CARDUI A SPLENDID TONIC

the state of the second

For Women, Says Hixson Lady. Who Took This Medicine On Her Doctor's Advice.

Hixson, Tenn .-- Mrs. J. B. Gadd, of this place, makes the following statement regarding her experience with Cardui: "I was . . . I suffered with a pain in my left side; could not sleep at night for this pain-always in the Jeft side. My feet and legs were terribly swollen. I was almost in bed.

My doctor told me to use Cardui. I took one bottle, which helped me, and after my baby came I was stronger and better, but the pain was still there. I at first let it go, but I began to get. weak and in a ran-lown condition, so I decided to try some more Cardui, which I did. The last Cardui I took made me much better, and, in fact, cured me. It has been a number of traise to moisten and spread on butyears, still I have no return of this tered or rye bread. trouble, I feel it was Cardai that eured me, and I recommend it is a splendld female tonie."

If you feel weak, tired, worm-out, or suffer from any of the ailments pecul-Iar to women, try Cardui, the women's tonic. It must be a good modicine for and lemon juice a half tenspoonful of women, for many thousands have voluntarily told, just as Mrs. Gadd did, of and salt, and an eighth of a tenspoonthe good it has done them. Ask some lady friend who has tried Cardul. She will tell you how it helped her. Then get a bottle from your nearest druggist.--Adv.

Got it at Last.

The man in the drug store was perplexed. Try as he would, he could not remember what his wife had told him to get. Presently he brightened up. "Say, name over a few young people's societies.

"Christian Endeavor Degan the drudelst. "No. "Young Prople's Union "No."

"Epworth league

"That's it ! That's it ! Give me five cents' worth of Epworth salts' -- Hoston Transcript.

OLD PRESCRIPTION FOR WEAK KIDNEYS

Have you ever stopped to reason why utes in it is that so many products that are ex-tensively advertised, all at once drop out of sight and are soon forgotten. The reason is plain-the article did not fully the promises of the manufacturer. This applies more methodality to making the disht applies more particularly to a medicine. A medicinal preparation that has real curative value almost cells itself as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it. A prominent druggist says. Take for example Dr. Kilmer's Swimp-Root, a preparation I have sold for many years and never hesitate to recommend, for in ment is i almost every case it shows excellent res, as many of my ustomers test fy other kidney remely that I know of

has so large a sale According to sworth



In bank of truth and brotherhood! -J. II. Ayers.

GOOD THINGS IN SEASON.

A sandwich filling that is unusual but good, is Italian. Boil a pound of calf's liver until

tender, then while hot rub it through a sieve. Measure and mix with it three-fourths of the amount of stuffed

olives they chop-

ped. Add salt, pepper and mayon-

Tuna Timbales .--- Molt two tablespoonfuls of butter, add a fourth of a stantly. Add a pound can of tuna fish. flaked, two eggs slightly beaten, a tablespoonful each of chopped parsley celery salt, the same of onion juice ful of pepper. Turn into buttered custard cups and cook in water in a moderate oven. Serve with tomato sauce. Hot Chicken Sandwiches .-- Cook the

chicken until tender in plenty of water so there will be a good supply of broth. Cool, remove the meat from the bones and clip it into bits with the scissors. Put the skin and giblets except liver through the meat chopper and mix the chicken with enough stock to make the mixture moist. Thicken the remaining stock with one and a half tablespoonfuls of flour and cook until smooth, season well with salt, pepper and onion juice. For each serving take two slices of bread place a spoonful of the chicken on a slice, turn over it another slice and dip a ladle of gravy over it. Serve with potato, This will serve 15.

Scalloped Peaches .-- Butter a baking dish and cover the bottom with sliced peaches, fresh or canned. Sprinkle with buttered cracker crumbs and repeat until the dish is full, having the crackers on top. Pour over the juice from the can or a sugar sirup, if fresh fruit is used, and bake 45 minutes in fresh fruit, 30 if canned

Other fruits, like pears, plums, apricots may be used in this way, adding acid or sugar as needed to make the dish palatable.

