

# About Your Health

Things You Should Know



(by John Joseph Gaines, M. D.)

## FRESH VEGETABLES

You sit down at your radio and "tune in" for the biggest city your set will reach; you listen to the program, which usually embodies that plaintive song, "Thank God for a Garden." The singer perhaps exists more than thirty-five miles away from anything like a garden, and buys her vegetable after it has passed through a dozen hands possibly including one manufacturing company!

The value of the real garden is inestimable. Out in the country where the sweet rain falls from heaven—where pure soil nourishes the fresh, tender plants; where the peas, beans, radishes, lettuce, onions, and what not, grow to perfection in the pure, air imaginable; where strawberries, raspberries, currants, gooseberries, cherries, ripen in the sunshine. Where even the cucumbers are so harmless! Where tomatoes are real; where the hand of the "middleman" the wholesaler, the "jobber" and the refrigerator bin are unknown. Is it any wonder that rural life stands enviable in its completeness?

Fresh garden-grown food is the best known diet. Here the vitamins are at its best and highest potency. Here the protein in the vegetable is manufactured in Nature's wonderful laboratory. Here the plant-faces supply the body with everything needed for its restoration and recreation.

Recently I read that we have about 250 new diseases since the advent of scientific canning, curing, steaming, and pasteurization! It's enough to set one to thinking. Some time ago, I was horrified to find in one of our canner's catalogs a standard variety—a thousand or so of little starch discs, each bearing letters of the alphabet, presumably advertising. Ye God—what next?

Divorces are growing daily in Los Angeles. Why not put slot machines outside the court house for those who can't get away from work often.

## JUNIOR ORDER MEETING

Roxboro Council No. 121. Meeting opening at 8 o'clock, P. M. All members requested to be present. Visitors of other orders invited.

W. E. MOORE, Counselor. ROBERT LUNSFORD, R. S.

# ITCH!

Money back without question if HUNTS GUARANTEED SKIN DISEASE REMEDIES (Hunt's Salve and Soap), fail in the treatment of Itch, Eczema, Ringworm, Fetter or other itching skin disease. Try the treatment at our risk.

DAVIS DRUG CO., Roxboro, N. C.

# Pains disappeared

"SEVERAL years ago I was 'bady run-down,'" says Mrs. John Bunch, R. F. D. 3, Columbus, S. C. "I could not do any of my work. I was so weak I could not wash a dish. My back and sides hurt me at times dreadfully. I dragged around until finally got down to bed."

Then, explains Mrs. Bunch, she happened to read about Cardui, the woman's tonic, and decided to give it a thorough trial, the results of which she describes below:

"It seemed to reach the cause of my trouble at once. I did not take it long before my appetite began to improve. I gained in weight from 114 pounds until now I weigh 125 pounds. I soon was able to be up around the house. I took up my household duties and was delighted with my returning strength."

"I now do all my own work. The pains in my sides and back have disappeared and I feel like a different person."

Cardui has been helping suffering women for nearly 60 years. Sold by all druggists.

# CARDUI

For Female Troubles

(This strip should run with Ad. No. 344)

# In the Kitchen with 6 Famous Cooks

## EASY MEALS FOR HOT WEATHER

(Editor's Note: This is one article in an unusual cooking series contributed to this paper by six famous cooks.)

Where is the woman who enjoys cooking hearty meals in hot weather? We doubt if such a woman exists. She may cook big meals because



MISS ROSA MICHAELIS

some members of her family who toil hard demand them, but certainly not because she herself derives any real pleasure from hot weather cooking.

With a little planning and forethought, however, many of the discomforts of cooking in hot weather can be avoided. For instance, as Miss Rosa Michaelis, New Orleans domestic science specialist, points out, an oil stove is much easier to work with than a coal or wood range.

"It is much more convenient," she says. "It needs no flues," and hence may be taken to the coolest part of the house easily, as it is not very heavy.

