

## SARGON SAVED HIS LIFE, SAYS BROWN

"A little less than 2 months ago I decided to take the Sargon treatment and I honestly believe that decision saved my life.



W. O. BROWN

"I suffered so much with indigestion I wasn't able to eat anything much but rice and milk and even this disagreed with me. I was subject to sick headaches and an awful pain in my right side and stubborn constipation, and kept steadily going down hill in spite of the fact that I took enough medicine to fill a basket with empty bottles. When I started Sargon I was flat on my back in bed and had been there for 2 months. Five bottles of Sargon made me as strong and well as I was 10 years ago! I eat hearty meals, indigestion is over, I've gained 21 pounds, sleep good and feel good all the time. Sargon Pills completely overcame my constipation and the pain in my side and headaches have entirely disappeared."—W. O. Brown, Brown Pottery Co., Arden, N. C.

C. R. Pilkington, Pittsboro; Wiggins Drug Stores, Inc., Siler City, Agents. —Adv.

### RECIPE FOR CARP

Skin the carp instead of scaling it. With a sharp knife cut out the red streak of meat along both sides of the fish. Then lay it on a soft pine board and bake in a hot oven until the carp is quite crisp. Then throw the carp away and eat the board.—The Pathfinder.

### LIGHT TALK

Irate voice over telephone, after arguing with freight rate clerk (any office): "Well, then give me the rate on a flat car load of duck feathers, loose!"

For a man in a great position one enemy is too much, and a hundred friends too few.—Italian proverb.

## Lamb Recipes

### THE LESS TENDER CUTS OF LAMB

The shoulder cuts of lamb are a particularly juicy and sweet piece of meat. They have, however, well developed muscle tissue and therefore in order to bring out every bit of goodness, it is necessary to cook the meat for a long time at a low temperature. The best methods for cooking are pot roasting, braising or steam roasting. A tempting dish "Braised Lamb en Casserole," is one I am sure you will all enjoy. Here it is:

### BRAISED LAMB EN CASSEROLE

1 pound neck or shoulder chops of lamb  
 1/2 cup tomato  
 1/2 slice onion  
 1 tablespoon flour  
 1 tablespoon bacon drippings or fat  
 1/2 cup water  
 Salt and pepper to taste  
 Brown the meat on both sides, add the vegetables and make a gravy with the hot water and a little fat. Place the meat in a covered baking dish, cover lightly and bake slowly until the meat is very tender.

Another particularly tempting way to use the shoulder cut is to stuff the shoulder of lamb. I like this dish especially well when I am entertaining a number of guests and want a piece of meat that will be inexpensive yet tempting.

### STUFFED SHOULDER OF LAMB

Remove bones from a six to eight pound shoulder of lamb. Peel or cut off the outer skin from the fat side of the meat. This skin gives the meat its strong woolly flavor. Rub with a bit of garlic. Season with salt and pepper allowing three-fourth teaspoon salt and one-eighth teaspoon pepper for each pound of meat. Fill space where bone was removed with a moist bread dressing. Roll carefully and tie. Place in a roaster. Lay strips of bacon over the top. Add two to three cups of boiling water. Cover and let the whole simmer gently and steam for an hour to make it tender and delicately browned. Use the liquid remaining for gravy. Serve with mint jelly, asparagus tips or caper sauce.

The breast has any number of possibilities, a pocket may be cut between the outer skin and the bone. The meat should be rubbed with salt and pepper, allowing 3/4 teaspoon salt and 1/2 teaspoon pepper for each pound of meat. Fill the pocket with a tempting bread dressing, then sew or skewer and steam roast. By steam roasting, I mean placing the meat in what we usually term the covered roaster, adding 1/2 to 1 cup water, depending upon the size and shape of the roaster; then cover the pan and place it in a 325 degree F. or slow oven. Let the meat roast slowly for 2 1/2 hours. As the water evaporates, more water should be added. There should be sufficient water to

cover the bottom of the pan. About one-half hour before the meat is ready for serving, remove the cover, add the onion chopped fine and one-half green pepper diced. Continue cooking uncovered until the meat is brown and the onion cooked. Then make a gravy, adding a little browned flour, salt and pepper to season.

### COME OVER TO SEE OUR LIZARD

Before long your friends may be asking you to "come over and see our lizard." For raising lizards as house pets is expected and predicted to be the next fad in America. You may shudder at the thought of having a little lizard in your home—but that's the newest fad. Already these lizards are being imported by firms dealing in pets, such as goldfish, canaries, rabbits, dogs, cats, etc. They are kept in bowls like goldfish. However, they are not as beautiful as the imported Japanese and Chinese goldfish.—The Pathfinder.

### Speech Defects

Stammering and other speech defects may be caused by malformations of the palate, tongue, etc. Various speech defects may be symptoms of a functional nerve disorder.

### How Farmers Can Go Broke

The Agricultural College of the University of Tennessee suggests these ten ways for a man to go broke farming.

1. Grow only one crop.
2. Keep no livestock.
3. Regard chickens and gardens as nuisances.
4. Take everything from the soil and return nothing.
5. Don't stop gullies or grow cover crops—let the topsoil wash away.
6. Don't plan farm operations. It's hard work thinking—trust to luck.
7. Regard your woodland as you would a coal mine; cut every tree, sell the timber and wear out the cleared land cultivating it in the same crop year after year.
8. Hold fast to the idea that the methods of farming employed by your grandfather are good enough for you.
9. Be independent—don't join with your neighbors in any form of cooperation.
10. Mortgage your farm for every dollar it will stand to buy things you would have cash to pay for if you followed a good system of farming.

Cheat me in the price but not in the goods.—English proverb.

