Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine -Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking own, the three following letters ought to bring hope:-



North Crandon, Wis. — "When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so hunch that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as remedies."—Ales Mayme Assaon, North Crandon, Wis.

Testimony from Oklahoma.

n, Okla. -- "When I began to take Lydia E. Pinkham's Compound I seemed to be good for nothing. I tired easily adaches much of the time and was irregular. I took it again hittle child was born and it did me a wonderful amount of was time. I sever fail to recommend Lydia E. Pinkham's e Compount to ailing women because it has done so much -- Alrs. A. L. McCarland, 509 Have St., Lawton, Okla.

A a Grateful Wassachusetts Woman. Roxbury, Mais.-"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My semplous were bearing down pains, backache, and sluggish liver. I tried several kinds of mediand sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. Osgood, I Haynes Park Roybury Mass.

1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia

P. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Constipation Vanishes Forever Prompt Relief-Permanent Cure

CARTER'S LITTLE fail. Purely vegeta-ble — act surely but gently on the liver.

improve the complexion, brighten the eyes. Genuine must bear Signature



or sale by all drug stores

or by mall from the A. B. Richards Medicine Co., Sherman, Tex.



Mars .. 150 De Kalb Avc., Brooklyn, N. Y.

Convenient. "I shouldn't call this a desirable apartment," said the lady who was looking for rooms. "There's a saloon only three doors away."

That's just the point," replied the agent. "Think what a comfort it will be to know that your husband is never far from home."

Important to Mothers
Examine carefully every bottle of
CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Not Verv. "My wife and I are thinking of chartering a yacht for the summer." "Won't that be pretty expensive?" "Not so long as we confine our-

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 3,600 bottles of Elixir Babek for Malaria, Chills and Fever. Our customers apeak very well of it." Fever. Our customers speak very well of it."
Henry Evans, 922 F.St., N. W., Washington, D. O.
Elixir Babek 50 cents, all druggists, or by
Parcels Post, prepaid, from Kloczewski & Co.,
Washington, D. O.

selves to thinking about it."

A woman seldom brags of her good judgment, but men were liars ever.

FITS, EPILEPSY, FALLING SICKNESS Stopped Quickly, Fifty years of uninterrupted success of fir. Kinn's lepitepsy Medicine insures lasting results. Large Trial Bottle Free. Dr. KLINE COMPANY, Red Bank, N. J.-Adv.

It's a short honeymoon that lasts HARLOTTE, NO. 21-1916. till the furniture is paid for.

Famous Physician's **Wonderful Discovery**

After a series of careful experiments ad tests at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., covering many years—Dr. Pierce, the medical directors that hospital, made announcement that he could prove that a medicine which he called "ANURIC" was the best urice acid solvent aow to be had. As a remedy for those easily recognized symptoms of inflammation—as scalding urine, backache and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, lumbago, scattic, gout, it is simply wonderful how quickly "Anuric" acts; causing the pains and stiffness rapidly to disappear.

Swollen hands, ankles, feet are due to a dropsical condition, often caused by disordered kelneys. Naturally when the

Billousness Means Suicide

Dr. Thacher's Liver and Blood Syrup It is a pure, harraless and effective vegetable remedy, prescribed by reputable physicians a liver complaints, billousness, kidney trouble, impure or bad blood, pimples, indigestion, sour casely, sick headaches. It contains sential axatives, which encourage the liver todo its duty, are capponed is quick, sure and lasting. Buy a bottle today, 50c and \$1 at your dealer's.

THACHER MEDICINE CO., CHATTANOOGA, TENN.

The sky is always blue.
What though the night shall darken, and enfold you
And for a space in sunless silence hold

you,
The dawn shall brighten when your rest is through.
The sky is always blue.
—Christine Davis.

WAYS WITH PARSNIPS.

This delicious vegetable should be

spring months. To boil them and serve plain

put a pork shank to

cook in boiling water, let

simmer for an hour or

two, and two hours be-

fore dinner add the well-

washed parsnips, cook-

ing gently to keep them

Season and serve with the

Pot Roast .- Prepare a pot roast in

the usual way and cook some parsnips

the kettle after the meat has been re-

moved; cook until well seasoned, add

flour to the sauce and serve meat, par-

Casserole Parsnips.—Cut the peeled

parsnips in thick slices and parboil in

salted water for 20 minutes. Drain

and put into the casserole with butter

and pepper, or a few slices of bacon

may be used instead of butter, or beef

hours, adding a little water until they

Browned Parsnips. - Cut well-

until tender in boiling, salted water.

