

PE-RU-NA

FOR STOMACH CATARRH

Few, if any, remedies can equal the value of Pe-ru-na for catarrh of the stomach.

At this season it is estimated that every third person is more or less troubled with this form of catarrh.

BE READY

Have the Proper Medicine in the House. Sold Everywhere



Tablets or Liquid

WINTERSMITH'S GILL TONIC

SOLD 50 YEARS A FINE GENERAL TONIC

Guinea Pig's History

When the Spaniards first invaded the Andean region of South America the guinea pig was found domesticated and living in large numbers in the houses of the Indians, by whom it was used for food. The cavy was carried to Europe by Dutch traders during the sixteenth century. Since then it has been kept in the Old world and in North America chiefly as a pet, and until recently has been generally regarded as an animal of little practical utility. The name pig is readily suggested by its form, but the origin of "guinea" as applied to it is unknown, but may be a corruption of "Guiana pig."

Map Long in Making

The immense topographical map of the United States that has been under preparation and construction for 26 years, will not be complete until 1945.

Back Giving Out

Weak, tired—utterly miserable these summer days? Morning, noon, night, that throbbing backache; those stabbing pains? Feel years older than you are? Too often sluggish kidneys are to blame. Once they fall behind in filtering off impurities, blood and nerves are upset. It's little wonder, then, you have constant backache, dizziness, rheumatic pains. Don't risk neglect. If your kidneys are sluggish, use Doan's Pills. Doan's have helped thousands—are used the world over. Ask your neighbor!

A South Carolina Case

S. C. Richardson, merchant, 1001 Main St., Conway, S. C., says: "Constant standing caused my back to become lame and weak. I had a dull, throbbing ache in my back. I was nervous and irritable. My kidneys were in bad condition. I began taking Doan's Pills and one box cured me."

DOAN'S PILLS

STIMULANT DIURETIC TO THE KIDNEYS
Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

Cuticura Toilet Trio

Send for Samples To Cuticura Laboratories, Dept. M, Malden, Mass.

Disgrace to Profession

A chorus girl who had just returned from a tour with a road company dropped into the dressing room of some of her friends to learn the latest.

"Where's Gwendolyn, girls?" she asked. "Did she finally promise to love, honor and obey?" "Not only that!" snorted one of the others disgustedly. "Why, the little sap's actually doing it!"—American Legion Weekly.

Sure Relief FOR INDIGESTION

BELL'S Hot water Sure Relief
6 BELL'S Hot water Sure Relief
25¢ AND 75¢ PACKAGES EVERYWHERE

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

HEALTH FIRST

ONE of the most valuable movements of recent times has been the "Safety First" campaign. It was unheard of 20 years ago. People were killed or injured on railroads, street cars and steamers. Workmen were killed, maimed, blinded or otherwise injured in factories and machine shops. Everyone said that a certain number of accidents were bound to occur; that they couldn't be prevented.

Then some skeptical gentlemen began to look into the matter. They found that there was almost no such thing as an unpreventable accident. Every time any one was hurt, someone was at fault, not knowingly or intentionally, but through carelessness, thoughtlessness, stupidity or ignorance. Then they got the big corporations and the large employers of labor interested. They showed them that accidents were not only largely preventable but also that they were very expensive, both to the men who were hurt and to the firms they worked for. In a word, they showed that accidents were pure waste. And waste is just waste. It's time and money and energy and life thrown away. It never does anybody any good and it does everybody harm.

So they started the National Safety Council and took as their war cry in their battle against unnecessary accidents—"Safety First." Today you'll see that sign everywhere, on railroad trains, in factories and shops, even on the little stool the pullman porter sets out for you to step on. Industrial accidents have been greatly reduced as a result, though the steadily increasing number of automobile accidents is more than making up for this reduction. If Safety First, why not Health First? A man is just as dead if he dies of typhoid fever as he is if he is struck by a train. A child who dies of diphtheria is just as dead as one run over by an automobile. And typhoid and diphtheria are more easily prevented than train or automobile accidents.