### Just a Little Planning

"The woman who gets her kitchen work done early in the morning and most of her food prepared" continues Miss Michaelis, "is the coolest cook. She just needs to do a little simple planning."

"The fewer roasts and baked meats in the summer, the cooler the kitchen," recommends Miss Michaelis. "Meats are all one needs during the hot weather."

In the summer time Miss Michaelis does as much of her cooking as possible on the top of the stove, using only as many burners as are absolutely necessary.

"If a woman feels she has to have a roast," Miss Michaelis says, "she should not use her oven every day in the week during hot weather, but bake enough to last several days in a week."

A dinner which Miss Michaelis recommends as particularly easy to prepare in hot weather is all cooked one pot. It conserves utensils, time and fuel.

### A Dinner in One Kettle

To prepare it, take a soup pot filled with enough water to cover three pounds of brisket. Season with salt. After the soup has boiled for an hour, lower the flame and let it simmer for half an hour. Add one bunch of carrots, a bunch of turnips and a pound of potatoes, and cook for another half hour.

When ready, take out carrots, slice and sprinkle with chopped parsley. Take out turnips and mash with butter, adding a teaspoon of sugar if desired.

Serve potatoes mashed. Take out meat and fry with onions, or serve with a tomato sauce.

### Add a Salad and Dessert

Now with a salad, dessert, and beverage, one has a complete meal, including soup, and all cooked in one flame!

For salad, Miss Michaelis suggests pearl barley, or lettuce leaves, cut with French dressing. Fruit makes a good dessert to accompany this easy meal.

### Another Easy Meal

Mrs. Sarah Tyson Borer, the famous Philadelphia cooking expert, gives the menu for a simple meal which is both hot and cold, appetizing and economical. It consists of:

- Hot soup
- Roast chicken
- Hot potatoes
- Hot corn
- Hot bread
- Hot butter
- Hot coffee
- Cold salad
- Cold dessert
- Cold beverage

### To Candy the Sweets

"The sweet potatoes are now tender," Miss Michaelis says, "and cut them in halves. Place in shallow baking pan, adding two tablespoons of water, four of sugar, and four of water. Put pan in oven under the apples."

"Put four tablespoons of cooking fat in a shallow frying pan over one burner. Heat to smoking point, turn to sauceman. Add a tablespoon of butter, three of vinegar, half a teaspoon of salt, and a dash of pepper. Cover to keep warm."

Fry the squash and drain on brown paper. Turn the sweet potatoes, and cook the apples. Dish the squash. Dish the cabbage and sweet potatoes. Turn out all the burners.

## SALE OF LAND

Under and by virtue of the powers contained in that certain deed of trust executed on April 4, 1925, by R. L. Perkins, of record in Book 5, page 374, office of Register of Deeds of Person County, default having been made in the payment of the bond secured thereby and the owner of said bond having requested that said power be exercised, the undersigned will on

July 10, 1926, at 12 o'clock noon, at the court house door in Roxboro, N. C., sell at public sale to the highest bidder for cash the land conveyed by said deed of trust and described as follows, to-wit:

A certain tract of land lying in Roxboro Township, Person County, N. C., being lots Nos. 11, 12, 13, 14, 15, 16, 17 and 18 of the Mrs. L. A. Snipes property, part of the Blanks estate, and formerly and better known as Joe Yeungler property, located on the Roxboro - Loch Lilly Road, as per plat of T. N. Thaxton, C. E., dated October 10, 1923, and recorded in Plat Book 34, pages 216

and 217, and containing 25.52 acres more or less, as follows: Lot No. 11 contains 3.51 acres; lot No. 12 contains 4.48 acres; lot No. 13 contains 3.25 acres; lot No. 14 contains 3.80 acres; lot No. 15 contains 4.62 acres; lot No. 16 contains 3.34 acres and lot No. 18 contains 2.25 acres; for further reference see plat above referred to. See deed of Eliza B. Snipes and husband to R. L. Perkins, registered in Book 55, page 268 This June 8, 1926.