Good cheer is the every day pres-cription that keeps the heart alive.

MORE GOOD THINGS.

A good winter relish to serve with

Beet Relish .- Take a quart each of finely chopped cooked beets, and cabbage, add two upfuls of sugar, a cupful of finely chopped celery and a cupful of fresh grated horseradish. Mix with cold vinegar and seal. Sweet Potato Pie.-

KITCHEN is certain that there is not enough

wheat, corn or rice in the world to let one bit be wasted in any way which we can avoid or control.-H. Hoover,

THE DAILY PROBLEM.

What shall we have for dinner? is the daily problem, and any aids toward

helping to solve the problem are always welcome. Pea Griddle Cakes .--Soak two cupfuls of dried peas over night and cook the next day until soft and will pass through a sieve, Keep the water to use for sauces or soup stock. m Beat two eggs, add the yolks to the puree, with

a cupful of milk, half cupful of barley flour, a tablespoonful of drippings, a half teaspoontul of salt, and a teaspoonful and a half of baking powder. cupful of bread crumbs and a cupful. Then fo'd the whites of the eggs and of milk, cook five minutes, stirring con- bake on a hot griddle. Serve as a vegetable or as a meat substitute.

Fruit Pudding .--- Slice two quarts of apples, measure one and a half cupfuls of sugar, half a cupful of water. three tablespoonfuls of butter, a third of a nutmeg grated, seven slices of bread. Butter the bread and soak in the cold water until soft. Place it in the bottom of a baking dish, spread over it half of the apple and sprinkle with half of the sugar and nutmeg. Repeat, pour in water by the spoonful. cover with a plate, and bake very slowly two and one-half hours. Serve hot cold. Lemon sauce goes well with this pudding.

Kedgeree .- Take equal parts of fish and rice, for one cupful of rice take two hard-cooked eggs, one teaspoonful of curry powder, two tablespoonfuls of butter, a half a tablespoonful of cream. salt, pepper and cayenne to taste. Put the shredded fish, cooked rice, butter and white of eggs, cut fine, cream and casoning in a dish, and toss over the fire until hot. Rub the yolks of the eggs through a sieve, sprinkle with the curry, and serve hot. Boiled samp, or course hominy is very palatable. Soak It over night, simmer gently all day, adding water as needed. Just before serving add butter, cream and seasoning of salt and serve hot.

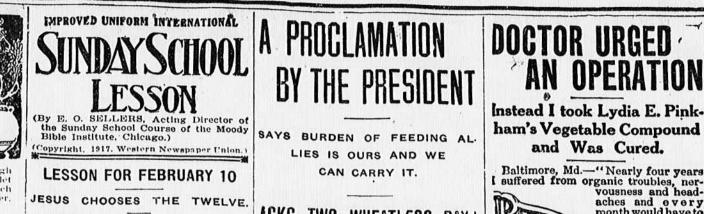
Codfish Pie .- Take one cupful of shredded mashed potatoes, two eggs, a half cupful of mill, mix well, add one beaten egg. Put into a shallow baking dish, spread with the other egg beaten lightly, then cover with buttered crumbs. Bake in a quick oven. Slip onto a chop dish and serve with a garnish of parsley.

Ennul is simply being tired of doing athing, and being too tired to do anything else.

COMMON VEGETABLES.

We do not tire of the daily potato, but we do weary of the vegetable

served in the same



LESSON TEXT-Mark 3:7-25 GOLDEN TEXT-And he ordained welve, that they should be with him, and hat he might send them forth to preach. -Mark 3:14. ADDITIONAL

and the second stranger and

ADDITIONAL MATERIAL FOR TEACHERS-Matt. 10:1-4; Luke 6:12-16; John 15:15-27; Matt. 5:13-16; 16:24-25; John 15:6-26; H Thu. 4:7-8. PRIMARY TOPIC-Jesus chooses twelve

helpers INTERMEDIATE TOPIC-The twelve and what we know about them, SENIOR AND ADULT TOPIC-What it means to be a disciple of Jesus.

