

Avoid the Knife! Take Stella-Vitae

It Has Saved Thousands of Suffering Women.

Mr. W. F. Nelson, a merchant of Elton, Tenn., says that the daughter of one of his neighbors, Mr. James Roberts, was in such a condition with female trouble that an operation was advised, and the young lady was sent to Chattanooga for its performance. She dreaded the operation, and Stella-Vitae having been recommended, decided to try that first. She has taken six bottles and is happily on the road to recovery. She is able to do her usual work and is in better health than for years before, but continues to use it. She writes Stella-Vitae will do all you claim. Her father says she began to improve at once, after taking Stella-Vitae. Thousands of other women on the verge of serious surgical operations are saved by a timely use of Stella-Vitae, the great female remedy. Try Stella-Vitae on our money-back-if-not-benefited guarantee, \$1 at your dealers.

**THACHER MEDICINE CO.,
Chattanooga, Tenn.**

WINTERSMITH'S Chill Tonic

Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic.

Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI

36 Page Recipe Book Free
SKINNER MFG. CO., OMAHA, U.S.A.
LARGEST MACARONI FACTORY IN AMERICA

American Date Trees.
A number of date-palm trees have been brought from Africa to California, where dates are now raised successfully.

REMARKABLE LETTER FROM A WELL KNOWN WASHINGTON DRUGGIST.
In reference to Elixir Sabeck the great remedy for chills and fever and all malarial diseases.
"Within the last five months I have sold 3,000 bottles of Elixir Sabeck for Malaria, Chills and Fever. Our customers speak very well of it." Henry Evans, 923 F St., N. W., Washington, D. C.
Elixir Sabeck 50 cents, all druggists, or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

One Twin Too Many.
With the coming of the twins the entire household arrangements were sadly disorganized. Master Bobby and Miss Dorothy were relegated to the background, where they moped and sulked.

Bobby, more brilliant than his sister, was scouting through the upper halls one morning when he discovered the twins being prepared for their bath. Having in mind the fate of several litters of kittens within his knowledge, he rushed to the head of the stairs, and, beckoning his sister, cried in a hoarse whisper:
"Dottie, come on up, quick! They're goin' to drown one of 'em!"

High Pay.
A Buffalo man stopped a newsboy in New York, saying: "See here, son. I want to find the Blank National bank. I'll give you half a dollar if you direct me to it." With a grin, the boy replied, "All right, come along," and he led the man to a building half a block away. The man paid the promised fee, remarking, however: "That was half a dollar easily earned." "Sure!" responded the lad. "But you mustn't forget that bank directors is paid high in Noo Yawk."—Exchange.

Disillusioned.
"Is Rand happy in his marriage?"
"Happy? If Rand were to see Mrs. Rand today for the first time, he wouldn't even ask for an introduction."

Does Coffee Disagree?
Many are not aware of the ill effects of coffee drinking until a bilious attack, frequent headaches, nervousness, or some other ailment starts them thinking.

Ten days off coffee and on

POSTUM

—the pure food-drink—will show anyone, by the better health that follows, how coffee has been treating them.

"There's a Reason"

for

POSTUM

Sold by Grocers

The KITCHEN CABINET

Power to think for oneself, power to understand those one does not agree with—these two things are absolutely essential to peace, harmony, and co-operation in a self-educating and self-governing community.

REFRESHING DRINKS.

There are so many delicious things put up in bottles to lure us during the hot weather that when one may prepare something quite good at home at much less expense, we gladly welcome the suggestion.

Root Beer.—Dissolve three pounds of sugar in five gallons of water and add a bottle of root beer extract. Then add a cake of compressed yeast, dissolved in warm water and mix the whole well together. Put in bottles and expose to moderate heat in sun or behind stove for six hours, then put in a cool place. After three days it will be ready to serve.

Mint Julep.—Take six sprigs of mint, one cupful of sugar, one gill of strawberry juice, four lemons, two cupfuls of cold water, one cupful of boiling water, one gill of raspberry juice and ice. Boil together the cold water and sugar for 20 minutes. Crush the mint and pour over it the boiling water. Allow it to stand for ten minutes, strain and pour into the sirup, add the fruit juices and serve.

Buttermilk Kumiss.—Mix one pint of buttermilk with two quarts of sweet milk and five lumps of sugar. Stir until the sugar is well dissolved, or better, pour from one pitcher into another for ten minutes. Cover with muslin and let stand in a warm place for 12 hours. Pour into pint bottles, tie down the corks and lay the bottles on their sides in a cool place. The drink will be ready in four days.