Most disease is due to carelessness, thoughtlessness or ignorance. We eat too much and then wonder why so many of us die from apoplexy. We run for street cars and trains and can't understand why our middle-aged friends die of heart failure. We overwork our bodies and then bewail the fact that so many of us die from Bright's disease. We expose ourselves to infection and think it strange that we have influenza and pneumonia.

Most disease is due to someone's ignorance or carelessness. Learn how to live, be more careful and so live longer and happier lives. It's worth trying, anyhow.

GETTING NEXT TO NATURE

GETTING next to nature is the present-day fad, especially during the summer months. This is all right but for those who are going out into the woods and fields, it is also desirable for those to "get next" to nature for their own protection.

For there are dangers in the fields and woods, as there are in the crowded city streets and the tenderfoot who picks some pretty little white berries may regret his enthusiasm as much as does the city girl who tries to pet the "lovely little black-and-white kitty" she meets in the woods.

There are three common and poisonous plants which every one going on a vacation or even to picnics ought to know. They are the poison ivy, the poison oak and the poison sumac. While it is well to know how to treat ivy poisoning, it is far better to learn to recognize these poisonous plants and to stay away from them.

Poison ivy is by far the most common. It is usually found in patches, either close to the ground or growing about one foot high. It has broad, pointed, bright green leaves which always grow in clusters of three. It has greenish-white berries.

Poison oak is a shrub with oval, pointed leaves in clusters of seven to thirteen. Its berries are greenish-white. Poison sumac grows on swampy ground, so that, although it is the most poisonous of the three, it is not so dangerous, as it is harder to get to. Sumac is a bush from three to five feet high. Its bright green leaves grow in clusters of from seven to thirteen. Its berries, like the poison oak berries are greenish-white.

These characteristics of the three poisonous plants have been put into rhyme. Learn this and follow it and you will be safe from poisons in the woods.

Berries red, do not tread.
Berries white, poisonous sight.
Leaves three, quickly flee.
Poisoning generally results from picking the leaves or breaking the stems and getting the sap on the skin or crushing the berries. Infection is much more apt to follow if the skin is moist, either from bathing or perspiration.

Even with the utmost care, one may unconsciously come in contact with one of these poisonous plants during a stroll or hike through the woods. Keep the hands away from the face. As soon as possible scrub the skin, especially the hands, with strong soap suds. Any kind of soap will do, as soap suds destroys the poison.

The KITCHEN CABINET

(© 1925, Western Newspaper Union.)

Know that no space of regret can make amends for one life's opportunities misused.

True love believes everything, and bears everything; and trusts everything.

DISHES TO TEMPT AND REFRESH

An apple soup is not very common, but is well liked by those who have tried it.

Green Apple Soup.—Chop ten apples without coring or paring and cook in two quarts of water until pulpy. Strain, return to the kettle and thicken with four tablespoonfuls of arrowroot stirred to a paste with four tablespoonfuls of water, and then added to one-half cup of the apple soup, the whole poured into the kettle and stirred until the soup boils. Add a dash of white pepper, and two tablespoonfuls of sugar. Just before serving add the juice of half a lemon and garnish with green lettuce leaves cut in rounds like confetti, scattered over the soup.

Fried Cucumber Rings.—Pare and slice cucumbers and cut out the center and paste with a small vegetable cutter and put them in ice water for an hour; then dry and fry in deep fat like saratoga potatoes.

Southern Summer Squash.—Cut squash in halves and let simmer in water ten minutes. Scrape out the center, leaving the shells thick enough to handle without breaking. Remove the seeds and press all the moisture from the pulp and add to it the following: To enough squash to serve six persons put one cupful of bread or cracker crumbs, one onion, one tomato, minced fine, a little chopped parsley and two cupfuls of cooked chopped ham; add two tablespoonfuls of butter, mix well, season with salt and pepper and add one beaten egg. Cook this mixture ten minutes, stirring constantly; arrange the shells in a baking pan, fill each, sprinkle with crumbs well mixed with melted butter and bake until brown. Serve hot.

