SAGE TEA DARKENS HAIR TO ANY SHADE

Don't stay Gray! Here's an Old-time Recipe that Anybody Can Apply.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is mussy and out-of-date. Nowadays, by asking at any drug store for a 50 cent bottle of "Wyeth's Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark and glossy.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.—Adv.

A Proviso.

"Don't be surprised if I call you up at your office, my dear."

"I won't, if it is to call me down."

REMARKABLE LETTER FROM A WELL KNOWN WASHINGTON DRUGGIST.

In reference to **Elixir Babek** the *great remedy for chills and fever* and all *malarial diseases*.

"Within the last five months I have sold 3,000 bottles of **Elixir Babek**, for Malaria, Chills and Fever. Our customers speak very well of it. Henry Evans, 822 F St., N. W. Washington, D. C."

Elixir Babek 50 cents all druggists, or by Parcels Post, prepaid, from Klocksiewski & Co., Washington, D. C.

A Bad Scare.

A Southern man tells of a darky named Theophilus Baxter, known as "the champion banjo player of Alabama."

Wishing to afford a Northern friend an example of real darky music, a Mobile woman went to Baxter's house with a view to enlisting his services at a musical function. She found his wife instead.

"Very sorry, Missy," said Baxter's spouse, "but Theophilus he ain't playin de banjo any more. He jest puts in all his time fishin' now."

"What led him to give up his playing?" asked the disappointed caller. "Has he got religion?"

"No, Missy, he ain't got religion, but he's done got skeered."

"Scared? Of what?"

"Of dat minstrel show, honey. De boss learns dat my ole man kin play, an' he offers him a steady job doin' it. Yassum, an' it skeered Theophilus so bad dat he quit banjo playin' right away."

War on 25,000,000 Prairie Dogs.

The 25,000,000 prairie dogs that inhabit the pasture ranges of New Mexico and Arizona destroy, says the Youth's Companion, enough grass to support a million cows or 5,000,000 sheep. Therefore the government, acting on an appeal by the stockmen, has employed men to wage a systematic warfare of extermination upon the little creatures. But it will be a long war, for the enemy is widely distributed and deeply intrenched.—Philadelphia North American.

WISE HOSTESS
Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two daughters.

"They were always complaining and taking medicine. I determined to give them Postum instead of coffee when they visited me, so without saying anything to them about it, I made a big pot of Postum the first morning.

"Before the meal was half over, each one passed up her cup to be refilled, remarking how fine the coffee was. The mother asked for a third cup and inquired as to the brand of coffee I used. I didn't answer her question just then, for I heard her say a while before that she didn't like Postum unless it was more than half coffee.

After breakfast I told her that the coffee she liked so well at breakfast was pure Postum, and the reason she liked it was because it was properly made.

"I have been brought up from a nervous, wretched invalid, to a fine condition of physical health by leaving off coffee and using Postum.

"I am doing all I can to help the world from coffee slavery to Postum freedom, and have earned the gratitude of many, many friends." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c pkgs.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers

The KITCHEN CABINET

The world is a looking-glass and gives back to every man the reflection of his own face. Frown at it and it in turn will look sourly upon you, laugh at it and with it and it is a jolly, kind companion.

A FEW DELICIOUS SALADS.

A slice of fresh tomato on a crisp white lettuce leaf with a spoonful of mayonnaise sprinkled with chopped chives will make a most dainty and tasty salad.

Diced pineapple mixed with one-third the quantity of pecan meats and dressed with mayonnaise, served on head lettuce, is another delicious salad.

Cabbage Salad.—Chop enough cabbage to make two cupfuls, add chopped peanuts enough to flavor it well, two tablespoonfuls of scraped onion and French dressing highly seasoned with salt and red pepper. A little red pepper cut in fine strips may be used as a garnish to this nice salad.

Potato Salad.—Mix cold boiled potatoes, cut in cubes with crisp cucumber, also cut in cubes, sprinkled with chopped onion, pour over mayonnaise and garnish with minced parsley.

Apple-Cheese Salad.—Pare apples and cut in small balls with a French vegetable cutter, marinate in French dressing and chill. Mash a cream cheese, season with a teaspoonful each of worcestershire sauce and chopped red pepper. Shape into balls the same size the apple and heap a few of each on crisp lettuce. Serve with French dressing.

