

## WOMAN AVOIDS AN OPERATION

Hope Nearly Gone, but Lydia E. Pinkham's Vegetable Compound Saved Her

Star, N. C.—"My monthly spells gave me so much trouble, sometimes they would last two weeks. I was treated by two doctors without relief and they both said I would have to have an operation. I had my trouble four years and was unfit to do anything, and had given up all hope of ever getting any better. I read about your medicine in the 'Primitive Baptist' paper and decided to try it. I have used Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Liver Pills for about seven months and now I am able to do my work. I shall never forget your medicine and you may publish this if you want to as it is true."—Mrs. J. F. HURSEY, Star, N. C.

Here is another woman who adds her testimony to the many whose letters we have already published, proving that Lydia E. Pinkham's Vegetable Compound often restores health to suffering women even after they have gone so far that an operation is deemed advisable. Therefore it will surely pay any woman who suffers from ailments peculiar to her sex to give this good old-fashioned remedy a fair trial.

Strong Resemblance. "Contentment," remarked Shinbone, "am a mighty fine thing; de only trouble 'bout it is it's kin' o' hahd to 'singuish from jes plain laziness."—Boston Transcript.

**THE BEST YET.**  
If you have never used Vacher-Balm, you don't know how quickly and pleasantly a cold in the head, or soreness anywhere can be relieved by this harmless remedy.

Ask your druggist, or send for a free sample, to E. W. Vacher, Inc., New Orleans, La.

Avoid imitations. Nothing is "just as good."—Adv.

The glittering words of an orator often remind us a small piece of soap can make many bubbles.

Important to Mothers  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

If the necessary work is well done, don't be too particular how.

**To Cure a Cold in One Day**

Take **Grove's Laxative Bromo Quinine tablets**

Be sure its Bromo



*E. W. Grove*  
The genuine bears this signature 30c.

**Quickly Relieves Constipation**

Don't let constipation poison your blood and curtail your energy. If your liver and bowels don't work properly take **CARTER'S LITTLE LIVER PILLS** today and your trouble will be relieved. For dizziness, lack of appetite, headache and blotchy skin try them. Purely vegetable.

Small Pill—Small Dose—Small Price

**WINTERSMITH'S CHILL TONIC**

SOLD FOR 50 YEARS FOR MALARIA, CHILLS AND FEVER. Also a Fine Growth Strengthening Tonic. At All Drug Stores. Arthur Wintersmith & Co., St. Louis, Mo.

Take one or two at bedtime for quick relief. They do the work without gripping.

**Dr. Tutt's Liver Pills**

FOR CONSTIPATION AND UPSET STOMACH.

## Organized Evil Forces at Work; Seek the Disintegration of Society.

By CALVIN COOLIDGE, Vice President-Elect.



I speak in behalf of higher education. There is need not only of patriotic ideals and a trained intelligence in our economic life, but also of a deep understanding of man and his relationship to the physical universe and to his fellow man. There has always been evil in the world. There are evil forces at work now. They are apparently organized and seek disintegration of society. They can almost be recognized by a direct appeal to selfishness. They deny that the present relationship of men has any sound basis for its existence. They point out to men with untrained minds that it takes effort to maintain themselves and support government and claim that they ought to exist without effort on the accumulation of others and the denial that men have any obligations toward one another. The answer to this lies in a knowledge of past human experience and a realization of what man is.

The sources of the state of mind which supports civilization are education and religion. We hold by the modern standards of society. We believe in maintaining modern civilization for the protection and support of free government and the development of the economic welfare.

The great test of an institution is the ability to perpetuate itself. It seems fairly plain that these institutions can survive with the aid of higher education. Without it they have not the slightest chance.

We justify the greater and greater accumulation of capital because we believe that thereupon flows the support of all science, art, learning and the charities which minister to the humanities of life, all carrying their beneficent effects to the people as a whole.

Unless this is measurably true, our system of civilization ought to stand condemned.

## The District of Columbia Should Vote and Be Represented in Congress.

By ARTHUR BRAMWELL, Washington Visitor.

One of the chief reasons for the failure of the District of Columbia to obtain the electoral franchise is the large number of residents who wish to retain their ballots in their home states and do not want to vote here. I have been coming to Washington for many years and have been interested in the refusal of congress to bestow the ballot on the district. Like any other real American, I think the people of the capital should have a voice in the government under which they live, but I am afraid it will never be granted them until the thousands of workers who vote in other states relinquish their home vote for a vote here and urge their congressmen to grant the district the franchise.

