## I am Sincere! Stop Calomel! I Guarantee Dodson's Liver Tone

**Listen to me!** Calomel sickens and you may lose a day's work. If bilious, constipated or headachy read my guarantee.

Liven up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel, because it makes you sick and you may lose a day's work.

Calomel is mercury or quicksilver, which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced, just take a spoonful of harmless Dodson's Liver Tone tonight. Your druggist or dealer sells you a bottle of Dodson's Liver Tone for a few cents under my personal money-back guarantee that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning, because you will wake up feeling fine, your liver will be working; headache and dizziness gone; stomach will be sweet and bowels regular.

Dodson's Liver Tone is entirely vegetable, therefore harmless and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.



## COLT DISTEMPER

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young. **SPOHN'S** is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell **SPOHN'S** at 50 cents and $1 a bottle; $5 and $10 a dozen.

**SPOHN MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.**


### At Home.

Jones (as he treads on a tack)—I wish you wouldn't be so careless in throwing tacks about, Mary.

Mrs. Jones (placidly)—Henry, you are getting meaner and meaner every day. I can buy a whole package of tacks for a penny.—Buffalo Commercial.


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


Human things must be known to be loved, but divine things must be loved to be known.


Costs Less and Kills That Cold

HILL'S CASCARA BROMIDE QUININE

**The standard cold cure for 20 years—in tablet form—safe, sure, no opiates—cures cold in 24 hours—grip in 3 days. Money back if it fails. Get the genuine box with Red top and Mr. Hill's picture on it. Costs less, gives more, saves money. 24 Tablets for 25c. At Any Drug Store**


### Gloomy Anticipation.

"After all, it requires the votes of men to make woman suffrage possible."

"That's the only thing about it that worries me," confided Mr. Meekton. "If it doesn't work out comfortably and satisfactorily, Henrietta is almost sure to say we men ought to have had better sense than to vote for it in the first place."


**"Cold in the Head"**

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

All Druggists 75c. Testimonials free.

$100.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.


### Cultivate Self-Reliance.

The basis of good manners is self-reliance. Necessity is the law of all who are not self-possessed. Those who are not self-possessed obtrude, and pain us.—Emerson.

The occasional use of Roman Eye Balsam at night will prevent and relieve tired eyes, watery eyes, and eye strain. Adv.

It has been truly said that more fall in love than in war.

## A FIGHT FOR LIFE

It has been fight or die for many of us in the past and the lucky people are those who have suffered, but who are now well because they heeded nature's warning signal in time to correct their trouble with that wonderful new discovery of Dr. Pierce's called "An-u-ric." You should promptly heed these warnings, [illegible] dizzy spells, backache, [illegible] urine or the painful [illegible] m, sciatica or lum- [illegible] make possible the [illegible] idney disease, such [illegible] r.

To overcome these distressing conditions take plenty of exercise in the open air, avoid a heavy meat diet, drink freely of water and at each meal take Dr. Pierce's Anuric Tablets (double strength). You will, in a sort time, find that you are one of the firm indorsers of Anuric, as are thousands of neighbors.

Step into the drug store and ask for a 60c package of Anuric, or send Dr. V. M. Pierce, Buffalo, N. Y., 10c for trial pkg. Anuric, many times more potent than lithia, eliminates uric acid as hot water melts sugar.

## Prominent Resident of North Carolina Indorses It

Milton, N. C.—"I suffered very much with my back and limbs. I had some derangement of the kidneys, but after using Anuric I obtained relief and have had no trouble since. I cheerfully recommend the Anuric Tablets to all who suffer from too much uric acid in the system."—CAPT. W. G. GRAVES, Milton, N. C.

You will escape many ills and clear up the coated tongue, the sallow complexion, the dull headache, the lazy liver, if you will take a pleasant laxative made up of the May-apple juice of the leaves of aloes, root of jalap, and called "Pleasant Pellets." You can obtain at almost any drug store in this country these vegetable pellets in vials—simply ask for Dr. Pierce's Pleasant Pellets. Sold for fifty years.—Adv.

### Sometimes Seems a Difference.

"Is there that same hospitality now when we live in fine houses as when we lived in the cabin long ago?

For speedy and effective action Dr. Peery's "Dead Shot" has no equal. One dose only will clean out Worms or Tapeworm. Adv.

Better make your calls short than be a yawn maker.

The best way to ask a girl to marry you is to first obtain her full co-operation in the plan. The rest is easy.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

If a man feels it in his bones it's rheumatism.