Cream Nectar.—Take two ounces of tartaric acid and one and a half pounds of lump sugar, dissolved in one and a quarter pints of boiling water. Dissolve over a slow fire. When cold beat in the white of an egg and two tablespoonfuls of lemon extract; bottle. When serving add a half wine-glass of nectar, a saltspoonful of soda, and fill the tumbler three-fourths full of ice water.

Nobody has any right to find life uninteresting or unrewarding who sees within the sphere of "is own activity a wrong he can help to remedy or within himself an evil he can hope to overcome."—Chas. Elliot.

HOT WEATHER DISHES.

At this season of the year when the earth's harvest of berries and fruit is ripe, the question of what to eat is easy to answer.

Raspberry Muffins.—To two cupfuls of sifted flour, half a cupful of sugar and a pinch of salt add gradually three-fourths of a cupful of sweet milk and two tablespoonfuls of melted butter. Add the yolks of two eggs and beat the mixture thoroughly. Then add two teaspoonfuls of baking powder and the well-beaten whites of the eggs. Wash and dry one cupful of firm, ripe raspberries, sprinkle lightly with flour and add to the muffin batter.

Peanut Cookies.—One cupful of butter, one and a half cupfuls of powdered sugar, three eggs, one cupful of freshly roasted peanuts, powdered, rolled to a coarse powder and mixed with about three cupfuls of flour. Cream the butter and sugar, add the beaten eggs, then the flour and crushed peanuts. The dough should be just stiff enough to handle easily. Drop the dough by the spoonful upon a floured board, pat it into round cakes with the fingers, grate a little nutmeg over the top of each cake and bake.

Corn Chowder.—One can corn, four large potatoes, two onions, one-half pound bacon or ham, one tablespoonful butter, three tablespoonfuls flour, one pint milk, six crackers, one egg yolk, one-half pint boiling water. Cut potatoes into dice and put in frying pan until nicely browned. Put in kettle and simmer 20 minutes. Add milk and stir into boiling chowder. Add crackers and beaten egg and serve piping hot.

Shaking Cleanses.—To wash delicate or tender faces, pur the face in a fruit jar with shavings of some good soap, cover with warm water, let soak for a while, then shake, using if necessary several waters, then rinse in same manner, spread between pieces of muslin and roll up if desired to iron them, or roll on a bottle or jar and leave to dry. They will not be torn in this way, and will look like new.

Preventing Cakes From Sticking.—In baking cakes, gems and muffins, which are very apt to stick to the bottom of the pan, try cooling the bottom of the pan quickly on ice or by folding over it a wet cloth which has been soaked in cold water. This does not fall to bring out the cake in perfect condition.

Sewing Comfort.—When you sew on white goods, it is an excellent plan to keep a small saucer of flour at hand. Dip the finger tips in this now and then. The hands will not perspire and you will be able to handle the goods much more comfortably.

How He Fell.
Visitor—What brought you here?
Prisoner—I owe me downfall to a woman.
Visitor—How was that, my poor man?
Prisoner—She yelled for the police.
—Philadelphia Ledger.

JUICE FROM FRUIT

HOT-WEATHER DRINKS AND COLD-WEATHER JELLIES.

Member of the Faculty of the Missouri College of Agriculture Tells of the Best Methods of Collecting the Juices.

The hot weather led Miss Addie D. Root of the Missouri College of Agriculture to urge the members of the girls' canning clubs all over the state to can as much fruit and vegetables as possible before it is too late. It is one of the principles of these clubs, organized and directed by the college, to see that nothing is wasted if they can make good use of it. In her recent letter of directions to the girls Miss Root makes many suggestions that are just as applicable in the kitchens of grown-ups as anywhere else. She says:

"Canning-club members may vary the work by canning fruit juices. They are a valuable addition to the canning collection, as they can be used in so many ways. There is a great advantage in preparing them in large quantities to be used throughout the year."
"Fruit juices lend themselves to a large variety of uses such as ices, flavoring, ice cream, gelatin desserts, puddings and sauces. There is no more refreshing and easily prepared drink for a hot day than an iced fruit juice."

