

CALOMEL

Calomel is a dangerous drug. It is mercury—quicksilver—and attacks your bones. Take a dose of nasty calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day's work.

Take "Dodson's Liver Tone" Instead!

Here's my guarantee! Ask your druggist for a bottle of Dodson's Liver Tone and take a spoonful tonight. If it doesn't start your liver and straighten you right up better than calomel and without griping or making you sick I want you to go back

to the store and get your money. Take a spoonful of harmless, vegetable Dodson's Liver Tone tonight and wake up feeling great. It's perfectly harmless, so give it to your children any time. It can't salivate, so let them eat anything afterwards—Adv.

Men who are afraid of work deserve to be scared to death.

MOTHER!

"California Syrup of Figs" Child's Best Laxative



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 physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."—Adv.

Most of the fish in small puddles imagine they are big.

A SOFT, VELVETY SKIN

should be the ambition of every woman as there is nothing so attractive as a fair, smooth skin. Neither soaps nor powders can give this. Thousands of southern women know from experience that Tetterine will quickly rid the skin of its disgusting pimples and blotches and give it that bright clear appearance so much admired. Tetterine is sold by druggists or sent by mail for 50c. by Shuptrine Co., Savannah, Ga.—Adv.

KEEP TROUBLES TO YOURSELF

The World, as a General Thing, Has Little Use for the Man Addicted to Self-Pity.

The trouble with the man in a little trouble is that he is inclined to pity himself and imagine that he is the only man who ever had a trouble.

All he can see in the moment of his irritation is his own burden. It seems not to occur to him that at the very moment he is wrestling with his difficulty thousands of people around him are fighting against far greater odds and in much greater danger.

Trouble, anyhow, is a part of the game of life. Nobody ever went anywhere or did anything worth while without meeting it in one form or another. Let others pity you if they will, but don't waste any time pitying yourself. The chances are that your next door neighbor would be tickled to death if such troubles as you have were all he had to worry about.—Exchange.

Teaching Music to the Young.

Children are now taking in the musical work in the Roman choirs as early as seven years of age, says a writer in the Etude in discussing the importance of early training in music for church purposes. They are not merely taught in the music they are to sing, but are given a very thorough drill in solfeggio, and, when necessary, at the proper time in harmony and in music in general.

INSTANT POSTUM

Costs less than coffee Far more healthful

Ask your grocer for POSTUM instead of coffee.

"There's a Reason"

Made by Postum Cereal Co., Battle Creek, Mich.

CURRENT WIT and HUMOR



HAD HIS DOUBT.

The Counsellor—What you broke after having a hand in that big box job? I thought you fellows had a gentlemen's agreement to share the loot.

The Yegg—We had. But I suspect some of the parties to it were no gentlemen.

Her Reason.

"I wish I had psychic powers." "Why so?" "Because I am crazy for a car, and then I could give my husband auto suggestions."

Modest.

Ethel—I understand she was very modest at her birthday. Helen—Well, I should say so; she didn't have half as many candles as she ought to have had on her cake.

Intelligence.

Doctor—Did you give the patient the insomnia medicine I ordered? Amateur Nurse—Yes, doctor, but he got so mad whenever I woke him up to give it to him.

Where Mystery Reigns.

Biggs—What do you usually eat in this restaurant? Higgs—Don't ask me; ask the cook. I simply order from the menu.

Natural Affinity.

"Why is it that widow seems to attract the horse element?" "Probably because she is a grass widow."



TEST OF NERVES.

First Doctor—How are that patient's nerves? Second Doctor—Fine; he can read all the headlines in the daily paper now without a tremor.

Think of Others.

When on the slippery street you get your feet and get a twist, Think of what fun the others get; Just be an altruist.

An Agreement.

"The court gave that convicted rascal a suspended sentence." "So did the lynching mob. They hanged him."

Not in the Race.

Belle—I wouldn't marry the best man on earth. Nell—Of course, you wouldn't. Somebody else long ago beat you to it.

An Enthusiast.

"Cleanliness can be carried too far." "Impossible." "It can. If I don't stop her, my wife would scour the lettuce with soap."

One Assurance.

"Do you think the tale Miss Flirty told you was made up on the face of it?" "Maybe not, but she was."