"What was that terrific explosion last night?"

"What time?"

"About eight o'clock."

"I don't know, my wife and I were discussing money matters about that time and I didn't notice it."

Mother: "I didn't like to spank you but I had to impress it upon your mind!"

"But mama, ain't you mistaken about the location of my mind?"

A new pest has attacked the potato vines. It is called Eucepola Hyperthema Cullinauk. But not very often.

# A COOL KITCHEN



all summer long!

Take a tip from the six famous cooks who tested Perfection. Be cool!

Hot days are coming! Escape sizzling kitchens and wood or coal drudgery. Six famous cooks recommend the Perfection for cool cooking. Here's what they say.

"THE food gets all the heat—the kitchen none," says Miss Rosa Michaelis, New Orleans cooking expert. "In the Perfection burner," she explains, "the heat is confined directly to the bottom of the cooking pot. That means cool cooking!"

Mrs. Belle DeGraf, the San Francisco authority, suggests Perfection "top stove" cooking for hot summer days.

### Least Time, Least Heat

"When I fried chicken, glazed sweet potatoes and boiled pineapple pudding," she relates, "I used only the top of the Perfection. The food cooked quickly and efficiently—and of course, the shorter the cooking time, the cooler the kitchen." That means cool cooking.

"Yes, and remember," adds Mrs. Kate B. Vaughn, famous Los Angeles Home Economist, "the least fire in your stove during the day, the cooler the kitchen. With Perfections no time is lost in heat generation because cooking begins with the touch of a match to the wick."

### No Hot Extra Work

"Then, too, the Perfection saves a world of extra work," says Mrs. Sarah Tyson Borer, pioneer cooking specialist of Philadelphia, "no wood or coal to carry in or ashes to carry out."

At Battle Creek College of Home Economics, the nutrition expert, Margaret Allen Hall, speaks of still another "no extra work" point.

"The Perfection," says Miss Hall, "is easily moved from one room to another. Move it to the summer kitchen, out on the back porch—wherever it's coolest. You don't need to bake yourself while cooking meals."

### Cool to Work With

The "single row" arrangement of Perfection burners gives you another advantage. Miss Lucy G. Allen of the Boston School of Cookery notices this. "With the Perfection," she makes clear, "there is no reaching across hot flames as with a gas or coal range. You stay away from the direct heat, yourself."

You can escape all those things that make summer cooking the most unpleasant of hot tasks. Your dealer will show you the Perfection today—from the one-burner model at \$6.75 to the five-burner range at \$120. Six famous cooks tested this stove thoroughly and now pronounce it ideal for hot weather. "Buy a Perfection," they say, "be cool!"

Manufactured by PERFECTION STOVE CO., Cleveland, Ohio

STANDARD OIL COMPANY (New Jersey) Distributors - 26 Broadway - New York

# PERFECTION

Oil Cook Stoves and Ovens

WARNING: Use only genuine Perfection wicks on Perfection Stoves. They are marked with red triangle. Others will cause trouble.

Send for this Free Cook Book

These Stoves are sold in Roxboro by T. W. PASS & SON, HOME FURNISHERS LONG BRADSHAW & CO., HARDWARE



## Clean, Even Cooking Heat

The long, thinness of the Perfection burners gives you a clean, even cooking heat. This is the reason why you can get clean, even cooking heat from soot and smoke.

You can be doubly sure of this sort of heat when you use a pure water-white Kerosene that burns cleanly, evenly and without odor—Standard Kerosene. It is specially refined.

All impurities that might cause smoke or large deposits of soot are removed. This assures the maximum amount of heat, by making the "Standard" Kerosene you use give off the best results from your Perfection. Buy oil in 5-gallon cans or 1-gallon tins.

STANDARD OIL CO. (New Jersey) "STANDARD" KEROSENE