very irritating to the digestive organs, and they also tend to exhaust the secretory powers of the stomach, the digestive juices being poured out in a quantity far in excess of the requirements of that food, and thus secretory energy, which is the key to assimilation, is uselessly spent. "Concentrated meat essences containing merely the extractives of meat are, for example, the most powerful exciters of gastric secretion that we possess, but when partaken of exclusively they avail nothing in the direction of real nutrition and lead most likely to serious waste of tissue—in a word, to starvation. "They serve admirably, however, as a kind of condiment or adjuvant to food, preparing the ground for its reception and digestion; hence soup is the first item in the physiologically well designed meal. When kept within reasonable limits the bulkiness of food excites a healthy stimulus to the muscular action of the stomach and the bowels, and altogether the indications are plain that the digestive organs are not adapted for dealing with highly concentrated food. "Food must have, so to speak, a physiological ballast before it is acceptable to the digestive processes. The simplest way of reducing the bulk of most foods is by depriving them of their natural moisture. Eight pounds of mutton or beef would thus be reduced to two pounds of dry substance, but the water must be replaced to a large extent before the meat can be cooked or eaten. "There are, of course, particular cases, as, for example, in illness, in which it is necessary that the diet should be sparing in quantity and yet highly nutritious in quality, but in health the use of concentrated foods is physiologically absurd, if not mischievous. The time when men will take for their meals and be satisfied with as much concentrated food as will cover a three-penny piece can never be so long as the human mechanism is as it is and physiological laws are inexorable.

Man's Best Age.

At what age is a man at his best and most likely to achieve his life work? The Rev. F. B. Meyer once put the age at forty-six. That seemed late to a critic, but Dr. Leonard Guthrie at the Royal College of Physicians supported the statement. He quoted Jastro's table dealing with specially precocious people, which showed that the average age at which great artists did their first work was 13.8; their first great work, 28; their greatest work, 46.7, and that the average age at death was 60.1. For poets the figures in the same order were 15.6, 27.8, 43.9 and 61.6; for philosophers, 17.6, 32.1, 47.7 and 66.3. Here is comfort for those who think of middle life as flat prose.—Sunday School Chronicle.

His Business.

"You say the officer arrested you while you were quietly minding your own business?" "Yes, your worship. He caught me suddenly by the coat collar and threatened to strike me with his truncheon unless I accompanied him to the station." "You were quietly attending to your business—making no noise or disturbance of any kind?" "None whatever." "It seems very strange. What is your business?" "He's a burglar, your worship," said the constable.—London Globe.

A Proposal.

Thomas—I suppose, Susie, that there comes to every woman sooner or later an irresistible yearning to lay her head upon some strong man's shoulder and give vent to the outpourings of a full heart. Susie (timidly)—Yes, Thomas. Thomas—Well, Susie, if you feel that way my shoulder is at your disposal.—London Telegraph.

COURTROOM COMEDY.

A Little Passage Between the Lawyer and the Landlady. The woman was in the box, and she was a very nice mannered, respectable woman, who kept a cheap boarding house, and it was the desire of one of her guests to be dishonest that had brought her to the court to make him pay his board bill. "How old did you say you were, madam?" inquired the lawyer, with no reason on earth, for an elderly landlady is no more anxious to lose a board bill than a young one. "I did not say, sir," she responded, flushing to the roots of her hair. "Will you be kind enough to say, madam?" "It's none of your business!" "Objection sustained," smiled the judge. "Um," said the lawyer, rubbing his chin. "How much did you say the amount was the defendant owed you?" "Three pounds." "And for how long was that?" "Three weeks." "That's £1 a week, isn't it?" "Yes, sir." "Three weeks at £1 a week is £3. I believe you said?" "Yes, sir." The witness was patient, but her temper was not improved under the strain. "Isn't that an extravagant price to pay for board in your locality, madam?" inquired the lawyer severely. "He didn't pay it, sir," answered the worm, beginning to turn. The lawyer gave a little start of surprise, then became indignant at the very thought of a witness talking like that. "Don't be facetious, madam," he said, assuming a tone of warning. "This is a serious matter. I have asked if your prices were not exorbitant, and you have seen fit to answer lightly, madam. Now, madam, I ask you in all earnestness if you mean to tell this court that your prices are moderate and that if I should come to your house to board you would charge me £1 a week? Answer directly, madam," and the barrister squared his shoulders and assumed an imperial manner. The witness was not at all abashed. "No, sir," she said simply, "I would." "I thought not, I thought not," interrupted the lawyer, bending over and rubbing his hands. "No, sir," continued the witness, "I should not charge you at all. I should make you pay in advance."—London Tit-Bits.

