WOMAN AS A COOK

By MRS. MARY A. HAFFER, Editor.

RECIPES FOR THANKSGIVING.

In a multitude of counsel is said to be wisdom. If this be true of anything it certainly is of cooking. Good cooking is both an art and a science.

Receipe for Cooking a Rabbit.

First catch the rabbit, then skin and clean. The ears need not be saved for they do not make good souse, nor the cotton tail as there is no cotton worth spinning. When ready for the stove line the inside with mustard moistened with vinegar, say one-fourth of an inch thick. On this put another fourth of an inch of black and then red pepper. Put in a pan in which Jamaica ginger has been poured to the depth of one-fourth of an inch and with this the rabbit should be basted while cooking. And to the gravy a strong decoction of Horse Radish. The same directions are given for cooking as in the case of a smothered chicken. This toothsome morsel will be likely to warm up the most cold blooded epicure.

J. H. S.

Welsh Rarebit.

One and one-half lbs. fresh cheese, 1 table-spoonful butter, 1 tea-spoonful dry mustard, one-half pint beer. Put butter in chafing dish; when nearly melted add cheese cut in small dice, mustard and a little pepper. Stir all the time, add a small amount of beer to prevent burning, keep adding beer. Serve hot on toast.

W. M. FELLON.

Chafing Dish Quail.

Two portion dish. Six birds split in back, place on breast in dish, (no water), put in each bird butter size of hickory nut, cut double hand full of celery, start burner and cook till done (about twenty-five or thirty minutes), then add one-half pint Sherry wine, one teaspoonful Tobasco Sauce, replace cover, allow to come to a boil and serve hot. Oysters cooked in the same manner, except put in all the ingredients at same time, let come to boil, then put in oysters, allow to boil again and serve hot.

J. C. MICHIE, Durham, N. C.

For the Chafing Dish.

Pan Roast—One dozen large oysters, one half pint oyster liquor, one tablespoonful of butter, salt and pepper, melt the butter as it creams add the oysters liquor, salt and pepper, cover and cook ten minutes, put oysters on thin slice of toast on a hot plate, with sufficient liquor to moisten the toast and serve. MRS. FALLON.

Broiled Quail.

One-half dozen quails split through the back and broil over a hot fire, basting frequently with buter. When done place bits of butter on them, and set it in oven a few minutes to brown. Serve on pieces of toast, with current and grape jelly.

MRS. H.

Chafing Dish Recipe.

Little Pigs in Blankets—Large oysters, fat sweet bacon, salt and peper. Season the oysters with pepper and salt. Wrap each one in a very thin slice of bacon and fasten with a wooden tooth pick. Have the chafing dish hot, and cook the pigs long enough to crisp the bacon, do not let burn. Serve hot on toast. Garnish with parsley.

MRS. S. F. NEW.

DEVILED CRABS.

Pick the meat from six boiled crabs and cut in fine bits, add one-third as much bread crumbs, one-half dozen hard boiled eggs, season with pepper, salt, butter or cream. Clean the shells nicely and fill with the mixture, sprinkle with small bits of butter, and brown in oven. MRS. H.

Deviled Oysters.

EGG CROQUETTS.

Ten hard boiled eggs, chop the whites and yellow fine, one-half pint sweet milk, two tablespoonfuls of flour, one large tablespoon of butter. Cream butter and flour together, boil the milk, add flour and butter, stir until thick, then add the eggs, when cold mould into croquetts, roll in egg and cracker crumbs, and fry in hot lard.

Creamed Potatoes.

One pint cold potatoes, milk, one table-spoon butter, one-half tea-spoon salt, one-half salt spoon pepper, a little chopped Parsley, cut the potatoes into cubes, put them into the chafing dish, cover with milk, and cook until the potatoes have absorbed all the milk. Add the butter, pepper, salt and parsley. MRS. FALLON.

Calf's Head.

Split the head, take out the brains, boil 'til it will fall to pieces, cut up fine and season with pepper and salt and nut meg to the taste, add one-quarter pound of butter, wine glass full of wine, and the brains, which are not to be cooked with the head. Put in a dish and bake with or without paste.

