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The KITCHEN CABINET

(65, 125, Western Newspaper Union.)

CHESTNUT DISHES.

Chestnuts are the favorite nut in the autumn, and when plentiful may be used freely in various dishes, being both nutritious and reasonable in price.

Chestnut Glace.—Roll two cupsful of sugar, one cupful of water and a pinch of cream of tartar to a caramel stage or until of a yellowish tinge. Dip the whole nuts, already shelled and blanched, into the hot sirup, using a sharp skewer for dipping; a hatpin is a most convenient dipper. Put on paraffin paper to drain and dry.

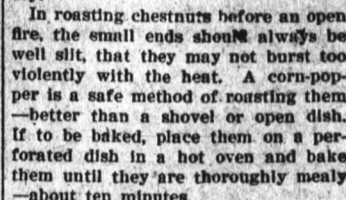
In roasting chestnuts before an open fire, the small ends should always be well slit, that they may not burst too violently with the heat. A corn-popper is a safe method of roasting them—better than a shovel or open dish. If to be baked, place them on a perforated dish in a hot oven and bake them until they are thoroughly mealy—about ten minutes.

Chipolata.—Blanch and parboil some chestnuts; chop them, add equal parts of minced mushrooms, carrots, turnips and small sausages; cover with consommé and cook until tender. Season with salt, pepper and a tablespoonful of orange juice.

Chestnut Pancakes.—Beat separately the yolks of three eggs and the whites of two; add three-fourths of a cupful of cream, a tablespoonful each of butter and sugar with sufficient flour to make a batter. Drop on a hot griddle and put together when baked in pairs with a chestnut filling between, or they may be rolled with the filling spread on the cake.

Chestnut Pudding.—Blanch a pint of chestnuts, halve them and cook three-quarters of an hour with half a pint of milk, letting them simmer until soft. Press through a sieve, add one-half cupful of sugar, a little salt, one-half teaspoonful of vanilla, a grating of nutmeg. Beat the yolks of three eggs, add to the chestnut pulp, then fold in the well-beaten whites. Put into a pudding dish and bake fifteen minutes; serve hot or cold with cream or a thin custard.

Chantilly Chestnuts.—Pierce one pound of chestnuts and put them into boiling water and cook for three-quarters of an hour; peel carefully, pass through a potato ricer, sprinkle with sugar, add a bit of vanilla and pile the whole on a plate. Pour over whipped cream sweetened and flavored, and garnish with crystallized apricots.



He came up smiling—used to say He made his fortune that a-way. I had hard luck a-plenty, too, But settled down and fought her through. And every time he got a jolt He set took on a tighter hold. Shipped back some when he tried to climb, But came up smilin' every time. —James W. Foley.

LARGEST INCREASE IN STATE'S HISTORY

NORTH CAROLINA'S POPULATION IS ANNOUNCED BY CENSUS BUREAU AS 2,566,486.

GAINS IN TEN YEARS 350,199

The Percentage of Increase is Shown to be More than Fifteen during the Decade.

Raleigh.

Washington.—The population statistics for the state of North Carolina, as announced by the Census Bureau showed a total 1920 count of 2,566,486, a 10-year increase of 350,199 or 15.9 per cent.

North Carolina had a population of 2,206,287 in 1910, ranking it as 10th most populous state in the union. It showed an increase of 312,477, or 16.5 per cent for the 10 years ending 1910, its numerical growth having been the second largest in its history to that time. North Carolina's largest growth both numerically and relatively prior to the present census was in the decade ending with 1880 when the number of increase was 328,389 and the rate of 30.7 per cent. In 1790 when the first federal census was taken North Carolina ranked as third most populous state with a total of 393,751. It held fourth rank in 1800, 1810 and 1820; fifth in 1830; seventh in 1840; tenth in 1850; twelfth in 1860; 14th in 1870; 15th in 1880; 16th 1890; 15th in 1900 and 16th in 1910.

In area North Carolina ranked as 27th largest state in 1910 with a land area of 48,740 square miles, making its population average 45.3 per square mile which ranked it as 20th among the states in density of population.

Newspaper Men to Come.

North Carolina newspaper men who will attend the State fair, October 18 to 23, are to be provided special headquarters at the fair grounds, at the booth of the Raleigh News and Observer, it was announced by Colonel Joseph E. Pogue, secretary.

This arrangement is made as a means of providing a meeting place for the members of the State press who attend the fair, it being the hope of Colonel Pogue that newspaper representatives from every county in North Carolina will visit the Capital City during fair week. Assurances have already been had that virtually all of the bigger dailies of the State will be represented and provisions are being made to take care of editors of the smaller papers and the country weeklies.

The press headquarters will be located in the rotunda of the floral hall.

Paying off National Guard.