Putting Your Foot In It.

Mr. George Russell in his book "Collections and Recollections" tells the following story: "A friend of mine in the diplomatic service visiting Rome in the old days of the temporal power had the honor of an interview with Pio Nono. The pope graciously offered him a cigar. 'I am told you will find this very fine!' The Englishman made that stupidest of all answers, 'Thanks, your holiness, but I have no vices.' 'This isn't a vice. If it was, you would have it.'" Playgoers will remember the following passage in Bulwer's "Lady of Lyons" and draw their own conclusions: Claude (offering snuff box)—M. Beauseant, will you honor me? Beauseant—No, your highness. I have no small vices. Claude—Why, if it were a vice you'd be sure to have it, M. Beauseant.

Persistency.

Persistency is characteristic of all men who have accomplished anything great. They may lack in some particular, may have many weaknesses and eccentricities, but the quality of persistence is never absent in a successful man. No matter what opposition he meets or what discouragements overtake him, he is always persistent. Drudgery cannot disgust him. Labor cannot weary him. He will persist, no matter what comes or goes. It is a part of his nature. He could almost as easily stop breathing. It is not so much brilliancy of intellect or fertility of resource as persistency of effort, constancy of purpose, that gives success.

Red Haired Charmers.

"There are no red haired old maids." The speaker, a red haired actress, went on: "The red haired have an excess of iron in their blood. This causes them to overflow with vitality, animal spirits, gayety, wit, charm—but I must not boast, must I?" She smiled, and smoothing her ruddy locks with a slim white hand, she added: "At any rate it is a palpable fact that the red haired girl never gets left. As a rule she is married at twenty. A red haired old maid is a rarity."—New York Press.

LAND ENTRY NO. 6688.

North Carolina, Caldwell County. T. S. Robbins locates and enters 25 acres of land on the waters of Buff also creek, in Yaddin Valley township, said County and State. Beginning on a chestnut tree corner of a 19 acre tract and in said T. S. Robbins' line and runs East with said line to the J. L. Hawkins' line, thence Northward with said Hawkins' line to J. W. Cottrell's line, thence West with said line to a spruce pine corner of it, thence South with said line to the line of 19 acre tract of the first mentioned, thence East to corner of it, thence South to the Beginning. Entered this the 21 day of Feb. 1908. T. S. Robbins. A true copy.—J. L. Miller, Entry taker.

A Dangerous Operation.

Is the removal of the appendix by a surgeon No one who takes Dr. King's New Life Pills is ever subjected to this frightful ordeal. They work so quietly you don't feel them. They cure constipation, headache, biliousness and malaria. 25c at J. E. Shell drug store.

NOTICE.

By virtue of real estate mortgage executed to the undersigned by J. N. Braswell, M. E. Braswell and Margrett Braswell, duly recorded in book R. page 573 of mortgages in and for Caldwell County, (default having been made in the terms of said mortgage) we shall on Tuesday the 31st day of March, 1908, sell for cash to the highest bidder at the court house door, Lenoir, N. C., to satisfy the terms of said mortgage the following described real estate embraced in said mortgage to-wit: Adjoining the lands of S. E. Gragg and L. N. Franklin, bounded as follows: Beginning on a beach on the East side of the branch and runs Southward 210 poles to a stake in the old line, then Southward 13 poles to a stake in the same line, then E. 80 poles crossing the branch to a stake in the old line, then with the old line Northwest to a pine corner, thence with the meanders of the ridge Southwestward direction to the beginning. Containing 25 acres more or less. The sale will be held between the hours of 10 a. m. and four o'clock p. m. This the 21st day of February, 1908. The Henkel Live Stock Co., Mortgagees.

