

## Loss of Power

and vital force follow loss of flesh or emaciation. These come from impoverished blood.

### Dr. Pierce's Golden Medical Discovery

enlivens a torpid liver—stimulates the blood—stays the waste of strength and tissue and builds up healthy flesh—to the proper body weight. As an appetizing, restorative tonic, it sets to work all the processes of digestion and nutrition, rouses every organ into natural action, and brings back health and strength.

Can anything else be "just as good" to take?

## Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS

gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature



It wasn't for worry some people would have nothing to do.

**GRANULATED EYELIDS CURED**  
The worst cases, no matter how long standing, are cured by the wonderful, old reliable Dr. Porter's Antiseptic Eye-Ling Oil. Relieves pain and heals at the same time. 25c, 50c, \$1.00.

Untold agony is what a woman suffers from tight shoes.

**For SUMMER HEADACHES**  
Hicks' CAPUDINE is the best remedy—no matter what causes them—whether from the heat, sitting in draughts, feverish condition, etc. 25c, 50c and 50c per bottle at medicine stores. Adv.

No wonder some children never amount to anything; just look at their parents.

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *W. C. Little* in Use For Over 30 Years. Children Cry for Fletcher's Castoria

**Warranted in Using Cuss Words.**  
A small boy in Fort Scott was out playing with his wagon one day and just at the critical moment one wheel came off. The youngster walked around the wagon several times and surveyed it with the air of one accustomed to disappointments. As he dragged the wagon to his home he met a boy friend who joined him, and together they trudged on, the Fort Scott Tribune says. The owner of the wagon sat on the front step with a forlorn look; then quickly brightening up he exclaimed: "Let's cuss." "All right," returned the other, "Cuss, cuss, cuss."—Kansas City Star.

**Directing Children Aright.**  
The young need to be taught that although there is sometimes a pleasure of the senses in committing sin, it is inevitably followed by remorse and punishment. Crime, remorse, punishment form an inseparable trio. On the other hand, while it is often hard to do right, the sense of satisfaction, self-respect and self-control that follow right action is worth all the effort made.

**Purely Accidental.**  
"Had any accident on this road lately?" asked the traveler.  
"Yes," replied the man who hangs around the station. "Three trains came in on time last week."

**The Degrees.**  
"Love opens one's heart."  
"Yes, and marriage opens one's eyes."

## A Jolly Good Day

Follows  
A Good Breakfast  
Try a dish of

## Post Toasties

tomorrow morning.

These sweet, thin bits made from Indian Corn are cooked, toasted and sealed in tight packages without the touch of human hand.

They reach you fresh and crisp—ready to eat from the package by adding cream or milk and a sprinkling of sugar, if desired.

Toasties are a jolly good dish—

Nourishing  
Satisfying  
Delicious

## THE KITCHEN CABINET



AWAKE this morning with devout thanksgiving for my friends, the old and the new. —Emerson.

### CHAFING DISH DISHES.

Few people realize the convenience and comfort one may get from the use of a chafing dish. Especially the woman without a maid.

For a late supper, or Sunday night lunch, there is nothing more inviting than a chafing dish and well stocked tray.

If one cares to have the service especially dainty, and who does not have the first preparations made long before the meal. Measure the butter and make it into attractive balls, a tablespoonful to a ball. Have the other ingredients in pretty dishes well arranged on the tray, to be easily found. Cut the meat or shed the fish, so that the mere putting together will be an entertainment for those who look on. Always keep certain things, as seasonings, in the same place.

When purchasing a chafing dish, see that the hot water pan, too, has handles, as well as the blazer, by which it may be lifted. This dish may be used on the table in many ways when the chafing dish is not in use.

**To Poach Eggs.**—Break each egg separately in a saucer, and drop into the blazer of hot water; cover until the eggs are firm, remove from the pan to circular pieces of toast that have been prepared in the kitchen, and serve at once, after seasoning with salt, pepper and bits of butter.

Hamburg steaks, well seasoned and shaped and cooked until brown, are delicious served from the chafing dish.

**Vienna Steaks.**—Take a fourth of a pound each of lean beef and veal chopped. Season well with three-fourths of a teaspoonful of salt, paprika and nutmeg, a few drops of onion juice and a teaspoonful of lemon juice. Add an egg well beaten; shape into small steaks, and let stand several hours. Cook in a hot blazer that has been well buttered. Cook eight to ten minutes. Cream two tablespoonfuls of butter, a dash of salt and paprika and spread on the steaks.

**Best Thing.**  
"James got dizzy in the water and it frightened him."  
"It is the best thing which could have happened."  
"How do you make that out?"  
"If he was dizzy, wasn't his head swimming?"