Often in One.

Heck—My wife has a great fondness for pets; has yours? Peck—That depends on whether you refer to animals or the mood.

Its Financial State.

"That couple have just come back from their wedding trip dead broke." "Ah! So the honeymoon has got to its last quarter."

Exact Locality.

Lawyer—Officer, did you catch the prisoner in flagrante delicto? Policeman—No, sir; I caught him in the back alley.

Pertinent Illustration.

"What have you there?" "A booklet entitled, 'Short Cuts to Riches.'" "Ah! I see there's a mountain of dollars on the cover. To be consistent, there should be the picture of a penitentiary on the back."

Why He Was Sent to Bed.

"Pa, what is an anarchist?" "One who thinks there should be no government and no authority, my son."

Too Comprehensive.

"Of course," said Senator Sorghum. "I approve of freedom of speech; but I don't like our colleague's idea of it." "What is his idea?" "The universe as an audience and eternity as the time limit."

Missed Opportunity.

"I read the other day where a woman dislocated her jaw by yawning and became speechless." "And I have been trying to break my wife of yawning because it seemed such a rude habit!"

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.

DADDY'S EVENING FAIRY TALE



CHIMPANZEE JOEY.

"My name is Chimpanzee Joey," said the Chimpanzee in the zoo.

"Why don't you say that your name is Joey Chimpanzee?" asked another monkey, named Ellen.

"Because," said Joey, "I am a chimpanzee in the first place and in the second place I am named Joey. I might have been named something else besides Joey, but I couldn't have been called anything else but a chimpanzee. That would have been impossible. Quite impossible."

"All things are possible," said Ellen in a cranky tone.

"Now Ellen," said Joey, "that sounds all right, but it hasn't always got sense to it. In this case it hasn't. You see I was born a chimpanzee and a chimpanzee I am. Then the keeper wanted to give me a name, so he called me Joey. Therefore I am Chimpanzee Joey. Chimpanzee comes first."

"Oh, very well," said Ellen.

"You see I couldn't be anything else but a chimpanzee any more than a boy could be anything else but a boy. And yet a boy might have almost any name such as John or Jack or Peter or Bernard."

"I think," said Joey, grinning, "that you are a little bit tired today. You are what is known as grouchy. That is you have a grouch on."

"I have nothing on but what I always wear," snapped Ellen crossly.

"Just what I say. The rainy weather has made you feel cross. It makes many people cross, too, especially when there is a great deal of rain with little or no sunshine appearing for a long time."

"What do you mean when you say I have a grouch on?" asked Ellen.

"Well," said Joey, "to be quite correct I should say you had a grouch. I could leave out the word 'on' without hurting your sentence in the least."

"Who cares if you hurt the sentence?" asked Ellen. "I'm sure I don't."

"Oh, well," said Joey, "I mean, of course, that it wouldn't spoil the meaning of the sentence if I left off the word. As a matter of fact, grouch isn't a word that is used so very often. It's a slang word. But it means what you've got today."

"I've got nothing but what I always have," said Ellen.

"Ah, yes," said Joey, "you're cross. And you're not always cross. You've got a good disposition, as a rule. But today you have lost your good disposition and have taken a cross one in its place."

"I've not lost it," said Ellen.

"Then you have lent it to someone," said Joey. "And they haven't as yet returned it to you!" He grinned at Ellen.

Yes, it was true, she was not feeling pleasant.

"Well," said Joey, "I feel sleepy myself, though I don't feel cross. Yes," he added, "I feel very sleepy. I must yawn."

Joey yawned but he put his hand in front of his mouth as he had been told it was not polite to yawn without doing that and he never yawned without putting his hand in front of his mouth.

He had heard of the old saying, "When you yawn, pray turn aside and with your hand the motion hide," which many people have heard and been taught to follow.

Joey never failed to do it, and you would have laughed if you could have seen the sleepy chimpanzee yawning and yawning, and every time his hand going up to hide the yawn from public view.

Even when visitors were not around and when only the keeper and the other monkeys were there, Joey never forgot his manners in this way, for he said he might forget them at some very important time if he got out of the habit of always remembering.

