

# Camel Cigarettes



**They Win You On Quality!**

Your enjoyment of Camels will be very great because their refreshing flavor and fragrance and mellowness is so enticingly different. You never tasted such a cigarette! Bite is eliminated and there is a cheerful absence of any unpleasant cigaretty after-taste or any unpleasant cigaretty odor!

Camels are made of an expert blend of choice Turkish and choice Domestic tobaccos and are smooth and mild, but have that desirable full-body and certainly hand out satisfaction in generous measure. You will prefer this Camel blend to either kind of tobacco smoked straight!

Give Camels the stiffest tryout, then compare them with any cigarette in the world at any price for quality, flavor, satisfaction. *No matter how liberally you smoke Camels they will not tire your taste!*

**R. J. REYNOLDS TOBACCO CO.**  
Winston-Salem, N. C.

Camels are sold everywhere in specially sealed packages of 20 cigarettes in ten packages (200 cigarettes) in a glassine paper-covered carton. We strongly recommend this carton for the home or office supply or when you travel.

even to very young children. No child, however, should be given tough meat that is likely to be swallowed in large pieces. Fried meat is particularly harmful.

**Use Fresh or Dried Fruits**  
Fruit once a day is a good rule. If you can not afford fresh fruit, get dried fruits. Soak them well and cook them until soft. If the child is delicate give only the juice or pulp. Very young children who are just beginning to eat other things than milk should be given the juice only of the fruits. A little later they may be given the pulp. A healthy child of school age can eat apples, peaches, and plums, skin and all.

Every child should have plenty of good bread. There is no danger of him eating too much of it unless it is covered with sugar or jam. A hungry child will eat plain bread between meals without either butter or sugar. Save the sweets for dessert.

Whole wheat or graham bread helps to prevent constipation. So, too, do vegetables and fruits. Mothers who can not afford vegetables and fruits should give coarse bread occasionally. Cereal mushes, like oatmeal, corn meal or cracked wheat, are good for children; they have just as much nourishment in them as the ready-to-eat cereals and cost very much less. Hardness and crispness in food is not the same as toughness. In fact, bread or toast is good food for e-



**WE SOLICIT INVESTIGATION OF OUR VALUES**

**IN PURCHASING JEWELRY IT IS NECESSARY THAT YOU KNOW THE EXACT FACTS ABOUT IT.**

We encourage investigation on the part of our patrons and friends; we delight in telling them the plain truth about all our goods. That and courteous treatment we promise to each visitor to our store.

**COME IN. INVESTIGATE.**

**ALL REPAIRS GUARANTEED** **RELIABLE GOODS ONLY**

**WHEN YOU THINK OF JEWELRY — THINK OF**

**W.D. LLOYD**

**JEWELER**

**MANNING, S. CAROLINA.**

**NERVES "ON EDGE"**

Manning People Will Find Encouragement in the Statement of a Manning Resident

Are you weak, nervous, depressed? Feel dull, shaky, tired? Are your kidneys working right? Nervousness often hints at kidney weakness—

Kidneys that fail to filter the blood. Poisons gather and harm the nerves. Kidney weakness causes many ills—Backache, dizziness, headaches, lack of flesh.

Don't neglect kidney trouble. There is danger in delay. Use Doan's Kidney Pills.

Follow the example of this Manning resident.

Mrs. C. M. Taylor, S. Boundry St., says: "About a year ago I was troubled with kidney complaint. I had terrible backaches and headaches bothered me. Nervous spells upset me and my nerves were just a wreck. I felt tired and languid and I suffered with dizzy spells. Finally, I heard about Doan's Kidney Pills and bought some at Arant's Drug Store. I can certainly say Doan's did me a wonderful lot of good and quickly relieved me."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Taylor had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

ren. Bread that has been dried and slightly browned in the oven can be broken into small pieces and served with milk as cereal mushes are.

As to sweets, save them for dessert when the child is not hungry enough to eat too much of them. One of the simple puddings mentioned above makes a good dessert. So, too, do plain cake or cookies. One of the cheapest sweets is bread spread with butter and sugar, white or brown. Lump-sugar is usually far cheaper than candy.