This is fit for a queen to eat.

MRS. W. A. GUTHRIE.

One quart cream, whites of three eggs, sugar to taste. Flavor with Vanilla. Whip the cream, beat the whites to a stiff froth, add the sugar and beat again, add this to the cream, then beat all together thoroughly. Put in a tin mould and pack salt and ice around it, and let it stand five or six hours.

Butter Rolls.

One quart flour, one-half tea-spoonfull salt, two tea-spoonfuls baking powder, one egg, one pint milk, one table-spoonful lard, sift the flour, salt and baking powder together, rub in the lard cold, then add the egg and milk, mix as soft as possible. Roll it out one-half an inch thick, and cut into a plain round biscuit cutter. Dip them in melted buter, fold one-hird of each piece over the remainder and bake in a quick oven fifteen minutes.

Spanish Bunns.

Three-quarters pound butter, one pound sugar, six eggs, one cup sweet milk or cream, one quart flour—sprinkle flour into quart cup instead of dipping it up, two tea-spoonfuls of baking powder. Flavor with orange. Make cooked icing with two cups of sugar, one-half cup water, whites of two eggs; flavor with vanilla. Bake an inch thick in biscuit pans. This quantity will make two good size pans full.

Sponge Cake.

Twelve eggs less three whites, one pound sugar, one-half flour, beat the yolks and whites separate, grate the rind and squeeze the juice of one lemon into it.

Batter Cakes.

Two cups meal, one cup of flour, three eggs beaten separately, one table spoonful baking powder, one tablespoonful butter, one tea-spoonful sugar. Mix with sweet milk and fry without grease.

MRS. R. W. WINSTON.

Bell Fritters.

Boil one pint of water, and stir in one pint of flour while water is boiling, then break in half dozen eggs, one at a time stirring all the while briskly, when well mixed drop by spoonfuls in boiling lard. There should be sufficient lard to prevent fritters from touching bottom of pan. Sift powdered sugar over them, serve with boiled sauce or whipped cream and sugar.

Celery Salad.

Equal parts of celery and apples, cut into half inch blocks, with mayonaise dressing over it.

Mayonaise Dressing.

One-half pint vinegar, three eggs beaten very light, two table-spoons flour, one table-spoon mustard, three table-spoons sugar, salt to taste. Butter size of an egg. Mix mustard, sugar, salt and flour to a smooth paste, and stir into vinegar. Then pour mixture over eggs, return to stove and boil until thick, then stir in butter.

MRS. PATTIE A. TYREE, Wilson.

Celery and Apple Salad.

Take equal parts of crisp celery cut into lengths and tart apples scooped from the skins and chopped fine, both should be chilled thoroughly before mixing. At serving time sprinkle lightly with salt and toss them together—for dressing use French dressing. At the last moment stir in a half pint of cream whipped to a stiff froth, mix lightly with celery and apples and serve in the apple skins.

MISS AGGIE SAUNDERS.

Mexican Salad.

One gallon cabbage cut, one and one-half gallons green toatoes sliced—chop over night and put six tablespoonfuls of salt over them—in the morning strain off the juice, and add four table-spoons mustard, one tablespoon cinnamon, one tablespoon cloves one tablespoon celery seed, two and one-half pounds brown sugar, one-half gallon vinegar, boil for one hour.

IDA ERWIN.

West India Pickles.

Two quarts tomatoes (green)—two quarts onions, twenty-five small cucumbers, one bunch cauliflower, one bunch celery. Let stand twenty-four hours, drain, cover with boiling vinegar, let stand ten minutes, drain. Add one-half tablespoon grated horse radish, some ground cloves, cinnamon and turmeric; one ounce black pepper, two ounces mustard and four ounces brown sugar. Add vinegar sufficient to cover.

Chow Chow.

One peck of green tomatoes, one dozen onions, two large heads of cabbage, four tablespoons of white mustard seed, two of celery seed, two of allspice, half box yellow mustard, pound brown sugar, half ounce turneric. Cut tomatoes, onions and cabbage up and run through a meat chopper, squeeze and put in porcelain kettle with spices, cover with vinegar and boil hree hours. MRS. H.

