



**Take Measures**

TAKE measures to improve your cooking with the following table of cans by cupfuls. A measuring cup is a magician when you treat him right. He is all of the difference between the perfect dish, and the so-so—or even the failure.

To make the best use of canned foods—both from the standpoint of taste, and of thrift—clip this useful little table:

**CANS BY CUPFULS**

SIZE CAN	AMOUNT CONTAINED
No. 1 1 1/2 cups	<ul style="list-style-type: none"> <li>Meats</li> <li>Spinach (choice grade)</li> <li>Peas (choice grade)</li> <li>Corn (choice grade)</li> <li>String Beans (choice grade)</li> </ul>
No. 2 2 1/2 cups	<ul style="list-style-type: none"> <li>Vegetables</li> <li>Fruits</li> </ul>
No. 2 1/2 3 1/2 cups	Fruits
No. 3 4 cups	<ul style="list-style-type: none"> <li>Some Fruits</li> <li>Sweet Potatoes</li> <li>Pumpkin</li> <li>Tomatoes</li> </ul>
No. 5 7 cups	<ul style="list-style-type: none"> <li>Jams</li> <li>Preserves</li> <li>Conserves</li> </ul>
No. 10 13 cups	<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables*</li> </ul>

**Doctors Know!**

... and they use **liquid laxatives**

You'd use a liquid, too, if you know how much better it makes you feel. A liquid laxative can always be taken in the right amount. You can gradually reduce the dose. Reduced dosage is the secret of real and safe relief from constipation.

Just ask your own doctor about this. Ask your druggist how popular liquid laxatives have become. The right liquid laxative gives the right kind of help—and the right amount of help. When the dose is repeated, instead of more each time, you take less. Until the bowels are moving regularly and thoroughly without aid.

People who have experienced this comfort, never return to any form of help that can't be regulated! The liquid laxative generally used is Dr. Caldwell's Syrup Pepsin. It contains senna and cascara, and these are natural laxatives that form no habit. It relieves a condition of biliousness or sluggishness without upset.

To relieve your occasional upsets safely and comfortably, try Syrup Pepsin. The druggist has it.



**POLITE CAFE**

If you come to Winston-Salem we invite you to eat at the New POLITE CAFE, 114 W. 4th St. Quick service and best quality. Also Try Our, "Old Home Made" candies.

25c & 35c Square Dinners

**POLITE CAFE**

114 W. 4th St.

WINSTON-SALEM, N. C.

**Obituary**

Martha Victoria Simmons daughter of the late Wm. and Sarah Smith Simmons. Born Oct. 31, 1870 died Feb. 21, 1935, aged 64 years 4 months 20 days. She was married to Osa Smith May 11, 1887. To this union was born 13 children. Three preceeded her in death. Leaving a husband and 10 children. Four daughters: Mrs. R. C. Smith, Pilot Mt.; Mrs. Robt. Wilson, Meadows; Mrs. Watt Wilson, Pinnacle; Mrs. Raleigh Hicks, Madison. 6 Sons: Dennis Smith, Lawsonville; Raleigh, Cero and Robt. Danbury; Sam and Ed, Meadows. Two sisters: Mrs. Alex Southern, Meadows; and Mrs. L. F. Campbell, Belew Creek. Four brothers: T. S. Simmons, Richmond Co.; R. W. Simmons, Lawsonville; L. S. and G. M., Winston-Salem. Forty seven grand children and a lot of relatives and friends.

She was converted and joined the Presbyterian church at Dan River in early life and kept her faith until death. She suffered a stroke of paralysis some four years ago that left her in a very weak condition, about four days before death she suffered a second stroke of which she fell into a deep sleep and never awakened, passed peacefully away. She was laid to rest at the family grave yard near the home.

Elders Watt Tuttle and Priddy conducting burial services.

A chair is empty now  
Mother we loved is dead  
We trust she's where the  
Savior is  
Where no farewell is said.

The golden gates were opened  
A gentle voice said come  
And with farewell unspoken  
She calmly entered home.

WRITTEN BY HER SON.