"Well," he said, "I think I'll have a little nap, and perhaps when I wake up I will find that your good disposition has been returned to you. Good afternoon, pleasant nap." And with one more yawn which sleepy though he was, he hid from view, then Chimpanzee Joey snuggled up and went sound asleep while he dreamed of bananas and peanuts quarreling as to which should be eaten by Joey first.

Great Friend With Smile. Learn to greet your friends with a smile. They carry too many frowns in their own hearts to be bothered with any of yours.

FURBELOWS THAT BLOOM IN JUNE



THOSE ever-blooming furbelows, the pretty and dainty belongings made of ribbons and laces, that women love seem to have blossomed out this year in greater profusion than ever. June usually sees them at their best for they are important in trousseau and are favorite gifts to brides and graduates. Besides laces and ribbons, georgette, net and silks play their charming parts in making them, but laces and ribbons are pre-eminent, as usual, with much attention given to flowers made of ribbon for trimmings.

Three boudoir caps and three camisoles, shown in the group above, will serve to point the direction of fashion's whimsical breezes in these accessories. Camisoles remain important and will as long as the sheerest materials are used for smocks and blouses and for dresses. And where is the woman with soul so dead as not to appreciate and own a few boudoir caps? They make life tolerable in the morning hours. In the first cap and camisole the designer has been led by the fad

for making things to match and has used the same lace and net and ribbon decorations for both. A close-fitting cap, with a cape at the back, is made of lace in an Alencon pattern and two rows of narrow satin ribbon are tacked about the cap, after a full puffed crown of net has been gathered over it. Ends of the ribbon are brought up over the crown and fastened to it. Small wild roses made of ribbon are set about the cap and from one of them at each side two short hanging ends are finished with tiny chiffon roses.

Another cap of net is edged with point de esprit and has narrow ribbon bands over it. Where they intersect tiny ribbon flowers are set and short ends hang over the lace trim. It is finished with a rosette and many ends of ribbon. Wide lace and tucked georgette make the lovely cap with frill lengthened toward the back, and it is ornamented with ribbon flowers like those on the camisole of georgette and ribbon.

Negligees From the Far East



KIMONOS were appropriated from Japan so long ago that we take them as a matter of course in every wardrobe, and now women, who have a fancy for wearing unusual negligees, are indulging in other dress borrowed from the Orient. Sometimes they take it as they find it, and oftener they adapt it to their own taste in colors and fabrics. This masquerading in the clothes of women of far countries proves exhilarating and the great shops make it easy to indulge in it—they have brought the far East near, and they help to widen our vision and increase our respect for the art of other peoples.

The handsome costume of black satin, embellished with gold embroidered ribbon, pictured above, is a literal translation from the original Chinese, done in American fabrics. Those who have had experience with this kind of dress say it never grows tiresome and that it is comfortable and convenient—all these are lasting qualities and it is worth while to employ them in good black satin. It is a modest and fascinating dress, and may prove a rival of the kimono.

"The flower of the harem—Rose-in-Bloom," never looked more lovely than the pretty American who has emulated something of her dress, as shown in the picture. Here are full, draped trousers of satin with an original over-garment of brocade and ribbon. Fringe is made of narrow brocade satin ribbon. The turban has a band of the brocade silk and crown of plaited georgette, match-

ing the coat. One can imagine this in rose and gold or turquoise and silver or other lovely color combinations, the feet incased in mules of gold or silver tissue. The costume is not a copy of the original but an adaptation of it, and was presented among others designed by certain artists, as a gem in negligees.

Julia Bottomley

Chenille Curtains.

In most attics may be found one or more pairs of chenille curtains so popular some years ago. These may be transformed into pretty and serviceable rugs. If the curtains are faded dye them to harmonize with the room in which they are to be used. As a foundation for the rugs use old worn Brussels carpet cut to the desired length. Arrange the curtain material smoothly on these carpet foundations, turning over several inches of the material on the wrong side. Sew down firmly on the wrong side and you will have transformed a worn piece of out-of-date carpet into a soft, rich-looking rug.

Fabric Hats Are Popular.

Fabric hats have never been so popular and for summer some very lovely garden hats are being made of sheer organdies in white and colors.

