

## Grip Still Hanging On?

Back aches? Stomach sensitive? A little cough? No strength? Tire easily? All after effects of this dread malady. Yes, they are catarrhal. Grip is a catarrhal disease. You can never be well as long as catarrh remains in your system, weakening your whole body with stagnant blood and unhealthy secretions.

### You Need PERUNA

It's the one tonic for the after effects of grip, because it is a catarrhal treatment of proved excellence. Take it to clear away all the effects of grip, to tone the digestion, clear up the inflamed membranes, regulate the bowels, and set you on the highway to complete recovery.

Perhaps one or more of your friends have found it valuable. Thousands of people in every state have, and have told us of it. Many thousands more have been helped at critical times by this reliable family medicine.

Prepared also in tablet form for your convenience.  
The Peruna Company, Columbus, Ohio



500 Bushels Whippoorwill Peas 500 bushels Sorghum  
Seed at a bargain. Watkins & Lee, Aberdeen, Miss.

### SMALL THINGS CHECK SPEED

Flight of Airplanes May Be Greatly Impeded by Objects Seemingly Hardly Worth Noticing.

How the smallest of objects will check the speed of a dirigible balloon or of an airplane may be judged when it is remembered that the resistance of the air to a body moving through it is proportional to the square of the speed against the surface that it presents in the direction towards which it is moving. When the object, whether this be a gasoline tank, a bomb dropper or any other accessory, is made on stream lines the resistance it causes is three or four times less than when it is not.

One builder added two kilometers an hour to the speed of his plane simply by giving the stream line form to the rubber shock receivers of his landing apparatus.

And if the pilot lets such an object as a retroscope, an altimeter or a revolution-metre project from the car it will reduce his speed by at least six kilometers an hour. A machine gun will have almost the same retarding effect.

Money is like the parrot—it seldom talks at the right time.

True wit is always incidental—and usually accidental.



A Package of Grape-Nuts teaches food conservation.

Saves FUEL SUGAR TIME WHEAT AND WASTE

SOLD BY GROCERS.

## Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)

### CONVERT NATION TO CHEESE, WOMEN'S TASK



Women Food Specialists in Washington Entertaining Officials of the United States Department of Agriculture and the Food Administration at a Cottage Cheese Luncheon.

## COTTAGE CHEESE AS STAPLE FOOD

Thirty Billion Pounds of Skim Milk Available for Making Substitute for Meat.

### IMPROVED WAYS OF SERVING

Federal and State Agencies Organized to Convince American Housewives of Great Value—How to Make Some of New Dishes.

Almost 30,000,000,000 pounds of skim milk are available for making cottage cheese. Skim milk made into cheese is seven times more valuable as a food than as a feed for live stock. A pound of cottage cheese used in the home releases a pound of meat for shipment to our soldiers.

These were the actuating principles behind the organization of a cottage cheese demonstration corps of the dairy division, United States department of agriculture, which recently undertook a nation-wide drive to make cottage cheese a staple food throughout the land. Forty-seven women specialists from almost as many states make up the corps that will carry the message.

These women have been in training in Washington for several weeks learning how to make cottage cheese and how to serve it in the newest and most attractive dishes. In the accompanying picture they are shown demonstrating their new creations in a cottage cheese luncheon to officials of the department of agriculture. The luncheon was held in one of the rooms of the dairy division. Among the guests were Assistant Secretaries Carl Vrooman, Raymond A. Pearson and Clarence Ousley, Dean H. L. Russell of the food administration, chiefs of several bureaus and a score of the department's food and demonstrating experts. Here is what the guests ate:

#### COTTAGE CHEESE LUNCHEON.

- First Course—Astonishment.**  
Cream of Cottage Cheese Soup  
CROUTONS.
- Second Course—Interest.**  
Cottage Cheese Sausages—Creamed Potatoes  
Mustard Pickles  
Graham Muffins—Coffee  
Whey Honey.
- Third Course—Admiration.**  
Cottage Cheese Salad  
Wafers  
Whey Punch.
- Fourth Course—Devotion.**  
Cottage Cheese Tart  
Mints.

Five women demonstrators started the campaign in Cleveland, O., a few days later. The others will go to other big cities, small towns and rural communities. Women will be taught how to make cottage cheese, its food value and how to use it. Regular home demonstrators and county agents of the states' relation service will help the cottage cheese force and experts from the bureau of markets will encourage and assist food dealers to make cottage cheese one of their regular staples. Representatives of the state extension forces also will help. Meanwhile the commercial dairying experts of the department are working with the big creameries to turn their skim milk into this product to meet the big demand certain to develop.