Checks amounting to eleven hundred dollars were forwarded to officers and men of the Durham machine gun company of the North Carolina National Guard covering armory drill pay for the coming six months, including June 30, 1920.

Increased pay for both officers and enlisted men in the national guard now makes the service considerably more attractive than before.

The following is a statement of the approximate Federal pay per annum of line officers and enlisted men of the national guard (includes forty-nine drills and fifteen days field service):

Captain \$794.88, first lieutenant \$462.72; second lieutenant \$376.96; sergeants, 1st class, \$233.36; sergeants, 2nd class, \$168.96; sergeants, 3rd class, \$149.12; sergeants, 4th class, \$115.20; corporal \$94.72; private, 1st class, \$74.88; private \$64.

No Women on Juries.

Women are not liable for jury duty in North Carolina by virtue of the 19th amendment to the federal constitution, according to an opinion from the office of Attorney General J. S. Manning. The attorney general ruled that the right to vote plays no part in the qualifications of a juror and that will require a legislative act to impose the liability of jury service upon women.

Will Help New Voters.

The University of North Carolina is anxious to co-operate with the new women voters of the State in their efforts to inform themselves correctly in regard to the exercise of the ballot according to Miss Nellie Robertson, of the University Extension Bureau, and to that end now offers to all the women's clubs and all the branches of the North Carolina League of Women Voters a program of "Constructive Ventures in Government" which is a manual of discussion and study of women's new part in the newer ideals.

Sixteen Counties Lose.

The counties losing population according to the recent census are: Currituck, Camden, Chowan, Carteret, Tyrrell, Hyde, Beaufort, Pamlico, Cumberland, Montgomery, Caldwell, Watauga, Alleghany, Mitchell and Madison. The losses in Cumberland and Caldwell, Watauga and Mitchell are due to the loss of territory on account of the creation of Hoke and Avery counties. The sixth and eighth congressional districts lost territory when these counties were created. The seventh and ninth gained.

Valuable Facts About Farming.

For the past fifty years, the State Experiment Stations and the United States Department of Agriculture have been collecting valuable facts about farming that were never known before. This information put into practice will double the profit in farming in many different lines. Yet the greater portion of it is not being used by the farmers of the country.

There may be several reasons why this information is not being used; but one important one is that the farmer has not been educated to read farming literature, and many class this information under the head of "Book Farming," not suitable for the man who is after bigger crops more cheaply produced.

The Farm Demonstration system has been developed to correct this misunderstanding among farmers and to scatter the information; but at best the farm demonstrator can only help to correct a mistake in the farmer's education and must be classed as a "repair man." The high school teacher of agriculture strikes at the root of the trouble, and trains the farmer while yet a boy and a learner to select the information he wants and use it wisely.

We used to train printers, shoemakers, blacksmiths, tailors, etc., in the home shop; but now the most capable young workmen in these lines are first partly trained in the school. Under modern conditions it is essential that our future successful farmers learn something about farming in schools while gaining other forms of learning necessary in our great stage of civilization.

Amendments to Be Voted On.

Five amendments to the constitution of North Carolina will be voted on in the November election. They were drawn up at the special session of the general assembly in Raleigh last August.

Copies of the amendments have been received by the Mecklenburg delegation in the legislature.

The amendments to be voted on are as follows:

1. To give authority to the state to tax net income from all sources above exemption of not less than \$2,000 for married man or widow or childless person having dependent minor child or children, and to all other persons not less than \$1,000.
2. To limit poll tax to not exceeding \$2 for state, and for municipalities, \$1.
3. To reduce rate of tax on property for general expenses of state and counties from 66 2-3 cents to a limit of 15 cents on each \$100 worth of property.
4. To substitute a rule of one instead of two years residence in state and four months in precinct, as qualification for voting.
5. To abolish payment of poll tax as qualification for voting.

Laundry Demonstration at Fair.

In the dozen or so booths which will be put on by the State Home Demonstration Division in the Building of Household Demonstrations and Exhibits at the State Fair, one of the most interesting, is to be the booth devoted to Laundry conveniences.

The agents have found that many women with whom they come in contact in their work are anxious to have demonstration of how with very little trouble a housewife may do her household laundry herself, and in the laundry booth at the Fair such demonstration will be given.

Parent-Teachers Council to Meet.

The North Carolina State council of Parent-Teacher associations will hold its second annual meeting in Greensboro on November 3-4. It was announced by officials of the state organization.

Dr. Crampton, dean of the Normal School of Physical Culture, Battle Creek, Mich., will be one of the speakers, his subject being "Putting Physical Training in All of the Schools of North Carolina."

Governor to Open Fair.

Governor Bickett will open the Fifty-ninth Great State Fair of North Carolina Tuesday, October 19 and four days of varied attractions in the State capital will follow.