No man can alone accomplish any great task. Every great leader has been blessed by one or more equally other act, he desired to teach a lesson to those who were so carefully observing him. In verse 14 we are told that he chose twelve, which was a significant number, corresponding to the twelve tribes, and at once confirmed his assumption to the Messiahship and meant that the wondrous prophesies were being fulfilled. It also served to stimulate those upon whom the choice fell. Jesus, as we know from other passages, retired to the mountains to pray. The call came from on high (v. 13), and those called "went up" to him for preparation and for qualification. The call is a purposeful one, for it is not enough to go up; we must also go down and out, hence these are "sent" (vv. 14, 15). Only those who are authorized, however, are sent. Those whom Jesus sent out were to found a new kingdom and to do a greater work than merely to judge the people, because they were not only to results by altering causes; hence they had power over demons, even as the Master, for evil has no rights. The source of their power is to be Jesus, for he is to be with them, our own protection as well (Matt. 28:20); and their power is to grow with its usage, for

we learn by doing. These men were originally united, not by a creed but by an ideal; not by a doctrine or teaching, but by actions; not by a subscription to a confession. At once they met with conflict. First of all by a blasphemous unbelief. The Holy Ghost is no more holy than Jesus; but, if we stander him in his veiled condition and before his unfinished work, great shall be the penalty. Those who hate God shut out the light. Secondly, by a conflict with misdirected zeal. There were

those about Jesus who watched over

ASKS TWO WHEATLESS DAYS

-i

President Calls Upon Housewives to Observe Orders of Food Administrator-Substitution of Potatoes and Other Vegetables.

A STATISTICS

Washington .- The following proclamation by President Wilson on food conservation was issued:

A Proclamation. Many causes have contributed to create the necessity for a more intengreat helpers. Luther had his Melane. sive effort on the part of our people to thon; Wesley, his brother Charles, save food in order that we may supply Whitfield and others; Moody had our associates in the war with the Whittle, Bliss, Sankey, Towner and sustenance vitally necessary to them more. These leaders but followed the in these days of privation and stress. example of our Lord. Jesus' ministry The reduced productivity of Europe. made him much observed and greatly because of the large diversion of man multiplied his duties and burdens, power to the war, the partial failure When, therefore, he chose these dis- of harvests and the elimination of the ciples, he desired not only to obtain more distant markets for foodstuffs help and to begin to teach those who through the destruction of shipping were to take his place, but, like every places the burden of their subsistence very largely on our shoulders.

The Food Administration has formulated suggestions which, if followed, will enable us to meet this great responsibility without any real inconvenience on our part.

In order that we may reduce our consumption of wheat and wheat products by 30 per cent-a reduction imperatively necessary to provide the supply for overseas---wholesalers, jobbers and retailers should purchase and re-sell to their customers only 70 per cent of the amounts used in 1917. All manufacturers of alimentary pastes, biscuits, crackers, pastry and breakfast cereals should reduce their purchases and consumption of wheat flour to 70 per cent of their 1917 requirements and all bakers of bread and rolls to 80 per cent of their current re quirements. Consumers should reduce their purchases of wheat products for judge results, but they were to change home preparation to almost 70 per cent of those of last year, or when buying bread, should purchase mixed cereal breads from the bakers.

> How to Control Wheat Bread, To provide sufficient cereal food, homes, public eating places, dealers and manufacturers should substitute potatoes vegetables, corn, barley, oats and rice products, and the mixed cereal bread and other products of the baker which contain an admixture of other cereals.