"The juice may be extracted from the fruit cold by crushing the fruit in a fruit press or a cider mill or a small press after it is washed and sorted. The most economical method for the extraction of juice is to cook it out."
"If juicy fruits, such as currants, raspberries and grapes, are being used, place the clean fruit in an enameled preserving kettle, add just enough water to prevent burning (one cupful to four or five quarts of fruit). Place where fruit will cook rather slowly, stirring occasionally with a wooden or enameled spoon. When the simmering point is reached mash the fruit, then continue heating until the whole mass is cooked through. Care should be taken not to heat too long, as the delicate flavor is destroyed. Pour the hot mass into a sufficiently large piece of coarse cloth, cheesecloth or flour sack, which has been wrung out of hot water. Tie the opposite corners together and let juice drain into an earthenware or enameled dish. If a clear juice is desired, as for jelly, do not squeeze the bag. However, for general use squeeze the bag until all the juice is extracted. From less juicy fruits, like apples, pears and quinces, wash the fruit, discard any unsound portions, cut into small pieces (skins and seeds included), cover with water, then proceed just as in case of juicy fruits."

"Canning Fruit Juice.—Fill clean jars with juice. Adjust the rubbers and screw the tops on loosely. Lower upon rack into canner, cover with hot water and sterilize 15 minutes. Count from the time when the water in the canner begins to boil. Remove jars, screw lids tight, and cool away from draft."

Those who are interested in other phases of canning will probably wish to write to the Missouri College of Agriculture, Columbia, Mo., for Circular No. 9 of the extension service, which was recently issued. It is entitled "Canning in Glass by the Cold Pack Method."

Peanut Cookies.—One cupful of butter, one and a half cupfuls of powdered sugar, three eggs, one cupful of freshly roasted peanuts, powdered, rolled to a coarse powder and mixed with about three cupfuls of flour. Cream the butter and sugar, add the beaten eggs, then the flour and crushed peanuts. The dough should be just stiff enough to handle easily. Drop the dough by the spoonful upon a floured board, pat it into round cakes with the fingers, grate a little nutmeg over the top of each cake and bake.

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TALK ABOUT ITCHING

A well-known Georgia dentist, Dr. R. H. Thomas, Valdosta, Ga., writes: "I feel as though some encouragement is due you for the good results I obtained from Hancock Sulphur Compound. I suffered greatly for three long, hot summers, with some unknown itch on my legs from my knees to my ankles. There was no eruption—the skin perfectly clear and smooth—but talk about itching, it certainly did it. I have used one fifty cent bottle of Hancock Sulphur Compound and think I am nearly well. Many thanks." Hancock Sulphur Compound and Ointment are sold by all dealers. Hancock Liquid Sulphur Co., Baltimore, Md. Write for Booklet.—Adv.

Partners.
Messenger—Who's the swell ye was talkin' to, Jimmie?
Newsboy—Aw! Him an' me's worked together fer years. He's the editor o' one o' my papers!

Improved Beyond Expectations.
"My wife has been a long sufferer of lung trouble, and frequently with hemorrhages," says Mr. R. C. Currence, of 5400 Pennsylvania Ave., Nashville, Tenn. "We had almost given up hope of her ever being any better. She has taken four bottles of Lung-Vita, and she has never had another hemorrhage, or even symptom. She has improved beyond our expectations, has gained in flesh, and we are almost sure she will soon be sound and well." Mr. Currence is a prominent lumber man of this city and is connected with John B. Ransom & Co. Take Lung-Vita for consumption, asthma, and kindred troubles. If your dealer does not have it in stock, send us \$1.75 for a thirty-day treatment or write for booklet today. Nashville Medicine Co., Dept. Y, Nashville, Tenn. Adv.

Week-Ending From the Trench.
It is a quaint game, this coming home on leave, and when you have once got your leave warrant it is so extraordinarily rapid. I have been in the front trench within 70 yards of the enemy at 10 p. m. one night and lunched at my club in St. James street, London, next day at one o'clock.—London Outlook.

BANISH PIMPLES QUICKLY
Easily and Cheaply by Using Cuticura Soap and Ointment. Trial Free.

Smeare the pimples lightly with Cuticura Ointment on end of finger and allow it to remain on five minutes. Then bathe with hot water and Cuticura Soap and continue some minutes. This treatment is best upon rising and retiring, but is effective at any time. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

"Rile" Rebuke.
The prince of Wales has endeared himself to the British soldiers fighting in the trenches.