Sweet Cherry Pickles.

For pickling choose large fine varieties of the fruit leaving the stems on. To seven pounds of the fruit allow one pint of best cider vinegar, two pounds of sugar (brown will do), one tablespoon cinnamon bark powdered fine. Put all in a kettle together and let the cherries get well scalded through without having time to burst the skin, set in a stone jar and cover up closely as soon as cool. Next morning pour off the syrup which will have formed and let it come to a boil over a brisk fire, return it boiling hot to the fruit, cover it up and repeat this process for four successive mornings. The pickle is then ready for use.

MISS ANNIE WEST.

Stuffing for Green Pepper Mangoes.

One peck peppers, cut off tops large enough to insert a teaspoon. Save tops to replace. Take out all the seeds carefully, put in each a pinch of salt (and a sifted pinch of pulverized alum). Filling: Chop cabbage fine, put about one-third chopped onions, squeeze dry, add to this celery seed finely chopped small red peppers, a little powdered cinnamon, cloves, white and black mustard seed to taste. Fill peppers with this full and tie tops around—drop in jar and cover with cold vinegar. Have ready two quarts vinegar, one quart sugar, cinnamon, cloves and spice, boil half an hour, pour hot over the peppers and then they are done. If it requires more cover well.

MRS. GOVERNOR JONES,
Alabama.

Pumkin Pie.

Have the pumpkin cut into small pieces and stew in just water enough to keep from burning. To one quart of pumpkin add one quart rich milk, one large teaspoonful ginger, cinnamon, nutmeg and a little salt, two tea cups sugar, six eggs, line plates with pastry and bake, put meringue on top.

MRS. NEW.

Delmonica Pudding.

One quart sweet milk, four or five tablespoons corn starch, five tablespoons sugar, yolks five eggs. Just as milk starts to boil add corn starch in little cold milk. Beat sugar and eggs together and add. Mix whites with a little sugar for meringue. Flavor with vanilla or orange. Little cake is nice put in when not so stiff. Banana or orange sliced is nice on top, and meringue dotted about makes a pretty and palatable dinner or supper dish. MRS. EDWARD POU.

Steamed Nut and Fruit Pudding.

Two and one-half cups flour, one teaspoonful soda, one-half teaspoonful salt, one-half salt spoonful cinnamon, one-half salt spoonful nutmeg, one cup suet or two two-thirds cup butter, one cup chopped raisins, one cup each citron and almonds, one cup water or milk, one cup molasses. Sift the soda salt and spice into the flour, rub in the butter and add fruit, mix milk with molasses, and stir in the dry mixture, steam in a buttered pudding mould three hours. Serve with foamy sauce. If water and butter be used three cups of flour will be necessary, as the above thickens less than milk and suet.

MRS. JOHN MANNING.

Delicious Blackberry Pudding.

One pound brown sugar, one pound butter creamed with the sugar, one-half pound flour, four eggs beaten separately. Pour into greased baking dish, lay one quart of ripe black berries on top, and bake as you would a pound cake. Serve with cream sauce.

MRS. S. P. MASON.

Mountain Cake.

One pound of flour, one pound of sugar, six eggs, one-half pound of butter, one teaspoonful of soda sifted in the flour, one cup of sweet milk, two teaspoons of creamtartar dissolved in the milk, flavor with lemon—one-half teaspoonful, one-half teaspoon f vanilla also, a wine glass of brandy or good rye whiskey will answer, mix as for other cake, adding creamtartar, and milk last.

Sponge Cake.

Beat yolks of five eggs, and two cups sugar, and beat it fifteen minutes. Pour in one cup boiling water, stirring briskly. Add three cups flour, putting two teaspoons baking powder in last cup. Then the well beaten whites of three eggs. For frosting two cups granulated sugar with water enough to moisten, cook until it snaps, pour over well beaten whites of three eggs. Flavor with lemon or vanilla.

North Carolina Tipsy Cake.