A tickling cough, from any cause, is quickly stopped by Dr. Shoop's Cough Cure. And it is so thoroughly harmless and safe, that Dr. Shoop tells mothers everywhere to give it without hesitation even to very young babies. The wholesome green leaves and tender stems of a lung-healing mountainous shrub, furnish the curative properties to Dr. Shoop's Cough Cure. It calms the cough, and heals the sore and sensitive bronchial membranes. No opium, no chloroform, nothing harsh used to injure or suppress. Simply a rosinous plant extract, that helps to heal aching lungs. The Spaniards call this shrub which the Doctor uses, "The Sacred Herb." Demand Dr. Shoop's. Take no other. J. E. Shell's Druggist.

A Kansas farmer in doctoring his horse gave it poultry medicine by mistake. Now the horse has scratched up the whole pasture and is showing signs of trying to set.

The finest Coffee Substitute ever made, has recently been produced by Dr. Shoop of Racine, Wis. You don't have to boil it twenty or thirty minutes. "Made in a minute" says the doctor. "Health Coffee" is really the closest Coffee Imitation ever yet produced. Not a grain of real Coffee in it either. Health Coffee Imitation is made from pure toasted cereals or grains, with malt, nuts, etc. Really it would fool an expert—were he to unknowingly drink it for Coffee. Harrison & Co.

Miss Maude Baker, who has been in charge of the internal revenue stamp office at Reidsville for about a year, has lost her place, which is to be filled by Thos. Mallory, a political worker.

When the Stomach, Heart or Kidneys get weak, then these organs always fail. Don't drug the Stomach nor stimulate the Heart or Kidneys. That is simply a makeshift. Get a prescription known to Druggists everywhere as Dr. Shoop's Restorative is prepared expressly for these weak inside nerves. Strengthen these nerves, build them up with Dr. Shoop's Restorative—tablets or liquid—and see how quickly help will come. Free sample sent on request by Dr. Shoop, Racine, Wis. Your health is surely worth this simple test. J. E. Shell, druggist.

"What has become of the old-fashioned father?" politely inquires the Atlanta Georgian. Holding his old-fashioned grindstone, probably, trying to support his now-faiged children.—Washington Herald.

BUSINESS LOCALS.

FOR RENT—One six room house. Apply to T. J. Palmer.

FOR SALE—A nice, new, eight room cottage on Virginia Street in the Western part of Lenoir. Good sized lot. Apply to W. A. Fulwood.

You can save money to buy your goods from W. A. Watson.

We have the largest and most varied assortment of neckwear ever brought to Lenoir. Melton, Tuttle & Ballew.

If it's good goods cheap you are looking for go to W. A. Watson's.

Buy neckwear made by Southern girls for Southern men. Melton, Tuttle & Ballew.

More goods for least money at W. A. Watson's.

See the moving Pictures at the Skating Rink.

Don't fail to attend the special sale at Watson's.

Big sacrifice sale on at Watson's. 8 days only.

MOVING PICTURES at Skating Rink every night.

DON'T MISS the Moving Pictures at the Skating Rink every night.

Don't wait, it'll pay you to go to the Auction Sale before it is too late.

Get your mask ready for Friday night 21st at Skating Rink.

You'll be glad if you do, and sorry if you don't go to the Big Action. Sale at Dula's Jewelry Store.

The taste is important to neat dressing. Don't forget the place to get them. Melton, Tuttle & Ballew.

MASQUERADE at Skating Rink on Friday night 21st.

