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Vienna Style Sausage and Potted Meats

Just open and serve. Excellent for sandwiches.

Insist on Libby's at your grocer's.

Libby, McNeill & Libby, Chicago



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**NEW HOME**  
NOT SOLD UNDER ANY OTHER NAME  
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THE NEW HOME SEWING MACHINE CO., ORANGE, MASS.

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KODAKS & SUPPLIES  
We also do highest class of finishing. Prices and Catalogue upon request.  
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BOTH MASTER AND SERVANT

Canoe a True Friend of Man, Only Calling for Expert Handling in Its Management.

The canoe is as old as time, and has never wandered very far from the primitive idea, says a writer in All Outdoors. Alien-hearted, it takes its place in the busy water world of today, a sign of barbarian supremacy of time. Man has turned to it in his extreme need, and has found it in one form or another at the far North, on the equator and in the southern seas, and it has given him, in return for proper management, the stunch-hearted comradeship asked of it at any imperiled moment. Bightly handled, the canoe is perfectly safe. The light draft and the buoyant resultant upward rise to the seas, and the perpetual demand of perfect poise make it a thing for the finer intelligence, and keep you alive to the need of the moment. An old and picturesque character who had canoed on many waters, said that he had fared well on all voyages until his canoe had "scented a rapid," and then no man could hold her. Breaking loose from all spirit of control, she was off after that falling water, even taking a daisy field cross lots in her tumultuous race. His fabulous story holds a grain of truth.

Each canoe you handle has its own temperament, and there must needs be a period of adjustment between you. First of all, show that you have no fear, for there is a heady willfulness oftentimes in that beautiful curve of the bow, something of the animal nature that needs a quick understanding and a short curb of power.

If the wind is in the right direction a sort of cold smell gives sailors warning of the proximity of an iceberg.

People who travel on the downward path seldom provide themselves with a return ticket.

## Grape-Nuts

embodies the full, rich nutriment of whole wheat combined with malted barley. This combination gives it a distinctive, delicious flavor unknown to foods made from wheat alone.

Only selected grain is used in making Grape-Nuts and through skillful processing it comes from the package fresh, crisp, untouched by hand, and ready to eat

Through long baking, the energy producing starches of the grain are made wonderfully easy of digestion.

A daily ration of this splendid food yields a marvelous return of health and comfort.

"There's a Reason"

Sold by Grocers everywhere.

## THE KITCHEN CABINET

Today is your day and mine; The only day we have; The day in which we play our part. What our part may signify in the great world we may not understand, But we are here to play it, and now is our time.

—David Starr Jordan.

### SALAD COMBINATIONS.

When combining vegetables in a salad it is a good plan to arrange each vegetable separately upon the serving dish, pour the dressing over all and toss and mix or toss each in the dressing and keep each separate upon the serving dish.

Using lettuce as a background, tomatoes cut in halves and sprinkled with chopped onion or chives.

Lettuce, molded spinach and finely chopped beets. Lettuce and pepper grass. Lettuce, shredded onion and freshly roasted peanuts, crushed with a rolling pin until like coarse crumbs, sweet with French dressing. Lettuce, served red pepper, sliced pecans or almonds.

Lettuce with tomato stuffed with chopped cucumber and onion. Lettuce with tomatoes stuffed with peas or string beans and finely chopped chives.

Lettuce shredded tomatoes and shredded green peppers. Shredded lettuce, walnuts, and almonds or cooked chestnuts sliced.

Lettuce, cream cheese in slices, with chopped pimientos. Lettuce with cottage cheese and boiled dressing, sprinkled with chopped chives.

Lettuce, with cauliflower, string beans, and shredded pimientos. Lettuce and cress, artichoke slices and tarragon, finely chopped.

Shredded cabbage, nuts and green peppers. Shredded lettuce, Brussels sprouts and chopped pepper.

Watercress, peppergrass and French dressing. Cucumbers sliced with new onions. Watercress, diced, boiled beets and olives.

Cauliflower with string beans and beets in fancy shapes. Arrange each vegetable by itself, breaking the cauliflower into flowerets, surround with lettuce.

Radishes, sliced in paper-thin slices, cucumbers and onions served with French dressing on lettuce. When making French dressing have a small piece or two of ice in the salad bowl as you mix the dressing, this insures a thick rich dressing. The addition of tomato sauce, tobacco or Worcestershire sauce, add variety.