In order that consumption may be restricted to this extent, Mondays and Wednesdays should be observed as wheatless days each week, and one meal each day should be observed as a wheatless meal.

Meats and Sugar.

In both homes and public eating way. This is true of all of the other common vegetables of all of the other had him watching over them (v. 21). sumption of beef, pork and sheep prod-

and Was Cured. Baltimore, Md.—"Nearly four years I suffered from organic troubles, ner-vousness and headaches and every month would have to stay in bed most of the time. Treat-ments would relieve alese a

and the second second

me for a time but my doctor was al-ways urging me to have an operation. My sister asked me to try Lydia E. Pink-h a m's Vegetable Compound b e f o r e consenting to an /operation. I took five bottles of it and

Migi work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Com-pound has done for me. - NELLIE B. BRITTINGHAM, 609 Calverton Rd., Balti-

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkhow & Martable Games and Solar Pinkham's Vegetable Compound, after an operation has been advised that if will pay any woman who suffers from such aliments to consider trying it before submitting to such a trying ordeal.

Really Wonderful.

"Isn't it wonderful how these harvesting machines cut the wheat and the It into bundles?" "Oh, I don't know, I hear they have a machine now that cuts the wheat, threshes it, grinds it into flour and raises the price, all in one operation."-Life.

Watch Your Skin Improve.

On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. For free sample address "Cuticura, Dept. X. Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.-Adv.

The growth of the mind is not dependent upon the filth of the fertilizer.

Something wrong with the man who regards a premonition as a warning.

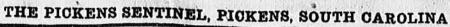


Mrs. C. Anderson, 4104 W. 22nd St., Chicago, Ill., says: "I had kidney trouble from childhood and three years ago a severe spell developed. If I stooped, a terrible pain took me in the small of my back, and for several min-



back would break. Watery sacs Mrs. Anderson formed under my eyes and my feet were so swol

my



verified testin my of thousands who used the preparation, the success of Dr. Kilmers' Swamp-Root is due to the fact that, so many people claim, it fulfils al-most every wish in overcoming kidney, liver and bladder adments corrects urinary troubles and neutralizes the uric acid which causes rheumatism

You may receive a sample bottle of Swamp Root by Parcel Post, Address Dr. Kilmer & Co., Binghamton, N. Y., and Swamp Root by Parcel Post. enclose ten cents; also mention this paper. Large and medium size bottles for Hale at all drug stores .- Adv

Depressing Fact.

Among the other depressing features of the tood situation is the amount of parsnip you can still get for a nickel.-Ohio State Journal.

BOSCHEE'S GERMAN SYRUP

will quiet your cough, soothe the inflammation of a sore throat and lungs, stop irritation in the bronchial tubes, insuring a good night's rest, free from coughing and with easy expectoration in the morning. Made and sold in America for fifty-two years. A wonderful prescription, assisting Nature in | soft bread crumbs, salt and pepper to building up your general health and throwing off the disease. Especi, 'y useful in lung trouble, asthma, croup, bronchitis, etc. For sale in all civil-Ized countries .- Adv.

Heat Under the Collar.

"Pa, what causes heat and cold?" "The janitor, my son," - Boston Transcript.

Important to Mothers nine carefully every bottle of Examine CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of Charst Flitchire In Use for Over 30 Years. Children Cry for Fletcher's Castoria

The fool and his money are the salwation of the shrewd promoter.

Piles Cured in 6 to 14 Days Drugsists refund money if PAZO OINTMENT fails to cure itching, Blind, Bleeding or Protruding Piles. First application gives relief. 600.

A true man would as soon be knocked down as pitied.

When Your Eyes Need Care **Try Murine Eye Remedy** No Smarting -- Just Kye Comfort. 60 cents at Drengists of mail. Write for Free Hye Book. MURINE EVE REMEDY CO., CHICAGO

Pare, boil and mash three large sweet potatoes. Season with salt and beat light. Line a casserole with pork sausage, put in the potatoes, cover with sausage and bake in a hot oven 30 minutes. Bake uncovered the last ten minutes.

