ESCAPED AN OPERATION

By Taking Lydia E. Pinkham's Vegetable Compound. Many Such Cases.

Cairo, Ill.—"Sometime ago I got so bad with female trouble that I thought I would have to be operated on. I had a bad displacement. My right side would pain me and I was so nervous I could not hold a glass of water. Many times I would have to stop my work and sit down or I would fall on the floor in a faint. I consulted several doctors and every one told me the same but I kept fighting to keep from having the operation. I had read so many times of Lydia E. Pinkham's Vegetable Compound and it helped my sister so I began taking it. I have never felt better than I have since then and I keep house and am able to do all my work. The Vegetable Compound is certainly one grand medicine."—Mrs. J. R. MATTHEWS, 3311 Sycamore Street, Cairo, Ill.

Of course there are many serious cases that only a surgical operation will relieve. We freely acknowledge this, but the above letter, and many others like it, amply prove that many operations are recommended when medicine in many cases is all that is needed.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass.

Vaseline

Reg. U. S. Pat. Off.

Carbolated

PETROLEUM JELLY

A convenient, safe antiseptic for home use. Invaluable for dressing cuts and sores. A time-tried remedy.

REFUSE SUBSTITUTES

CHESEBROUGH MFG. CO. (CONSOLIDATED)
State Street New York.

NEGLECTING THAT COLD OR COUGH?

Why, when Dr. King's New Discovery so promptly checks it

IT'S natural you don't want to be careless and let that old cold or cough drag on or that new attack develop seriously. Not when you can get such a proved successful remedy as Dr. King's New Discovery.

Cold, cough, grippe, croup does not resist this standard reliever very long. Its quality is as high today as it always has been—and it's been growing steadily in popularity for more than fifty years. 60c. and $1.20 a bottle at all druggists. Give it a trial.

Constipated? Here's Relief

Not that often harmful, always violent and temporary help that comes from harsh purgatives, but the comfortable, gratifying, corrective regulation of stubborn bowels so pronounced in Dr. King's New Life Pills.

Tonic in action, they promote free bile flow, stir up the lazy, thoroughly but gently cleanse the system of waste matter and fermenting foods, and give you keen zest for hard work and healthful recreation. All druggists—25 cents.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes.

Look for the name Gold Medal on every box and accept no imitation

FOR SALE—CHOICE EARLY SPECKLED AND OSCEOLA VELVET BEANS; ALSO PEAS; all the very best of seed stock. Deliver anywhere. H. M. Franklin, Tennille, Ga.

RHEUMATISM

The powerful, healing warmth of Hunt's Lightning Oil gives instant and positive relief from throbbing, nerve-racking pains of Rheumatism, Neuralgia, headache, etc. 30c and 60c bottle.

HUNT'S LIGHTNING OIL

WE HAVE FOR SALE 80 tons of Pure Mebane, Planting Seed, grown here picked before the excessive rains, culled, reclaned, sacked in new 3-bushel bags. Local shipments $3 bu., delivered in Texas; add 25c bu. for Louisiana, Oklahoma and New Mexico shipments. Special price on carload. Ref., A. D. Mebane; any bank Lockhart. Jolley & Terry Cotton Seed Co., Lockhart, Tex.

Coughing

is annoying and harmful. Relieve throat irritation, tickling and get rid of coughs, colds and hoarseness at once by taking

PISO'S

The Progress Woman's Page....

This Department is edited by Julia Bottomley, Associate Editor of the Ladies' Home Journal, and Nellie Maxwell, a National authority on Domestic Economy, for the pleasure of the ladies of Abbeville and vicinity. Mary Graham Bonner, delightful writer of Children's Stories, contributes for the Little Folks.—J. W. O'Bryan, Editor.

The KITCHEN CABINET

Why don't you live a cheerful life
And make the best of things?
For discontent means constant strife
And other ills it brings.
It is hard tramping on life's pike,
I know that this is true;
But if you can't do what you like,
Try liking what you do.
—Luke McLuke.

SOMETHING ABOUT POTATOES.

