

BROUGHT BACK NATURAL HEALTH

The Facts About an Interesting Case Of Serious Female Trouble Benefited By The Use of Cardui.

Walnut Cove, N. C.—Mrs. E. A. Rothrock, of this town, says: "About two years ago I was in very bad health for three or four months. At this time I had a serious female trouble, which lasted severely for nine weeks. I got awfully weak and could scarcely go, and my doctor said I ought to be in bed.

My two sisters, who had used Cardui with good results and who now use it as a tonic, recommended it highly to me, saying it is a fine medicine.

I felt if I lived I must have something to help me, and as other medicines had failed to relieve me, I thought I would try Cardui, the woman's tonic. At this time I was almost skin and bones.

I seemed to improve after the use of the second bottle of Cardui. The trouble stopped. I suffered less pain, and began to get back my strength and health. I took five more bottles and got back my natural state of health, also my flesh, and could do my work easily.

This spring I was run down in health; had over-worked myself. I took nearly three bottles of Cardui, as a tonic, and it brought me back to my natural state of health.

Last week I put up 78 jars of fruit, which I could not have done before taking Cardui. I am glad I heard of it, and I hope other women will too.

Your case may not be as bad as the above, but even if only a mild case, we suggest that you begin today to try Cardui, the woman's tonic.—Adv.

Compliment That Went Astray.

"I love to hear you speak French," remarked the sweet young thing.

"Indeed?" said the pompous youth who plumed himself on his linguistic ability. "And why?"

"Because it is so different from most people's French," explained the young thing. The youth plumed himself some more. But only for a moment, because the sweet young thing continued:

"Yes, so different from most people's French—especially French people's."

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

For Her Protection.

"When I said I would marry you you promised to let me handle all your money, but now we are married you handle it all yourself."

"That's because I love you so."

"That's a queer way to prove your love."

"It's a mighty self-sacrificing way. When I made that promise I was not aware that money was teeming with bacteria."

TRY THIS EASY WAY TO HEAL YOUR SKIN

If you are suffering from eczema, ringworm or similar itching, red, unsightly skin affection, bathe the sore places with resinol soap and hot water, then gently apply a little resinol ointment. You will be astonished how instantly the itching stops and healing begins. In most cases the sick skin quickly becomes clear and healthy again, at very little cost. Resinol ointment and resinol soap also clear away pimples, blackheads, and dandruff. Sold by all druggists. Adv.

Both Bomb Proof.

Maude—I just had a letter from the duke. Those horrid Germans have bombarded his castle.

Chorus—How romantic! Do tell us. Maude—Yes; all they left standing was the mortgage and the mechanics' liens.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Love makes the world go round, but revenge tries to square it.

FOR BREAKFAST TABLE

MUFFINS ALWAYS APPETIZING ON COOL MORNINGS.

Have First Place in Long List of Hot Breads That Have Found Favor—English Buns Are Liked by Many.

When the air gets frosty, muffins mount a high pedestal in the estimation of breakfasters, and there they stay until spring. Here are some recipes for good muffins:

Rub a tablespoonful of butter in a cupful of corn meal and a cupful of white wheat flour for delicious corn muffins. Then add a teaspoonful of sugar, half a teaspoonful of salt and a teaspoonful of baking powder. Break an egg into three-quarters of a cupful of milk, and then fill the cup with milk if necessary to make it full. Pour this into the flour and mix it thoroughly. Bake quickly in a hot oven.

Make rye puffs in this way: Mix two-thirds of a cupful of rye meal and a third of a cupful of white wheat flour. Add a quarter of a teaspoonful of salt and sift. Then add two well beaten eggs mixed with a cupful of milk, and beat for three minutes. Add two teaspoonfuls of butter, melted, and mix. Bake in hot muffin tins.

Here is a recipe for graham muffins that always turns out well: Mix a cupful of graham flour and the same amount of wheat flour with a quarter of a cupful of salt. Sift them and add a cupful of milk, a tablespoonful of butter and one egg. Beat well and bake for about twenty-five minutes in a hot oven.

These English buns are a favorite with those who like slightly sweet breakfast breads. To make them rub half a cupful of butter with three tablespoonfuls of sugar and a pinch of salt. Add two well beaten eggs and then add, alternately, two cupfuls of flour sifted with two teaspoonfuls of baking powder and milk to make a stiff dough. Add at the same time half a cupful of currants. Roll out about an inch thick, cut with a biscuit cutter and bake in a slow oven.

Sally Lunn is a tempting muffin. Sift a pint of flour, two teaspoonfuls of baking powder and half a teaspoonful of salt and add half a cupful of milk, half a cupful of melted butter and two beaten egg yolks. Mix thoroughly. Then add two egg whites beaten stiff. Drop the batter in muffin tins and bake. It is a stiff batter and when the egg whites are folded in they do not mix completely with the other ingredients, and so the tops of the muffins are somewhat irregular.