There is no doubt in my mind that the district should vote and that it should have representation in congress as well as the power of choosing its own municipal officers and public servants. The school situation in Washington has never been entirely satisfactory, simply because the people have had no voice in the selection of their school officials. No city can succeed as well under a paternalistic government as under its own rule.

Politics is necessary in any city, as it keeps some factions actively watching every movement made by the party in power, and the officials know that they must satisfy the public if they wish to be returned.

The District of Columbia cast about 60,000 votes in the recent election, all of them in other states.

## The New Day When Business Women Will Prefer Simple Clothes to Finery.

By MRS. L. L. FOREST, Nat'l Fed. Professional-Business Women.

You never see a young business man going to work in a Tuxedo coat, dancing pumps, combined with colored shirt and tweed trousers, but you see girls going to work in a general mixture of ballroom finery and tailored things.

Of course, this is not altogether the result of lack of sense of fitness. Confronted with the necessity of buying both evening and business clothes out of a limited income, the business girl buys the former and tries to make them do for both occasions.

But, no matter what the condition, this practice won't do any more than the mixed clothing will do for the young man. I feel that the Federation of Professional and Business Women should concern itself with a national movement in behalf of simple and suitable dress for business women.

The trouble has been that the moment dress reform is mentioned for women the world jumps to the conclusion that it means mannish clothes or a uniform. I do not believe in either, but what I do herald is the coming of a new day when business women will prefer simple clothes to perishable finery.

## Let the Growing Boy Have His Rabbits and Know Their Funny Habits.

By E. C. HUFFMAN, Denver Realtor.

Parents rise in holy wrath at the landlords who refuse to allow children to live in their apartment houses.

Yet, in my opinion, children should not be cooped up in apartments, where there is no yard in which they can romp. Growing children need the fresh air, green grass and contact with the soil.

Life in an apartment house leaves the growing boy without the necessity of doing small chores that tend to give him the habit of work he must do when he is grown. This generation is inclining more and more to the idea of letting the other fellow do the work.

My advice to parents is, take the children out into the open. Let them know what it is to carry in the coal after school. Let them know the joy of digging into the fresh earth. Start the child at work in a garden plot in the back yard. Let him see nature at work. Let the growing boy have his rabbits and pigeons and know their funny habits.

Judge Victor P. Arnold, Chicago Juvenile Court—The greatest problem which is confronting us today is that of our boys and girls. There is no question which is confronting persons who are interested in the future of our state so important as this one. It is one that merits the gravest attention of every social worker, club woman, church member and public spirited and conscientious citizen.

Col. John T. Axton, Chief of Chaplains, U. S. A.—If there is any place in the world where it can be done, the army is the one group in which men can adhere to the thought: "In essentials, unity; in non-essentials, liberality; in all things, charity."

## PEANUT BUTTER GIVES RICH FLAVOR TO NUMEROUS DISHES



Peanut Butter Can Be Made Easily at Home by Putting Freshly Roasted Peanuts Through a Meat Grinder.

Besides making an excellent sandwich filling, peanut butter can be used to give flavor to a number of dishes that are cheap, easy to make, and very wholesome. The "butter," which really is just finely ground peanuts to which salt has been added, can be made at home very easily by putting freshly roasted peanuts through a meat grinder after the red skins have been removed from them. The machine should be adjusted to grind as fine as possible. If salt is added to the nuts before they are ground it is generally mixed in more thoroughly. The following recipes, which are a little out of the ordinary, are recommended by home economics specialists of the United States Department of Agriculture.

**As a Substitute for Meat.**  
Meat substitutes, especially for luncheon or supper, have been found by many housekeepers to be a successful way of keeping down the food bill and of giving more variety to the meals. Peanut butter soufflé has a rich, nutty flavor and fluffy texture, and when made by this recipe supplies a little more protein and considerably more fuel than a pound of average beef. With eggs at 60 cents a dozen and peanut butter at 35 cents a pound the materials will cost about 35 cents and will serve about four persons.

**Peanut Butter Soufflé.**  
2-3 cupful peanut juice, 1 cupful soft, stale butter, 1 cupful tomato breadcrumbs, 1 cupful salt, 1/2 teaspoonful onion 1 egg.  
Mix together the first five ingredients, add the well-beaten yolks of the eggs and fold in the stiffly beaten whites. Pour the mixture into a buttered baking dish and cook in a moderate oven for about 20 minutes. If desired, water and a little lemon juice may be used instead of the tomato. Serve the soufflé with tomato sauce made as follows:

2 teaspoonfuls but- 1/2 teaspoonful ter or other fat, butter, 1 tablespoonful 1 cupful tomato flour, juice.  
Melt the butter, add the flour and cook for about a minute. Add the tomato juice and salt and stir the sauce until it thickens. Either skim milk or water flavored with tomato catsup may be used instead of the tomato juice in making this sauce.