One medium-sized potato, an ordinary serving of a common cooked cereal and a medium-sized slice of bread contain about the same amount of energy-yielding food, principally in the form of starches. We need starch to give us energy to live and work.

As a source or iron, potatoes are equal to whole cereals and eggs when properly cooked. The potato contains but a small amount of one type of building material which is very important: that is nitrogen; but the amount seems to equal the average amount found in cereals, on the basis of the usual servings.

Although potatoes and cereals have a good supply of lime and phosphorus, they should not be depended upon as a source of these minerals. As lime and phosphorus are needed for building bones and teeth as well as regulating the body processes, they should be supplied from milk, eggs, legumes.

One great advantage that potatoes have over cereals is that they help to keep the fluids of the body neutral or slightly alkaline, because of the potassium they contain. Those foods which have an alkaline reaction in the tissues seem to furnish better health to the average individual.

The waste in paring a potato after cooking, as compared to that of the method of peeling before cooking, is just half, as the skin holds back the mineral salts; the protein and starch and none of this food substance comes off with the skin after cooking.

The temperature of water in which potatoes are put on to cook also influences loss of nutriment. Experiments have proved that the loss of mineral matter is little; the loss of protein is over twice as great when potatoes are put on to cook in cold water as in boiling water.

From all points of view the best methods of preparing potatoes are by baking and steaming.

If you have a mind to adorn your city by consecrated monuments, first consecrate yourself the most beautiful monument of gentleness and justice and benevolence.—Epictetus.

GOOD THINGS FOR OCCASIONS.

For those who have a sweet tooth, the following will be enjoyed:

Date Jam.—Remove the stones from two pounds of dates after washing them in warm water. Put them in a saucepan with a pound of sugar, one pint of water, the juice and rind of a lemon and a dash of nutmeg. Simmer until thick, stirring frequently. Pour into glasses and seal.

Baked Ham in Milk.—Parboil a piece of smoked ham cut from the center of the ham, two inches thick, in milk to cover, twenty minutes. Put into a saucepan and cover with a paste made of one-half cupful of brown sugar and two teaspoonfuls of mustard, mixing with some of the milk, and spread over the ham. Bake, surrounded with the milk, until well browned, then turn and cover the other side of the ham with the sugar and mustard. Bake until well browned.

Chicken Cooked in Milk.—Cut up a chicken as for fricassee, cover with sweet milk, after rolling in well-seasoned flour, and bake in a moderate oven until the chicken is tender. The gravy will be thickened with the flour and ready to serve with the chicken.

Canapes, Spanish Style.—Cut the desired rounds, squares or diamonds for the canapes. Fry them in a little corn oil until well browned. Pound to a smooth paste one-fourth cupful each of butter, cooked chicken, two tablespoonfuls of ham and grated cheese, a dash of paprika and a little salt. Spread this well-blended paste over the prepared bread. Garnish each with figures cut from slices of pickle or cooked beets.

Salad Dressing.—Beat three eggs until stiff, add the juice of one lemon and beat until the eggs have thinned again; season with one-quarter of a teaspoonful of pepper and a trace of cayenne. Cook in a double boiler until creamy, stirring constantly. Remove from the fire and add two tablespoonfuls of butter. When serving this dressing, add an equal quantity of whipped cream and such seasonings as the salad combination requires.

Breakfast Toast.—Prepare stale bread by dipping it in cold water and putting into a covered pan in a hot oven. Serve well buttered with hot, seasoned tomatoes poured over the hot bread. The tomatoes should be seasoned to taste with salt, pepper, butter and, if liked, a little sugar.

Nellie Maxwell

FASHION ADVOCATES "SEPARATE SKIRTS"

THE arbiters of style continue to bring out beautiful separate skirts. Their story is changing all the time with new and interesting chapters—and always continued. The array of models includes wool, cotton and silk fabrics in many weights and weaves and a great variety of patterns, so that there are skirts for all kinds of wear. One for afternoon is shown above and is selected from others in the same class because it is very attractive and elegant and at the same time very practical.