When tender, brown in fresh pork

drippings or in suct fat. Serve the

parsnips, with a sauce made with

Parsnips With Drawn Butter Sauce.

-Wash and scrape parsnips and cut

in pieces or in strips; cook until soft,

melt a third of a cupful of butter, add

pepper to season and a cupful and a

It is not the events of life, nor its emotions, nor this nor that experience, but life itself which is good.—P.

Now is the only time to begin doing great things.

SOME GOOD DISHES.

By making out menus for a week

in advance, keeping lists of food well

Management liked, thus bringing

wife will be able to tell at a glance

the cost of the dish. As the majority

of women have a certain allowance

to spend for the table this will help

her to keep accounts and perhaps re-

duce expenses or at least equalize

When eggs are sixteen and eight

een cents a dozen is the time for

angel foods, souffles, sponge cake and

omelets. When they are fifty and

sixty cents a dozen pork cake, apple

sauce cake, escalloped dishes and egg-

Angel Food .- Sift one cupful of

spoonful of cream of tartar. Take

a cupful of egg whites, add another

quarter of a spoonful of the cream of

the flour, also folded in; flavor with

vanilla and bake fifty minutes in a

Cocoa Mousse.--Use one and a

half cupfuls of cream, five tablespoon-

fuls of powdered sugar, one and a

Dissolve the cocoa in a small sauce-

pan with two tablespoonfuls of cream.

Whip the cream and when nearly stiff

beat in the sugar and cocoa; mix

thoroughly, turn into a wet mold and

pack in ice and salt for four hours.

en egg, a cupful of fresh bread crumbs,

a cupful of chopped dates, a cupful of

sugar, a fourth of a teaspoonful of salt

and three tablespoonfuls of milk. Bake

in a sheet and serve with whipped

sweetened cream flavored with al-

Date Pudding.-Mix together a beat-

moderate oven, using a tube pan.

them from month to month.

used.

variety to the table, the house-

wife will ave her-

self much time for

other things. It is

also a good plan

a recipe the cost

to place opposite

Usually eggs are one

half of boiling water. Serve hot.

are very tender.

snips and gravy all on one platter.

ound often on our tables during the

Not only physical but mental vigor and efficiency depend largely on a proper diet.

Not in the clamor of the crowded Not in the shouts and plaudits of the

But in ourselves are triumph and de-

LIGHT REFRESHMENTS.

The dainty sandwich is always filling a large place and when well made and served there is nothing that is better enjoyed.

Cream Cheese Sandwiches. -Take a square of cream cheese, mash it in a bowl, adding a little

whole.

sweet cream to moisten, salt and paprika to taste, with one or two canned red peppers, spread on thin slices of in boiling, salted water until tender. buttered graham bread. Drain the parsnips and put them into

Marshmallow Nut Sandwiches.-Toast fresh marshmallows and cut fine, mix with chopped walnut meats and sweet cream. Cut white bread, spread with butter, then with the mallow and nut mixture. A few candied cherries may be used with this filling if so desired. A half dozen cherries finely chopped will be sufficient for half a dozen sandwiches.

Fig Sandwiches.—Soak figs over drippings may be used. Bake two night in orange juice, then simmer in a little water added to the juice, until tender. Add a half cupful of sugar and the juice of half a lemon to each cleaned parsnips lengthwise and cook half pound of figs. Chill thoroughly and chop to a paste. Spread on thin white bread or on slice of pound cake.

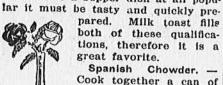
Marguerites.-Make a boiled frosting, using a few tablespoonfuls of steamed, chopped raisins and a half frying. dozen choped nuts. Put a teaspoonful on crisp, salted wafers and brown lightly in the oven.

Sponge cake baked in a sheet and then serve with drawn butter saucethen cut with a small biscuit cutter into rounds may be frosted with orange icing and rolled in grated rind, or the top decorated with the rind. making very tasty cakes to serve with a cupful of tea when a friend drops in.