General Julian S. Carr, president of the Fair, Col. Joseph E. Pogue, secretary, and Mr. C. B. Denson, treasurer, join in the tri-une declaration that it will be the best ever.

Certainly the State Fair authorities have spared no money or pains to make it so. The race track has been put in condition.

Col. Boyden Made President.

Colonel A. H. Boyden of Salisbury, the unflinching friend of the teachers of North Carolina, has recently been elected president of the North Carolina Educational association to succeed Miss Mildred Harrington of Aberdeen who has served the association so efficiently during the past year. Colonel Boyden is a good school enthusiast and in his home town is the leading spirit in any move for their betterment. He has always been an advocate of "equal pay for equal service."

First Wireless Heard Round the World

The first message from the United States naval radio station, known as the Lafayette radio station, at Bordeaux, France, which is undergoing official acceptance tests, has been received here. The message follows: "This is the first wireless message to be heard around the world and marks a milestone on the road of scientific achievement."



Secretary Daniels sent the following message in reply: "My sincere congratulations upon the successful completion of the gigantic radio station named for that distinguished Frenchman whom an American honor. Designed to serve a military purpose, it will now serve to bind closer the cordial relations which have always existed between France and the United States. On behalf of the United States navy, I desire to express my pleasure upon the achievement of the Lafayette radio station in transmitting the first message to be heard around the world. We are happy to recognize in this powerful signal a symbol of that force and sympathetic understanding with which the voice of France shall be heard by its sister republic."

The Lafayette radio station was built by the United States navy department, under the direction of the bureau of engineering and the bureau of yards and docks. Its construction was completed in 1919.

maintain wireless communication between this country and our forces in France, since at that time there was grave fear that German submarines might be able to cut the trans-oceanic cables and leave Pershing isolated so far as immediate communication with the United States was concerned.

The station now completed is the largest in the world. It has eight 820-foot towers, and its engineering features, while in general modeled on those of our naval stations at Arlington and Annapolis, are unique both in their magnitude and in some features of their design.

The success of this station in transmission is exemplified by the fact that the audibility of its signals, as measured at the naval radio laboratory in the bureau of standards, is five times the audibility of the similar signals from the German radio station at

Trouble.

"What is that?"
"The trouble wagon."
"Are they delivering it these days?"

DYE RIGHT

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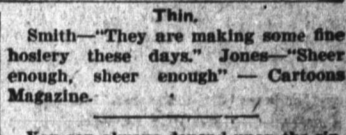
Each package of "Diamond Dyes" contains directions so simple that any woman can diamond-dye worn, shabby skirts, waists, dresses, coats, gloves, stockings, sweaters, draperies, everything, whether wool, silk, linen, cotton or mixed goods. New, rich fadeless colors. Have druggist show you "Diamond Dyes Color Card."—Adv.

If some fools were to remain quiet they might acquire a reputation for wisdom.

Thin.

Smith—"They are making some fine hosiery these days." Jones—"Sheer enough, sheer enough"—Cartoons Magazine.

You can always depend upon the sincerity of a dog when he wags his tail.



Every Horse Owner

who has ever tried Yager's Liniment will readily admit that it is by far the best and most reliable.

For strained ligaments, sprains, horses' galls, sore shins, wounds or old sores, cuts and any ailment, it gives quick relief.

It contains twice as much as the usual 50 cent bottle of liniment.

At all dealers. Price 25 cents.

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FOR Colds, Coughs AND La Grippe

Neglected Colds are Dangerous

Take no chances. Keep this standard remedy handy for the first onset.

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

Keep Your Blood Pure Nature Will Do the Rest

Did you know that ninety per cent of all human ailments depend upon the condition of your blood?

Nature gives her warnings in various unmistakable ways, so that when the appetite fails, and you become weak and listless and a general run-down condition seems to take possession of the whole body, it is an unfailing sign that impurities will steadily accumulate until your general health will be seriously affected. You should recognize the importance, therefore, of very promptly cleansing out the system, and keeping the blood supply pure and robust.

Get a bottle of S. S. S. at your druggstore to day, and note how promptly it builds up the appetite and gives new strength and vitality. Write for free literature and medical advice to Chief Medical Adviser, 153 Swift Laboratory, Atlanta, Ga.

Most important among which is her right to FREEDOM from the banes of womanhood inherited from Mother Eve. Stella Vitae gives this freedom to women and girls. Sold by your druggist on the distinct agreement that if the FIRST BOTTLE does not benefit, money will be refunded.

Mrs. Nellie Smith, Texas. Mrs. W. M. Gaines, Chick—"I had female trouble some, Ga. "It has done with smothering spells. wonders for me; was weak The doctors had given me and all run down, had not up—said I could not possibly been able to do housework by get well. After taking for six or seven years; four bottles of STELLA but now I do any kind of work." VITAE I was up and go-work."