Prepare all the ingredients in time to build your cake several hours before using, put in cold place, make enough sponge cake to bake two layers about an inch thick when done. Make a rich custard of one pint milk and three eggs, let it be very thick, sweeten to taste. Flavor with vanilla, one glass of sweet wine, one pint cream, one pint blanched almonds. Flavor your cream delicately with a little wine, and whip until it will stand alone. Put a layer of cake in a deep bowl, pour wine over slowly until cake is about soaked through, stick almonds thickly, then a layer of custard, then whipped cream, and so on until bowl is full. Ornament top of cream with crystalized cherries.

A FRIEND.

"Old Virginia" Pound Cake.

Twelve eggs, pound of butter, pound of flour, pound of sugar, cream butter, add flour gradually to creamed butter, beat yolks separately, add the sugar to those, then mix creamed butter and flour with yolks and sugar. Now fold in the well beaten whites. Beat until thoroughly mixed. Flavor with wine or rosewater, and bake in moderately hot oven from one to one and one-half hours.

MRS. MICHAELS.

Ice Cream Cake.

Make good sponge cake, bake half an inch thick in jelly pans and let them get perfectly cold; take a pint thickest sweet cream, beat until it looks like ice cream, make very sweet and flavor with vanilla; blanch and chop a pound almonds, stir into cream and put very thick between each layer. This is the queen of all cakes.

MRS. H.

Chocolate Cake.

One cup grated chocolate, 1 cup sugar, 1-2 cup sweet milk, yolk of one egg. Boil all this together until it thickens. While this is cooking make a cake, 1-2 cup butter, 1-2 cup sweet milk, 2 1-2 cups sifted flour, 2 teaspoons baking powder, 4 eggs beated separately, 1 teaspoon of vanilla. Beat batter very light and add to it the chocolate mixture when cold, stir in well. Make a boiled icing of 1 pound sugar, 1-2 cup water. When this is done pour over the well beated whites of three eggs. Spread between layers and ice top. Good.

LIZZIE PERKINS.

Chocolate Fudge.

One cake Baker's chocolate, 8 cups granulated sugar, 2 1-2 cups sweet milk, 1-2 cup butter. Put sugar and milk on together, melt chocolate and butter. When milk boils up add other ingredients. Stir constantly 12 to 15 minutes. Take off and add 2 tablespoonfuls vanilla. Beat hard 2 minutes. Pour into buttered dishes to cool, mark in squares.

MRS. FRANK FULLER.

Rasin Cake.

One and one-half cups sugar, one of butter, two and one-half of flour, five eggs beaten separately, four teaspoons sweet milk, teaspoon creamtartar, half teaspoon soda. For filling take three cups sugar and one cup water, boil until it will make a soft ball in cold water. Add this to the well beated whites of three eggs, pouring gradually while beating. Add a few drops of lemon at a time until you have used one. Beat until very thick. Fill the cake by icing both sides of layers and sprinkling chopped rasins between. Ice the cake all over with the smooth icing.

KATE HERNDON.

Lemon Jelly for Cake.

Grate 2 lemons, take butter size of an egg, 2 cups sugar, add 3 eggs, put on the fire in double boiler and stir constantly until the mixture thickens When cold it is ready for use.

MRS. W. H. HANKS,

Marshmallow Filling for Cake.

Put 1 cup full granulated sugar and 1-4 cup full water over the fire together, stir until the sugar is dissolved, then boil carefully until it forms a soft ball when dropped in cold water. While watching this, pull apart half a pound of marshmallows, put them into a double boiler with two tablespoonfuls of hot water and stir until melted. Now pour this syrup gradually over the marshmallow mixture, stirring all the while. Add vanilla and beat until cold.

MRS. R. D. BLACKNALL.

Tipsy Cake.

Bake a sponge cake, cut into slices, put layer of slices into a bowl, saturate with wine, dot blanched almonds all over the slices and then pour boiled custard over that, repeat until bowl full, and then serve with Sielabub over it.

MRS. PATTIE A. TYREE.

English Walnut Cake.

1 cup sugar, 1-2 cup butter, 1-2 cup milk, 2 cups flour, 2 eggs, 1 heaping teaspoonful baking powder, 1 cup stoned raisins, 1 cup chopped walnuts. Flour nuts and raisins before putting into cake.

