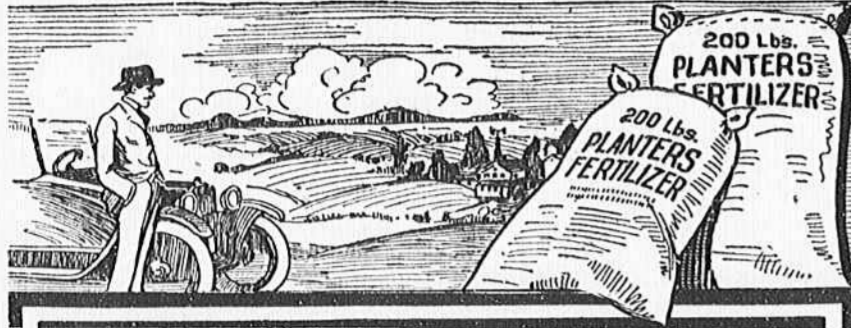


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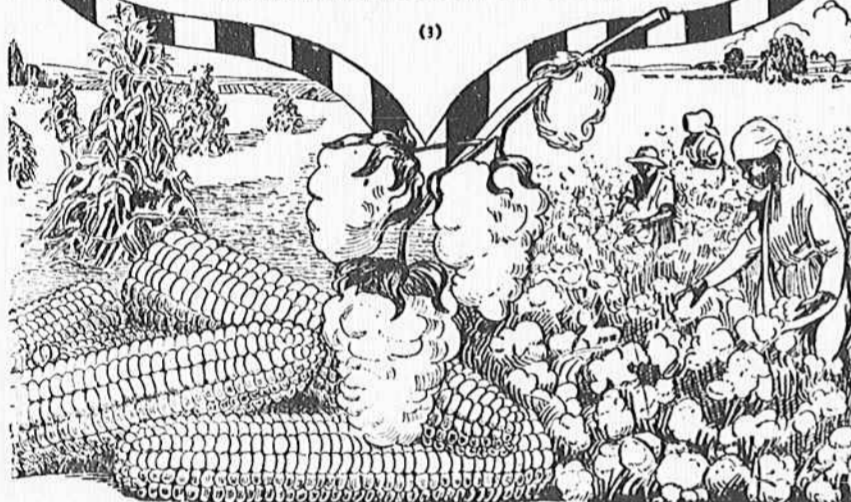
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Sealed Tight Kept Right

The Flavor Lasts



HOME DEMONSTRATION DEPARTMENT.

By Miss Daisy E. Harris.

Just at this season of the year when eggs are so plentiful, I thought perhaps a few recipes for use of eggs might be helpful.

Eggs should be cooked at a low temperature if the greatest enjoyment and value of food are to be obtained from eating them. Cooking eggs at a low temperature will keep them from becoming tough, which state renders them less digestible.

Soft cooked eggs: Heat to boiling point sufficient water to cover eggs, remove from fire and place eggs in water. Cover and allow to stand 6 to 8 minutes keeping water at same temperature. Let stand for 30 minutes if hard cooked eggs are desired.

Poached eggs: Allowing 1-2 tablespoon, of salt to a quart of water, have shallow pan 2-3 full of boiling water. Break each egg separately and slip into water, cover and remove from fire. Cook until whites are firm and baste yolks to form a film over them. Take up carefully with skimmer.

Tomato sauce—Poached eggs may be served with the following tomato sauce.

2 cups of canned tomatoes, 1 slice of onions, 1-4 teaspoon of salt, 1 teaspoon of pepper, 2 tablespoons butter, 2 tablespoons flour.

Cook tomatoes and onions twenty minutes, and strain, melt butter, let it brown, add dry ingredients, and strained tomatoes. Four over poached eggs.

Bread Omelet

4 eggs, 1-2 cup milk, 1-2 cup bread crumbs, 3-4 teaspoon salt, 1-8 teaspoon pepper, 1 tablespoon butter.

Soak bread crumbs in milk, add beaten yolks and seasoning, and pour in beaten whites. Heat and butter omelet pan, pour in omelet and cook slowly on top of range. When well "puffed" and delicately brown underneath, place on rack to finish cooking top. If firm to touch when pressed, fold and turn on hot platter.

Dutch Eggs

6 hard cooked eggs, 2 tbs. butter, 1-2 teaspoon salt, 1 cup milk, 1 and 1-2 tablespoons flour, 1-2cup grated cheese, 1 cup sweet pepper.

Melt butter, add dry ingredients and stir until smooth. Add heated milk slowly, stirring constantly, and allow to come to boiling point. Cut the eggs into quarters and place about 1-4 of amount in baking dish. Cover this layer with the sauce and sprinkle over it a layer of the cheese, then a few pieces of pepper. Repeat until all is used. Sprinkle bread crumbs on top dot with butter and brown in hot oven.

Baked Custard

1 pint of milk, 3 eggs, 1-8 teaspoon nutmeg, 1-4 cup sugar, 1-8 teaspoon salt.

Heat milk, mix eggs in bowl with sugar and salt. Add hot milk slowly, stirring. Strain in custard cups and bake in moderate oven until custard is firm.

Cooked Salad Dressing.

1-4 tablespoon mustard, 1-4 tablespoon salt, 2 tablespoons flour, 1 tablespoon sugar 3-4 cups sweet milk, 1-8 teaspoon cayenne pepper, 2 eggs, 2 tablespoons butter, 1-2 cup vinegar.

Rub together dry ingredients, add beaten egg yolks, melted butter, cold milk and hot vinegar in order named string until perfectly smooth, cook slowly until thickened, stirring constantly.