Breakfast may consist always of fruit, fresh or dried, with a cereal mush, milk, bread, and butter. Bread and milk or rice and milk are enough for supper. The chief meal should come in the middle of the day. Here are a few suggestions for it:

**Suggested Dinners**  
Baked potatoes.  
Milk gravy made with bacon or salt pork fat.

Greens.  
Bread and butter, with sugar on the last slice eaten.  
Milk stew.  
Egg on toast.  
Rice pudding.  
Milk toast.  
Stewed celery or cabbage.  
Boiled rice with sirup.  
Potato soup.  
Bread and butter.  
Baked apples.

Mrs. Edna McPherson,  
Ass't. Emergency Home Dem. Ag't.

**CHICHESTER'S PILLS**

**THE DIAMOND BRAND**

Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS, for 25 years known as Best. Always Reliable. **SOLD BY DRUGGISTS EVERYWHERE**

**MILK EGG YOLKS, AND GREEN STUFF ARE MOST ESSENTIAL FOR CHILDREN**

Some people tell us a great deal about what children ought not to eat, but forget to tell us what they ought to have. The kinds of food that children need to make them grow into healthy men and women are being studied by home economics experts in the United States Department of Agriculture.

The most important of these foods is milk. It supplies something for making muscles; something for making bones and teeth; and something that makes children grow. No child will grow as fast as he should or as well without milk. He may get fat, but fatness is not the same as strength. Unless he has milk, some part of him will almost surely be weak.

Every little child should have at least three glasses of whole milk every day, and if possible, four. If he has this amount of milk, and particularly if he can be given one egg yolk a day, he does not need meat. Some mothers worry because they can not afford to buy meat, fish, chicken, or other flesh foods for their children, but this is quite unnecessary if they are able to get milk, and milk is almost always cheaper than these other foods.

**How to Serve Eggs**  
Some one will probably ask how the yolk of an egg should be served to a child. One good way is to add it to milk gravy. Another way is to cook it hard, salt and mash it and spread it on bread. The mother may just as well use the white of the egg for cake or for puddings. It is the yolk that the child needs most. All of the iron of the egg is in the yolk. There is something in the yolk, too, as there is in the milk, that makes children grow.

Every mother wants her children to have straight, strong legs. Both milk and eggs help to make the bones strong. Children who do not get these foods are almost sure to have a disease called "rickets." Their bones, being weak, bend under them and get very

much out of shape. Milk gets dirty easily and it is very hard to make it clean after it has become dirty. It is different from such foods as apples and oranges from which the dirt can be wiped. If milk is left uncovered and dust or other kinds of dirt fall on it, or if it is put into a dirty dish the dirt sinks to the bottom and it is impossible to get it out. Dirty milk is almost sure to make children sick, and so the greatest pains should be taken to keep it clean. The barn where the cow is kept should be clean; so, too, should the pails and the milker's hands. After the milk comes into the house it should be kept carefully covered in a cool place.

**Use of Clean Skim Milk**  
Whole milk is far better for children than skim milk, but clean skim milk is better than dirty whole milk. If the mother can not get clean whole milk she had better use clean skim milk and give the child a little extra butter to make up for the fat that was taken off when the milk was skimmed.

The "something" in milk that makes children grow comes from the grass and other green things that the cow eats. The same "something" in eggs comes from the green food that every good chicken raiser provides for his chickens. From the green food it gets into the milk and the egg yolks. This substance, so much needed by all young animals, is also in lettuce, spinach, and other greens. For this reason these vegetables are good for children, particularly when milk and eggs are scarce.

Some children do not like vegetables and it does little good to try to persuade them to eat them. A better way is to put them into soups or gravies without saying anything about it. For example, make milk stews or gravies and put into them any small amounts of cooked vegetables that may be left over or some fresh vegetables cooked for the purpose. Here is a recipe for a milk stew. With plenty of bread, a large bowl of it makes a good dinner for a child.