**A Confession.**  
Startled by convincing evidence that they were the victims of serious kidney and bladder trouble, numbers of prominent people confess they have found relief by using KURIN Kidney and Bladder Pills. For sale by all medical dealers at 25c. Burwell & Dunn Co., Mfrs., Charlotte, N. C. Adv.

**Does Your Head Ache?**  
Try Hicks' CAPUDINE. It's liquid—pleasant to take—effects immediate relief to prevent Sick Headaches and Nervous Headaches also. Your money back if not satisfied. 10c, 25c and 50c at medicine stores. Adv.

Sometimes the early bird has a long wait before breakfast is served in the dining car.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation. Adv.

And a woman either poses, supposes or imposes.

**ITCH Relieved in 30 Minutes.**  
Woolford's Sundry Lotion for all kinds of contagious itch. At Druggists. Adv.

Put off until tomorrow the worrying you might do today.

**FILES CURED IN 6 TO 14 DAYS**  
Your druggist will refund money if PLEAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

The greatest loss to any man is his self-respect.

## CONSTIPATION

Munyon's Paw-Paw Pills are unlike other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not gripe; they do not weaken; they do not start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

**Kodak Finishing**  
Cheapest prices on earth by photographic specialists. Developing any roll film 5c. Prints 2c and 4c. Mail your films to Dept. K, PARSONS OPTICAL CO., 244 KING ST., CHARLESTON, S. CAROLINA

**PISO'S REMEDY**  
Best Cough Syrup. Tastes Good. Use in Time. Sold by Druggists.  
FOR COUGHS AND COLDS

**Woman's View.**  
Nell—They say every man has his price.  
Belle—Well, mighty few of them are worth it.—Philadelphia Record.

## INEVITABLE.



Mr. Flatiron—Dey ain' no use talkin' to a woman.  
Mr. Charcoal—How so?  
Mr. Flatiron—She done bound to git yo' wid weepin' er hammer yo' wid a flatiron, bulhieve me. Han' me de hoss liniment, Mistah Charcoal.

**SKIN TROUBLE ON LEG**  
616 W. Grace St., Richmond, Va.—"I had a running sore on my leg for from three to five years. It burst and blood came from it, then it got red around, and was as large as a dollar. It turned white in the middle of the sore, and then began to itch and bleed. After washing it would bleed for hours at a time. Some nights I did not sleep through the whole night. I spent eighty dollars on the sore and it didn't get well. I got worse and fell off to eighty-nine pounds. This went on for four years. I was told it could not get well. One of my friends said I ought to try Cuticura Soap and Cuticura Ointment, so I did. After I had used them one month the sore was gone and the itching stopped, and I have never had any trouble since. That was five years ago."  
"I had a fever and all my hair came out. I shampooed with a lather of Cuticura Soap and then rubbed the Cuticura Ointment over the scalp and my hair came back and now it is long and glossy." (Signed) Mrs. John Thomas, Mar. 12, 1912.  
Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

**Wild Celery.**  
any be obtained by the diving ducks, such as the bluebills, redheads, canvasbacks and scoters. The non-diving species, as the mallard, black duck, baldpate and the geese get an occasional bud, but more often they feed upon the leaves.

Wild celery is a wholly submerged plant with long, flexible, ribbon-like leaves of light translucent green and of practically the same width (anywhere from one-fourth to three-fourths of an inch, from root to tip. This plant may be distinguished from the eelgrass, which lives in brackish or salt water, by the fact that its leaves grow in bundles from the root stock, while those of eelgrass arise singly and alternate on opposite sides of the stem.

The flowers of wild celery are peculiar. The staminate flowers attached at the base of the plants shed pollen, which floats on the surface of the water and fertilizes the pistillate flower. The latter is attached to a long slender, round stem, which contracts into a spiral, drawing the flower under the water after fertilization. The seed pod into which the pollenized flower develops is straight or curved. A little slender than a common lead pencil and from 3 to 6 inches long. It contains embedded in a clear jelly, small dark seeds, in number about 50 to the inch. No such pod is borne by any other fresh water plant.

**GUINEAS ARE HARD TO RAISE**  
Young Birds Must Be Watched Carefully Until Past Tender Age—Of Very Wild Nature.

Guinea hens are among the hardest of all birds to breed, chiefly because the young guinea is so extremely tender. They are also of a very wild nature, and when one of them is lost from the hen it may be counted as lost. It is advisable to keep the young guineas shut up for a few days after they are hatched and feed them on bread crumbs, coarse corn meal and occasionally a hard-boiled egg, ground fine and mixed with the bread crumbs.

After they leave the hen, if the days are warm and bright, they are allowed to hunt bugs and worms and require little feeding. After they are feathered out they need little care, as they are able to shift for themselves until the winter cuts off their supply of food.

