

DR. N. ROSENSTEIN  
OPTOMETRIST  
DURHAM, N. C.

Optical Store Opposite Postoffice Main St.

**McGraw** gives His rules for keeping in Trim

Nothing Like Tanlac To Put A Man back In Shape When He Gets Run Down, He States—Has Used It for Years.

"For four years Tanlac has kept me in the pink of condition as I take a few doses of it every time I feel a little run down and it always builds me up again," said Wm. A. McGraw, 207 Beach Place, Tampa Fla.

"I began taking Tanlac first about four years ago when I was in a very bad state of health and had been run down for several years. I was always taking laxatives, too, but I believe they did me more harm than good."

"Tanlac made me feel like a brand new man in a very short time and I have never had a return of any of my old troubles. The reason of this I am firmly convinced is that I always have Tanlac handy and take a few doses every time I feel a bit under the weather."

Tanlac is sold by all good druggists.

**PUBLIC TRANSFER.**

When you want hauling of any kind call on me, I am in position to do it. I have just put on a two-Ton Truck for public transfer. I solicit your business.

Day phone 85. Night phone 126.  
**JACK BARNETTE**  
219th

**DEMONSTRATION AGENTS TEACH PUPILS HOW TO PREPARE LUNCH**



Hot Lunch Being Served in Country School Room.

(Prepared by the United States Department of Agriculture.)

The hot lunch, served at school, particularly the cup of hot cocoa, milk or soup, has long been a project fostered by home-demonstration agents of the United States Department of Agriculture and the state agricultural colleges. A more delicate matter is the improvement of the lunches which the children bring to school. The principal of the Anderson grammar school, in Shasta county, California, observed that many of her children brought their lunches wrapped in newspaper. She asked the home demonstration agent to show the pupils how to put up a basket lunch and, incidentally, what to put in it.

**Different Lunches.**

The school was divided into two groups, and a demonstration given before each group in one of the class-

rooms. Different styles of lunch boxes were exhibited. During the demonstration a box was packed with sandwiches wrapped in waxed paper. A discussion of foods suitable for the school lunch proved particularly interesting to the older children, more than half of whom prepared their own lunches before leaving home.

**Appearances Improve.**

Since the demonstration a large number of children are bringing milk to school in bottles and there is a marked improvement in the appearance and the contents of the lunch boxes. When air-tight tin boxes are used, such as the tobacco tin, which is a popular type of box in this particular school, the children are taught to clean them thoroughly, enamel them white, possibly decorating them in their art lessons, and to push air holes in the bottoms of the boxes.

**DELICIOUS RHUBARB PIE IN ALL SEASONS**

Home Canning Has Made This Condition a Possibility.

Canned Product Makes Very Welcome Addition to More Expensive Fruits Which Come Later—Directions for Canning.

(Prepared by the United States Department of Agriculture.)

With its tender, ruby crust and its filling that is at once acid and sweet, rhubarb pie excels the rhubarb, the only regret of its lovers is that, like many other good things, its season is too short. Since the advent of home canning this has been changed, and rhubarb pie, neatly, if not altogether as good as that made from the fresh stalks, can now be had all the year round.

In addition to its use for pies, pudding and sauce, canned rhubarb makes a very welcome addition to the more expensive fruits which come later. Many of these, like strawberries and raspberries, with their very mild flavor, are improved by the acid tang of rhubarb. Some of the conserves also call for its use.

To can rhubarb successfully, the United States Department of Agriculture gives the following directions:

Select young, tender rhubarb and cut into either two-inch pieces or into lengths to fit the jar when placed vertically. Pack in freshly boiled jars in vertical rows. Cover with boiling water, use boiled rubbers and caps, and seal at once. Process jars in a hot water bath for 30 minutes. If a steam-pressure canner is used, process from 10 to 15 minutes under five pounds pressure. Seal glass jars and remove from the canner. Invert while they are cooling and watch carefully for leaks. When cool, store in a dark, dry, cool place.

As rhubarb contains much water, a more economical product may be secured by canning rhubarb sauce. Cut the rhubarb into inch lengths and steam until tender. For each quart of sauce add one-half cupful of sugar. Pack hot in a sealed jar and process 20 minutes in water bath and ten minutes in steam-pressure cooker under five-pounds pressure.

Seal the jars and remove from the canner, invert while they are cooling and watch carefully for leaks. When cool, store in a dark, dry, cool place.

**Floor Coverings.**  
A floor should never directly reflect objects standing on it, for it causes the double effect of weakness. Use materials in the front of the wood that will bring out its natural qualities.

**Cleaning Mirrors.**  
Mirrors are satisfactorily cleaned by using a paste of washing and water or whitening mixed with a few drops of wood alcohol. Wipe off the paste and polish with a soft cloth.

**Taking Off Grease.**  
Saturate a greasy spot with turpentine, then place a piece of blotting paper under it and another over it. Press hard together and leave a while with a heavy weight on it.