Head lettuce sprinkled with Roquefort and served with French dressing makes a most tasty salad.

The worlds in which we live are two—The world I am and the world I do, The worlds in which we live at heart are one, The world I am, the fruit of I have done And underneath these worlds of flower and fruit, The world I love, the only living root.

—Henry Van Dyke.

### LOBSTER DISHES.

First get your lobster. The canned variety will do very well but the freshly cooked is vastly better, which is true of most foods.

**Hawaiian Lobster Curry**—Grate a coconut and set it aside to soak an hour in a pint of milk. Sauté half an onion and a clove of garlic, finely minced, in one and a half tablespoons of butter; add one and a half tablespoons of cornstarch, and the same amount of curry powder; when well mixed, add the milk strained from the coconut gradually, and when it boils up once the meat from a two-pound lobster. Salt and pepper to taste.

**Lobster a la Bechamel**—Cut the meat from two lobsters or dice as preferred. Make a sauce using butter flour seasonings and a cupful each of cream and stock. Add the lobster and when well heated, add the yolks of four eggs, mixed with a little of the sauce. Use four tablespoons each of butter and flour, a grating of nutmeg and salt and pepper to taste. Add the lobster and when hot serve at once.

**Lobster a la Poulette**—Make a sauce, a third of a cupful of butter, a third of a cupful of flour, a half teaspoonful of salt, a dash of paprika and a fourth of a teaspoonful of white pepper, a cupful of cream and a cupful of well seasoned chicken stock. When all are well blended add the juice of half a lemon, very slowly. Add a pint of lobster meat and two hard boiled eggs, cut the whites in rings and put the yolks through a sieve, using them as a garnish. Serve the lobster on bits of buttered toast or thin crackers, with the circles of white and the powdered yolks sprinkled over the dish.

**Plain Lobster**—Pour three tablespoons of lemon juice over the meat of a lobster, season with salt and pepper. Put three tablespoons of butter in a saucepan, when hot add the lobster. Serve when hot.

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Nellie Maxwell

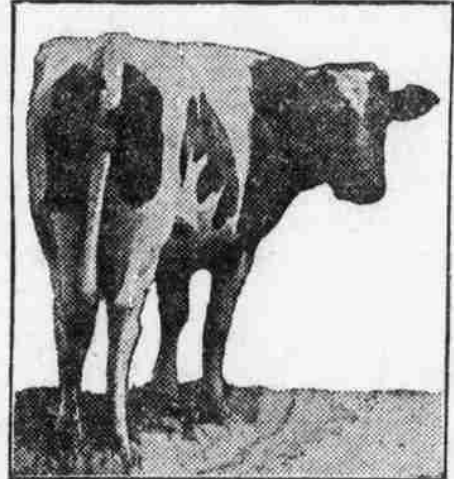
## DAIRY FACTS

### INFECTION CAUSE OF GARGET

Germs Gain Entrance Through Teat Duct—Bacteria Do Little Harm—Observations to Note.

(By J. E. NEWSOM, Colorado Agricultural College, Fort Collins, Colo.)  
At one time it was thought that garget was due to mechanical injury to the udder, and while this cause cannot be entirely eliminated, it seems evident from all recent work that practically all cases are due to infection, the germs gaining entrance through the teat duct.

It is well known that sterile milk is not to be had even when removed under the most rigid precautions. This indicates that germs are to be found in the udder most of the time. Under ordinary circumstances these bacteria do little harm, but occasionally a harmful one gets in and sets up severe inflammation. This is especially likely



High-Producing Dairy Cow.

to be the case at about the time of freshening, or during the time the cow is drying up. At both periods there is an accumulation of milk that is not drawn out regularly and consequently it forms a good medium in which bacteria can live. When there is much accumulation of milk, milking should be done in order to get out these foreign organisms before they become harmful. While it is not necessary at the time of drying up to encourage milk production by milking dry, yet it is much better to milk out a small quantity so as to get all of the organisms out of the sinus, than it is to allow it to accumulate for several days.

### DOUCHE IS OFTEN NECESSARY

Plan Outlined for Treating Cows for Sterility and Abortion—Good Solution in Use.