In winter they must have a shelter and be fed the same as other poultry, but must be kept shut in when there is snow on the ground, as they will fly into the tops of trees or on roofs of buildings, and refuse to come down.

**Winter Feed for Poultry.**  
One of the best and most relished winter feeds for poultry is cabbage, says a writer in an exchange. Even though there is an abundance of other green vegetable matter, I should still strive to add some cabbage to the list.

It is true that there is nothing quite as good for the hens as a growing crop, such as rye, over which they can range and thus combine exercise with food getting, and every effort should be made to provide it, but often space is too limited for such crops, and dependence must be had altogether on substitutes that can be stored away.

## CELERY AS DUCK FOOD

Winter Buds and Root Stocks Are Relished Best.

Plant is Wholly Submerged With Long, Flexible, Ribbon-Like Leaves of Light Translucent Green—Flowers Are Peculiar.

(By W. L. M'ATEE.)  
The names wild celery and canvasback duck have been closely associated in the annals of American sport. To a certain extent this association is justified, since the canvasback obtains about one-fourth of its food from this plant—a greater proportion than any other duck. However, the assertion that the flavor of the canvasback is superior to that of any other duck and that it depends on a diet of wild celery is not proved, to say the least.

The scaups or bluebills and the red-head also are very fond of wild celery, and are fully as capable of getting the delicious buds as the canvasback. Several other ducks get more or less of this food, the writer finding that even the scoters on a northern lake in fall lived almost exclusively on it for a time. All parts of the plant are eaten by ducks but the tender winter buds and root stocks are relished best. Wild celery buds can usu-

**Paradoxical.**  
"What caused him to go crooked?"  
"He got in straightened circumstances."

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**Not Much.**  
"My feelings have been lacerated."  
"Did it take?"

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That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

When an actress dies or is sued for divorce her real names comes out.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

**MORPHINE**  
Opium, Whiskey and Drug Habits treated at home or at Sanatorium. Book on subject free. DR. H. M. WOOLLEY, 20 VICTOR BUILDING, ATLANTA, GEORGIA.

**KODAKS** and High Grade Finishing. Mail orders given Special Attention. Prices reasonable. Service prompt. Send for Price List. LANSKAU'S ART STORE. CHARLESTON, S. C.

**CABBAGE PLANTS** Frostproof, from choice seed (all varieties). "Wakoleids" a specialty. \$1 per thousand. Edgeworth Farm, Route 2, Marshville, N. C.

One touch of weather makes the whole world sit up and talk about it.

**Stiff Joints, Sprains, Bruises**  
are relieved at once by an application of Sloan's Liniment. Don't rub, just lay on lightly.

"Sloan's Liniment has done more good than anything I have ever tried (or stiff joints). I got my hand hurt so badly that I had to stop work right in the busiest time of the year. I thought at first that I would have to have my hand taken off, but I got a bottle of Sloan's Liniment and cured my hand."  
WILSON WHEELER, Morris, Wis.

**Good for Broken Shin**  
G. G. Jones, Baldwin, L. I., writes: "I used Sloan's Liniment for broken shins above the knee cap caused by a fall and to my great satisfaction was able to resume work in less than three weeks after the accident."  
SLOAN'S LINIMENT

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Mr. Henry A. Vonis, of Somerset St., Plainfield, N. J., writes: "A friend sprained his ankle so badly that it went black. He laughed when I told him that I would have him out in a week. I applied Sloan's Liniment and in four days he was working and said Sloan's was a right good liniment."  
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## URGING GREAT SALE OF CANNED FOODS

Dealers, grocers, jobbers and manufacturers all over the country are joining hands during the week of March 21st to April 5th in an effort to acquaint housewives with the economy and quality of canned foods.

It is now a well known fact that heat is the only preservative used in preparing these economical foods. The cans are sealed and sterilized at a temperature of 220 degrees, which prevents any contamination and keeps the contents fresh and wholesome as the day the tins were filled in the canneries.

National Canned Foods Week, during which dealers and grocers will make canned foods their sales-features, is for the purpose of demonstrating to housewives that the cost of living can be cut with such foods, and that they may be served in hundreds of delightful ways and thus served daily without monotony.

The farmer's wife especially finds it advantageous to relieve herself of all the cooking possible and Canned Foods enable her to do this and at the same time improve the quality of her meals.

Women in every community should observe National Canned Foods Week by going to the dealers and putting in a supply. The saving and general satisfaction in the use of canned foods is entirely worth while.—Adv.

**Deep Dissimulation.**  
"You seem inclined to encourage your wife to be a suffragette."  
"Yes," replied Mr. Meekton. "If I can thoroughly convince her that I desire her to march and make speeches, maybe she'll get resentful and refuse to do so."

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