Sponge Cake.

3 eggs, 1large cup sugar, 1 large cup flour, 1 teaspoonful baking powder, 1-3 cup hot water, 1 teaspoonful lemon extract. Beat eggs very light, add gradually sifted sugar, then water and lemon, and lastly flour and baking powder.

Menu for Thanksgiving Day.

Breakfast:

Grapes, Oat Meal with Cream, Panned Oysters with Toast, Hot Rolls, Broiled Steak, French Fried Potatoes, Flannel Cakes with Maple Syrup.

Dinner:

Turtle or Oyster soup, Baked Fish, Creamed Potatoes, Celery, Roast Turkey, Baked Sweet Potatoes Lima Beans, Stewed Tomatoes, Maccaroni, Cranberry Sauce, Celery Salad with Mayonaise Dressing, Chow Chow, Pumpkin Pie, Mince Pie, Plum Pudding, Ice Cream, Assorted Cakes, Oranges, Grapes and Nuts.

Supper:

Light Biscuit, Shaved Cold Turkey, Currant Jelly, Cheese, Sandwiches, Fried Oysters, Tea Cakes and Jelly with Whipped Cream, to be served in courses.

MRS. H.

What Cooking Means.

Ruskin says: "Cooking means the knowledge of Midia, and of Circe, and of Clypso and of Helen and of Rebekah and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balm and spices, and of all that is healing and sweet in fields and groves and savory in meats. It means the economy of your great grand-mothers and the science of the modern chemist; it means much tasting and no wasting; it means English thoroughness and French art and Arabian hospitality, and it means in fine, that you are to be perfect and always ladies, loaf givers; and, as you are to see, imperatively, that everybody has something pretty to put on, so you are to see yet more imperatively, that everybody has something nice to eat."

Working in the laboratory of one's own kitchen, far excels in importance, any other chemical or scientific investigation. The work there done either builds or impairs the temple of the Holy Ghost. The creature made in God's own image, and committed to your care, is usually better fitted for life's battle at birth than in later years. Every builder should know how to repair the structure in his keeping. Every woman should know how to cook. The compounding of ingredients in cooking requires as much knowledge as that of a chemist or druggist. If we follow the mother: "Let us live well, simply, economically, healthfully and artistically," we need all the arts and sciences.

Nature's own laboratory stands open and ready to those who enter.

Emerson says, "the truest test of civilization is, the kind of men the country turns out" Civilization and the culinary arts advance hand in hand.

The "back to nature" idea, or the raw food faddist is not well founded. Cooking produces important changes in food substances, improves flavor and enhances the digestibility of many. Nature is the architect and builder, and she alone can continue to build and repair, when the proper elements are supplied together with conditions necessary for their assimulation. Life principles, like all other sources of energy, are invisible and incomprehensible, but a consciousness of one's self should lead to the study of right living. A theme worthy the consideration of every intelligent being.

"The blessings of health cannot be estimated in dollars."

Right living in no way mars one's happiness, but on the contrary enables one to enjoy greater pleasures.

It is just as easy, as cheap and as appetizing to eat healthful food, as to choose dyspeptic and disease giving viands. By taking only necessary food, soil and drift wood which only clog the excretory organs are avoided.

When the chief aim of the cook is to tickle the palate and please the eye, we can not hope for a high place among the world's arts.

Investigating food materials with a view to producing a diet that is both palatable, digestible and nutritious, is a subject we cannot afford to neglect.

Experimental science, built upon the experience of the ages, is giving us the means of solving many a difficult problem, and is making possible healthier, happier conditions than were within our reach before.

Mrs Rorer, America's greatest cook says: "Of all the changes brought about during the nineteenth century, few have had a greater influence for good than the progress made in scientific cooking."

Simple living, and high thinking, have the approval of all learned men and women. It might be said: that man has a liberal education, whose appetite is the ready servant of his will, whose mind is stored with a knowledge of the great and fundamental truths of nature.

When cooking becomes a part of the course in every public school, as it is already in many, there will soon be no need for pure food laws, and milk and meat inspections. The demand of the consumer will compel the dealer to comply with certain standards.