This skirt employs dark blue satin (with cross bars of white, in broken stripes) that is pressed into narrow side plaits before it is made up. The process of pressing holds the plaits always in place and makes easy a graceful adjustment to the figure. The hem is put in before the material is plaited and the fullness at the waist line taken up with gathers. The plaiting must be done on a machine. A sash of the silk, finished with ends, and a single long tassel of silk, is tied in a knot at the left side and proves the best possible management of the waist.

No matter what the summer may bring in the way of skirts, there will be nothing better than the plaited models in satin or silk, to be worn with lingerie waists. They are as safe as skirts of heavy white cottons for morning wear which replace the utility skirts of wool, for midsummer. In the picture above, the blouse, hat and shoes are worth a little study because they are all well chosen for wear with these skirts.

SPRING BRINGS MARVELOUS HATS

THERE was never a spring more richly dowered with beautiful millinery than the present one. It comes with an unending variety of hats, in shapes and trimmings inspired by the art of many countries and centuries. Old Egypt and modern China are called upon for inspirations that take their place among those from other quarters of the globe and even the futurist art contributes something. Milliners in this country are evidently studying design and the sources of style, with a growing appreciation of the oriental genius for using colors.

Among these models of ancient and distinguished lineage there are many simple and lovely creations with much shorter pedigrees, like the three typical models in the group above. Here a pretty tam of satin with narrow braid stitched in a lattice work over it, travels no farther back than a year or so and patterns its shape upon the "Blue Devil" tam that came to us from France. It is a saucy hat trimmed with two bobbing ornaments and is shown in several clever developments this spring.

A sailor shape of Batavia cloth is found in every representative display, along with a good many other shapes covered with Batavia. This particular sailor shape has distinguishing features—an indented top crown, a deep fold about the side crown and a brim covered by flowers embroidered with raffia braid in several colors. A sash of narrow ribbon is a daring trimming for a sailor shape, but it is used successfully on this model. Batavia is made in many beautiful colors and is a new feature in millinery.

A lovely wide brimmed model of georgette, with rows of chenille over the crown, is sure of success. The brim is edged with a soft fold of the crepe and trimmed with long stems and a few odd ornaments that simulate flowers that are made of chenille. In any of the soft colors, that are at their best in georgette, a hat like this is a perfect bit of millinery art.

Julia Bottomley

Short Sleeves.

Seven-eighths and shorter sleeves are to be seen on many suit jackets for spring, but these appear only on the suits of novelty cut; on the much-beloved, generally acceptable tailored models the sleeves are wrist length as usual.

DADDY'S EVENING FAIRY TALE

by MARY GRAHAM BONNER © by the AUTHOR

BIG ELANDS.

"We're the big elands and we're as large as any antelopes going," said Mr. Eland.

"Are we as large as any antelopes standing still?" asked Mrs. Eland, grinning at Mr. Eland.

"Now, Mrs. Eland," he said, "you know what I mean and you can't deny it."

"Ah," said Mrs. Eland, "we might be very much smaller when we were still. We mightn't spread our wings so much, so to speak."

"I'm glad, Mrs. Eland," said Mr. Eland, "that you said 'so to speak,' for you might make people horribly confused who didn't know much about elands."

"Are there such people?" asked Mrs. Eland.

"Of course, there are," said Mr. Eland, "and they're really bright people in every other way."

"It's hard to believe," said Mrs. Eland.

"Well, look at it from your standpoint," said Mr. Eland.

"What's my standpoint?" asked Mrs. Eland. "A hind foot or a horn or what?"

"Your point of view," said Mr. Eland.

"My view isn't pointed. My view is nice and round or square or something—but it's not pointed."

"I mean," said Mr. Eland, "that you should look at the fact that people don't know much about elands from the way that elands don't know much about people."

"Oh, yes, that is so," said Mrs. Eland.

"And so some people mightn't know but what elands had wings."

"Gracious," said Mrs. Eland, "wouldn't they know I was only joking and that, of course, we hadn't wings, that we were great, big, beautiful animals and not birds at all."

