Loss of Power

Dr. Pierce's Golden Medical Discovery

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

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, In-

Headache. and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

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

GRANULATED EYELIDS CURED
be worst cases, no matter of how long standits
c cured by the wonderful, old reliable Dr. Porte
tilseptic Healing Oil. Relieves pain and heals
same time. 26c, 60c, 81.00.

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, fever-ish condition. etc. 10c., 25c and 50c per bottle at medicine stores. Adv.

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

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chart Fletchire.
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 wogon sat on the front step with a forlorn look; then quickly brightening up "All exclaimed: "Let's cuss." 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. "Yep," 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

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





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 threefourths 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



other men, sleeping but never dead Will rise in majesty to meet thine own. Then wilt thou see it gleam in many

shed, And thou wilt never more be sad and

SEASONABLE DISHES.

Use a few cold cooked vegetables for cutlets, such as turnip, peas and carrots and a few beans. Make a white sauce, by adding three tablespoonfuls of flour to two of butter, add a pint of milk and cook until thick. then add the vegetables, season well and spread an inch thick on a plate to cool. When cold, form tablespoonfuls of the mixture into cutlets, dip in egg and crumbs and drap carefully into hot fat. Drain on paper and serve with a reheated meat gravy.

Carrots cut in shreds served (when tender, by boiling) with butter and lemon juice.

Dainty Croquettes .- Mix a cup of boiled calves' liver chopped with half a cup of finely minced bacon cooked brown, salt and pepper to taste. Form into balls the size of large marbles. dip in beaten egg, roll in crumbs and fry brown in smoking hot fat.

Prune Pudding.-Place two layers of pitted prunes, soaked for a few hours in cold water, in a greased baking dish, and pour over the following batter: Mix a cup of molasses, half a cup of butter, the grated rind of a lemon, half a cup of sour milk, into which stir one teaspoonful of soda, three cups of flour; mix to a smooth batter and bake until the bat-

ter is cooked through to the center. Holland Salad .- Mix half a pound of bologna sausage cut very thin, with a pint of cold boiled potatoes also sliced thin, one medium-sized onion shaved, six sardines freed from skin and bones, then cut in small pieces, two hard cooked eggs sliced. Pour over oil three parts, vinegar one part, a teaspoonful of horse radish and tomato catsup. Serve on lettuce.

Nellie Maxwell

Prompt Agreement. Hub (after five minutes of it)-Oh, only a fool would argue with a woman. Wife-Precisely.-Boston Evening Franscript.

Best Time to Think.

To say "Think before you eat" sounds something like "Look before you leap," and there is really just as much reason for one as for the other, according to many authorities who have long studied mankind to learn when they were capable of their best thinking.

Woman's View. Nell-They say every man has his

price. Belle-Well, mighty few of them are orth 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, bublieve 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."

Best Thing.

have happened."

"James got dizzy in the water and it frightened him." "It is the best thing which could

"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.

The first condition of human goodness is something to love; the second, something to reverence.-George Eliot.

DOES YOUR HEAD ACHE?
Try Hicks' CAPUDINE. It's liquid—pleasant to take—effects immediate—good to prevent Sick Headaches and Nervous Headaches also. Your money back if not satisfied. 10c., 25c. and 50c. at medicine stores. Adv.

long wait before breakfast is served in the dining car Dr. Pierce's Pellets, small, sugar-coated,

Sometimes the early bird has a

easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation. Adv. And a woman either poses, sup-

poses or imposes,

FICH Relieved in 30 Minutes.
Woolford's Sanitary Lotion for all kinds of contagious itch. At Druggists. Adv.

ing you might do today.

Put off until tomorrow the worry-

PILES CURED IN 6 TO 14 DAYS
Your druggist will refund money if PAZO OINT.
MENT falls to cure any case of ltching. Blind,
Bleeding or Protruding Piles in 6 to 14 days. 50c.

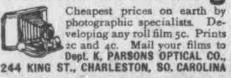
The greatest loss to any man is his self-respect.



Munyon's Paw-Paw Pills are unlike all 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; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and

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



PISO'S REMEDY Seat Cough Syrup. Tastes Good. Use in time. Sold by Druggists. FOR COUCHS AND COLDS **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 canva.

back duck have been closely associat-

ed in the annals of American sport. To a certain extent this association is justified, since the canvas back 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 redhead 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 and refuse to do so." 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-



Wild Cefery.

arty be obtained by the diving ducks, such as the bluebills, redheads, canvasback 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 threefourths 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 slenderer 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 Care fully 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

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 corrects constipation. Munyon's Paw-Paw 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 cabbago, 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.