**Raisins.**  
The simplest way to stone raisins without a stoner is to let them stand for two minutes in boiling water, drain them and then place the stones out from the stem end.

**HOT MUFFINS FOR BREAKFAST**

Somewhat Arduous Task Made Comparatively Easy by Preparing Ingredients Ahead.

Those are housewives who would like to have muffins every morning for breakfast, but feel that it is too arduous a task, if they will try this method of taking time by the forelock, they need not dread the morning hurry. All work seems lighter if done in the evening, bits while supper is cooking, and every night grease the tin and stand them on the back of the range. Into a large bowl place the flour, salt, the necessary salt sugar and baking powder. It is but a minute's task to beat one or two eggs, according to the recipe, adding necessary milk and beating into the dry materials. The muffin tins are ready by simply heating, and the family enjoy hot muffins with their coffee and margarine.

**ARRANGE FRUIT IN GELATIN**

When Dissolved and Hardened Various Delicacies Can Be Placed in Fascinating Shapes.

When gelatin has been dissolved and become cold, fruit and nutmeats can be placed in it in layers or rows, or arranged in fanciful shapes. Pour a little of the gelatin in the mold, set in a cold place, and when hardened arrange on it the fresh or canned fruit, or the nutmeats chosen for the dessert. Add just enough cold gelatin to hold the fruit in place and let it harden. Then pour on the rest of the gelatin, or add more layers of fruit in the same manner as the first one.

**GLYCERINE USED IN COOKING**

Small Amount Will Take Place of Sugar Usually Employed in Baking Cakes.

A teaspoonful of glycerine used in cooking will take the place of perhaps half the sugar usually employed in cakes; for instance, for jam, if a teaspoonful is used to every pound of fruit, only half the quantity of sugar is needed. It makes no difference to the flavor and helps to preserve it.



Wipe around all woodwork with unbleached cloth.

Roll sausages in flour before frying. It will prevent their breaking.

The kitchen window should have a lip of parsley for winter garnishing.

Three tablespoons of cracker crumbs make a pleasant addition to an omelet.

Celery, carrots, radishes and beets keep fresh for weeks if buried in moist sand.

Beans are good filled with sweetened fresh strawberries and lead over the top.

If house ferns are set in a pan of hot water each week new shoots will soon appear.

Canned pears are excellent sprinkled with grated cheese and served on lettuce with mayonnaise.

Chew fresh tobacco. Try Penn's the next time. Fresh! Air-tight in the patented new container.

SEALD AIR-TIGHT

**PENN'S** Quality  
**CHEWING TOBACCO**

Guaranteed by The American Tobacco Co.

**BROOKSDALE CHARGE**

1st. Sunday Welles, 11:30 A. M.  
1st. Sunday Brookland 8:30 P. M.  
1st. Sunday Brookdale 8:00 P. M.

2nd. Sunday Trinity 11:00 A. M.  
3rd. Sunday Allensville 8:30 P. M.  
2nd. Sunday Brookdale 8:00 P. M.

3rd. Sunday Brookdale 11:00 A. M.  
3rd. Sunday Brookland 8:30 P. M.  
3rd. Sunday Brookdale 8:00 P. M.

4th. Sunday Allensville, 11:00 A. M.  
4th. Sunday Brookdale 8:00 P. M.

Sunday School Brookdale.  
Every Sunday Morning 10:00 A. M.  
D. S. Brooks Supt.

Prayer Meeting Brookdale  
Every Wednesday Evening 8:00

A cordial welcome awaits one and all to all these services.

**HERE'S PROOF**  
A Roxboro Citizen Tells of His Experience.

You have a right to doubt statements of people living far away but can you doubt Roxboro endorsement? Ask your neighbor!

C. E. Brooks, farmer, R. F. D. 3, says: "Backache had the bit a bad way. It came from a strain and I couldn't do any heavy work. When I got down it was all I could do to straighten again. Nights I seldom got an hour's rest as every time I moved a sharp pain stabbed through my kidneys. My kidneys became weakened and acted too freely. Doan's Kidney Pills were recommended and they completely rid me of the trouble I have not been bothered since."

They don't all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Brooks had. Foster-McBarn C5, Mrs. Buffalo, N. Y.

**SOUTHERN RAILWAY INDORSE CAREFUL CROSSING CAMPAIGN**

Washington, D. C., April 22.—Through systematic efforts and whole hearted co-operation on the part of railway officers and employees, casualties among employees on Southern Railway System have shown a constant decrease month after month, and the result of this effort is reflected in that during February, 1922, there was not a single fatality among employees of the entire system and less than two hundred injuries.

The Southern during the past few months has shown safety pictures in many of the cities and towns in the South, and Vice President H. W. Miller, in charge of operation announces that owing to the large number of casualties that are occurring at highway grade crossings each month and to assist further in community safety, the Southern will enter whole heartedly into the careful crossing campaign which will be conducted throughout the country during the summer months.