"I think they would," said Mr. Eland. "But it's well not to joke and make folks not understand at all what you mean. Of course, you did say, 'so to speak,' and that was a great help."

"Well," Mrs. Eland said, "I'm glad to hear that much. Anyway, as you say, we're the big elands and we're as large as any antelopes going—that's a great help." She grinned at Mr. Eland.

"You're such a tease, Mrs. Eland, such a tease. Especially today. Something must have gotten into you."

"Something did," she said. "My food!"

"One thing," laughed Mr. Eland, "is that what I've been saying you can't deny."

"Just what do you mean when you say I cannot deny it?" asked Mrs. Eland.

"I mean," said Mr. Eland, "that you can't help but say that you know what I mean."

"Oh, yes, perhaps that is so," said Mrs. Eland.

"Perhaps?" questioned Mr. Eland.

"Dear me, how fussy!" said Mrs. Eland. "Then I will say it most certainly is so. I do understand you. There, how does that suit you?"

"She Grinned."

"To perfection, absolutely and entirely," said Mr. Eland.

"You use three words where one would do if you were thinking of saving time," said Mrs. Eland.

"I'm not thinking of saving time," said Mr. Eland. "Time makes no difference to me. Some rush and hurry and try to save a minute or two or a second or two or an hour or two, or something or two—but I don't bother, not here in the zoo.

"My meals are given to me when I am hungry and so I needn't worry. They say we're rare now and they like us and take good care of us, though I will say that they even do that about creatures not rare at all. I am from eastern Africa and you are from southern Africa, and that's finer than to be home products!

"But to return to the words I used. They're friendly, chummy words, they are. And they don't mind doing a favor for me like that and making my sentence very fine."

"Oh," said Mrs. Eland. "How nice of them."

"Very," said Mr. Eland, shaking his great head with its two fine, handsome horns.

Simple Initiation.

Mother (looking into nursery just as little Herman kisses his sister)—It is pleasant to see how you love each other!

Herman—Oh, no, mamma, we are playing at papa and governess.—Kaspar (Stockholm)

FIFTEEN YEARS OF BLACK-DRAUGHT

Black-Draught Highly Recommended by Illinois Man for Liver and Stomach Disorders.—Used It for Fifteen Years.

Singerton, Ill.—"For fifteen years we have used Thedford's Black-Draught, and have not as yet found anything that could take its place," writes Mr. W. F. Rister, of this town. "I have used it for indigestion a number of times, and it gives relief," continues Mr. Rister.

"For sour stomach, a heavy, bloated feeling, it is splendid. And when the liver gets torpid, so that when you stoop and raise up suddenly you feel dizzy, a few doses will set you straight.

"We keep it and use for constipation and the above troubles, and find it most satisfactory. I can recommend it to others and gladly do so. For the number of years I have used Black-Draught now, I ought to know."

In its 70 years of usefulness, Thedford's Black-Draught has relieved thousands and thousands of persons suffering from the results of a disordered liver. And, like Mr. Rister, many people feel that, after using Black-Draught nothing can take its place.

If you haven't tried Black-Draught get a package today.

Nearly every druggist keeps it.—Adv.

Didn't Know He Sang.

A Nashville young woman employed in a music store in Indianapolis tells the following:

"One day a lady came into the store to buy some music, and after I had played several pieces to her, I told her I would play one of Caruso's. After I had played the piece, she said: 'Crusoe, Crusoe; why I have heard a great deal about him and Friday, but I never knew that he sang."

WHEN KIDNEYS ACT TOO OFTEN

If bothered with that form of kidney trouble which causes too frequent or excessive passages of urine, don't expect relief from medicines that are intended for common kidney complaint. These remedies generally are intended to increase kidney action.

Liquid Shu Make should always be used where the kidneys are over active during the day or at night. It is not a cure for all forms of kidney trouble, but is intended for over-activity of the kidneys of both children and adults alike, especially for children bothered with kidney action at night.