**An Economical Pudding.**  
A cottage pudding without eggs, butter or milk may seem like no pudding at all, but here is a recipe for peanut butter cottage pudding that is nutritious and good even though it contains none of these things. Moreover it is so hearty, that the main part of the meal may be somewhat less substantial than usual.

**Peanut Butter Cottage Pudding.**  
1 teaspoonful salt, 1/2 cupful peanut 1 teaspoonful soda, butter, 1/2 cupful water, 2 tablespoonfuls 1 1/2 cupful flour, lemon juice, 1/2 cupful sugar.  
Sift the flour, salt and soda together. Combine the water, peanut butter, lemon juice and sugar, and stir in the dry ingredients. Beat the mixture thoroughly, bake it in muffin pans, and serve with chocolate or other pudding sauce. If desired, four teaspoonfuls of baking powder may be substituted for the soda and lemon juice.

**Peanut Butter Drop Cookies.**  
Cookies with chopped peanuts in them or on the top have long been favorites in many families. Cookies made by the following recipe have the same rich flavor and are economical because the peanut butter replaces eggs, milk and butter in the ordinary recipes for sugar cookies, and are easy to make because the peanuts are already ground. Children, particularly, will enjoy these cookies if given to them with milk or with a simple dessert.

1 cupful peanut but- 2 cupfuls flour, ter, 1 teaspoonful salt, 1 cupful sugar, 1 teaspoonful soda, 2 tablespoonfuls 1 cupful water, lemon juice.  
Rub together the peanut butter, sugar and lemon juice, and add the flour, in which has been sifted the salt and soda. Gradually stir in the water. Drop the mixture by spoonfuls on a greased tin and bake for about 20 minutes in a moderate oven. If desired two teaspoonfuls of baking powder

**Minerals Are Needed.**  
Cranberries should not be considered a Thanksgiving dish only, but should be served frequently because they contain minerals which the body needs.

**Way to Polish Shoes.**  
If you polish your own shoes, after you have rubbed off all the dust, apply some glycerin on a rag. Let them stand for about ten minutes and then polish with a brush.

may be used instead of the lemon juice and soda.  
**Peanut Butter and Tomato Soup.**  
A soup as nutritious as the ordinary puree of vegetables may be easily made as follows:  
1 1/2 cupfuls tomato 1/2 teaspoonful paprika, 1/2 cupful peanut 2 1/2 cupfuls boiling water, 1 teaspoonful salt.  
Add the tomato juice gradually to the peanut butter, and when smooth add the seasonings and water. Simmer for ten minutes and serve with croutons. Well-seasoned soup stock may be substituted for the water; but, if used, the quantity of salt should be reduced.

**PRESERVING FRUITS BY FREEZING URGED**  
Has More Natural Flavor Than Canned Product.

Useful in Making Ice Creams and Sherbets and for Cooking Pies, Preserves, Jellies and Various Other Desserts.

That the utilization of freezing storage for the preservation of berries, other small fruits and tomatoes could be profitably extended is the belief of specialists of the bureau of markets, United States Department of Agriculture. Many ice cream manufacturers and canners would be benefited by adopting practicable methods of holding such products for manufacturing purposes, say the specialists.

It is pointed out that the preservation of fruits by freezing is cheaper than canning them, especially when tin containers are scarce and costly as at present; and that the frozen fruit, held at the proper temperatures, has a more natural flavor than canned or dried fruit. The experimenters found fruit preserved by freezing to be fully as satisfactory as fresh fruit and superior to canned or dried fruit for use in making ice creams and sherbets, and for cooking into pies, preserves, jellies and other desserts and confections. The frozen fruits after thawing are not well suited for eating alone in a raw state, but are considered very palatable when eaten before they have completely thawed. When used as ingredients for desserts and confections best results will be obtained if they are combined before they are free from ice.

**RABBIT PIE**  
Skin, draw and cut a rabbit into pieces; put into stew pan and cover with boiling water. Cook until very tender. Remove meat from the broth and concentrate the broth to about one-half. Pick the meat from the bones in as large pieces as possible. Thicken stock with one tablespoonful flour per cupful of broth and pour over meat. Add two tablespoonfuls salt and one-eighth teaspoonful pepper. Line the sides of a baking dish with crust, either a rich baking powder biscuit dough or pie paste, add meat mixture, cover with crust and bake in hot oven 30 minutes.