Meat Salad.—Cut chicken, beef or veal into fine pieces, removing all fat and gristle. To each two cupfuls of meat add a cupful of chopped celery and one small onion, finely minced. Just before serving add enough boiled dressing, highly seasoned, to make it hold together.

Cabbage Salad.—Chop a small cabbage head very fine, with an onion, fry until brown a slice of salt pork cut in fine cubes, pour over the cabbage the hot fat and browned cubes, stir and season well with salt and red pepper, then add enough boiling-hot vinegar to season well and serve hot. This is a salad which may take the place of a vegetable at dinner.

Jello or gelatine used with cut fruit and served with a French dressing, makes another nice salad, serve on head lettuce.

Success in life depends on staying power. The reason for failure in most cases is lack of perseverance. Men get tired and give up.—J. R. Miller.

If it wasn't for the optimist the pessimist wouldn't know how happy he isn't.

OTHER GOOD RECIPES.

Celery is so infrequently served except fresh or in salads that few people know how good it is cooked outside of soups. As an escaloped dish it is most tasty. Arrange it in layers with buttered crumbs and top the last layer with tomatoes, season well and bake.

Another unusual dish is corn with canned pimentos. Put the corn in the baking dish with layers of the chopped pimentos between, with bread crumbs and seasoning, cover with milk and bake as usual.

Add stuffed chopped olives to the macaroni and cheese dish some time if you want a savory change from the ordinary.

A little grated ginseng root added to the chicken dish, no matter how served, stewed, fried, fricasseed, is a new flavor for America but one which you are sure to like.

Soiled Cabbage.—Brown a chopped onion in two tablespoonfuls of butter, add a quart of cabbage, finely shredded, cover and cook ten minutes, then add a quart of boiling water, salt and pepper, and cook uncovered until tender. Sprinkle with a little sifted flour, add two tablespoonfuls of vinegar and serve hot.

Liver Dumplings.—Take a pound of liver and run it two times through the chopper, add two onions and four stalks of celery, all finely cut, two eggs, two tablespoonfuls of butter and the crumbs from fourteen crackers rolled. Add enough flour to make the mixture stiff enough to roll into balls the size of a walnut and serve after cooking ten minutes in any kind of soup stock. Serve with the soup.

Orange Pie.—Grate the rind of an orange, add a tablespoonful of flour to a cupful of sugar, mix well, add salt, a cupful of water and a tablespoonful of butter with three egg yolks. Fill the crust and use the whites for frosting.

Graham Gems.—Take a cupful each of graham flour and sour milk, one egg, a teaspoonful of soda, two tablespoonfuls of sugar and three tablespoonfuls of melted shortening, add salt and bake in buttered gem pans in a hot oven.

Be consistent in your economy. Don't try to save on the necessaries of life. To do so is false economy, but to practice real economies on those things you do not actually need the luxuries of life.

DISHES FOR THE INVALID.

The necessary requisites for an invalid's service are wholesomeness of food, appropriate kinds for the person served and prompt and dainty service. Do not confer with the invalid as to what he would like to eat, for the various surprises will help to excite his appetite.

The tray on which the food is served should be covered with a spotless napkin, folded to cover a good-sized tray. The smallest, prettiest dishes should be placed on it and everything in an orderly manner. All hot foods should be served hot and cold foods cold on well-chilled dishes.

For a fever patient, fruit juice in cold water makes most refreshing drinks. Serve in small glasses rather than in too large quantities. This is a rule which should be observed in all serving to sick people.

Oatmeal Gruel.—Take two-thirds of a cupful of oatmeal, add three pints of boiling water and a teaspoonful of salt; cook for two and a half hours in a double boiler. Remove from the fire and strain. When using for a patient, use half a cupful of the gruel with a half cupful of thin cream, two tablespoonfuls of boiling water and sugar to taste. A grating of nutmeg or cinnamon may be added in some cases. Other gruels may be prepared in the same manner, using barley, cornmeal, rice or farina.

Chicken Custard.—Take a cupful and a half of crumbs from the center of a loaf, add to them two tablespoonfuls of finely chopped chicken breast. Beat the yolks of two eggs until well mixed, add to them a dash of celery salt, a pinch of salt and a cupful of milk. Mix all well and pour into a custard cup set in hot water and bake until the custard is set. Serve hot.