"THOUGHT I HAD A PAVING BRICK IN MY STOMACH"

Declared a Spartanburg, S. C. Man. He was constipated, nervous, and had pains in his back; had dizzy spells. Drego ended it all for him.

"I often felt like I had a paving brick in my stomach," says this well known man who has resided at 181 Park Avenue, Spartanburg, S. C., for the past fourteen years, Mr. P. A. Harman.

"My stomach went on a strike I think, for nothing I ate seemed to digest, but just laid there. I was badly constipated; my liver was inactive; I got so nervous I couldn't sleep, and dizzy spells would hit me, and I'd have to sit down right where I was. Drego started my bowels moving at once, and all my troubles seemed to fade away, and now I am as well as I ever was in my life. I eat anything I crave, and it never hurts me one bit. I sleep fine in fact I'm well again."

To those who suffer from stomach disorders and their attendant troubles—constipation, sluggish liver, etc., you are warned to profit by the experience of others. Don't let these troubles sap your comfort, health and vitality away. They wear the victim down until he grows weaker every day, laying him open to the disease of a serious nature. Every one should know about Drego, the great herbal remedy, which has no peer as a stomach remedy, and relief for constipation.

Go today to your nearest drug store—they all sell Drego and start the treatment without delay. Drego is especially recommended in Laurens by The Laurens Drug Store.

Colds Cause Grip and Influenza

LAXATIVE BROMO QUININE Tablets remove the cause. There is only one "Bromo Quinine." E. W. GROVE'S signature on box. 30c.

JONES NEWS.

Jones, March 29.—We recently met our venerable friend, Capt. J. B. Humbert, of Princeton, who is in excellent health.

Mr. Henry Freeman, of Canada, is visiting Mr. and Mrs. Irvin Freeman, of Princeton.

Mr. Drayton Boggs, of North Carolina, recently visited relatives and friends here.

Mr. Jas. Gray has a fine crop of oats.

We recently met the following friends: Oscar Henderson, of Virginia; Frank McGee and Mr. Kennedy, of Due West, Townes Mabry of Cokesbury, Masena Higgins of Hodges, Frank Medlock of Laurens, Jas. Martin of Owings, W. Y. Baldwin and Alf McNinch of Ekom, Wm. Thomas of Anderson, Robert Williamson of Donalds Frank and Walter Jones were recently in Greenwood.

The road from Ware Shoals via Jones, Rileys and Cokesbury, to Greenwood is in good condition.

The Sunday school books for the next quarter are ready for distribution.

Mr. George Jones has a one-horse farm to rent or work on shares.

Mr. John Wesley Gambrell has purchased a fine Cadillac car.

Mrs. G. L. Graham was shopping in Greenwood recently.

Mr. and Mrs. C. B. Farris and Mr. Norwood Graham and son, Richard, were the recent guests of Dr. Townes Jones and family.

The friends of Mr. W. P. Williamson, of Donalds, will be glad to hear that he has recovered from a recent spell of sickness.

We enjoyed the article in the Southern Christian Advocate, by Dr. Charles Foster Smith, of the University of Wisconsin, on the life of his lamented father, Rev. Jas. F. Smith.

Corns, Calluses Quit Quick!

Two Drops of "Gets-It" Will Do It. Ever hand-carve your toe with a knife trying to get rid of a corn? Ever use scissors and snip off part of the corn too close to the quick? Ever pack up your toe with "contraptions" and plasters as though you were packing a glass vase for parcel post. Ever



"Gets-It" Puts Your Foot in Clover—It Ends Corns Quickly.

er use greasy ointments that rub off on your stockings? Ever use sticky tape that gets jerked off when you pull your stocking off? Kind o' foolish when 2 or 3 drops of "Gets-It" on any corn or callus gives it a quick, painless, peaceful, dead-end funeral! Why putter and snuffer? "Gets-It" stops corn pains, it lets you work, smile and dance, even with corns. It's the common-sense way, the only simple, easy way—peels corns off like a banana peel. Used by millions. It never fails. "Gets-It", the guaranteed, money-back corn-remover, the only sure way, costs but a trifle at any drug store. M'd by E. Lawrence & Co., Chicago, Ill.

Sold in Laurens and recommended as the world's best corn remedy by Eureka Drug Co., Laurens Drug Co., and Powe Drug Co.

Forage Crops and Pasture Grasses. Clemson College, March 24.—Two publications of the Extension Service are timely just now in connection with the increased and increasing interest in all kinds of live stock in South Carolina and the reduction of the cotton acreage. These are Extension Bulletin 32, "Forage Crops in South Carolina," and Extension Bulletin 33, "Permanent and Temporary Pastures."

The first of these contains instructions which should help to solve the stock feeding problems of the time and to suggest the wise use of some of the land left from reduction of cotton acreage. Due consideration is given in this bulletin to the double value of the various legumes as forage crops in furnishing excellent feeding values and in enriching the soil.

The second publication deals with the necessity of good pastures, soil requirements, preparation, how to plant, and instructions how to secure best results in making pastures with the several pasture grasses.

Both bulletins are by W. R. Elliott, formerly a district agent of the Extension Service, who is an authority on such matters. They are free, as long as they last, to all who ask for them.



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Miss Ivy Gray, Fairview, Kentucky, writes:

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There is No Menace in Size:—

- As long as we are in keen competition with other packers;
- As long as there are hundreds of firms in the business;
- As long as we handle only about 12 per cent of the meat supply of the country and only about 22 per cent of the meat that is inspected by the United States Government;
- As long as our bigness is used to your advantage—as it is now—and as it must be in the future if we are to do a profitable business. The permanence of a business depends on the goodwill of those it serves. No large business can prosper that is not recognized as giving in exchange for its earnings an equivalent measure of helpful service.

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