There is a story about a regiment that the prince recently reviewed. A soldier in this regiment was noted equally for his bravery and his untidiness. The prince talked to him for a few minutes, and the man in his confusion could stammer nothing but "Your rile 'ighness." "Yes, your rile 'ighness." "No, your rile 'ighness."

At the end of the interview the prince said, with a good-natured glance at the soldier's accoutrements disordered as usual:
"Very good, my man, very good; but, in future, please, not so much of the rile 'ighness, and a little more of the pipe 'lax."

Doubly Honored.
Curious Neighbor—I see you have a letter there from Fritz. Has he got the iron cross yet?

Proud Mother.—No, he's got more than that. He has written me herein that he has got the double cross.

CALOMEL MAKES YOU SICK, UGH! IT'S MERCURY AND SALIVATES

Straighten Up! Don't Lose a Day's Work! Clean Your Sluggish Liver and Bowels With "Dodson's Liver Tone."

Ugh! Calomel makes you sick. Take a dose of the vile, dangerous drug tonight and tomorrow you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with sour bile crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you feel sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just try a spoonful of harmless Dodson's Liver Tone. Here's my guarantee—Go to any drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a spoonful tonight and if it doesn't

straighten you right up and make you feel fine and vigorous by morning I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot sallow or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

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World's largest manufacturers of Roofing and Building Papers

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C. F. SAUER COMPANY, RICHMOND, VA.

Giving Her an Object Lesson.
Mrs. Saff came in from a chat over the fence with her neighbor, and her face was hard and red.
"Come here, Tommy!" she commanded her young son. "I am going to punish you, but open the windows first!"
"What for?" said Tommy, beginning to weep.
"Well, I have just heard that that cat across the road said I have no authority over you, and I want her to hear you getting a whipping. Come here, sir!"

The Strong Withstand the Heat of Summer Better Than the Weak
Old people who are feeble, and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking regularly Grove's Tasteless Chill Tonic. It purifies and enriches the blood and builds up the whole system. 50c.

Appropriate Transportation.
"I am taking by hounds down over to the eastern shore for some days' hunting."
"Most fitting, I should say, to transport them by a bay line. Still more so, had you taken them in a bark."

A Short Farewell.
"I fear that I can never marry you."
"Farewell, then, cruel girl; farewell forever."
"Nonsense, Ingomar, come around tomorrow night."

WHY NOT TRY POPHAM'S ASTHMA MEDICINE?
Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c.

WANTED Men to learn barber trade. Few weeks required. Steady position for competent graduates. Wonderful demand for barbers. Write for learning free catalog; write RICHMOND BARBER COLLEGE, Richmond, Va.

WANTED!!
Shipments of Peaches, Apples, Pears, Melons, Figs, Fruit and Eggs, also Home Cured Meats and produce in season. I will buy outright or handle on commissions. I sell to the best trade at home and surrounding towns. Make shipments or write or wire.

GEORGIA FARM LANDS FOR SALE
In setting up an estate we have a number of desirable farms ranging from 50 to 500 acres in Pulaski and adjoining counties to dispose of.

By order of Court, we are authorized to sell at private sale and make terms with part cash payment.
There are No Better Lands, Homes, Churches, Schools, Farms or People than you will find in Pulaski County, Georgia. If interested, write or come at once.

Better Come!
SOUTHERN TRUST CO., Hawkinsville, Ga.

W. N. U., CHARLOTTE, NO. 34-1916.



Net Contents 15 Fluid Drachms

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.

Signature of Dr. J. C. WELLS, PHARMACEUTICAL

Perfect Remedy for Constipation, Sour Stomach, Diarrhea, Worms, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of *Chas. H. Fletcher*

THE CENTAUR COMPANY, NEW YORK.

At 6 months, 35 CENTS
35 DOSES - 35 CENTS

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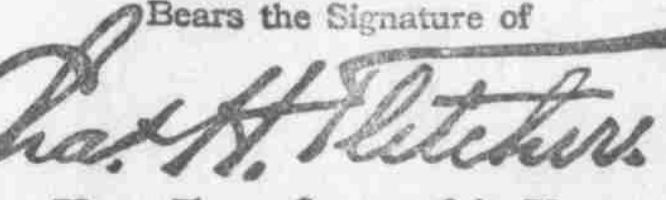
Children Cry For Fletcher's CASTORIA

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 Diarrhea. 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



In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.