Frequently the dairyman finds it necessary to use a vaginal douche as a treatment for abortion and sterility troubles. The following method is recommended for such cases:

Secure a large galvanized pail, four to six gallons in capacity according to the size of the herd, and fit it with a stop-cock. Buy a pure gum horse stomach tube and fit it to the stop-cock. Elevate the pail until it is about three feet above the cow so that the liquid will flow freely. This can be readily done by making use of the feeding and litter track if there is one in the barn. When ready to use the apparatus, insert the stomach tube into the vagina, open the stopcock and allow the douching solution to flow into it by gravity until it is completely filled. A very good solution to use is a 1 to 2,500 or 3,000 parts of permanganate of potash and water.

### SEPARATING A THICK CREAM

Skimming High-Test Product Leaves More Skim Milk on Farm for Hogs, Calves and Fowls.

Farmers will make more money by separating a reasonably thick cream than a thin cream. Skimming high-test cream leaves more skim milk on the farm to feed to the hogs, calves and chickens. Skim milk utilized in this way has a feeding value of about 35 cents per hundred, while if the milk is left in the cream, nothing is realized.

The butter maker usually wants a cream testing around 35 or 44 per cent butterfat. In the winter, if the cream is above 40 per cent it is rather difficult to get the cream all out of one can into another or into a vat. Cream testing about 35 per cent in the winter and 40 per cent in the summer is right for buttermaking.

### COWS ARE DAIRY MACHINES

If They Fail to Produce Profits Something Is Wrong—Usually It Is Raw Material.

The cows on the dairy farm represent the equipment that produces a profit. If they fail something must be wrong. They are the machines. The feed is the raw material, the milk or butterfat is the finished product. If the machines are efficient and the finished product is not all that can be desired, the trouble must be with the raw material.

### WHOOPING COUGH

For whooping cough and its after effects there is no better medicine than Lung-Vita. Here is what Mr. G. W. Head, 2108 23d Ave. N., Nashville, Tenn., says about it: "My boy had whooping cough and typhoid fever, which left him with a severe cough. This cough stayed with him for several years and was frequently so bad that we had to prop him up so that he could get his breath. We used Lung-Vita and he has not been bothered with this cough since."

Lung-Vita is recommended for consumption, asthma, colds, whooping cough, croup and grippe. At your dealer's or direct. Price \$1.75. Booklet upon request. Nashville Medicine Co., Room 181, Steger Building, Nashville, Tenn. Adv.

### No Complaints.

Secretary Daniels was talking about the splendid morale of the American navy.

"Take the matter of work," he said. "The men work like Trojans. Nowhere does such an endless round of work go on as in our navy."

"I asked a boy apprentice once if he had any complaints to make."

"No, sir," the boy answered, looking up from his work. "No, sir; no complaints. Only it's like this, sir—they keep on making you keep on."

### WHY SUFFER SKIN TROUBLES

When a Postcard Will Bring Free Samples of Cuticura?

Which give quick relief for all itching, burning, disfiguring skin troubles. Bathe with the Cuticura Soap and hot water. Dry and apply Cuticura Ointment to the affected part. They stop itching instantly and point to speedy relief often when all else fails.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

### Bane Eternal.

One of the bright young journalists of the city, who has a keen eye for the foibles, follies and sufferings of human nature, remarked confidentially the other day to this column "that the hardest thing in summer time which lovely woman knows is unobtrusively to keep the shine from off her nose."

### DO YOU NEED A KIDNEY REMEDY?

Dr. Kilmer's Swamp-Root is not recommended for everything, but if you have kidney, liver or bladder trouble, it may be found just the remedy you need. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle healing herbal compound—a physician's prescription which has proved its great curative value in thousands of the most distressing cases according to reliable testimony.

All druggists in 50c and \$1.00 sizes. You may have a sample size bottle of this always reliable preparation by Parcel Post, also pamphlet telling about it. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.—Adv.

### Used Many Deadly Weapons.

She went down into her cellar for a jar of pickled watermelon rind and what should she find coiled up on the floor and ready to strike but a glistening garter snake of fearsome aspect and most threatening demeanor. She killed it with no other weapon than a mop, a hoe handle, an old flatiron, an empty crock and a board from one of the fruit shelves.

### To Drive Out Malaria

**And Build Up The System**  
Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Some men imagine they are respectable just because they wear a clean collar each day.

## CALOMEL IS MERCURY, IT SICKENS! STOP USING SALIVATING DRUG

Don't Lose a Day's Work! If Your Liver Is Sluggish or Bowels Constipated Take "Dodson's Liver Tone."—It's Fine!