It's the song ye sing and the smile ye wear That's making the sunshine every-

SAVORY SUPPER DISHES.

To make a supper dish at all popu-



Cook together a can of tomatoes and a can of red kidney beans for ten minutes. Add a pound of the dish. Usually eggs are one of finely chopped hamburger steak, one of the varying costs, but the house chopped green pepper, and salt and pepper to taste. Cook five minutes longer and serve piping hot.

Corn Bread .- At noon put two cupfuls of cornmeal in a mixing bowl and pour over it 11/2 cupfuls of boiling water, enough to thoroughly scald it. Mix well and cover with a coating of butter; cover and let stand until night. When ready to bake add a beaten egg, 11/2 cupfuls of milk a cupful of flour, sifted, with three teaspoonfuls of baking powder and a half teaspoonful of salt; use more milk if needed, as this less dishes of various kinds will be should make a thick spoon batter. Bake 20 minutes in gem pans.

Halibut With Codfish .- Wash and sifted flour with a quarter of a teaflake a cupful of halibut, wash and flake two cupfuls of codfish and cover with boiling water; let simmer for 20 minutes, drain and rinse again. Melt tartar and a pinch of salt, beat until four tablespoonfuls of butter, add two stiff but not dry, add a cupful of of flour and blend until smooth; pour sifted sugar, folding in lightly; then this into 11/2 cupfuls of rich milk. Season with paprika and salt, if needed. Place the drained fish in a casserole, pour the sauce over it and cover thickly with buttered crumbs. Bake in a moderate oven a half-hour.

Mulligatawny Soup.—Slice three half ounces of cocoa, or half a cuplarge onions and brown them slightly ful, one-half a teaspoonful of vanilla. with four slices of chopped bacon. Remove from the heat and add a teaspoonful of curry powder, four tablespoonfuls of flour and a half teaspoonful of salt; blend all together and then add three pints of veal or chicken stock. Chop two apples very fine, add them to the soup and simmer gently until the apples are cooked and

Rice Muffins.-Mix a cupful of boiled rice with two cupfuls of sifted flour, two teaspoonfuls of baking powder, a tablespoonful of sugar, a half teaspoonful of salt, one egg and a cupful of milk. Mix well and bake in muffin pans. Serve hot.

Silence Pleases Orator.

What a speaker likes best is not applause. It is silence. There are moments when to a speaker the silence can be thrilling. Then he knows, as we say, that he "has" his audience. A perfect relation has been established. passing rapidly from the speaker's and is taking effect. It may not al thought is at work.

Fate of Annie Laurie. The familiar song of "Annie Laurie," says the London Chronicle, was written by a soldier in Flanders to his ladylove at home. The writer was William Douglas, and Annie Laurie was one of the three daughters of During those moments the thought is Sir Robert Laurie of Maxwelton, Sad to relate, Annie did not marry her mind into the minds of the listeners. ardent lover. Some say that Douglas was killed in Flanders, but whether ways be a sympathetic effect. It may or not that is so, Annie was led to even be hostile. Nevertheless, the the altar in 1709 by James Fergussor of Craigdarroch.

CALOMEL MAKES YOU SICK, UGH! IT'S MERCURY AND SALIVATES.

Straighten Up! Don't Lose a Day's Work! Clean Your Sluggish Liver and Bowels With "Dodson's Liver Tone."

a dose of the vill. dangerous drug to feel fine and vigorous by morning night and tomorrow you may lose a day's work.

Calomel is mercury or quicksilver with sour bile crashes into it, break- vate or make you sick. ing it up. This is when you feel that feel sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just try a spoonful of harmless Dodson's Liver Tone.

Here's my guarantee-Go to any

Ugh! Calomel makes you sick. Take straighten you right up and make you want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel bewhich causes necrosis of the bones. cause it is real liver medicine; entire-Calomel, when it comes into contact ly vegetable, therefore it cannot sali-

awful nausea and cramping. If you Dodson's Liver Tone will put your slug-I guarantee that one spoonful of gish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeldrug store or dealer and get a 50-cent ing fine for months. Give it to your bottle of Dodson's Liver Tone. Take children. It is harmless; doesn't gripe a spoonful tonight and if it doesn't and they like its pleasant taste.—Adv.