Oatmeal muffins require fine meal, not the coarse sort used as cereal. Mix a cupful of it with three cupfuls of white wheat flour, two teaspoonfuls of baking powder and a liberal teaspoonful of salt. Rub in a tablespoonful and a half of butter and lard mixed. Beat two eggs and add them to a pint of milk and pour this gradually into the dry ingredients. Mix thoroughly and bake quickly in a hot oven in muffin tins.

Custard Souffle.

Here is a nice dessert: Rub two scant teaspoonfuls of butter to a cream, add two teaspoonfuls of flour and pour on gradually one cupful of hot milk; cook eight minutes in double boiler, stirring often. Separate the yolks and whites of four eggs; beat the yolks, add two tablespoonfuls of sugar, then add to the milk and set away to cool. Half an hour before serving beat the egg whites till stiff, then pour them in lightly. Bake in a buttered pudding dish in a moderate oven for 30 minutes and serve at once.

Gravy for Beef or Mutton.

One-half cupful walnut catchup, one small tomato catchup, one small cupful sherry (may be omitted), one tablespoonful butter, rubbed smooth with flour; one small onion chopped very fine, one teaspoonful currant jelly. Salt and pepper. When thoroughly mixed lay slices of the meat in a dish, pour the gravy over, then set dish in the oven until all is well heated through. Serve.

Not a Large Quantity.

Note that you should not fry too large a quantity of anything at the one time, and that the fat must be reheated between each batch of frying. Any one who cannot fry, given enough fat and the proper implements, after a couple of trials is either abnormally stupid or is not troubling to carry out directions correctly.

Jumbalaya.

After washing one cupful of rice, let it soak one hour. Cut up a cold roast chicken and a slice of lean ham, and fry them in a tablespoonful of lard. Stir in the rice slowly; while stirring add one pint of hot water. Cover closely, and let simmer until the rice is nearly dry. A couple of spoonfuls of tomato may be added, if the flavor is desired.

Fish Stuffed With Rice.

One cupful of rice, one cupful of bread crumbs, one cupful cold chopped meat. Mix and season with salt, chopped mango, onion and celery, one teaspoonful each. Clean a whitefish, fill with this preparation and bake as usual. Serve with tomato sauce.

Cooking Custard.

Do not have the oven too hot when cooking custard, or the custard will become watery. Set the custard in a pan of hot water and see that it does not boil during the baking.

Children Love It— Don't Deny Them

Dentists affirm its helpfulness to teeth and gums. Doctors attest its aid to appetite and digestion.

Give the kiddies all they want. Use it yourself—regularly. Keep it always on hand.

Cultivate the saving instinct with the **United Profit-Sharing Coupons** around each package, good toward high-grade merchandise.

Have you seen "Wrigley's Mother Goose"—newest jingle book—28 pages in colors?

(Here is a sample verse and illustration)

There was an old Spear-woman lived in a shoe—
For her many young hopefuls she knew what to do!
She made them most happy with WRIGLEY'S for all—
It kept them in trim at a cost very small!

The "Wrigley Spearmen" want you to see all their quaint antics in this book, free! Write for it today to

WM. WRIGLEY JR. CO.,
1304 Kesner Bldg., Chicago

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"Chew it after every meal"



The Zealous Youth.

The Employer—If my wife calls up say that I have just gone out.

The Office Boy—Yes, sir, I'll say it every time she calls up.

The Employer—You must do that. My wife would have a poor opinion of your truthfulness.

The Boy—Yes, sir, she has it now.

The Employer—What do you mean?

The Boy—Why, she called up this morning and asked me if I was the new boy. An' I said, "Yes, ma'am." And she said it was no place for a truthful boy. She said you had no use for a truthful boy. Then she said, "Did you ever tell a lie?" And I said, "No, ma'am." "And what did she say?" "She said, 'You'll do!'"—Cleveland Plain Dealer.

CUTICURA SHAVING

Up-to-Date Shaving for Sensitive Skins. Trial Free.

Prepare razor. Dip brush in hot water and rub it on Cuticura Soap held in palm of hand. Then make lather on face and rub in for a moment with fingers. Make second lathering and shave. Rub bit of Cuticura Ointment over shaven parts (and on scalp if any dandruff or itching) and wash all off with Cuticura Soap and hot water, shampooing same time. One soap for all—shaving, shampooing, bathing and toilet. It's velvet for sensitive skins. No stinky mug. No germs. No waste of time or money. Free sample each if you wish. Address postcard, "Cuticura, Dept. XY, Boston." Sold everywhere.—Adv.

Wanted More Help.

"To guide a key to a keyhole in the dark there has been patented a V-shaped strip of metal to be fastened to a door with the point surrounding the hole," said the studious man. "That's all right so far as it goes," replied the convivial one; "but who's to be on hand to find the key for you?"