Any druggist has Liquid Shu Make in small and large size bottles, or will gladly get it through his wholesaler for you. Adv.

Wild Dogs Devour Sheep.

Depredations by packs of wild dogs are causing Australian sheep owners heavy damage, according to official reports received at Washington. A delegation of stockmen recently submitted to the minister of public lands of New South Wales statistics showing a loss of 50,000 sheep in that province alone in the course of a few months. The delegation requested government aid in the erection of a "dogproof" fence to isolate a district comprising almost 40,000 square miles.

When you have decided that the Worms or Tapeworm must be exterminated, get "Dead Shot"—Dr. Peery's Vermifuge One dose will expel them.—Adv.

No Place to Go.

O'Hara stood surveying the body of his friend, lying in state. Then he began to smile.

"What is there funny about it?" demanded an outraged friend.

"'Twas only last week as Clancy was saying to me how there ain't no heaven and no purgatory. An' here he lies now, poor divil, all drissed up and nowhere to go."—The American Legion Weekly.

"CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."—Adv.

Times Changed.

"The first requisite to look for in a house is a dry cellar."

"Not in these times."

The Real One.

"Don't you think a college education pays?" "No; the man who tries to get his son one, does."

The American tractor of all American machinery seems to have the largest field in Sweden.

AFTER 6 YEARS--STILL WELL

Now Strong and Hearty Though Case Looked Hopeless

"Six years ago I was in awful condition," says E. K. Chase, 36 E. Cross St., Ypsilanti, Mich. "My family was told I couldn't live more than two months. I was in constant pain from the uric acid and was so bad with rheumatism my legs seemed all drawn up. My back never stopped hurting. The kidney secretions were held back until only a few drops came, and I bloated until I thought my skin would burst. My legs were twice their normal size. "The water seemed to fill my chest and press against the heart. For three months I never moved out of the chair and I choked and gasped for breath like a dying man. All the doctoring failed, and my weight went from 185 to 125 pounds. "Doan's Kidney Pills saved my life. Eleven boxes cured me of every complaint. I have been well six years and able to work as hard as any man."

Mr. Chase

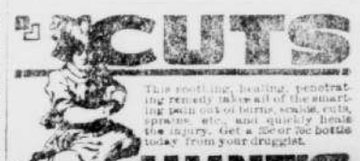
Sworn to before me.
FLOYD E. DAGGETT, Notary Public.

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

CUTS



This soothing, healing, penetrating remedy takes all of the smarting pain out of burns, scalds, cuts, sprains, etc., and quickly heals the injury. Get a 25c or 50c bottle today from your druggist.

HUNT'S LIGHTNING OIL

Reasonable Deduction.

lieved the end of the world was coming right away," said Farmer Hornbeak, in the midst of his perusal of the county seat newspaper.

"Why, they don't, do they?" asked his wife.

"Yes, I gezzo. 'Tennyrate, I see here that the postmaster in town has resigned.—Kansas City Star.

GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lazy liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger.

Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

Makes a Difference.

"My wife is making it hot for me because I won't give her the pin money she wants."

"But you ought to give your wife pin money."

"Great Scott, man, the pin she wants this money for is a diamond one."

Cuticura for Pimply Faces.

To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum.—Adv.

Such things as come to the man who waits are seldom the things he has been waiting for.—Implement Record.

Most women would rather be flattered than praised.

Sure Relief

BELL-ANS FOR INDIGESTION 25 CENTS

6 BELL-ANS Hot water Sure Relief

BELL-ANS FOR INDIGESTION

For Grip, Colds and MALARIA

7-11 CHILLFUGE

kills the Malaria germ and regulates the liver.

25 CENTS

HEADACHE

Bad for Health
Upsets Nerves
Go to Drug Store—Try

CAPUDINE

BY DOSE AND IN BOTTLES—10c to 60c

CUT THIS OFFER OUT AND SAVE IT. Send 60c and we will send you one pound Klean-um-white Powder that makes ½ gallon best white Shoe Polish. Klean-um-white Company, Box 268, Walters, Oklahoma.