Simple custards are both wholesome and dainty to serve to an invalid. Float-island, with small cubes of jelly on the egg white, makes a most attractive dish which will be especially pleasing to children. The sight must be appealed to in the sick, so a study of pretty combinations pleasing to the eye is worth while.

There are three kinds of people in the world, the Wills, the Won'ts and the Can'ts. The first accomplish everything, the second oppose everything and the third fail in everything.—Davidson.

MORE GOOD THINGS.

Cornmeal is a valuable food, being rich in fats and minerals.

Spider Corn Bread.—Mix together a cupful and an eighth of cornmeal and a half cupful of bread flour, a tablespoonful of sugar, three teaspoonfuls of baking powder, a fourth of a teaspoonful of salt; mix well, then add a cupful and a half each of sweet milk and a beaten egg. Add two tablespoonfuls of drippings into a hot frying pan and pour in the mixture. Bake in a moderate oven 30 minutes. Serve with jelly.

Cornmeal Crisps.—Mix together two cupfuls of cornmeal, two teaspoonfuls of salt; beat in gradually two cupfuls of boiling water, add two tablespoonfuls of butter and spread an inch thick in a large dripping pan. Bake until crisp, about fifteen minutes. Cut in squares and serve as crackers.

Savory Mush.—Stir into a quart of mush a teaspoonful of sage or of poultry dressing. When ready to fry cut in slices and dip in flour, fry in a little hot bacon fat and serve with fried bacon at breakfast.

Popcorn Balls.—Boil a cupful of corn sirup with a tablesponful of vinegar until it hardens in water. Pour over the corn while hot and butter the hands well before forming the balls.

Nellie Maxwell

They Wanted Him.

A newspaper man ran across the street the other day to a dairy lunch. He was in a hurry. He leaned against the marble counter and ordered a lamb stew. A man who had been out all night swayed against him several times and his breath exhaled whisky and onions. "One stew! One stew!" called the boy behind the counter to the kitchen. The newspaper man turned to the inebriate: "Pardon me, sir," he said, "but I think they are paging you."—Saturday Evening Post.

After a Fashion.

"Do animals and insects really talk?"

"I have a language, so to squeak," the mouse responded.

"Me, too," chipped in the locust, "as it whir."

Manchurian Coal Fields Rich.

The Fushun coal fields of Manchuria, operated by Japanese, are believed to be the richest in the world, containing more than 900,000,000 tons of bituminous fuel.

FULL BENEFITS OF TICK ERADICATION

Jersey Cattle on a Tick-Free Pasture in Mississippi.

In the cooperative area from which the cattle tick has been eliminated demonstrations similar to the one showing the points that can realize the full benefits of their success by the campaign of eradication. Purebred stock is being brought in to improve the quality of the native cattle. Farm people who have given little attention to the raising of cattle, now being interested in the fundamental principles of economical and efficient feeding and cream control, and communities are being established in sections where they were unknown or in the days of the ticks.

An interesting instance of what a creamery can do for a community is afforded by the history of the one established in connection with Clemson college in South Carolina. In September, 1914, the creamery had five patrons whose cows furnished 308 pounds of butterfat that month. In October a cream route was established and the number of patrons increased to 17. More routes were started from time to time, each new one bringing in more patrons, until in August, 1915, after a year's work, 227 farmers were sending in the cream from 888 cows. The total amount of butterfat delivered to the creamery that month was 14,815 pounds. For it the farmers received $3,851.85, an average of approximately $17 each.

The significant feature of this creamery's success, however, is not the amount of money that it brought in, but the fact that it opened up an absolutely new source of income to the community. Before its establishment dairying was unthought of. If there was a surplus of milk on a farm it was usually disposed of as butter at the nearest store in return for a little sugar or tea. The ordinary run of farm butter, however, was so little thought of that even when taken in trade it brought only about half of what the creamery could afford to pay for the butterfat. In consequence no one regarded milk as a reliable source of income. That it could be actually made to bring in cash each month was a revelation. So new to the people was the idea, indeed, that the checks from the creamery were frequently stored away instead of being cashed, and the managers had to go over the routes and explain the necessity for turning them in.