Macaroni With Kidney Beans .--Cook a cupful of macaroni until soft. Heat a cupful of milk and add to it a tablespoonful of butter and one of flour rubbed smooth, cook five minutes, then add a cupful of hot, strained tomato and a pint of canned beans.

Lentils With Onions .- Take a cupful of lentils soaked over night, cook in two cupfuls of water with a stalk of celery, a sliced carrot and two sprigs of parsley. Remove the seasoning and rub through a sieve, stir in a cupful of onion purce, a cupful of taste and one beaten egg to bind the mixture. Form into cones with floured hands and chill for an hour. Then dip in egg, crumbs and fry in deep fat. Serve garnished with water cress,

Onion Loaf .- Put a cupful and a quarter of auts through a meat chopper. Moisten the soft part of a loaf of bread which has been flaked, add the nuts, a tenspoonful of mixed herbs, a half teaspoonful of salt, a dash of paprika and a cupful of finely chopped onion, mix with two tablespoonfuls of butter and half a cupful of cream. Work with the hands into a loaf, put into a buttered pan and bake one hour basting with butter and serve hot with a cream sauce

Vegetable Cutlets .- Boil until tender half a dozen carrots, a turnip and an onion. Mash, and mix with a cupful of cooked lentils or peas. Season with parsley, salt and pepper and bind with egg. Form into balls, dip in crumbs and egg and fry in deep fat. Curry may be added if liked.

Seasoned and spiced vinegar used for pickles should be saved and added to cooked cabbage or string beans, making a most tasty dish and quite nests, out of the ordinary. Spiced vinegar left from pickled peaches is delicious in mince meat.

Every bit of such a potato will be of God. Lake tells us that these twelve enten. This method may be varied were selected from among the rest of by basting them with any sweet fut the disciples. They were to have a while baking, of course having them in greater nearness and more extended a pan in either case.

size of a walnut, are delicious with ples or "learners." These disciples are butter, pepper and salt, with a dash of lemon juice or vinegar. When tian, "who is the salt of the earth," good sized they may be cooked. scooped out and used as receptacles ness and become like the world, if he for chopped salad of any kind. Place keeps not near unto Christ. As light on a lettuce leaf or in a nest of is a good thing to preserve, purify and shredded lettuce and serve with a good to cleanse, so are the Christians, yet salad dressing. This is a most whole- there is a greater thing, when we enersome and attractive salad.

used as cups for a hot vegetable or a sive Peter and the other "Son of salad filled with creamed carrots or "Thunder," the reflective, cautious potatoes and used as a garnish for Thomas, these were the men who were meat they will taste good and appeal to the eve.

Carrots are very nice boiled tender and served with green peas; season with butter, pepper and salt and with 2:39-41.) Men are saved through men, a dash of sugar. Sliced carrots are good boiled until tender and then allowed to simmer in a little sweet fat with a spoonful or two of shredded onion; salt and pepper to taste, then served around chops or stew.

Swiss chard should be a standby during the growing season, and canned for the months when it cannot be grown. Take the white stalks, cook and serve in a well-seasoned white sauce, or mlx with celery for a salad. The greens are treated in various ways -molded and served as a salad or hot with chopped, cooked egg. The stalks

may be cooked and serve as asparagus or in a lemon ring or a beet ring as a salad. French or mayonnaise dressing is appropriate for this vegetable.

Corn as pudding, corn with tomatoes as an escalloped dish, stuffed green peppers, all lend themselves to an endless variety of dishes.