URGING GREAT SALE

OF CANNED FOODS

OF CANNED FOODS

Dealers, grocers, jobbers and manufacturers all over the country are joining hands during the week of March 31st 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 250 degrees, which prevents any contamination and keeps the contents fresh and wholesome as the day the tins were filled in the cannerles.

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 house-wives 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

Burduco Liver Powder.

Nature's remedy for billousness, constipation, indigestion and all stomach diseases. A vegetable preparation, better than calomel and will not salivate. In screw top cans at 25c each. Burwell & Dunn Co., Mfrs., Charlotte, N. C. Adv.

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

ASK FOR ALLEN'S FOOT-EASE, the Antiseptic powder to shake into your shoes. Relieves Corns, Bunions, Ingrowing Nails, Swollen and Sweating feet, Blisters and Callous spots. Sold everywhere, 25c. Don't accept any substitute. Sample FREE, Address Alien S. Olmsted, LeRoy, N.Y. Adv.

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

Only One "BROMO QUININE"
That is LAXATIVE BHOMO QUININE. Look
for the signature of E. W. GROVE. Cures a Cold
in One Day, Cures Grip in Two Days. 26c.

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 inflamma-tion, allays pain, cures wind coile, 35c a bottle. At

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 for stiff joints. I got my hand hurt so badly that I had to stop work right in the busist 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."

WILTON WHEELER, Morris, Ala.

Good for Broken Sinews G. G. JONES, Baldwin, L. I., writes:

—"I used Sloan's Liniment for broken sinews 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."

Fine for Sprain MR. HENRY A. VOEHL, 84 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 Lini-ment."



ORPHINE

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

CABBAGE PLANTS Frostaproof, from choles see dt (all varieties). "Wakefields" a specialty. \$1 per thousand. Edgewhole world sit up and talk about it. worth Farm, Route 2, Marshville, N. C.

Thousands A Homan.

Have Been Restored to Health By Lydia E. Pinkham's Vegetable Compound.

There is no doubt about this fact. Why! during the last 30 years we have published in the newspapers of this country volumes of letters from women who have been relieved of all their suffering by the timely aid of this grand old medicine. Letters like the following, true, genuine and honest expressions of gratitude coming from grateful hearts. Surely you can believe these women.

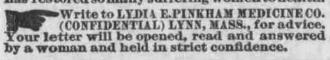
Mrs. L. S. BRENNER, Hudson, Mich., says:-

44 Sometime ago I was taken with a terrible pain in my right side, such charp pains just like a knife sticking me. I tried hot applications but that did no good. I went to our family doctor (we were living in Fayette, Ohio, at that time) and he said it was organic inflammation. I doctored with him a while but kept getting worse. The pain was so terrible I could hardly stand on my feet. I would have that sharp pain in my right side, and a dull heavy pain the whole length of my limb. I realized that something had to be done quickly, so I looked up all of your advertisements I could find, and saw several that described my case. I got a bottle of Lydia E. Pinkham's Vegetable Compound and it helped me from the first dose, and when I had taken two bottles my trouble was gone. Your medicine has done so much for me that I am willing you should publish this letter for the sake of other suffering women."—Mrs. L. S. BRENNER, Hudson, Michigan.

Mrs. L. E. BOWERS, Girard, Pa., says:-"I take pleasure in informing you of what Lydia E. Pinkham's Vegetable Compound has done for me. I had a sick spell last February, and for some months after that I was not regular and had many bad feelings. I was tired all the time, had dull headaches, not much appetite, and also what the doctor called organic inflammation. Your Vegetable Compound has entirely cured me and I feel that too much cannot be said in its praise as I am now able to do my own work. You are perfectly welcome to use my testimonial for the benefit of others."—Mrs. L. E. Bowers, R.F.D. No. 1,

Mrs. ELIZABETH GENTILCORE, Buffalo, N.Y., says:-"I feel that I must write to you about your wonderful remedies. About ten years ago I was troubled with female weakness and was all run down. I was tired all the time and could hardly walk without feeling dizzy. I heard about Lydia E. Pinkham's Vegetable Compound, took it, and also used the Sanative Wash. I got stronger, and have not had those dizzy spells since. I feel that I owe my health to you, and hope your remedies will help others as they have me. I tried most everything I heard of, and yours are the best medicines for women's ailments."—Mrs. ELIZABETH GEN-TILCORE, 26 Glor Street, Buffalo, New York.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.





\$750