Girls between twelve and fourteen, show the greatest interest in learning to cook. Habits and principles learned at this age will never be forgotten. Lord Beaconsfield says, "The youth of a nation are the trustees of posterity."

Why should the mother not give as much attention to the food of her family, as the husband to that of his soil and stock, in order that the best results may be obtained?

Follow many a house wife to the grocery store, and to the market, then accompany her to the dry goods store. Infinitely more attention is given to the quality of her new gown than to the purity of the food to go upon her table.

Our food constitutes one of the most complex substances known, comparatively few investigations have been carried on, consequently the science of cooking is in its infancy.

Since the food question is so broad, it is not strange that the average house wife has not grappled with it, yet it is a problem that she cannot afford to neglect.

A majority of diseases might be said to be due largely to errors in diet, and there is no doubt but that convalescence is greatly retarded for the want of just the building material needed.

Health is one of the essential factors in individual efficiency as a means to the highest moral and intellectual development. For this, the home is largely responsible.

Your child is often hungry after having eaten what you think a hearty meal. This feeling is due to the fact that the fourteen chemical elements which make up the human body were not contained in the food given. The starving elements cry out for food, and the child resorts to sweets or pickles, and thinks he is being satisfied. To have a perfect body each element must be fed.

A growing child needs muscle-making as well as heat and energy giving foods. Sugars and starches give heat and energy, but if these are taken in excess, the liver is over-taxed, as manifested in many ways. Meats, eggs, dried beans and peas, and whole wheat bread constitute our principal muscle-making foods.

To fruits and green vegetables we look for some very essential elements. Do not forget that an infant cannot digest the food of an adult.

The food may be perfect in kind, and properly cooked, but if eaten too hastily, and in too great a quantity, the eater must suffer.

M. L. WYCHE.

Examiner in Invalid Cooking of the Board of Examiners of Trained Nurses of North Carolina.

Salem Academy and College

Winston-Salem, N. C. .....Founded 1802.

Rev. JOHN H. CLEWELL, Ph. D., Principal.

Special Departments: Music, Art, Commercial, Industrial, Languages, High Ideals. These are more than intellectual attainments only. Improvement of mind, body and character forms the ideal of the school.

Full particulars are given in the catalogue which will be sent on application.

MOTHERS!!

Gowan's Pneumonia Cure

Cures Croup, Sore Throat

Pneumonia, Colds, Coughs, etc.

Applied Externally, Cures Instantly

Murphy, N. C., Feb. 10, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—The bottle of Gowan's Pneumonia Cure came to hand while I was treating a case of pneumonia. I am satisfied it did good, but I want to give it a more extended trial.
Enclosed please find $1.00 for which send to my address one large bottle.
Yours truly,
(Signed) W. A. GRAHAM, M. D.

Louisburg N. C., Feb. 15, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—Enclosed $2.00, please send me by express two bottles of Gowan's Pneumonia Cure.
It is a good medicine.
Very truly,
(Signed) MRS. JAS. M. ALLEN.

Durham, N. C., Nov. 1, 1904.
The Gowan Medical Co., Durham, N. C.
Gentlemen:—I take pleasure in saying I regard Gowan's Pneumonia Cure as splendid for colds. I used it for my little girl, who was suffering from pneumonia, and it afforded immediate comfort and relief.
Yours truly,
MRS. W. L. WALL.

Raleigh, N. C., Oct. 15, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—I have used Gowan's Pneumonia Cure, and take pleasure in saying, I regard it as the best remedy for colds I have ever tried. I believe by using it in time it prevented our little baby from having a very severe attack of pneumonia. I have also used it since with success, for coughs and bronchial trouble.
Very truly yours.
(Signed) MRS. JOHN C. DREWRY.

Durham, N. C., June 1, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—It gives me great pleasure to testify to the wonderful merits of Gowan's Pneumonia Cure. Last night I had an occasion to use it in my family on a severe case of croup. Within thirty minutes from the first application my little boy was free from pain and sleeping soundly. The effect was immediate and permanent. I cheerfully recommend it.
Very truly,
(Signed) W. W. SHAW.
Supt. Inter-State Telephone Co.