Cooked beets shoe stringed or latticed, using the handy little cutter. will make a pretty salad all by themselves if chilled and served in lettuce



On the other hand, the scribes accused They are served him of being possessed of devifs. They too often in the attributed to the devil the work that same old way. Try the Holy Spirit and Son were doing. boiling them for 10 What a strange picture ! Friends seekor 15 minutes with ing to restrain, enemies accusing and the skins on, then relatives interposing, yet nothing can peel and put into the oven to bake. stop the onward march of the kingdom authority and, of course, greater test-Beets when young and tender, the ings than the others who were disci-

to be the light of the world. The Chrisloses his identity and will lose his saltgize, direct and believe. This is what Turnips may also be cooked and the apostles were to do. The aggressent forth, as public heralds (John

1:36.) Some they are to win by personal solicitation (James 1:41). Others by public proclamation (Acts and those whom he sends forth are those who have first learned to follow. Their work is made permanent only as "they abide in him." God wants the hearing ear, the believing heart and the confessing mouth (Rom. 10:14). The one who would preach Jesus and have power in his name must first of all "be with him," that is, he must enjoy a deep, abiding, victorious life of fellowship with Jesus. Jesus gave directions to those he sent out, first to preach; second, to heal illness; third, to cast out demons.

Amendments.

"I haven't seen Jones for ten years. I remember when he got married he called his marriage license their constitution."

"I saw him, yesterday. He said to tell yes they have had seven amendments-three boys and four girls."

Out.

"Bobby, dld you take that message to Mrs. Turner as I told you?" "Yes'm." "And what did you find out?" "Mrs. Turner."

ucts, Tuesday shoudl be observed as meatless day in each week, one meatless meal should be observed in each day, while in addition, Saturday in each week should be further observed as a day upon which there should be no consumption of pork products.

A continued economy in the use of sugar will be necessary until later in the year.

Eliminate All Waste.

It is imperative that all waste and unnecessary consumption of all sorts of foodstuffs should be rigidly eliminated.

The maintenance of the health and strength of our own people is vitally necessary at this time, and there should be no dangerous restriction of the food supply but the elimination of every sort of waste and the substitution of other commodities of which we have more abundant supplies for those which we need to save, will in no way impair the strength of our people and will enable us to meet one of the most pressing obligations of the war.

Appeals to People.

I therefore, in the national interest, take the liberty of calling upon every loyal American to take fully to heart the suggestions which are being circulated by the food administration and of begging that they be followed. I am confident that the great body of our women who have labored so loyally in co-operation with the food administration for the success of food conserva tion will strengthen their efforts and will take it as a part of their burden in this period of national service to see that the above suggestions are observed throughout the land

WOODROW WILSON. The White House.

An Object of Sympathy.

"Who was that dapper little man you spoke to just now?" "My dancing teacher. Did you no-

tice the look of commiseration he gave me?"

"Yes."

"I recently confessed to him that I thought it a waste of time to dance."

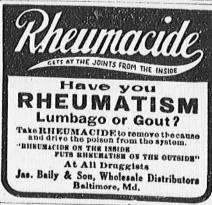
An Optimist.

Hungry Harold-Do we have to go widout supper? Educated Edgar-No. We merely postpone it until tomorrow.

len I had to wear slippers. Sud den dizzy spells came on and pains in my head drove me almost frantic.

"I felt tired and weak and had hardly enough ambition to move. Nothing seemed to help me and I was discouraged until I commenced taking Doan's Kidney Pills. They cured me completely and my health has been of the best ever since. Doan's surely deserves my endorse ment." Sworn to before me. FRANK H. POCH, Notary Public. Get Doan's at Any Store, 60c a Box





Mitchell's New Faultless **Bred King Cotton**

Double efficient in characters, guaranteed satisfac-tory. Extra early prolific big five lock bolls. 10 bs. postpaid \$3.00. Will plant acre. Re-improved King, 100 ib. bag \$7.50 f. o. b. here.

Sugar Loaf Cotton Farm, Youngsville, N. C.

FOR COUGHS AND COLDS

-take a prompt and effective remedy-one that acts quickly and contains no oplates. You can get such a remedy by asking for