Orange Sherbet.—Take one egg, one pint of cream, one quart of milk, the juice and rind of three oranges, the juice and rind of one lemon, and two and one-half cupfuls of sugar. Beat the egg, add the milk and cook until the egg is cooked, add the cream and the fruit juices which have been added to the sugar and combine both mixtures. Freeze as usual.

Household Hints.
Oiled or paraffin papers which wrap foods or line boxes should be saved, as they are useful for wrapping sandwiches, and other foods when packing the picnic or the lunch basket.

Eggs should be kept in a cool dry place as the shells, being porous, will absorb odors.

When boxes or small baskets of fruit come from the market, pour them out on a large dish. They keep much better and any that are decayed will be seen and at once thrown away.

Any leftover corn on the cob added to a potato salad improves it greatly as to flavor and food value.

A busy housewife may, when preparing custard for the family, reserve enough for salad dressing before adding the sugar and flavoring. Add mustard, salt, pepper and vinegar to part of the cooked custard, with sugar and flavoring for the dessert, one cooking making two dishes.

One of the old-fashioned wire tea-pots stands makes the best kind of a trivet to place in a kettle when boiling puddings in a cloth, as it is sufficiently high to keep the pudding from touching the bottom of the kettle.

Add a little salad dressing to cottage cheese; serve on lettuce.

Spiced beef is a dish especially enjoyed in hot weather.

Add a half cupful of shredded blanched almonds to the potato salad. It will make it more nourishing and tasty.

In cooking such succulent vegetables as peas, spinach or greens of any kind, salt should not be added until the cooking is over. A good rule to remember is all "top the ground vegetables" should not be salted until cooked.

Nellie Maxwell

Custard Is Good Standby

Milk, eggs, and sugar are practically always on hand in the well-stocked pantry. These materials, with different flavorings, may be depended upon as the basis of innumerable wholesome, easily-made custard desserts, which have the additional merit of contributing important elements to the day's food. The United States Department of Agriculture points out that much-needed lime is supplied by milk, iron is found in egg-yolks, and both foods are good sources of vitamins.

Custards may be served alone or as sauces for fruits, cakes, or puddings. They may be thickened with eggs only, or part of the thickening may be supplied by bread crumbs, cake, rice, tapioca, sweet potato, pumpkin, sour, cornstarch or gelatin.

FOR HOPE-CHEST LINGERIE; THE SEMI-FORMAL TAILLEUR

SO FAR as lingerie is concerned it appears that all fabrics that are not light, silky and colorful are as far behind the times and as dead as King Tut's wife. Daintiness is so dear to the hearts of women that even gossamer materials, whose chief reason for existence is sheer beauty, find themselves in demand for undergarments.

But it is not likely that they will ever displace the beautiful and more head so cool and level that it is not turned a little by the lure of Paris clothes? If such there be, don't look for her on the big liners as they discharge their more or less expensively clad passengers, returning from Europe. Ladies of great wealth, moving picture stars and buyers of styles, who can afford to cover themselves with glory, step from the gang planks weekly, clad in the work of world-famed French artists. From them