**HOUSEHOLD HINTS**  
Steaks and chops are higher in price than roasts and contain more waste.  
In ironing a shirt always iron the body part first, then the bosom and cuffs.  
When making creamed tomato soup mix a little soda with a teaspoonful of corn starch and add it to the cream before pouring it into the tomato mixture. This will prevent curdling.  
Cranberries belong with turkey, but they may be served with any kind of poultry or meats when in season, and especially with those meats which are not easily digested.  
A new silk sweater is made with a collar, cuffs and band around the bottom of the new loop trimming or hairpin crochet of silk.  
A dark spot of grease on unfinished wood can be removed by the application of a paste made of fuller's earth and water overnight.

## A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses. It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root. If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

What, indeed. Alham—"They tell me that up north the Yankees put signs on their cemeteries, 'No autos allowed.' Mississippi—Hub! Then tell me what they do when their engine dies on them?—Exchange.

Stapstick Director—Can't you get a novel from which to adopt a comedy? Comedian—My memory is accurate, but isn't there a book "Alice Threw the Looking Glass Film Fun.

Cuticura Comforts Baby's When red, rough and itching baths of Cuticura Soap and Cuticura Ointment. Also know and then of that exquisite dusting powder, Cuticura one of the indispensable Toilet Trio.—Adv.

Nature sometimes stores brains behind a pretty face.

**Kill That Cold With HILL'S CASCARA QUININE**

FOR Colds, Coughs AND La Grippe  
Neglected Colds are Dangerous  
Take no chances. Keep this standard remedy handy for the first sneeze.  
Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache  
Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's.

**ALL DRUGGISTS SELL IT**

## You Must Replace the Wear and Tear on the Human System

Did you ever stop to consider what a tremendous strain is placed upon your human system every day? Your heart is constantly pumping life and vitality to every part of your body. This is being rapidly consumed after being turned into energy and strength that keeps your system performing its various functions.

Every day there is a certain amount of wear and tear that must be replaced, if you are to enjoy good health.

Many people have found S. S. a great aid in keeping their system in good condition. Being such a fine blood tonic and system-builder S. S. S. strengthens and enriches the blood supply, and gives vigor and vitality to the whole body. It is not sold or recommended for venereal diseases.

S. S. S. is sold by all druggists. Write for free literature and information to Chief Medical Visiter, 162 Swift Laboratory, Ianta, Ga.

## BEASTS MAKE GOOD ON FILMS

Eastern Journal Makes Unkind Comparison Between Four-Footed and Human Actors.

It was said at a recent meeting of the London Zoological society that the plan of making, and keeping on record, films of rare animals had been entered upon with considerable success, the natural movements of the beasts having been reproduced on the screen in a most interesting and instructive manner. It is indeed reasonable to suppose that the four-legged film actors may even be more successful, from an artistic standpoint, than their human colleagues; first, because their motions are naturally intelligible without the accompaniment of spoken language; and second, because they cannot be trained, as "movie" performers apparently are, to chop up their movements into a limited number of stereotyped gestures, in more or less regular sequence, which audiences presumably know by heart and may anticipate well in advance.—Christian Science Monitor.

**ROSE UP IN THEIR WR**  
Entire Body of "Plain People" Crimson Gulch Tired of the Pa They Played.

"Going for a little holiday?" quired the member of a survey party.  
"No," replied Plute Pete. "suitcases represent all our worldly sessions and the departure which your historic privilege to witness two-handed play on which me and antus Joe here intends to stand pat ever."

"But Crimson Gulch is just nung to be the fine town which have so long hoped for."  
"It is. All the boys except us prospered one way or another, so every one of them is an assessor stockholder or something" that him some kind of a rate booster. "We're willin' to do our duty as assens, with any kind of an even bit. But we're tired of bein' the plain people."

**How He Got It.**  
"Pa had the last word in an ment with ma last night."  
"That so?"  
"Yep. Ma was arguing that simply had to have a new gown a dinner party that is coming soon."  
"Well, how did your father get last word in that sort of a battle?"  
"He finally said 'yes.'"

## Look into it!

If tea or coffee drinking disturbs health or comfort, switch to

## INSTANT POSTUM

There's a big gain toward health, with convenience, economy, and no loss in satisfaction.

**GROCERS EVERYWHERE SELL POSTUM**

Made by Postum Cereal Company, Inc. Battle Creek, Mich.