To my patrons of Danbury and Stokes County I hereby wish to announce that I was this week exonerated of the charge of driving an automobile under the influence of intoxicated liquor by Forsyth Superior Court.

Signed:

D. H. MARTIN

Solicitor Zinzendorf Laundry.

**\$446.00 Net Per Acre with**

**Royster**

**FIELD TESTED TOBACCO FERTILIZERS**

If a tobacco farmer expects to make money under the allotment plan, he must make quality tobacco. You can sell only so many pounds of tobacco, and that is why it must have the color, texture and weight that brings top prices on the warehouse floor.

Royster's Tobacco Fertilizer will give you the quality you want. Here is the proof:

On four acres where J. S. Lanier, of Rocky Mount, N. C., used Royster Tobacco Fertilizer the past season, he made and sold 1,068 pounds to the acre, for an average price of \$446.50 net per acre. Isn't this the kind of fertilizer you want under your tobacco?

For fifty years Royster has made a specialty of tobacco plant food, and more Royster Tobacco Fertilizer is used every year than any other brand. See your Royster agent and let him know how many tons you will need.



F. S. ROYSTER GUANO COMPANY, NORFOLK, VIRGINIA



**Try Faster Way to Relieve Your Colds**

Medical Discovery Bringing Almost Instant Relief to Millions



Take 2 BAYER Aspirin Tablets. Make sure you get the BAYER that you ask for.



Drink a full glass of water. Repeat treatment in 2 hours.



If throat is sore, crush and stir 3 BAYER Aspirin Tablets in a third of a glass of water. Gargle twice. This eases throat soreness almost instantly.

**REMEMBER DIRECTIONS**

The simple method pictured here is the way many doctors now treat colds and the aches and pains colds bring with them!

It is recognized as a safe, sure, QUICK way. For it will relieve an ordinary cold almost as fast as you caught it.

Ask your doctor about this. And when you buy, be sure that you get the real BAYER Aspirin Tablets. They dissolve (disintegrate) almost instantly. And thus work almost instantly when you take them. And for a gargle, Genuine Bayer Aspirin Tablets disintegrate with speed and completeness, leaving no irritating particles or grittiness.

BAYER Aspirin prices have been decisively reduced on all sizes, so there's no point now in accepting other than the real Bayer article you want.



PRICES on Genuine Bayer Aspirin Radically Reduced on All Sizes

**Proof Of The Pudding**

WE are all familiar with the old adage, "the proof of the pudding lies in the eating." And in this connection don't forget that many an otherwise good pudding is proved unworthy by the lack of a suitable sauce.

Desserts of all kinds containing fruits should be served with fruit sauces, with the exception of custards when a highly spiced sauce may be used. Liquid sauce should be served with steamed or baked puddings; and here is a most delectable recipe for such a sauce:

**Pineapple Sauce**

- 2 cups Hawaiian pineapple juice
- 5 tablespoons granulated sugar
- Juice of 1 lemon
- 2 teaspoons cornstarch

Boil the pineapple juice with a piece of lemon rind, and in another pan melt the sugar to a golden brown color, then add the pineapple juice, and boil for a few minutes. Dissolve cornstarch with a little cold water and pour into sauce to thicken, boil for five minutes and remove from fire. Add lemon juice, then strain. This may be served hot or cold with puddings or fritters.

In preparing this sauce do not make the error of using the sweet syrup in which sliced pineapple is packed. The reference is to the natural, unsweetened juice of the luscious sun-ripened Hawaiian fruit which is now available everywhere in tins of convenient sizes.

And if you want a man's idea of what a good pudding should be, here is the favorite of Carl Brisson, Paramount star, whose newest pic-



No melancholy Dane is Carl Brisson, Paramount star, when he tucks away a Danish Apple Pudding with a special pineapple sauce.

ture, "All the King's Horses," has just been released.

**Danish Apple Pudding**

Pare and slice six large apples. Sweeten to taste and bake until tender. Place layer of apples in bottom of glass dish. Spread with strawberry or raspberry jelly. Place remaining apples on top of this. Soave with pineapple sauce described above.

Simple, isn't it? But really delicious. It's good hot or cold.

**BILLY'S UNCLE**

