



## "California Syrup of Figs"

**Delicious Laxative for Child's Liver and Bowels**

Hurry mother! A teaspoonful of "California" Syrup of Figs today may prevent a sick child tomorrow. If your child is constipated, bilious, feverish, fretful, has cold, cold, or if stomach is sour, tongue coated, breath bad, remember a good "physic-laxative" is often all that is necessary. Children love the "fruity" taste of genuine "California" Syrup of Figs which has directions for babies and children printed on the bottle. Say "California" or you may get an imitation fig syrup. Beware!



## Spoon's Distemper Compound

Wherever there is a contagious disease among horses SPOHN'S is the solution of all trouble. SPOHN'S is invaluable in all cases of DISTEMPERS, FEVERS, INFLUENZA, COUGHS and COLDS. A few drops a day will protect your horse exposed to disease. Regular doses three times a day will act marvelously on your horse actually sick. 49 cents and \$1.75 per bottle at drug stores.

**ELIXIR BAREK A GOOD TONIC**  
And Drives Malaria Out of the System.  
"Your 'Barek' acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."  
Rev. E. Eymann, St. Stephen's church, Perth Amboy, N. J. Elixir Barek, all druggists or by Parcel Post, prepaid, from Klosewski & Co., Washington, D. C.

**DO NOT CUT**  
**INGROWN TOENAILS**  
Cure Them the Easy, Painless Way.  
Never back pain. Our appliance fits over the toe nail and can be worn with shoe and stocking causes no inconvenience whatever. Put an end to the painful nuisance now by sending us \$1 for a set of two or \$6 for one of these appliances. Send to: Spohn Medical Co., Goshen, Ind., U. S. A.

Field implement. Still I am learning—Michael Angelo.  
"What's he doing in the literary field?"  
"Using a muckrake."  
They only live who dare.

## Kill That Cold With



**HILL'S CASCARA QUININE BROMIDE**  
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**

## BLOOD WILL TELL

IF YOUR blood tells a tale of depletion and run-down condition, MAKE it tell a tale of health and the joy of life; by the use of Dr. Thacher's Liver and Blood Syrup; which purifies and vitalizes the Blood, regulates the Liver, keeps the Bowels open and tones up the whole system. Sold by your druggist.

Mrs. Jennie Parker, of Santee, N. C., says: "I was sick 13 years. Had numb spells, my feet and hands cold, pain in my left side; not able to do anything. I tried several doctors. One said I had heart trouble and was liable to drop dead any time. So I quit doctors and began taking 'DR. THACHER'S LIVER AND BLOOD SYRUP.' It has cured me. I am well now and able to do all of my work. My weight is now 145 pounds."

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

## DR. THACHER'S LIVER AND BLOOD SYRUP

## Pure, Rich Blood Will Keep Your Body Vigorous and Healthy

When impurities creep into your blood the first symptoms are usually a loss of appetite, followed by a gradual lessening of energy; the system becomes weaker day by day, until you feel yourself on the verge of a breakdown. Nearly everybody needs a few bottles of S. S. S., the great vegetable blood remedy, to cleanse out all impurities about twice a year. It is an excellent idea to take this precaution to keep the system in a vigorous condition so as to more easily resist disease to which every one is subject. S. S. S. is without an equal as a general tonic and system builder. It improves the appetite and gives new strength and vitality to both old and young. Full information and valuable literature can be had by writing to Swift Specific Co., 156 Swift Laboratory, Atlanta, Ga.

## WINTERSMITH'S CHILL TONIC

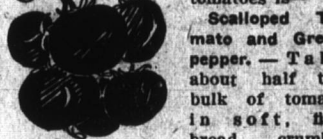
Sold for 50 years for Malaria and as a General Tonic. Helps build you up. If Not Sold by Your Druggist, Write ARTHUR PETER & CO., Louisville, Ky.

## The Kitchen Cabinet

(A 1920 Western Newspaper Union.)  
When right you can afford to keep your temper; when wrong you can't afford to lose it.—Gordon Graham.

### SEASONABLE GOOD THINGS.

A vegetable dish which is well liked and may be prepared with either fresh or canned tomatoes is—



Scalloped Tomato and Green pepper.—Take about half the bulk of tomato in soft, fine bread crumbs. For a cupful of crumbs, melt one-fourth of a cupful of butter, put one or two tablespoonsful of butter in a saucepan, mix the rest of the butter through the bread crumbs. To the butter in the saucepan, add a slice of thinly sliced onion and half a small green pepper shredded fine. Stir and cook until softened, then mix through the crumbs. Arrange the tomatoes and prepared crumbs in alternate layers in a baking dish, sprinkling each layer of tomatoes with salt and pepper. Have the last layer of crumbs; bake twenty minutes.