You're bilious! Your liver is sluggish! You feel lazy, dizzy and all knocked out. Your head is dull, your tongue is coated; breath bad; stomach sour and bowels constipated. But don't take salivating calomel. It makes you sick, you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel crashes into your bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone. Your druggist or dealer sells you a 50-cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoonful will clean your

sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, headache and dizziness gone, stomach will be sweet and your bowels regular. You will feel like working; you'll be cheerful; full of vigor and ambition.

Dodson's Liver Tone is entirely vegetable, therefore harmless and cannot salivate. Give it to your children! Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.

FOR THE BEST DESSERTS, CANDIES, ETC. USE THE BEST EXTRACT—  
**SAUER'S FLAVORING EXTRACTS**  
Win the GRAND PRIZE at the Panama Pacific Exposition; also 15 Other Highest Awards at Previous European and American Expositions for  
Purity, Strength and Fine Flavor  
10c, 20c, 25c, 50c and \$1.00 Bottles—At Dealers Everywhere. Our Magazine, "TABLE TREATS" FREE on request.  
Largest Selling Brand in the U. S. C. F. SAUER COMPANY, RICHMOND, VA.

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Buy unlimited life scholarship now and save from \$10.00 to \$17.00. Bookkeeping, Short-hand, Stenotypy, Typewriting and English Courses. We train for Business Employment and Success. Send for catalogue and full information. Address  
**KING'S BUSINESS COLLEGE, RALEIGH, N. C., or CHARLOTTE, N. C.**

**\$86 to \$104 Pays for Board, Tuition, Rent, Fuel and Light at**  
**PIEDMONT HIGH SCHOOL MID THE HILLS**  
Mineral water, no malaria. Mountain scenery. College trained experienced teachers. Board at cost. "It is the best and the cheapest school in the State."—E. M. Koonce, Member Legislature of N. C. "One of the best preparatory schools in the State."—Cleveland Star. "In my opinion there is no High School in this part of the country doing better and more thorough educational work."—E. Y. Webb, Member Congress, 9th District N. C. TERM OPENS AUGUST 28th.  
For illustrated catalogue and book of views address WILLIAM BURNS, LAWDALE, N. C.

**TUBE ROSE "The Snuff That SATISFIES"**  
The Green Labels are Good for Premiums.  
If your dealer won't supply you, send us 5c for a 1 1/2 oz. can or 60c for twelve.  
**BROWN & WILLIAMSON TOBACCO CO.,**  
Dept. L WINSTON-SALEM, N. C.

**He Threw Calomel Away**  
Wm. S. Prince of Birmingham, Ala., writes—"I was suffering with indigestion, biliousness and kidney trouble. I tried calomel and the doctors, for about a month. Finally I tried  
**Dr. Thacher's Liver and Blood Syrup**  
and the first bottle relieved me very much. I am sound and well, can eat anything." Thousands of others suffering from liver, kidney, stomach and bowel trouble have been quickly relieved by this wonderful remedy which builds up the entire system. Sold at all druggists, 50c and \$1 per bottle. Made by THACHER MEDICINE COMPANY, Chattanooga, Tenn.

**Just Like Swine.** Little Lemuel—Say, paw, what does it mean when a man takes the lion's share?  
**Proof Positive.** Gyer—That grocer on the corner is a regular sandbagger.  
**A Foregone Conclusion.** "Does Bet powder?" "Powder? Why, to kiss her is like eating a marshmallow."  
**His Inheritance.** Askitt—Did young Dodge inherit anything from his father?  
**Never fool with a fool; he may fool you.** Noitt—Yes, I believe he inherited the old man's desire to avoid work.  
Religion's in the heart, not in the knee.

Net Contents 15 Fluid Ounces  
**900 DROPS**  
**CASTORIA**  
ALCOHOL—3 PER CENT  
A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of  
**INFANTS—CHILDREN**  
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral.  
**NOT NARCOTIC.**  
A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Feverishness and LOSS OF SLEEP.  
Bears the Signature of  
**Chas. H. Fletcher**  
THE CENTAUR COMPANY, NEW YORK.  
At 6 months old  
**35 DROPS—35 CENTS**  
Exact Copy of Wrapper.

**Children Cry For**  
**Fletcher's CASTORIA**  
**What is CASTORIA**  
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of  
**Chas. H. Fletcher**  
**In Use For Over 30 Years**  
The Kind You Have Always Bought  
THE CENTAUR COMPANY, NEW YORK CITY.