Brock, Graham Co., N. C.
March 21, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—Some time ago I received a bottle of Gowan's Pneumonia Cure and it gives me pleasure to state that after trying it in a case of congested lungs, it gave entire satisfaction.
Very truly yours.
(Signed) GEO. F. BROCK, M. D.

Durham, N. C., Dec. 7, 1901.
Gowan Medical Co., Durham, N. C.
Gentlemen:—It gives me pleasure to state that during last winter Gowan's Pneumonia Cure was used in my family upon a case of pneumonia with marked and beneficial results. It seems to possess great healing and soothing power over the lungs. I cheerfully recommend it.
Yours truly,
(Signed) ROBT. W. WINSTON,
Ex-Judge of N. C. Superior Court.

Cary, N. C., Aug. 15, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—During last winter my boy had pneumonia and we used your remedy freely. He was cured promptly without apparent permanent injury. Later we used it regularly for croup and colds with satisfactory results. We now consider it one of our household remedies.
Yours truly,
(Signed) E. L. MIDDLETON,
Principal Cary High School.

Durham, N. C., July 21, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—I have used Gowan's Pneumonia Cure myself, and it has been used to some extent in my family, and I can say without hesitation that it is a very useful and effectual remedy for rheumatism and kindred diseases. It acts quickly and relieves congestion in cases of sudden colds, etc., tending to produce pneumonia.
(Signed) WM. A. GUTHRIE,
Guthrie & Guthrie, Attorneys at Law.

Hillsboro, N. C., Oct. 11, 1904.
Gowan Medical Co., Durham, N. C.
Gentlemen:—I have used Gowan's Pneumonia Cure in my family for colds and symptoms of croup with the most gratifying results. It gives immediate and permanent relief. It gives me pleasure to testify to its wonderful merit and I unqualifiedly recommend it.
Yours truly,
(Signed) Rev. N. C. YEARBY,
In charge of Hillsboro Circuit.

$1.00 :: SOLD BY ALL GOOD DRUGGISTS :: $100

If your dealer can't supply you write GOWAN MED. CO., Durham, N. C.

Listen

You Don't Have to Die to Win if Your Life is Assured in the

EQUITABLE

Men and Women Same Rates.

W. A. DANNER, General Agent,

1118 East Main Street, Richmond, Virginia.

Universally Conceded

by experts that for reliability and genuine worth the

Shoninger Piano

embodies all that is desirable. It will pay you best to get a Piano that satisfies — other pianos always in stock. Write for prices and terms to

Darnell & Thomas

Raleigh N. C.

Miles & Company.

Hides, Tallow & Skins

298 Marietta Street Atlanta Georgia

Correspondence Solicited.

Atlanta Paper Co.

(Successors to Elsas-May Paper Co.)

Manufacturers of.....

PAPER & BAGS

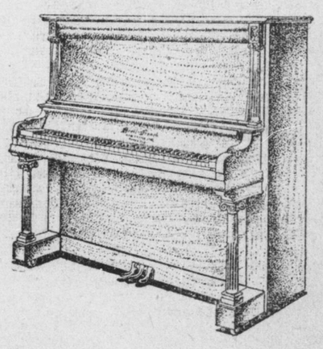
Mill and offices: Cor. Hunter St., Piedmont Ave. and Georgia R. R.

ATLANTA, GA., U. S. A.

HOTEL CARROLINA DURHAM, North Carolina.....

.. A Comfortable Home for the Traveller ..

Krell-French Pianos



Embody the very best in piano construction. The most modern ideas, the most artistic designs, the finest workmanship and the best material have established — "KRELL-FRENCH" reputation that is gratifying to the large number of America's leading dealers who co-operate in their manufacture.

They combine the largest experience, capital and facilities at the command of a truly artistic product.

Tone
Touch
Durability
Design
Finish
Unsurpassed

Write for beautiful free catalogue to our State agents, the

W. R. MURRAY CO., Durham, N. C.

or direct to the factory.

KRELL FRENCH PIANO COMPANY,

NEW CASTLE, INDIANA