Russian Salad Dressing.—Mix together one-fourth of a cupful of olive oil, one teaspoonful of vinegar, one-fourth teaspoonful each of mustard and salt, one-half teaspoonful of paprika and one-fourth cupful of chili sauce; then gradually, using the egg beater, add one-half cupful of mayonnaise dressing.

Pot-Roasted Pork Chops.—Choose chops with only a medium amount of fat and somewhat thicker than usual. After browning the chops on each side in a frying pan, add an onion cut fine and pepper and salt. Cover with water and let simmer on the back of the stove for an hour and a half. Add a little flour to thicken the gravy, and serve. The flour if added while the chops are browning, will be of better flavor.

Pecan Sausages.—Mix together three-fourths of a cupful of hot cooked cream of wheat, one-fourth of a cupful of finely crushed pecan meats, half a teaspoonful each of powdered thyme and sage; mix all thoroughly, then add one egg beaten light and form into shape to resemble link sausages. Place in a pan well greased, and bake twenty minutes. Serve with bananas cut in halves and then in quarters crosswise, rolled in flour and fried on both sides in hot fat. Serve with a cupful of tomato or cream sauce.

We must fight our way onward. We must be brave. There are obstacles to be met and we must meet and crush them.—"David Copperfield."

### HOW TO PREPARE RICE.

The black man's recipe to dress rice runs: "Wash him well, much wash in cold water; the rice flour make him stick. Water boil already fast. Throw him in; rice can't burn, water shake him too much. Boil quarter of an hour or little more; rub one rice in thumb and finger; if all rub away, him quite done. Put rice in collander, hot water run away; pour cupful of cold water on him, put back rice in saucepan, keep him covered near the fire, then rice all ready. Eat him up!"—Gertrude Morrison, in American Cookery.

Rice may be used as a substitute for vegetables, as a thickening for soup, an addition to bread sponge, a salad, a main dish, a dessert. These are but a few of the many accomplishments of this dainty food. Wild rice is obtained in abundance in many of our states and those who have been treated to this wholesome cereal like it very much. It is very similar to the tame rice except it is not polished, which leaves the food value (which in the tame rice is polished away) that is so important in the growth and health of the young.

Rice With Meat.—Take two cupfuls of boiled rice, one cupful of chopped fresh meat, browned in a tablespoonful of sweet fat; remove the meat, add a small onion finely minced, a teaspoonful of minced parsley or half of a small green pepper cooked in the same fat. Place a layer of the cooked rice in a baking dish, cover with a layer of the meat, season well, add some of the onion and pepper. Repeat until the rice and meat are used, cover with one cupful of tomato and bake slowly for an hour.

Baked Rice and Codfish.—Take one and one-half cupfuls of well-washed rice, one cupful of water and four cupfuls of milk. Add the water and the milk gradually to the rice while cooking and cook half an hour. Remove from the stove and add one cupful of rich milk, two well-beaten eggs and three cupfuls of shredded codfish, pepper and salt to taste. Bake in a moderate oven forty-five minutes. Serve with drawn butter sauce.

Baked Rice Pudding.—Take one-quarter of a cupful of well-washed rice, one cupful of milk, sugar and nutmeg or cinnamon to taste, one-half cupful or less of raisins. Bake in a slow oven, stirring occasionally during the first hour of baking, for three hours.

Wintersmith's Chill Tonic  
Nellie Maxwell

## SCHOOL GROUNDS TO BE IMPROVED

THE EXTENSION BUREAU HAS ESTABLISHED DIVISION TO DESIGN AND IMPROVE.

### BULLETIN BEING GOTTEN OUT

Text Will Consist of General Advice as to Principles of Planting to Secure Most Desirable Results

In order to promote the beautification of school grounds in North Carolina, the Bureau of Extension at Chapel Hill, has established a new division called the Division of Design and Improvement of School Grounds under the immediate direction of Dr. W. C. Coker, Kenan Professor of Botany and director of the University Arboretum, and Miss Eleanor Hoffman, who will serve as secretary of the division and field worker.