THE KITCHEN CABINET

For the world in general food is prepared and eaten at home, and no matter how many farmers and butchers and sailors and teamsters and grocers have conspired to provide us with good food, the one cook in the kitchen may vitiate the product in an hour.—Helen Campbell.

DISHES WITH CHILLI.

For all who like peppery dishes the following will be appreciated:

Mexican Hash.—Take one half pound of boiled beef chopped fine, one tomato and two cloves of garlic, also chopped fine. Cook the tomato and garlic in a little fat for a few minutes, then add the meat and one-half teaspoonful of chili powder, one onion chopped fine, salt and pepper to taste. Then add the broth in which the meat was cooked and cook for twenty minutes.

Boiled Ham.—Cover the ham with water and let it come to a boil. Add half a cupful of brown sugar, one teaspoonful of chili powder and set back to simmer for three hours, then remove the skin. Put the ham in a roasting pan, cover with bread crumbs, stick in it a few cloves and sprinkle with chili powder. Put into a hot oven to brown.

Tripe Mexican Style.—Put tripe to cook in boiling water until tender. Add one clove of garlic, chopped fine, two tablespoonfuls of chili powder and one can of hominy. Stir and let cook until well done. Serve hot.

Kidney With Chilli.—Cut up the kidney into small pieces. Add one onion cut fine, put the kidney and onion into a saucepan with hot fat and let them fry. Add salt and pepper, one bay leaf, two tablespoonfuls of chili powder and a little flour. When smooth set in broth or hot water for a sauce, with a dash of vinegar.

Carne de Olla.—Brown three or four pounds of rump roast in two or three tablespoonfuls of lard, then add a teaspoonful of salt, pepper to taste, two tablespoonfuls of chili powder and one bay leaf. Put all into a casserole with a half cupful each of carrot, turnip, and one onion with three stalks of celery, all cut in bits. Then add two cupfuls of soup stock or water. Cover and cook in a moderate oven three hours. A sauce may be made with the liquor in the pan. Add flour and chili powder to thicken and season.

A genius for orderliness is the sanity if not the religion of everyday life.

GOOD FOOD FOR THE FAMILY.

For that tired feeling which afflicts so many at this season of the year, a tonic is good, but take it from dandelion greens, spinach and tender green vegetables. For sleeplessness a hot egg nog will be found most soothing. Beat an egg very light, add one cupful of scalded milk, a pinch of salt and a little sugar if liked, with a grating of nutmeg. Add the milk, a little at a time, beating well. Serve hot. The blood is drawn from the brain to the stomach and the sleepless sleep.

Baked Beans With Sausage and Hamburger.—Take hamburger steak and pork sausage, half and half. Place parboiled beans in the bean pot, with a small onion, cover with a layer of meat, then a layer of beans, another layer of meat and beans. Add salt, mustard, molasses and water as usual to the bean pot and bake all day slowly.

Roast Beef With Onions.—Put a rolled roast of beef in a baking pan and surround it with even-sized onions. Bake, basting as usual, basting the onions as well. Serve with the onions as a garnish to the platter of roast. Potatoes may be added and roasted with the onions, if desired.

Stuffed Calves' Hearts.—Wash two hearts, removing arteries. Parboil in salted water for 20 minutes. Drain, stuff and sew. Season with salt and pepper, roll in flour and brown in a frying pan in any sweet fat. Put into a casserole, add small onions, carrots and new potatoes with broth to cook and bake until the vegetables are tender.

Carrot Salad.—Take one cupful each of cooked carrots and potatoes diced, one-half cupful of celery, one-half cupful of nuts, two hard-cooked eggs; marinate with French dressing for two hours. Serve with a thick cooked dressing.

Escalloped Tomatoes With Eggs.—Prepare escalloped tomatoes using bread crumbs and the usual seasoning. Place in a baking dish and over the top drop as many eggs to poach as there are persons to serve. Put into a hot oven and bake until the eggs are set.

Cabbage With Cheese.—Cook a hard small head of cabbage until tender in boiling salted water. Drain, place on a chop plate and pour over a rich white sauce in which one cupful of cheese has been melted. Cut the cabbage into pie-shaped pieces and serve with the sauce.

Nellie Maxwell