Don't wait, but get there on them if you want some of the bargains to be had at Dula's Auction Sale.

FOR SALE or RENT a good Farm, apply to J. A. Bush Jr. Lenoir, N. C.

Let us show you a wealth of variety in up-to-the-minute styles in neckwear. Melton, Tuttle & Ballew.

Subscribe for the Lenoir News.

LAND ENTRY NO. 6686.

North Carolina, Caldwell County. D. B. Kirby enters and locates 40 acres of land more or less in Lower Creek township said County on the waters of Little Zacks Fork: Beginning on Mrs. Alice Coffey's black gum corner, runs North 80 poles to the Wilson Lumber Co.'s line and with their line East to their corner, then South with Smith Barlow's line to Mrs. Alice Coffey's line, then with her line to the beginning. Entered 11 a. m., February 4th, 1908. D. B. Kirby. A true copy.—J. L. Miller, Entry taker.

L. G. Reid, D. D. S.

Dentistry in all its Branches. Office, Shell Building, Lenoir, N. C. Phone 85.

Kodol for Dyspepsia and Indigestion is the result of a scientific combination of natural digestants with vegetable acids and contains the same juices found in a healthy stomach. It is the best remedy known today for dyspepsia indigestion and all troubles arising from a disordered stomach. Take Kodol to day. It is pleasant, prompt and thorough. Sold by J. E. Shell, Kent and Granite Falls Drug Co.

E. W. MOOSE, D. D. S.

I have moved my office to rooms over the Postoffice, where I do all kinds of Dental work. I will be absent from my office one week beginning with the first Monday, in each month. Respectfully, E. W. MOOSE.

This is Worth Reading. Leo F. Zelinski, of 884 Gibson St., Buffalo, N. Y., says: "I cured the most annoying cold sore I ever had, with Bucklen's Arnica Salve. I applied this salve once a day for two days, when every trace of the sore was gone." Heals all sores. Sold under guarantee at J. E. Shell drug store. 25c.

KENNEDY'S LAXATIVE COUGH SYRUP. Mothers endorse it. Children like it. Tastes so good. For Sale by J. E. Shell, Dr. Kent and Granite Falls Drug Company.

CAROLINA & NORTH-WESTERN RAILWAY CO. Schedule Effective February 2nd, 1908. Table with columns for Northbound, Southbound, Passenger, Mixed, and Fixed. Includes stations like Chester, Yorkville, Gastonia, Lenoir, Newton, Hickory, and Lincoln.

HOLLISTER'S Rocky Mountain Tea Nuggets. A Busy Medicine for Busy People. Brings Golden Health and Renewed Vigor. C. B. McNairy, M.D. McNairy & Moore.

Medicine That is Medicine. I have suffered a good deal with malaria and stomach complaints, but but I have now found a remedy that keeps me well, and that remedy is Electric Bitters; a medicine that is medicine for stomach and liver troubles, and for run down conditions. W. C. NEWLAND, Commissioner.

Marked for Death. "Three years ago I was marked for death. A grave-yard cough was tearing my lungs to pieces. Doctors failed to help me, and hope had fled, when my husband got Dr. King's New Discovery." Very Respectfully, H. C. MARTIN, Editor The News.

KILL THE COUGH AND CURE THE LUNGS WITH Dr. King's New Discovery FOR COUGHS AND ALL THROAT AND LUNG TROUBLES. GUARANTEED SATISFACTORY OR MONEY REFUNDED.

When you want the best, get DeWitt's Carbolic Witch Hazel Salve. It is good for little or big cuts, boils or bruises, and is especially recommended for piles. Sold by J. E. Shell, Kent and Granite Falls Drug Co.

Lax-ets 5 C Sweet to Eat. A Candy Bowel Laxative. J. E. SHELL. DeWitt's Little Early Risers are the best pills known for constipation and sick headache. Sold by J. E. Shell, Kent and Granite Falls Drug Co.