To facilitate its work and to present the program of ground improvements which it contemplates, the division is now preparing an extension bulletin which will contain twenty or more designs for actual and hypothetical school grounds, together with photographs of illustrative plantings from various sources such as the University Arboretum private grounds, mills, community houses, together with a few typical construction designs of arbors, walks, etc., each general design to be accompanied by a planting plan showing the plants to be used.

The text of the bulletin will consist of general advice as to principles of planting so as to secure desirable effects, together with descriptions of trees, shrubs, and flowers recommended for use in the three main sections of the State—east, middle, and west.

### Griffin Quits Commission.

Admitting that he is actively opposing the income tax amendments to the state constitution, but making vigorous denial that he has collected a large sum of money with which to wage the fight, James S. Griffin, confidential clerk to the State Tax Commission, which drew the amendment, issued a statement denouncing as an insult the allegation that the cotton mill industry of the state is financing the opposition to the amendment.

With the announcement of the severance of Mr. Griffin's connection with the tax department, Judge Pell declared that certain correspondence between the retiring confidential clerk and several wealthy interests wherein the former sought contributions to a fund with which to fight the amendment would be given out. One of the letters was received from Winston-Salem.

### Red Cross Nursing Service.

Red Cross nursing service, publicity plans and organization for the fourth roll call were discussed at the final session of the Red Cross conference.

The activities of public health nurse were described by Miss Rosa Ehrenfeld of the State Health Department. The work in North Carolina graphically shown by means of maps. Miss Ehrenfeld stated that of the twenty-five Red Cross public health nurses nineteen were supported by Red Cross chapter funds and four by county funds supplemented by those of the Red Cross.

### \$1.02 Tax on \$107,000.

Because he realizes that an investment of \$107,000 that in 1919 yielded an income of \$8,000 should pay more than \$1.02 in taxes for all purposes, Mr. A. B. Andrews, of Raleigh, is an ardent advocate of the income tax amendment to the state constitution which, if adopted, would draw from the \$8,000 income tax of possibly \$126.

### Governor Names Delegates.

The Governor has named quite a large number of delegates to attend the 40th annual session of the Farmers' National Congress to be held in Columbus, Ohio, November 16-19.

### Declaration Contest.

The annual interscholastic declamation contest at Trinity College in which representatives of various high schools in North Carolina and South Carolina and Virginia will participate will be held November 25, according to announcement by 9619 officials who have the event in charge.

The custom of an annual high school declamation contest was originated here in 1910 by 9019, a local scholarship and patriotic organization, and has been a marked success from its inception.

### Warm Weather Helps.

Washington, D. C.—In view of the lateness of the cotton crop, the continued warm weather in the more Northeastern districts of the belt has been favorable, and the plants are now mostly matured, according to the Department of Agriculture's weekly national weather and crop bulletin. Cotton was nearly all gathered during the week in Mississippi, Alabama and Georgia except in the northern portions, and harvest is approaching completion in the coastal plains of South Carolina.

### Big Highway Contracts.

The approximate total cost of 41 projects under construction, including 116 1-2 miles of hard surfaced highways, amounts to \$7,580,434.85, according to a statement just issued by the State Highway Commission.

Included in this outlay there are 22 contracts for hard-surfaced roads, a total of 116 1-2 miles, 38 gravel roads representing 376 1-2 miles and one concrete bridge which will be erected at an expenditure of \$50,798.

Work already completed since the commission's last report totals \$769,297.60. Fifteen separate projects are included in this outlay of money or a total of 73.42 miles of gravel and hard-surfaced highways. Under contract at this time are 13 projects which will cost approximately \$1,266,184.86.

The commission points out that during the past month a new standard has been set by awarding contracts for highway and bridge construction amounting to more than one million dollars, including three projects which were let on September 1, contracts for ten projects embracing nearly 92 miles of topsoil or gravel highway, located in ten counties were awarded during the month of August. These represent an expenditure of \$800,207.62 including the usual 10 per cent added for engineering and contingencies. Two contracts for the construction of bridges only were also awarded during the month at a total cost \$221,650.17.

### Phone Rents May Rise.

The state corporation commission announces that petitions for increase in rates have been filed by the Asheville Telephone and Telegraph company and the Southern Bell Telephone and Telegraph company. It is said that the application of the Southern Bell will include application for increase in rates at all points in the state where their lines are operated, although this was not confirmed by the commission. The increase asked for will be approximately 20 per cent, it is thought.

Petitions have also been filed with the commission for increases in street railway rates from the Asheville Power and Light company and the Carolina Power and Light company. The hearings will be held at a date to be set by the commission.