When the creamery opened, the proper equipment for dairying was practically unknown. The people had to be instructed in the use of the separator and in practically every detail connected with the handling of cream. Furthermore, the available cows were all native scrubs which received little attention and gave in return little milk. All this has been changed very materially already and is being changed still more. Of the 44 dairy houses built in South Carolina during the fiscal year ending June 30, 1915, 40 were built by patrons of the creamery. On one of the cream routes the farmers united in the co-operative purchase of a good bull and on five others live stock associations have been formed for general improvement. The number of cows is also being increased, one man distributing a carload among his neighbors. Another farmer is described in a letter as "trading bales of cotton for cows."

The importation of good bulls, both for beef and dairy herds, is of special significance, since this was practically out of the question in the tick days, because of the danger of death from Texas fever. In consequence, the grading up of the herds was impossible, and there was too little money in the feeding of ticky scrubs to make it an attractive undertaking. This was also true of dairying with the same kind of stock, for the milk production, poor at best, was reduced by the ticks in cases of heavy infestation by as much as 40 per cent. On the other hand, the possibilities of profit in grading up herds are very great. The history of a large plantation in Tennessee is an instance of this.

The place was an old cotton plantation which was so run down that much of it had been abandoned altogether and was overrun with sedge grass and briers when the owner determined to make it into a stock farm. At that time Tennessee was not yet free from ticks, so that he had to do his own dipping. In the course of a year he succeeded in getting rid of the scourge, and purebred Shorthorn bulls were then brought in. These were used with the native cows, which ranged in value from $12 to $20 a head and weighed from 500 to 700 pounds. The calves which resulted weighed an average of 800 pounds when they reached the Chicago market, and sold for eight cents a pound, or $64 a head. They were then from 15 to 18 months old. This farm is now shipping much of its breeding stock into the tick-free counties of Mississippi and Alabama.

It is, of course, not every stockman who can afford the exclusive use of a purebred bull. The small farmer with one or two cows gains, however, just as much in proportion by breeding them to a purebred instead of a scrub, and the gain is even more important to him. For this reason the department is now encouraging the formation of live stock associations and bull clubs in which a number of farmers unite in the purchase of a bull. The county agents and special demonstrators are also urging upon farmers in the areas recently freed from the ticks the following plan for getting a start in the live stock industry:

1. Get Bermuda grass started on all pastures. Improve the pastures further by sowing some lespedeza and bur clover on the uplands and some alsike clover or white clover on the bottom lands.

2. Grow more hay and other forage on which to winter the stock; or erect a silo if you have as many as 10 dairy cattle or 30 beef cattle.

3. Bring in good bulls to use for grading up the native cattle. Do not try to raise purebreds to begin with.

4. If not able to buy a bull for individual use, form a bull club.

5. Form a community club or county live stock association so that members may exchange bulls every two years and thus obtain the maximum service from a bull without breeding him to his own offspring.

6. Heifers of the beef breeds should not drop calves until they are thirty months old.

7. Breed all beef cows so as to calve during February, March and April.

8. Breed all dairy cows so as to calve in the fall.

9. Wean the beef calves in the fall. Give them plenty of good, bright hay, silage if available, and about one pound of cottonseed meal per day for the first month. After that they can be wintered on the roughage produced on the place and a little concentrate.

10. The breeding stock in the beef herd may be given the run of the stalk fields until the middle of winter and then fed on roughage. As the cows will be carrying calves, they should be kept in a thrifty condition.

11. If possible, dip all of the stock each spring and fall to keep them free of lice and to put their skin in good condition.

12. Never keep a grade bull for a sire if a purebred one can be secured.

BARLEY VS. CORN FOR SWINE

Former Is Highly Valued as Hog Feed in Denmark and Germany—Give Brood Sows Tankage.

Experiments indicate that it takes about 110 pounds of barley to equal in feeding value 100 pounds of cornmeal. In Denmark and Germany barley is very extensively used as a hog feed, and is highly valued. It is looked on in Europe in much th same light as we look on corn here. Middlings, oil meal or tankage should be fed in connection with it to balance the ration.

With food prices, as our correspondent mentions, we suggest that the brood sows be given about one-fourth of a pound of tankage daily in connection with enough barley to keep them gaining at the rate of about half a pound per head daily.

The spring pigs which are being fattened should be fed from one-fourth to one-third of a pound of tankage per head daily, in connection with enough barley to keep them gaining.