WINTERSMITHS

Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores

The Alternative Function. Knicker-Did she promise to be a sister to you?

Bocker-No; a president of human-

STRAIGHTEN UP

flour and cream in the fat left from Had to Go All Humped Over and Suffered Great Pain in Sides and Back.

> Sulphur Springs, Va.-Mrs. J. M. Sprinkle, of this place, writes: "About two years ago this coming spring, I got into awfully bad bealth. Had been married only a short time, and my health was not so good after my marriage as it had been before, and kept getting worse all the time. I was going down hill in health, could only drag around. My friends recommended that I try Cardui. I tried various remedies which did me no good. I simply moped all the time and felt sick all over... So I began using Cardui and in a short time I was greatly improved; after the use of one bottle was able to do my work.

"Before starting it, I couldn't straighten up to save me; had to go when I went all humped over, suffered great pains in the abdomen, sides and back worse than anywhere... After the use of one bottle, I had no more pain at all... It is also a fine tonic. The cure has been permanent, and I have had no trouble since, neither had to have a doctor or take any medicine since. It built me up in health and

If you suffer from any of the ailments so common to women try Cardui, the woman's tonic. For sale by all druggists. Adv.

He-That girl is irresistible. She-She certainly advances in mass formation.

TRY DARKENING YOUR GRAY HAIR WITHOUT DYES

Shampoo your hair and scalp each morning for about a week with Q-Ban Hair Color Restorer. If your hair is gray, streaked with gray, prematurely gray or faded, brittle, thin or falling, all your hair will then be beautifully darkened and to such a natural, even dark shade no one would suspect that you had applied Q-Ban. Q-Ban is no dye, perfectly harmless, but makes all your hair soft, fluffy, thick, with that lustrous dark shimmer which makes your hair so fascinating. Big bottle sent prepaid or sold by druggists for 50c. Address Q-Ban Laboratories, Memphis, Tenn.-Adv.

A woman seldom talks to herself. She just has to rest occasionally.

Rough Stuff. "Shall I go over your face again?" asked the barber.

"I don't mind your going over it," replied the man in the chair, "but please don't go under the skin like you did the first time."

Why That Lame Back? Morning lameness, sharp twinges when bending, or an all-day back-

ache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thou-

sands recommend them. A South Carolina Case John M. Wilson, R.
F. D. No. 1, Traveler's
Rest, S. C., says:
"Hardships weakened
my kidneys and I had
awful pains in my
back. I steadily got
worse and was terribly annoyed by scalding and too frequent
passages of the kidney secretions. Rheumatic pains in my hips
kept me awake and
my ankles and feet
swelled. I had awful dizzy spells, too.
Doan's Kidney Pills restored me to
good health."

Get Doan's at Any Store, 50c a Rev

Get Doan's at Any Store, 50c a Box
DOAN'S RIDNEY
PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Relieves Neuralgia

YAGER'S The great external pain alleviator

TESTIMONY Mrs. Mary S. Paterson, 695 Pa. Avc. S. E. Washington D. O. "I have been using your Yager's Liniment and have found it gives great relief from pain." At all dealers - An eight ounce bottle for 25c. Prepared by

Market Market Comment



Every Woman Wants FOR PERSONAL HYGIENE Dissolved in water for douches stope

pelvic catarrh, ulcoration and inflam-mation. Recommended by Lydia E. Pinkham Med. Co, for ten years. A healing wonder for nasal catarrh, A healing wonder for nasai catarri, sore throat and sore eyes. Economical, Has extraordinary cleaning and gernickial power, Sample Free. Soc. all druggists, or postpaid by mail. The Paxton Tollet Company, Boston, Mass,

Buy materials that last Certain-teed responsibility at reasonable prices General Roofing Manufacturing Company

World's largest manufacturers of Roofing and Building Papers

New York City Chicago Philadelphia St. Louis Boston Cleveland Piftsburgh Detroit San Francisco Cincionati New Origans Les Angeles Rinnespolis Kansas City Seattle Indianapolis Atlanta Richmond Houston London Sydney



"The Snuff That SATISFIES

The Green Labels are Good for Premiums. If your dealer won't supply you, send us 5c for a 11/2 oz. can or 60c for twelve.

BROWN & WILLIAMSON TOBACCO CO., WINSTON-SALEM, N. C.