DAINTY MATCHED SET

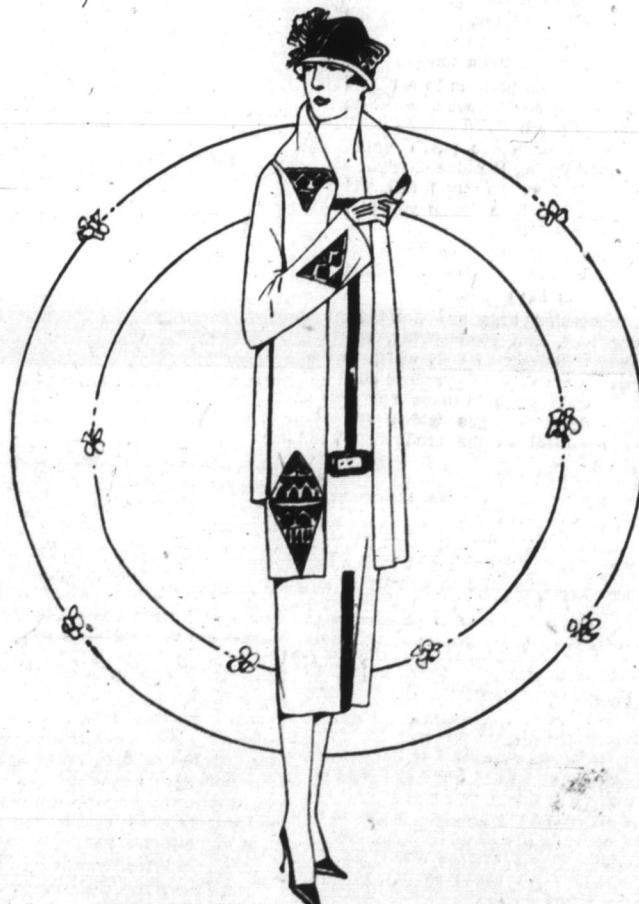
practical silks and silky cottons, that are durable as well as delicate. Nothing is more sturdy than crepe de chine, unless it is fine voile, and this quality makes it worth while to trim garments made of them with fine, wear-resisting laces and to lavish handwork on them. Dainty materials, good laces and handwork—these are the ingredients of confections that glorify and help to fill the hope chest.

Pictured above is a set that will inspire a longing to own one like it, and it is so simply designed that almost any woman can design it. Pink crepe de chine, flat lace, narrow val edging and hand sewing commend this set as pretty "pick-up" work for the ambitious woman, and the materials are to be found everywhere.

The gown is made with straight skirt shirred to a wide band of flat lace, having triangular insets of hand-run tucks. The fashionable, wide shoulder straps are made of the flat lace, which is edged with narrow val lace. Baby ribbon is run in the band along the top, in case it needs adjust-

ment. prophetic details of coming mode may be gathered.

Full Lacy a darling of the gods steps ashore in sports clothes—which seem to pass everywhere—and many another in the semi-formal tailleur—for one is supposed to dress up a bit upon landing, although no one will be criticized who wears a plain, well-tailored suit. When a costume like that sketched above passes by, the camera of the fashion reporter will approvingly click and register some of the high lights of the new mode in tailored suits of the semi-formal type. These and the plain suits are conservative in design, but give a general impression of richness. Fine embroideries, introducing dull gold threads, that give them the appearance of tullesties, point out the path of fashion toward rich effects. Callot uses embroidered triangles on the coat of the handsome suit pictured and shows approval of the high collar and of crepe satin for semi-formal costumes. But crepe-satins and twills are developed in the same way; both are used for tailored suits, and in



A COSTUME FROM PARIS

ing to the figure. The step-in chemise is made in the same way, but has ribbon shoulder straps like the slip; the latter develops a little fullness in the skirt portion. To crown this irreproachable set and make the happiness of its wearer complete, a bandeau of lace, pink ribbon and flowers may be added and quilted pink satin mules for the feet—or others made of ribbon.

Breathes there the woman with colors navy and black are favorites. With these colors in coat and skirt, pastel shades are chosen for blouses, very often enriched with embroidery, but tailored blouses of white crepe-de-chine, accurately tucked have lost no ground. Broadcloth and similar surfaces, in lighter colors, velvet and velveteens are important fabric contributions to the semi-formal mode.

JULIA BOTTOMLEY.
(© 1925, Western Newspaper Union.)

News From School

Alice had learned the story of Columbus at school, and was telling it to her mother.

"An' his ships were named the Nina, the Pinta and—"

"Santa Maria," prompted her mother.

"Yes, and the queen's name was—"

"Isabella," suggested the mother.

"Mother," demanded Alice, with sudden suspicion, "have you ever heard this story before?"—Western Christian Advocate.

Strong and Active at 78.