### Woman President of Fair.

Mrs. George W. Vanderbilt, of Biltmore, and New York, has been elected president of the North Carolina state fair, the election taking place at the annual meeting of the North Carolina Agricultural society, the organization which fosters the fair. Col. Joseph E. Pogue was re-elected secretary and C. B. Denson treasurer.

Mrs. Vanderbilt is the first woman to be elected to the office. She was put in nomination by Gen. J. S. Carr, the retiring president, who stated that she would accept the place. General Carr, who had declined reelection was elected active vice-president and assistant to the president.

### All Candidates Agreed.

Among all the candidates for State and National office in North Carolina, who have expressed their views on the Volstead prohibition act to Superintendent R. L. Davis, of the Anti-Saloon League, not one has evinced any opposition, and all of them declare themselves heartily in favor of its retention and enforcement. Statements from several Congressional and Senatorial candidates were given out by Mr. Davis.

### The State Ball Big Affair.

The annual State Fair Ball at the City Auditorium was one of the most elaborate social functions of the season and brought fair week activities formally to a close. Besides the many couples on the floor dancing, the dress circles were filled with spectators.

The managers for the Ball were Messrs. William Collie, Earl Johnson and William Grimes.

### Assistant Bank Examiners.

Mr. H. L. Newbold, of High Point, and Mr. John Mitchell, of Hertford, have assumed their duties as assistant bank examiners under appointment by the State Corporation. Mr. Newbold formerly held such a position with the Commission, and has since been vice-president of the Bank of Commerce of High Point.

### Counsel General at Zurich.

Washington.—George H. Murphy, of North Carolina, now in the consular service at Cape Town, has been assigned consular general at Zurich.

### Farmer Delegates Appointed.

Governor Bickett has appointed delegates to represent North Carolina at the 40th annual session of the Farmers' National Congress which will be held in Columbus, Ohio, on November 16-19.

The list is notable in that the name of Dr. H. Q. Alexander, of Matthews, Mecklenburg county, is not included. This is the first time in many years that Dr. Alexander's name has not been on the list of delegates to the farmers' congress.

### Call to Council Meeting.

The call to the council meeting has been issued by the corresponding secretary, Mrs. Hugh A. Murrill of Charlotte and follows in part: "The council of the North Carolina Federation of Women's clubs has been called by the president, Mrs. Charles C. Hook, to meet in Henderson November 3 to 5, the opening session to be held on Wednesday evening. This meeting will afford an excellent opportunity for the club women to get in touch with each other, and with the work of the Federation."

# WRIGLEYS

5¢ a package before the war

5¢ a package during the war

5¢ a package NOW

The Flavor Lasts So Does the Price!



FOR THE BEST TABLES  
**MAXWELL HOUSE COFFEE**  
"GOOD TO THE LAST DROP"  
SEALED TINS AT GROCERS

If a man is unusually polite a woman is apt to be suspicious of him.

Even there! Spirit—Where in my mansion in the sky? St. Peter—Sorry, but the spirit in it refuses to move out.

A Lady of Distinction is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Adv.

One dose of Dr. Perry's "Dead Shot" expels Worms or Tapeworms. Its action upon the Stomach and Bowels is beneficial. No second dose or after purgative necessary.—Adv.

To produce a diamond in the rough costs approximately \$7 a karat.

His Style. "Does he sing con amore?" "No; he sings ragtime."—Baltimore American.

## Another Royal Suggestion DOUGHNUTS and CRULLERS

From the NEW ROYAL COOK BOOK

DOUGHNUTS! There is nothing more wholesome and delightful than doughnuts or crullers rightly made.

**Doughnuts**  
3 tablespoons shortening  
1/2 cup sugar  
2 eggs  
1/2 cup milk  
1 teaspoon nutmeg  
1 teaspoon salt  
2 cups flour  
4 teaspoons Royal Baking Powder  
Cream shortening; add sugar and well-beaten eggs; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about 1/4-inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 90 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

**Crullers**  
4 tablespoons shortening  
1 cup sugar  
2 eggs  
3 cups flour  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1 teaspoon Royal Baking Powder  
1/2 cup milk  
Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about 1/4-inch thick and cut into strips about 4 inches long and 1/2-inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

# ROYAL BAKING POWDER

Absolutely Pure  
Made from Cream of Tartar, derived from grapes.

### FREE

New Royal Cook Book containing these and scores of other delightful recipes. Write for it TODAY.  
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