THACHER MEDICINE CO. Chattanooga, Tenn., U. S. A.

Woman's Rights

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THACHER MEDICINE CO. Chattanooga, Tenn., U. S. A.

STELLA-VITAE

WOMAN'S RELIEF MOTHER'S CORDIAL

26

Making it Easy.

To facilitate the scheme for taking the finger-prints of infants in America, it is proposed to make the impressions in jam.—The Passing Show (London).

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. Williams. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

GEORGIE'S PATIENCE GONE

And the Youngster Signified the Fact With Slang Phrases Much to the Point.

"Slang and children are the two most prominent paths by which colloquial and technical terms come into everyday use," remarked Professor Torgan. "Only the other day I overheard two small boys talking together.

"Georgie had a better memory than his brother, and Roger was always trying to get him to remember things for him. Georgie got tired of this, and when Roger wanted him to remember something he must do before school time the next morning, he asked:

"What do you think my head is, a parking place for what you want to remember?"—Los Angeles Times.

The Wild, Wild Women.

Swigs—The pictures I liked best were those wild animal ones of a few years back—the pictures that had a story interwoven around lions, tigers, wild cats, and so forth. Quite unique and interesting! I wonder why they dropped off so suddenly. Did the animals perish or devour the actors or what happened?

Swigs—Competition was their Nemesis. The "vampire" came into vogue about that time, and naturally they were too tame in comparison to terrify the public any longer.—Film Fun.

Conditions.

Knicker—The modern child goes to a part time school.

Bocker—And has a part time home.

Catarh Can Be Cured

Catarh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

COMMON ERROR IN GRAMMAR

Words "Begun" and "Began" Are Wrongly Used by Those Careless in Their Speech.

It is quite common to hear some one say, "I began to do that work yesterday," "the battle begun between the two armies," etc. This use of "began" to express the past tense (sometimes called the preterit) of "begin" is not incorrect, according to some authorities on the uses of words, but there is a fairly general agreement that the better word to use is "began." If you wish to safeguard yourself against possible criticism, say "I began to do that work yesterday," "The battle began between the two armies," etc., not "began."

Richard Grant White, in "Words and Their Uses," a high authority, criticizes and condemns the use of "began" instead of "began" to express the past.

Of course, it is incorrect beyond any doubt to say, "I have begun" to express the perfect tense of "begin." Say, "I have begun," never "I have began."—Columbus Dispatch.

On Strike!

Hick—Time is money.

Wick—No wonder, then; people buy on tick.—Cartoons Magazine.

One kind word to the living is better than a long drawn out eulogy over the dead.

SEASONABLE GOOD THINGS.

For those who are fond of cheese, the following recipe will be enjoyed:

Cheese Savory.

—Soften a cake of cream cheese; put it in a bowl which has been rubbed with a clove of garlic; add a tablespoonful of softened butter, one teaspoonful of chopped olives, half a teaspoonful of chopped parsley, one-third of a teaspoonful each of Worcestershire sauce and anchovy paste. Season with salt, pepper and paprika and pack closely in a glass mold. Turn onto a plate when firm. Serve with toasted crackers.

Spinach Timbales.

—Chop fine a generous cupful of cooked spinach. Press it through a sieve; melt two tablespoonfuls of butter, cook in it two tablespoonfuls of flour; add a dash of cayenne, salt and paprika and three-quarters of a cupful of milk; stir until the mixture boils. Then add the spinach puree, two well beaten eggs and more seasoning, if needed. Mix the whole thoroughly and cook in timbale molds, well buttered, until the centers are firm.

Rhubarb Pie.

—Bake in two crusts the following mixture: Take one cupful of chopped rhubarb, one cupful of sugar, one large cracker, rolled, and a tablespoonful of butter. Bake as usual.

Orange Wafers.

—Cream one-quarter of a cupful of butter; add one-half cupful of sugar, one egg, well beaten, the grated rind of an orange, two tablespoonfuls of orange juice, a teaspoonful of baking powder sifted with one cupful of flour. Mix and roll thin; cut with a small cutter and bake in a hot oven.

Currant Jelly Sauce.

—Make a brown sauce of three tablespoonfuls of flour and the same of butter; add a cupful of the meat stock or water, then add half a glassful of currant jelly, a teaspoonful of lemon juice and a few drops of onion juice. Salt and pepper to taste; boil five minutes and serve.

Nellie Maxwell

The Blended Flavors of wheat and malted barley, fully developed by twenty hours baking make Grape-Nuts The Ideal Cereal

Ideal not only from a taste standpoint but because of easy digestibility, full nourishing worth, economy and ease of service.

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