Hanford's Balsam of Myrrh has healed Cuts, Burns, Bruises and Sores on man and beast during all those years. 3 sizes.—Adv.

See Need for Canal

Much discussion has been revived concerning the making of the Tiber river navigable from the Mediterranean as far as Rome, at least, for freight barges and small tugs. Proponents of the plan argue that the growing population of the capital is beginning to tax the railroads beyond their capacity to bring food and other supplies.

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

Her Interest

Dora—There goes Flossie. They say she's engaged to young Nelson. I wonder what the outcome will be? Daphne—It's not the outcome she's interested in; it's the income!—London Tit-Bits.

CALIFORNIA FIG SYRUP IS CHILD'S BEST LAXATIVE



MOTHER! When baby is constipated, has wind-colic, feverish breath, coated-tongue, or diarrhea, a half-teaspoonful of genuine "California Fig Syrup" promptly moves the poisons, gases, bile, souring food and waste right out. Never cramps or overacts. Babies love its delicious taste.

Ask your druggist for genuine "California Fig Syrup" which has full directions for infants in arms, and children of all ages, plainly printed on bottle. Always say "California" or you may get an imitation fig syrup.

U. S. Now Exports Snakes
Snakes are being sent from this country to South America for the purpose of extracting the poison, which is to be used in serum for treating snake bites.

Quick Safe Relief CORNS

In one minute—or less—the pain ends. Dr. Scholl's Zino-pad is the safe, sure, healing treatment for corns. At drug and shoe stores.

Dr Scholl's Zino-pads

Put one on—the pain is gone

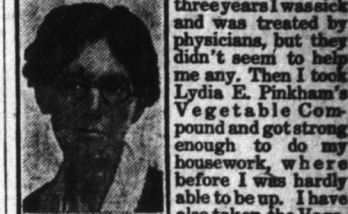
Any Time

"Maud went to an astrologer to find out when was the best time to get married."
"What did he tell her?"
"He took one look at her, and told her to grab the first chance."—Boston Transcript.

SICK 3 YEARS WITHOUT RELIEF

Finally Found Health by Taking Lydia E. Pinkham's Vegetable Compound

Columbia, S. C.—"Your medicine has done me so much good that I feel like I owe my life to it. For three years I was sick and was treated by physicians, but they didn't seem to help me any. Then I took Lydia E. Pinkham's Vegetable Compound and got strong enough to do my housework, where before I was hardly able to be up. I have also taken the Vegetable Compound during the Change of Life and it has left me in good health. I recommend it as the best medicine for women in the Change of Life and you can use these facts as a testimonial."—Mrs. S. A. HOLLEY, R. F. D. No. 4, Columbia, South Carolina.



Why suffer for years with backache, nervousness, painful times and other ailments common to women from early life to middle age, when Lydia E. Pinkham's Vegetable Compound will bring relief? Take it when annoying symptoms first appear and avoid years of suffering.

In a recent country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 200,000 replies were received, and 98 out of every 100 reported they were benefited by its use.

Always

A safe and soothing remedy for cuts, burns, or skin troubles. Protects, relieves and heals. Take internally for coughs and sore throats.

Vaseline

PETROLEUM JELLY
Chesebrough Mfg. Co., Con'd. State St. New York



Resinol

For prompt and lasting relief from eczema doctors prescribe Resinol. It soothes as it heals.

Green's August Flower

for Constipation, Indigestion and Torpid Liver
Successful for 60 years.
20c and 50c bottles.
ALL DRUGGISTS

BOILS

There's quick, positive relief in CARBOIL
GENEROUS 50¢ BOX
At all Druggists—Money-Back Guarantee

WANTED Young Men to Learn the BARBER TRADE
Best college in the South. Job awaiting our graduates.
Charlotte Barber College, Charlotte, N. C.
W. N. U., CHARLOTTE, NO. 32-1925.
It doesn't require a great deal of inventive genius for a man to make a fool of himself.



SAY "BAYER ASPIRIN" and INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years.

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacturers of Monrovia, Germany.