**Milk Stew with Vegetables**  
1 quart milk, whole or skim.  
1 cup raw potatoes, cut in small pieces.

A few leaves lettuce, spinach, or other greens cut into small pieces or chopped.

A small piece of onion  
2 level tablespoons butter or bacon fat.

Salt.  
Boil the potatoes till soft and drain. Cook the other vegetables in so little water that they do not need to be drained. Add to the milk. Heat, add the fat, and season with salt.

Almost any vegetable can be used for flavoring milk stews. Or a little fish or chopped dried beef may be used. In the case of very little children care should be taken not to serve any tough foods like large pieces of dried beef unless the mother has time to watch and see that they are well chewed.

Another way to use milk is in simple puddings.

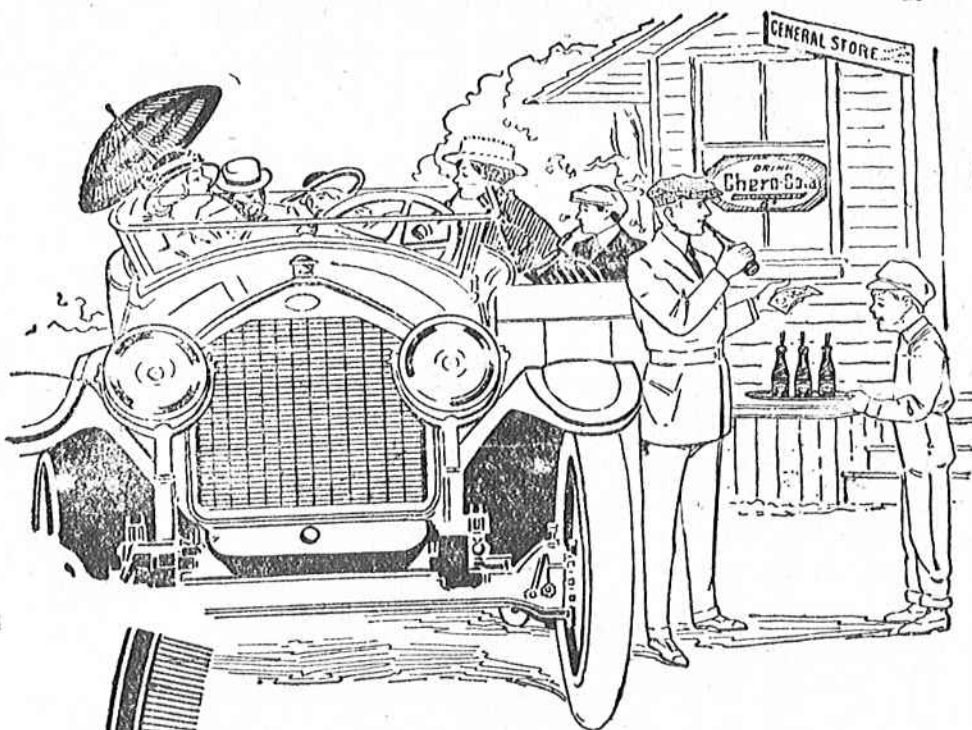
**Rice Pudding.**  
1 quart milk, whole or skim.  
1-8 cup rice.  
1-3 cup sugar.  
1-2 teaspoon salt.  
1-8 teaspoon ground nutmeg, or cinnamon, or the grated rind of 1-4 of a lemon.

Wash the rice thoroughly, mix the ingredients, and bake three hours or more in a very slow oven, stirring occasionally at first.

Any kind of cereal, oatmeal, corn meal, or cracked wheat can be used in place of the rice and molasses, or brown sugar can be used for sweetening and flavoring.

To say that a child does not need

flesh foods like meat, chicken, and fish if he has plenty of milk does not mean that these foods are not good for him. The chief point is that they are not needed, and when used in addition to milk they are extravagant. So far as health is concerned some of the tenderer flesh foods, like fish or chicken, may be given in small amounts



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