Contrary Methods.

"I see that in Europe they are having battles in the clouds." "Yes; that is how they are trying to get in the sun."

The Unreasonable Sex.

Knicker—Does your wife make you wear rubbers? Outlate—Going out; but she won't let me wear sneakers coming in.

If your skin is scratched by a rusty nail, apply Hanford's Balsam at once. It should prevent blood poison. Adv.

One's good opinion of one's self should be maintained in silence.

Activities of Women.

Miss Alma K. Boyd has been appointed private secretary to Lieutenant Governor McClain of Pennsylvania.

Mary Pickford, the moving picture actress, receives a salary of \$2,000 per week for 52 weeks in the year.

The only real profit-sharing industry in the United States is owned by a woman, Mrs. James P. Warbasse of Brooklyn.

German tailors and dressmakers have decreed that the prevailing color for the new spring fashions shall be the field gray of the German army uniform, and in regard to cut the military style will be followed.

IF HAIR IS TURNING GRAY, USE SAGE TEA

Don't Look Old! Try Grandmother's Recipe to Darken and Beautify Gray, Faded, Lifeless Hair.

Grandmother kept her hair beautifully darkened, glossy and abundant with a brew of Sage Tea and Sulphur. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this old-time recipe, ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, itchy scalp and falling hair.

A well-known druggist says everybody uses Wyeth's Sage and Sulphur, because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and abundant. Adv.

His Turn Next.

Diner—See here, where are those oysters I ordered on the half shell? Waiter—Don't get impatient, sah. We're dresse short on shells; but you're next, sah.—Boston Evening Transcript.

JUST ONE BOND'S

PILL AT BED TIME

will relieve that disagreeable Headache, Sour Stomach, Dizziness, Coated Tongue, due to an inactive Liver. Don't take Calomel, Bond's Pills are far better, and they will remove the cause. You wake up well. 25c. All druggists.—Adv.

When a woman has no faith in her husband she can generally find consolation with the fortune teller.

Remarkable Case.

Here's a remarkable account of a man who returns home after 20 years and finds his wife married again.

"Those cases are not so remarkable."

"The remarkable part is that the narrator does not allude to the returned husband as an Enoch Arden."

Feminine Charity.

The Man—I understand that Miss Angular comes of a very old family.

The Maid—Well, she certainly looks it.

Diagnosed.

"How did you know your patient had appendicitis, doctor?" "I operated on him."

For genuine comfort and lasting pleasure use Red Cross Ball Blue on wash day. All good grocers. Adv.

The best manicure acid is made from a tablespoonful of lemon juice to a cup of hot water.

For old sores apply Hanford's Balsam. Adv.

The widow of a henpecked man can look as sad as any.

Kissing Microbes.

Belle—I see a Swiss scientist declares that microbes do not exist in mountain air at an altitude of over 2,000 feet. How do you suppose he's discovered that?

Beulah—Oh, he's probably done some kissing at high altitude.

Curious.

"Curious thing about human vanity," said the customer.

"To what do you refer?"

"The more knock-kneed a man is, the more he wants to appear at a mask ball as a Scottish Highlander."

German school children are taught to swim by going through the motions without entering the water.

A simple remedy against coughs and all throat irritations are Dean's Mentholated Cough Drops—5c at all good Druggists.

Dry-cell-fed incandescent lamps feature a recently invented spirit level for use in dark places.

For fouls in cattle use Hanford's Balsam. Adv.

True wisdom never thinks itself wiser than it really is.

Roofing that must last!

You can't tell by looking at a roll of roofing how long it will last on the roof, but when you get the guarantee of a responsible company, you know that your roofing must give satisfactory service.

The only real test of roofing quality is on the roof.

Buy materials that last

Certain-teed

Ask your dealer for products made by us—they bear our name.

Asphalt Roofings (All grades and prices)
Slate Surfaced Shingles
Asphalt Felts
Deadening Felts
Tarred Felts
Building Papers

1-ply guaranteed 5 years
2-ply guaranteed 10 years
3-ply guaranteed 15 years

Insulating Papers
Wall Boards
Plastic Roofing Cement
Asphalt Cement
Roof Coating
Metal Paints
Outdoor Paints
Shingle Stains
Refined Coal Tar
Tar Coating

General Roofing Manufacturing Company

World's largest manufacturers of Roofing and Building Papers
New York City Boston Chicago Pittsburgh Philadelphia Atlanta Cleveland Detroit
St. Louis Cincinnati Kansas City Minneapolis San Francisco Seattle London Hamburg Sydney



FOR HALF A CENTURY

WOOD'S FEVER PILLS have stood the test as the best remedy for Chills and Fever and all Bilious and Malarial Diseases. Once tried always used. Sold by your druggist. DR. WM. WOOD & SONS, CAIRO, ILL.

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA OREOLE" HAIR DRESSING. PRICE, \$1.00, retail.