### THE CATCH IN IT

(Greensboro Daily News)

There was discussion a few days ago about the preparation for the consideration of the universal draft act and the suggestion that its passage, if Congress ever gets around to it, would be a test of the sincerity of those who complain of the paramounting of property rights over human rights; and it was suggested that organized labor would have opportunity to show in its support of that bill whether it would uphold the concrete proposition as it has stood for the theory. It falls out that the resolution providing for the appointment of the commission to study the measure was amended to stipulate that the commission "should not consider and should not report upon the advisability of conscripting labor." So organized labor takes itself out before the measure is even under way. The boys in the trenches never did get over the resentment of the government war time wage scale and the wage scales in private employment on account of the war, while they were compelled to take chance with death and physical wreck for modest pay. Labor will say that it stands for the principle of human rights against property rights and will no doubt support the drafting

of property—money and other things of value—for war purposes. But no measure like that can succeed, if it is to succeed at all, unless it goes all the way; and one of its chief purposes is defeated if the labor necessary for war purposes may not be drafted along with money and fighting men. It will always be necessary to draft the fighting men in any war of consequence, and it is the only fair method. In the matter of justice it is right to draft everything necessary for war purposes. But if labor escapes—and it has made a big start by having sufficient influence to instruct the commission which is to prepare the bill that labor draft isn't to be considered—then property will escape. The boys in the trenches will remain in the trenches as they were, while greed and selfishness profit in their suffering and death.

### FOOD ADULTERATION COMMON

Sand in flour, iron filings in tea, wood splinters in sweets, talc in rice and foreign fats in butter are a few of the disclosures concerning adulteration of food found in England. A British Ministry of Health report stated that out of some 120,000 samples of food products analyzed as many as 7,500 were not up to standard.—Pathfinder.

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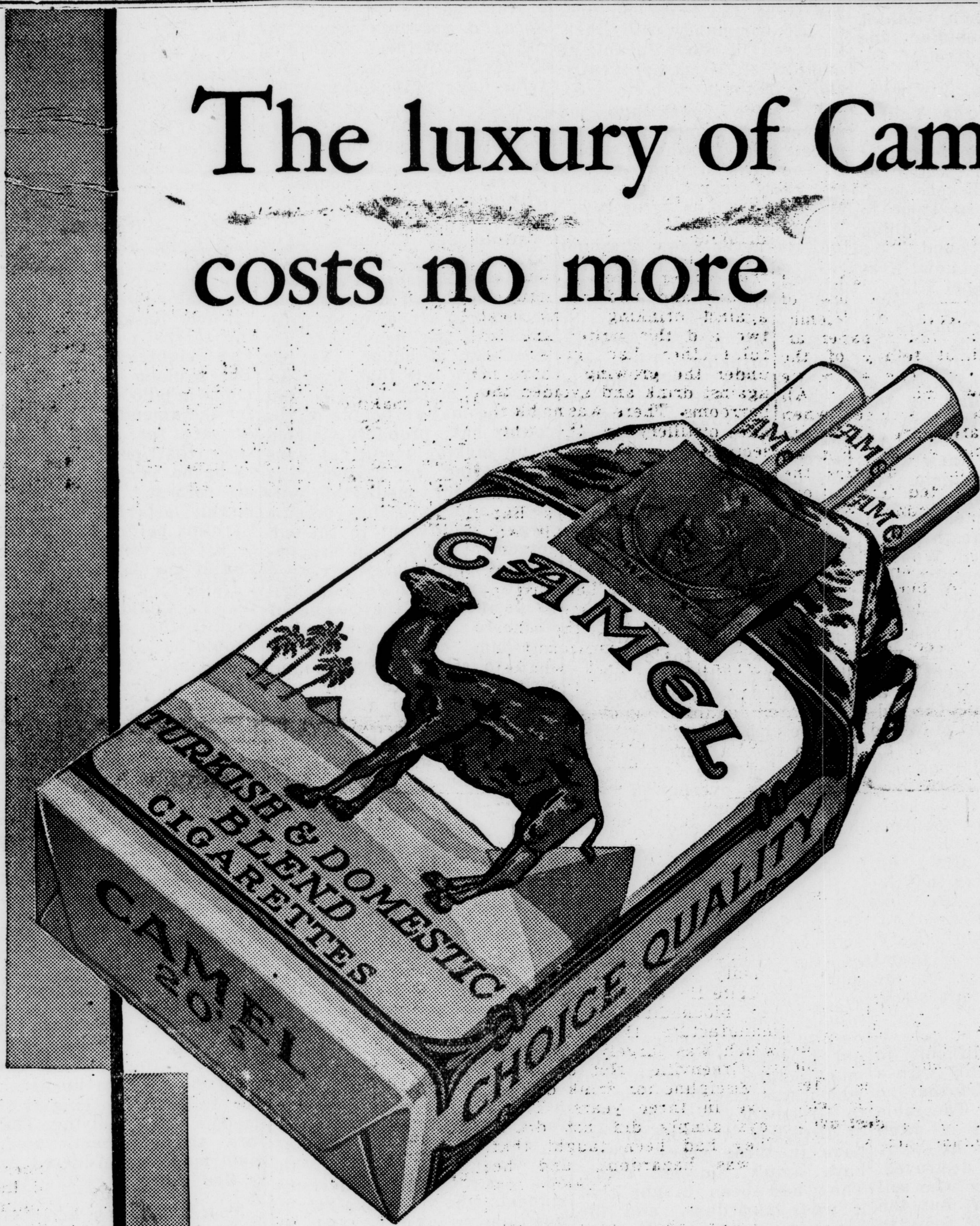
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