MINERALS NEEDED BY SWINE

Mixture of Charcoal, Hardwood Ashes, Salt, Lime, Sulphur and Copperas Is Recommended.

Hogs require continually mineral supplements to their feed. These have been furnished in some of the Southern states by allowing them free access to the following mixture

Charcoal	bushel..	1
Hardwood ashes	do....	1
Salt	pounds..	8
Air slaked lime	do....	8
Sulphur	do....	4
Pulverized copperas	do....	2

Mix thoroughly the lime, salt and sulphur, and then mix with the charcoal and ashes. Dissolve the copperas in two parts of hot water and sprinkle over the whole mass, mixing it thoroughly. Keep some of this mixture in a box before the hogs at all times.

Avoid Undesirable Qualities.

While breeding for size and uniformity of farm horses, don't neglect to give proper attention to the temperament of the sires and dams. Undesirable qualities in this respect are just as much to be avoided as those of undersize and ill shape.

Rich Soil for Vegetables.

Most vegetables need rich, well worked soil. Having this, and adding thorough cultivation and care, anyone can have a number one garden.

Grip Still Hanging On?

Back aches? Stomach sensitive? A little cough? No strength? Tire easily? All after effects of this dread malady. Yes, they are catarrhal. Grip is a catarrhal disease. You can never be well as long as catarrh remains in your system, weakening your whole body with stagnant blood and unhealthy secretions.

You Need PERUNA

It's the one tonic for the after effects of grip, because it is a catarrhal treatment of proved excellence. Take it to clear away all the effects of grip, to tone the digestion, clear up the inflammed membranes, regulate the bowels, and set you on the highway to complete recovery.

Perhaps one or more of your friends have found it valuable. Thousands of people in every state have, and have told us of it. Many thousands more have been helped at critical times by this reliable family medicine.

Prepared also in tablet form for your convenience.

The Peruna Company, Columbus, Ohio

Sustaining His Credit.

Knicker—Does Subbubs pay his debts?

Bocker—Yes, he returns the snow shovel in spring and borrows the lawn mower.

Druggist Gives Highest Praise to Kidney Medicine

For the past fifteen years I have been selling Dr. Kilmer's Swamp-Root and my customers are always satisfied with the results obtained from its use and they speak in the highest terms regarding Swamp-Root. I have used it in my own family and the results were the most favorable. I believe it is a fine medicine for kidney, liver and bladder diseases and I always recommend it for such troubles.

Very truly yours,
CHAS. BRUTON, Druggist,
Jan. 5th, 1916. Dover, Tenn.

Letter to Dr. Kilmer & Co. Binghamton, N.Y.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

A man may be a good story teller, but his wife seldom swallows his yarns.

SKINNER'S
Macaroni or Spaghetti

The Quality Food—the tastiest, most healthful and most economical food that can grace your table.

At All Good Grocers'

Save the signature of Paul F. Skinner on each package and obtain a set of *Oneida Community Par Plate Silverware free.*

Write us for full particulars—no obligation—and we will send you also a beautiful 36-page book of recipes—all free. Write today.

SKINNER MFG. CO.
OMAHA, NEB.
The Largest Macaroni Factory in America

EGGS We are the largest handlers of EGGS in the South. What have you to ship? The highest market price guaranteed with quick returns. Give us a trial. Reference 1st National Bank, Richmond, Va.
WOODSON-CRAIG CO., Commission Merchants
Dept. B, Richmond, Va.

CALL FOR Lockout Biscuit
STANDARD of EXCELLENCE
SOUTHERN MADE
CHATTANOOGA BAKERY
CHATTANOOGA, TENN

Agents Attention!

We furnish you goods that sell every day in the year, in any neighborhood, to every man or woman, white or colored. This is the chance of a lifetime to get in a business where even an unexperienced person can make $5.00 a day handling our goods and we positively refund your money for all goods you do not sell. Send stamped envelope for full particulars.
PARKS MANUFACTURING COMPANY
235 E. Main Street Richmond, Va.

SWEET POTATO PLANTS
NANCY HALL and PORTO RICO YAMS now ready. 100 by parcels post; 400 for $2.50, express not paid. Always true to name; satisfaction guaranteed. W. W. Morris, Ft. Green, Fla.