Here is how to make some of the new cottage cheese dishes:

**Cottage Cheese Sausage.**  
1 cupful cottage cheese 1/2 teaspoonful powdered sage  
1 cupful dry bread crumbs, or 1/2 cupful cold cooked rice and 1/2 cupful bread crumbs  
1/4 cupful peanut butter  
1/4 cupful chopped peanut meats  
1/2 teaspoonful salt  
1/2 teaspoonful pepper  
1/2 teaspoonful soda  
1/2 teaspoonful onion

Mix all dry ingredients thoroughly with bread crumbs. Blend peanut butter and onion with the cheese, and mix them with the bread crumbs, form into flat cakes, dust with bread crumbs or cornmeal, and fry a delicate brown in a little fat in a hot frying pan.

**Cottage Cheese Tart.**  
11-13 cupfuls of cottage cheese  
Whites of 2 eggs  
1/2 cupful heavy cream  
1-3 cupfuls of heavy cream  
1-3 cupfuls of heavy cream  
1-3 cupfuls of heavy cream

Soften the cheese with the milk. Add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of inverted pie tins. Garnish the top of the tart with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or tart.

**Conservation Crust.**  
1/2 cupful cornmeal, 1/2 teaspoonful baking powder  
1/2 cupful of wheat flour  
1/2 cupful of wheat flour  
1/2 cupful of wheat flour  
1/2 cupful of wheat flour  
1/2 cupful of wheat flour

Sift together the dry ingredients, cut in the shortening, blending it thoroughly with the dry materials. Mix with very cold water to a rather stiff dough. Roll as thin as can be handled. Line two pie tins and use the trimmings to cross-bar the tops if desired. This crust may be baked before the pie, if the nature of the filling makes it desirable.

#### Cottage Cheese Salad.

Cottage cheese lends itself especially well to salads. If enough is used, the salad may serve as the main dish of the meal. French, mayonnaise and boiled dressing all go well with cheese salad.

#### Cottage Cheese and Peanut Butter Soup.

3 cupfuls milk 1 tablespoonful butter  
2 tablespoonfuls of flour 1 cupful of cottage cheese  
3 tablespoonfuls peanut butter 1/2 cupful of soda  
Few drops of onion juice or more  
Bit of bay leaf and 1 teaspoonful salt  
Heat the milk with the bay leaf, salt, pepper and onion juice in a double boiler. Soften the butter and blend with it the flour. Pour hot milk gradually on this paste and beat until smooth. Bring to a boil and cook over hot water for ten minutes, then cool slightly. Blend cottage cheese, soda and peanut butter, softening with a little of the warm sauce to a smooth thick cream. Add the cream to the sauce and reheat carefully. Avoid boiling the sauce, for this will toughen the cheese. Serve with croutons.

The hog is a grazing animal and should never be confined to small pens and yards; they need a variety of food, pure water and grass range, shade in hot weather.

There are many kinds of satisfactory hoghouses which can be built at comparatively low cost.

Ground oats make an excellent ration for growing calves.

A common cow may be a good animal but she is not the best.

## MISSISSIPPI

Happenings You Are Interested In

Vicksburg—Government control and operation of steamboats on the Mississippi river is foreshadowed by the action of the government in taking over the shipping interests of the Erie canal. It was stated by an official in a position of responsibility at Washington that the steamboats operating on the Mississippi river may be put under the jurisdiction of government control for the duration of the war.

Jackson.—Governor Bilbo has returned from a visit to the southern part of the state, going not only to Beauvoir and the training school at Columbia, but to his old home at Poplarville. He found that the farmers in that part of the state have planted and now have growing an abundance of everything possible in the way of feedstuff for man and beast.

Clarksdale.—W. C. Watkins, conductor, and J. T. Dunlap, flagman, employees of the Yazoo & Mississippi Valley Railway Company, both of Paducah, Ky., who were charged with bringing whisky into this county for bootlegging purposes, were each given a 30-day sentence on the county farm here. In addition to this, Watkins was fined \$500 and Dunlap \$100.

New Albany.—Losing his way in a cross-country flight, Cadet J. E. Kiley, of Park field, landed in a cornfield on the farm of T. A. Frazier, near Myrtle. Regretting slight damage done the new crop, Kiley offered a cash settlement. The offer was refused, but a counter-proposition was accepted by the flyer—an invitation to dinner.

Columbus.—A Columbus boy, Geo. W. Barrow, was on board the U. S. Naval Collier Cyclops, which is reported missing, and it is greatly feared that the young man has joined the band of gallant and patriotic young Americans who have forfeited their lives in battle and on the high seas in defense of their country's honor.

Crystal Springs.—Carey Mathis, of the vegetable firm of B. W. Mathis & Son, announces that an investigation of the crops in the community since the cold of last week show damage to about 20 per cent of the crop of tomatoes and beans.