# To Prevent Grip

***Fortify the System Against Winter Cold***

The strong withstand the Winter Cold Better than the Weak. If your Blood is not in a healthy condition and does not circulate properly, your system will not be able to withstand the Winter Cold. Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the cold weather by taking regularly

## Grove's Tasteless chill Tonic

Contains the well-known tonic properties of QUININE and IRON. It purifies and enriches the blood and builds up the whole system, thus fortifying the system against colds and grip. Price 60c.

***Whenever You Need a General Tonic***

***Take Grove's***


# Helping the Meat and Milk Supply

(Special Information Service, U. S. Department of Agriculture.)

## COTTAGE CHEESE MEAT'S WAR HELPMATE.

A Parcel Post Business in Cottage Cheese May Be Made Profitable.

## HOME CHEESE IS MOST DELICIOUS

### Follow Directions Given and See if It Isn't Relished.

### GOOD SUBSTITUTE FOR MEAT

**Pound for Pound Cottage Cheese Contains 25 Per Cent More Protein Than Medium-Fat Side of Beef—Easy to Make.**

Given a choice between a nice, juicy piece of beef and a dish of cottage cheese, and the chances are you would take beef. We are such a meat-loving people. But pound for pound, cottage cheese contains 25 per cent more protein—the body-building substance for which we eat meat largely—than a medium-fat side of beef. And the cheese costs about half as much. It has less energy value than beef, but it is nevertheless capable of taking meat's place in the diet.

**This Cheese Easy to Make.**

Because cottage cheese is a most palatable and nutritious product and because it can be made easily on a small scale with little equipment in any kitchen and because it is an economical and convenient means of utilizing skim milk—a good food much neglected—in the human diet, food and dairy specialists of the United States department of agriculture are urging its wider use to save meat. Haphazard methods used in making this cheese, together with the lack of simple and easily available directions, probably are responsible, the specialists say, for the comparatively small quantities made and used at present. Uncertainty of results and defects in the finished products also have been causes for discouragement in making. By following the directions given here it is believed a better and more uniform product may be obtained.

For making the cheese in small quantities for home use a very simple process and ordinary household equipment will suffice, but if it is desired to market the product and to insure good, uniform quality, it will be necessary to follow somewhat more elaborate methods. The process of making a small amount, as well as methods used when it is desired to produce a larger quantity for the market, is described in Farmers' Bulletin 850 of the United States department of agriculture. This is the way to make cottage cheese in small amounts, perhaps utilizing only a few cups of skim milk—what is left after the cream for the coffee has been removed.

First of all, start with good, clean skim milk and clean utensils. Careful attention then to the details of making will insure a good product.

One gallon of skim milk will make about one and one-half pounds of cheese. If the milk is sweet it should be placed in a pan and allowed to remain in a clean, warm place at a temperature of about 70 degrees Fahrenheit until it clabbers. The clabbered milk should have a clean, sour flavor. Ordinarily this will take about thirty hours, but when it is desirable to hasten the process a small quantity of clean-flavored sour milk may be mixed with the sweet milk.

As soon as the milk has thickened or firmly clabbered it should be cut into pieces two inches square, after which the curd should be stirred thoroughly with a spoon. Place the pan of broken curd in a vessel of hot water so as to raise the temperature to 100 degrees Fahrenheit. Cook at that temperature for about thirty minutes, during which time stir gently with a spoon for one minute at five-minute intervals.

**Only Home Utensils Needed.**

At the conclusion of the heating pour the curd and whey into a small cheesecloth bag (a clean salt bag will do nicely) and hang the bag on a fruit-strainer rack to drain, or the curd may be poured into a colander or a strainer over which a piece of cheesecloth has been laid. After five or ten minutes, work the curd toward the center with a spoon. Raising and lowering the ends of the cloth helps to make the whey drain faster. To complete the draining tie the ends of the bag together and hang it up. Since there is some danger that the curd will become too dry, draining should stop when the whey ceases to flow in a steady stream.

The curd is then emptied from the bag and worked with a spoon or a butter paddle until it becomes fine in grain, smooth and of the consistency of mashed potatoes. Sour or sweet cream may be added to increase the smoothness and palatability and improve the flavor. Then the cheese is salted according to taste, about one teaspoonful to a pound of curd.

Because of the ease with which the cheese can be made it is desirable to make it often so that it may be eaten fresh, although if it is kept cold it will not spoil for several days. If the cheese is not to be eaten promptly it should be stored in an earthenware or glass vessel rather than in one of tin or wood, and kept in a cold place.

