

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 down, 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 much 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 well as ever. I cannot say enough in favor of the medicine."—Mrs. MAYME ASBACH, North Crandon, Wis.

Testimony from Oklahoma.
Oklahoma.—"When I began to take Lydia E. Pinkham's Compound I seemed to be good for nothing. I tired easily and had much of the time and was irregular. I took it again and it did me a wonderful amount of good. I never fail to recommend Lydia E. Pinkham's Compound to all my women because it has done so much for me."—Mrs. A. E. McCASLAND, 509 Have St., Lawton, Okla.

A Grateful Massachusetts Woman.
Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down, pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. Oscood, 1 Haynes Park, Roxbury, Mass.



If you want special advice write to Lydia E. 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

Practically Permanent Cure
CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Step after step after step—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

ECZEMA!

It is guaranteed to cure eczema, itching, and all skin diseases. It is the only medicine that cures eczema without causing any other trouble. It is the only medicine that cures eczema in 100 cases out of 100. It is the only medicine that cures eczema in 100 cases out of 100. It is the only medicine that cures eczema in 100 cases out of 100.

A Famous Physician's Wonderful Discovery

After a series of careful experiments and tests at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., covering many years—Dr. Pierce, the medical director of that hospital, made an announcement that he could prove that a medicine which he called "ANURIC" was the best uric acid solvent now 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, sciatica, gout, it is simply wonderful how quickly "Anuric" acts; causing the pain and stiffness rapidly to disappear. Swollen hands, ankles, feet are due to a dropsical condition, often caused by disordered kidneys. Naturally when the kidneys are deranged the blood is filled with poisonous waste matter, which settles in the feet, ankles and wrists; or under the eyes in bag-like formations. It is just as necessary to keep the kidneys acting properly as to keep the bowels active. The very best possible way to take care of yourself is to take a glass of hot water before meals and an "Anuric" tablet. In this way it is readily dissolved with the food, picked up by the blood and finally reaches the kidneys, where it has a tonic effect in rebuilding those organs. Step into the drug store and ask for a 50-cent package of "Anuric," or send Dr. Pierce 10c for trial pkg. "Anuric"—many times more potent than lithia, eliminates uric acid as hot water melts sugar. A short trial will convince you.—Adv.

Biliousness Means Suicide

The function of the liver is to purify the blood and keep the system free from poison and decay. Constipation, biliousness, weakness, dullness, general lassitude and headache's result from a torpid liver. It is nothing less than slow suicide to allow such a condition to continue. The established remedy is
Dr. Thacher's Liver and Blood Syrup
It is a pure, harmless and effective vegetable remedy, prescribed by reputable physicians for liver complaints, biliousness, kidney trouble, impure or bad blood, pimples, indigestion, sour stomach, sick headache. It contains gentle laxatives, which encourage the liver to do its duty. The response is quick, sure and lasting. Buy a bottle today, 50c and \$1 at your dealer's.
THACHER MEDICINE CO., CHATTANOOGA, TENN.

The KITCHEN CABINET

Not only physical but mental vigor and efficiency depend largely on a proper diet.
Not in the clamor of the crowded street.
Not in the shouts and plaudits of the throng.
But in ourselves are triumph and defeat.

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 sweet cream to moisten, salt and paprika to taste, with one or two canned red peppers, spread on thin slices of buttered graham bread.

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 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 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 dozen chopped nuts. Put a teaspoonful on crisp, salted wafers and brown lightly in the oven.

Sponge cake baked in a sheet and then 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 everywhere.
—Riley.

SAVORY SUPPER DISHES.

To make a supper dish at all popular it must be tasty and quickly prepared. Milk toast fills both of these qualifications, therefore it is a great favorite.

Spanish Chowder.

—Cook together a can of tomatoes and a can of red kidney beans for ten minutes. Add a pound of finely chopped hamburger steak, one 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 1 1/2 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, 1 1/2 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 should make a thick spoon batter. Bake 20 minutes in gem pans.

Hallbut With Codfish.

—Wash and flake a cupful of hallbut, wash and flake two cupfuls of codfish and cover with boiling water; let simmer for 20 minutes, drain and rinse again. Melt four tablespoonfuls of butter, add two of flour and blend until smooth; pour this into 1 1/2 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 large onions and brown them slightly 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 the soup is thick.

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. During those moments the thought is passing rapidly from the speaker's mind into the minds of the listeners, and is taking effect. It may not always be a sympathetic effect. It may even be hostile. Nevertheless, the 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 Sir Robert Laurie of Maxwellton. Sad to relate, Annie did not marry her ardent lover. Some say that Douglas was killed in Flanders, but whether or not that is so, Annie was led to the altar in 1709 by James Fergusson of Aitgarroch.

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."

Ugh! Calomel makes you sick. Take a dose of the vile, dangerous drug to-night and tomorrow you may lose a day's work.
Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with your bile crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you 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 drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a spoonful tonight and if it doesn't straighten you right up and make you feel fine and vigorous by morning I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick.
I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish 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 feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

WINTERSMITH'S CHILL TONIC

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 humanity.

COULD NOT STRAIGHTEN UP

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

Warlike.
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.

Every Woman Wants Paxtine

Paxtine ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. This extraordinary cleaning and germicidal powder. Sample Free. Get all druggists, or postpaid by mail, The Paxton Toilet Company, Boston, Mass.

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Fully guaranteed —best responsibility
Certain-teed Roofing For sale by dealers everywhere at reasonable prices
General Roofing Manufacturing Company
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TUBE ROSE "The Snuff That SATISFIES"

The Green Labels are Good for Premiums.
If your dealer won't supply you, send us 5c for a 1 1/2 oz. can or 60c for twelve.
BROWN & WILLIAMSON TOBACCO CO., WINSTON-SALEM, N. C.