**TROWING AWAY MONEY.**

**RALEIGH, April 22.**—The town families of North Carolina are throwing away \$50,000 of dollar a year through their failure to utilize as fertilizer for their garden the wood ashes from their fire places and kitchen stoves, today remarked Dr. Clarence Poe, editor of the Progress, a farmer, in speaking of the Lizard-House Campaign and the economy necessary for increased food production in North Carolina. Wood ashes contain valuable elements necessary for plant growth, and particularly strong in potash. I began putting my ashes on my garden a few years ago and the results have been remarkable. Town families, which have no garden, should offer their ashes to neighbors who do have gardens.

"Another valuable asset for the town garden is found in leaves which to often are raked up and burned after they fall in early winter. They should never be burned but piled up to rot for use in the garden. They not only add to valuable humus to the soil but are worth practically as much as an equal weight of manure for fertilizer. The destruction of leaves and the failure to utilize wood ashes for manure constitutes an economic waste of no small proportions. The utilization of these things would add thousands of dollars a year to the value of town gardens."

**MEETING OF COUNTY BOARD OF ELECTIONS**

The county board of elections composed of R. L. Harris, C. T. Woods and T. B. Woody met Saturday April 15, 1922 and elected R. L. Harris Chairman and T. B. Woody Secretary. The following were appointed registrars and judges of election for the various precincts. The first named is the register in each precinct, and the last two respectively Democratic and Republican judges.

Al. D. Ruffin, Rhew, N. T. Clayton, Frank Rogers.

Allensville: J. Q. Yarbrugh, J. E. Montague, T. B. Davis.

Bushy Fork: F. L. Hester, Walter Bradsher, W. H. Long.

Cates: Geo. T. Downen, S. G. Hamilton, J. P. Chambers.

Ceffo: C. A. Long, Z. V. Barnett, O. S. Oakley.

Chub Lake, W. G. Clayton, Nat Jordan, Claude Carver.

Cunningham, Geo. L. Cunningham, J. R. Franklin, L. N. Montgomery.

East Roxboro: N. Lunsford, R. P. Burns, R. N. Featherston.

Holloways: Jno. W. Montague, A. C. Gentry, G. J. Barrett.

Mt. Tabor: J. W. Noell, C. C. Burten, L. M. Clayton.

Morish: J. T. Newton, Jack Cothran, A. E. Egleman.

West Roxboro: Fred L. Masten, R. I. Featherston, C. D. Clayton.

Woods: T. C. Wagstaff, W. E. Wilkerson, O. J. Clayton.

Woodville: C. F. Hall, H. H. Bailey, B. E. Mitchell.

The primary election will be held Saturday June 3 and the polls shall be open from sunrise to sunset.

The registration books are to be open from Friday April 28th, at 9:00 o'clock A. M. until sunset, Saturday May 20th. The registrars shall accept the voting places each Saturday during this period.

Saturday May 27th is challenge day and the registrar shall attend the voting place for the purpose of entering any challenges that may be made but not for the purpose of registering votes.

The Winstead Warehouse has been designated as the voting place for East Roxboro.

**READY!** I have plant beds burned, wood cut, and good 5 room house and want a man for part of crop—40 or 100,000 tobacco hills—D. E. Wilkerson, Ridgeville, N. C., 112 Rt.

**There is no sympathy so helpful to a family that is bereaved as that of true friends and no help so reassuring as that of the good funeral director.**

Acting in your stead, he understands that he must act in your spirit, performing each task with the reverence and tenderness with which your own hands would perform it if they could.

Sympathy which cannot be gracefully conveyed by words is revealed through his acts of service which bring the comforting assurance that every attention has been given with thoughtfulness and skill.

Reproduced by permission of The Cincinnati Coffin Company from a copyrighted message which appeared in The Saturday Evening Post of April 8, 1922.

**R. A. SPENCER & SON**  
FUNERAL DIRECTORS  
Roxboro, N. C.

Italian Renaissance Border—Symbol of the Sicilian Sign of the Harvest of Life—Mosaic number eight. Copyright 1922, C. C.

**Prices Down**

**CALORIC**

**PIPELESS FURNACE**

Radical price reduction puts the cost of a Caloric so low that no family with a home to heat can afford to be without this modern heating plant.

At the new low prices the Caloric costs less than stoves necessary to heat the building. Costs less than a good piano. Costs less than a good home water system. Costs less than twice the price of a good washing machine. Costs less than twice the price of a phonograph.

Order a Caloric now because it is the greatest comfort and convenience you can have in your home. Because it protects the family's health and thereby the family's pocketbook. Because it pays every dollar of its cost in the fuel it saves.

Order now because prices cannot be lower—and by ordering now you will enjoy the comfort and save a good percentage of its cost this winter.

Do not delay. Winter is here in earnest. Every blizzard is an argument for Caloric comfort now. You take no risk. Our guarantee—your satisfaction or money back!

**JOHN F. REAMS**  
ROXBORO, NORTH CAROLINA