### HOW COTTAGE CHEESE TAKES MEAT'S PLACE

We eat meat chiefly to get protein, a body-building substance, and energy to perform body work. Cottage cheese can supply these body necessities almost as well as meat and more cheaply. For supplying protein one pound of cottage cheese equals—

1.27 pounds sirloin steak.
1.09 pounds round steak.
1.37 pounds chuck rib beef.
1.52 pounds fowl.
1.46 pounds fresh ham.
1.44 pounds smoked ham.
1.58 pounds loin pork chop.
1.31 pounds hind leg of lamb.
1.37 pounds breast of veal.

On the basis of energy supplied, one pound of cottage cheese equals—

8 1-3 ounces sirloin steak.
11¼ ounces round steak.
11¼ ounces chuck rib beef.
10⅔ ounces fowl.
5½ ounces fresh ham.
5 ounces smoked ham.
6 ounces loin pork chop.
7 1-3 ounces hind leg of lamb.
12¾ ounces breast of veal.

### AVOID "SQUAB CHICKENS;" THREE-POUND FOWLS BEST

Housewives can help the meat situation by buying three-pound broilers and friers and refusing to use "squab chickens" weighing a pound, one-half or less. Dressed-poultry specialists of the United States department of agriculture urge this as a conservation measure. Serving under-developed or "squab chickens" in hotels, restaurants and homes is regarded as a waste, for if kept four weeks longer, including two weeks of crate fleshing, such fowls would weigh about three pounds. Moreover, under proper feeding, a chicken makes the extra flesh largely from such by-products not ordinarily used for human food, such as buttermilk, skim milk and low-grade grains.


## Nervous Headaches Four Bottles of Peruna Made Me Well

**I Cannot Thank You Enough For My Recovery**

Mrs Effie Hill, Blanchester, Ohio, writes as follows:

"I cannot tell how much I suffered in the past twelve years. I have been treated by physicians and no relief only for a short time. I was in such a condition from nervous headaches, such heavy feeling as if my brain was pressing down, and so nervous I could not get my rest at night. Would have sinking spells and then so weak that I could not do my work. I began to take Peruna. Have taken four bottles of Peruna and have gained in strength and flesh, and can say I am a well woman. I cannot thank you enough for my recovery."

Those who object to liquid medicines can secure Peruna tablets.


### Soldiers' Needles.

If women who have been looking for some way to send needles to the soldiers without having them rust will try this method, told by a tailor, they will have no trouble: Dry thoroughly fine coffee grounds and stuff a little woolen bag with them, emery fashion, very hard. After threading the needles run them into the bag, eye and all.


### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.


The ugliest bird will dress and preen the plumage nature gave him.

Many a self-made man would probably turn out a different kind of a job if given another trial.

Chivalry notifies the enemy of its coming. Strategy hits him first.

**GARGET or CAKED UDDER in COWS** can be overcome by feeding cow tonic to purify the blood and applying **Dr. David Roberts' BADGER BALM** Price 50c

A soothing and healing ointment. Excellent for sore teats and inflamed udders. Read the **Practical Home Veterinarian.** Send for free booklet on ABORTION IN COWS. If no dealer in your town, write Dr. David Roberts Vet. Co., 100 Grand Avenue, Waukesha, Wis.

## Cuticura Soap is Easy Shaving for Sensitive Skins

The New Up-to-date Cuticura Method


W. N. U., CHARLOTTE, NO. 6--1918.


# LUCKY STRIKE CIGARETTE

YOU'LL enjoy this real Burley cigarette. It's full of flavor—just as good as a pipe.

## IT'S TOASTED

The Burley tobacco is toasted; makes the taste delicious. You know how toasting improves the flavor of bread. And it's the same with tobacco exactly.

Guaranteed by The American Tobacco Co. INCORPORATED



# WHAT CONSTIPATION MEANS

It means a miserable condition of ill health that leads to all sorts of special ailments such as headache, backache, dyspepsia, dizziness, indigestion, pains of various kinds, piles and numerous other disorders—**CONSTIPATION** is a crime against nature, and no human being can be well for any length of time while constipated. **DR. TUTT'S LIVER PILLS** is the remedy and has been used successfully all over this country for 72 years. Get a box and see how it feels to have your liver and bowels resume their health-giving natural functions. For sale at all druggists and dealers everywhere.

## Dr. Tutt's Liver Pills



# Record Prices!

**WE ARE NOW PAYING FOR FURS:**

| | | |
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| Black Muskrats | up to | $1.25 |
| Brown Muskrats | " " | .80 |
| Raccoons | " " | 3.50 |
| Minks | " " | 7.00 |
| Opossums | " " | 1.30 |
| Rabbit Skins | 4c. per piece | |

*We charge no commission and pay expressage*

**LEWIS BAER & CO., INC. :: BALTIMORE, U. S. A.**

LARGEST AND OLDEST FUR HOUSE IN THE SOUTH