Meridian.—Officers were elected by the State Dental Association in session here, as follows: Dr. M. B. Varnado, Osyka, president; Dr. W. C. Dennis, Jackson, vice-president; Dr. W. F. Beavers, Meridian, secretary.

Columbia.—The war relic train's stop here was celebrated enthusiastically with Marion county's Liberty loan committee in charge. Music by the 137th Field Artillery band from Camp Shelby was a feature.

Belzoni.—Constantine Lioli, a Greek, subscribed \$1,000 on the second Liberty loan, and a few days ago he purchased \$16,000 worth of bonds, it is announced. He has a brother in training at Camp Beuregard.

Camp Shelby.—Private Geo. Becker, of Louisville, Ky., a member of the ammunition train, will probably be a paralytic for life, as the result of an accident which broke the young soldier's back.

Blue Mountain.—The Blue Mountain district of Tiptah county, allotted \$10,300 as its quota of the third Liberty loan bonds, has already sold \$12,000, with additional subscriptions coming in.

Fernwood.—A womanless wedding was staged at the Fernwood school auditorium for the benefit of the Fernwood Chapter of the Red Cross Society, and \$77.45 was realized.

Clarksdale.—E. P. Mangum, of Tunica county, was elected president of the Yazoo-Mississippi Delta levee board to succeed Edward Franklin, of Sunflower county.

Vicksburg.—The reappearance of charbon has resulted in the appointment of a committee which is furthering a movement for the vaccination of stock.

Grenada.—The week from April 22 to April 27 has been set aside by Mrs. S. A. Morrison, chairman of the clean-up committee in Grenada, as clean-up week.

Grenada.—The boys of the manual training school were busy last week making boxes for the next Red Cross shipment from Grenada.

Camp Shelby.—In a storm which caused considerable damage here, one soldier was killed and several injured.

Grenada.—Every member of the Grenada high school is the owner of war savings stamps.

## THIS IS THE AGE OF YOUTH

Strands of Gray Hair May Be Removed.

Strands of gray hair are unattractive and very unnecessary and accelerate the appearance of approaching age. Why not remove all traces of gray in the hair and possess an even shade of beautiful dark hair in bounteous quantities by the use of "La Creole" Hair Dressing? Used by thousands of people every day—everywhere—with perfect satisfaction. No one need be annoyed with gray hair—hair streaked with gray, diseased scalp or dandruff when offered such a preparation as "La Creole" Hair Dressing. Apply it freely to scalp and hair, rubbing it in well, and after a few applications you will be delightfully surprised with the results.

### TRY

"LA CREOLE" HAIR DRESSING for gray or faded hair and retain the appearance of youth. Used by gentlemen in every walk of life to restore an even dark color to their gray hair, beard or mustache. Sold and guaranteed by all good drug stores everywhere, or sent direct for \$1.20 by Van Vleet-Mansfield Drug Co., Memphis, Tenn.—(Adv.)

### Easy.

"How'd you like to be on Easy street?"  
"Been there all my life. Any peddler can stick me."

### FOODS TASTE BETTER COOKED —TOBACCO TASTES BETTER TOASTED

Since the day of the caveman, who liked his meat raw, civilization has learned a lot about the scientific treatment of the things we eat.

Naturally none of us would now prefer to have our meat raw, our potatoes as they come from the ground, our coffee unroasted.

And naturally follows the great discovery recently made by The American Tobacco Co.—that tobacco tastes better TOASTED!

This wonderful new idea—simple like all great inventions—was first used in producing the famous LUCKY STRIKE Cigarette—made of toasted Burley tobacco.

Burley has a mellow flavor, entirely different from the tobacco usually used for cigarettes. It is a pipe tobacco and LUCKY STRIKE Cigarettes taste like a pipe. Adv.

### The Reason for It.

"Let that man down easy."  
"Why must I?"  
"Because he's hard up."

### GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

### Up to Date.

Teacher—Name the five zones.  
Pupil—Temperate, intemperate, war, postal and o.

### Itching Burning Skins.

For eczemas, rashes, itchings, irritations, pimples, dandruff, sore hands, and baby humors, Cuticura Soap and Ointment are supremely effective. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

To make water taste better than champagne eat salt fish about three hours before imbibing.

### To Be Strong and Healthy

You must have Pure Blood. GROVE'S TASTELESS CHILL TONIC Purifies and Enriches the Blood and Builds up the Whole System. It contains the well known tonic properties of Iron and Quinine. You can feel its good effect on the Blood after the first few doses. Price 50c.

The width of a broad grin is equal to the length of a smile.

If your druggist does not have Dr. Peery's "Dead Shot" for Worms and Tapeworm, send 25 cents to 312 Pearl Street, New York, and you will get it by return mail. Adv.

A good man does not cherish resentment.

**CATARRH**  
For head or throat  
Catarrh try the  
vapor treatment  
**VICK'S VAPORUB**